



## **SWIMMING & DIVING 2018 OPEN CHAMPIONSHIPS**

Hosted by: Rutgers University  
February 23-25, 2018

**DECLARATION DEADLINE:** Friday, February 16 at 5:00 p.m.

**ENTRY DEADLINE:** Monday, February 19 at 12:00 noon.

*For More Information visit the ECAC website at [ecacsports.com](http://ecacsports.com)*

### **ECAC Meet Coordinators:**

**David Servedio**

Coordinator Championships & Leagues

Phone: 203-745-2857

Email: [dservedio@ecac.org](mailto:dservedio@ecac.org)

**Meet Referee**

**Perry Novak**

**Meet Timer**

### **Rutgers Meet Directors:**

**Fred Woodruff**

Co-Head Swimming Coach

Phone: 848-445-0323

Email: [fwoodruff@scarletknights.com](mailto:fwoodruff@scarletknights.com)

**Jon Maccoll**

Co-Head Swimming Coach

Phone: 249-930-0481

Email: [jmaccoll@scarletknights.com](mailto:jmaccoll@scarletknights.com)

**Steve Dewar**

Director of Operations. Swimming & Diving

Phone: 848-445-0322

Email: [sdewar@scarletknights.com](mailto:sdewar@scarletknights.com)

## **DECLARATION AND ENTRY PROCEDURE-SWIMMING**

### ***DECLARATION DEADLINE INFORMATION***

Declaration forms are available online at:

[http://www.ecacsports.com/sb\\_output.aspx?form=30](http://www.ecacsports.com/sb_output.aspx?form=30) Forms must be submitted NO LATER than Friday, February 16, 2018 at 5:00 pm All declarations must be made online. Please contact the ECAC office with any questions regarding the declaration process.

### ***FINAL ENTRY DEADLINE INFORMATION***

Meet entry director and timer Ellen Mace, must receive entries by Monday February 19<sup>th</sup> at 12:00pm. Entries may be received by e-mail using the Hy-Tek software files provided. Please email Ellen at [purplemommy7@gmail.com](mailto:purplemommy7@gmail.com). The Meet file and contact information will be provided via email to participant schools after declaration deadline has passed.

### ***TEAM SIZE INFORMATION***

Teams shall be allowed more than a squad size of 18 on their total roster, however, only your selected 18 will be able to score championship team points. Alternates or exhibition must be listed on the entry form and entries are unlimited. (The 18 scoring individuals must be declared by the first scratch deadline on Thursday, February 22 @ 7:00 pm or teams can identify exhibition swimmers on their entry submission) A competitor who swims will count as one competitor; an entrant that dives will be counted as one-third of a competitor in the total team limit. For relays, only actual participation in the preliminary heats and/or finals of an event shall be counted against the 18 competitors allowed.

### **ENTRY POLICIES**

All Hy-Tek entires must be sent to Ellen Mace no later than Monday, February 19 at 12 noon. If you are having any issues submitting your entires for the meet please contact David Servedio at [dservedio@ecac.org](mailto:dservedio@ecac.org).

### ***LATE ENTRY POLICY***

There are NO provisions for late entries; therefore, NO late entries will be accepted for the meet following the listed deadline: Monday, **February 19** at 12 noon.

### ***WITHDRAWAL POLICY***

Institutions, which declare their intent to participate in the ECAC Open Swimming and Diving Championship, may withdraw their intent to participate without financial penalty until the date of the entry deadline. If a team does not have anyone qualify, they are neither subject to a financial penalty nor the withdrawal process. Out of courtesy, the ECAC would appreciate it if all teams withdrawing could submit notification of withdrawal via e-mail to David Servedio ([dservedio@ecac.org](mailto:dservedio@ecac.org)) at the ECAC.

### ***NO-SHOW POLICY***

If an institution enters the meet by submitting an entry form and subsequently fails to compete in the championship, the institution shall then be assessed the entry fee at the rate

indicated in the championship manual for the current year. In addition, a \$100 penalty fee must be paid prior to admittance to any further ECAC Championships.

***ENTRY FEES***

There will be a \$150.00 team entry fee plus \$30 per competitor. All fees should be sent to Eastern College Athletic Conference. Checks should be made payable to the ECAC. Men's and Women's teams are to be calculated separately.

Entry Fee Breakdown:

|                     |          |
|---------------------|----------|
| Team Fee (base fee) | \$150.00 |
| Per Competitor      | \$30.00  |

**\*\*Please note on payment that it is a swimming/diving entry fee\*\***

Eastern College Athletic Conference  
Attn: Megan Crystal  
39 Old Ridgebury Road  
Danbury, CT 06810

**CHAMPIONSHIP FORMAT**

***SWIMMING POLICIES & PROCEDURES***

The ECAC will follow all guidelines and rules set forth by the NCAA in regards to the Open Swimming and Diving championship, unless otherwise noted. Only those Division I, II, and/or Division III varsity teams that are classified as such and are current ECAC members are eligible to compete in the ECAC Open Swimming and Diving Championship. All teams need to make sure they are in compliance with the number of dates of competition for their team(s).

***SCRATCH DEADLINES***

All scratches are to be made by depositing scratch cards/sheets in the box, which will be located at the meet table. All entries not scratched will become official entries.

SCRATCHES FOR DAY 1 (FRIDAY) - DUE AT COACHES MEETING AT 7:00 PM Thursday

SCRATCHES FOR DAY 2 (SATURDAY) - DUE BY 7:00 PM FRIDAY (scratch box open 11 am – 7 pm)

SCRATCHES FOR DAY 3 (SUNDAY)- DUE BY 7:00 PM SATURDAY (scratch box open 11 am – 7 pm)

***SCRATCH POLICY***

Unless under extenuating circumstances, if a swimmer or diver scratches from the finals, the student athlete will be unable to swim/dive in the rest of the championship competition.

### ***SWIMMER ELIGIBILITY***

To swim an event, a participant must meet an “A” time standard set forth by the ECAC for at least one event. To swim additional events, that swimmer must meet the provisional standard for those event(s).

All qualifying times must be made during the 2017-2018 season.

Student athletes must be eligible when the time standard is achieved.

The best times must be submitted for all entries.

All relay entries must make the “A” time standard. Relay times may be aggregated using official times made during the qualifying period. If an individual qualifies for an “A cut” on a relay they can swim as an individual provided they qualify with a “B” standard. The athlete must compete on the relay that qualifies for the “A” standard.

If time is available, time trials will be offered after swimming prelims. Entries for time trials need to be submitted no later than 10:00am each morning.

### ***CHAMPIONSHIP RULES***

The 2018 ECAC Open Swimming and Diving Championship shall be run in accordance with the NCAA Men’s and Women’s Swimming and Diving Rules.

- There shall be one heat of eight (8) for the championship final (1-8), and one heat of eight (8) for the consolation (9-16).
- Swimmers are to be assigned to lanes by the process of seeding. Seeded positions shall be based upon the entry times submitted on the official meet entry form. The fastest time of each entry must be submitted.
- Swimmers and relay teams shall be assigned to lanes from fastest to slowest in order of their submitted times. The lanes shall be filled in the following order 4,5,3,6,2,7,1,8. Swimmers or relay times with identical times shall be assigned to lanes by lot. There shall be no trading of times.
- Swimmers and relay teams shall be placed in heats according to the following fashion:
  - For three heats or less: The fastest person or relay team shall be placed in the third heat, the second fastest in the second heat, the first fastest in the first heat. The fourth fastest person or relay team shall be placed in the third heat, the fifth fastest in the second heat, the sixth fastest in the first heat, etc.
  - For four heats or more: The last three heats of an event shall be seeded in accordance with NCAA regulations. The heats preceding the last three heats shall

consist of the next fastest swimmers; the heat preceding the last four heats shall consist of the next fastest swimmers, etc.

- If a student athlete is injured or sick, there is NO reseeding during preliminaries.
- Keep in mind allowable dates of competition for your team/athletes.

### ***TIME CHALLENGES***

All time challenges for the first day's events, #1-12, must be verified by 10 p.m. the night prior to the meet (Thursday). All challenges for events on the second and third day, #13-40 must be verified by 6:00 pm on the first day of the meet (Friday).

### ***MAXIMUM NUMBER OF EVENTS ALLOWED***

Athletes may swim a total of seven (7) events of which only three (3) may be individual events. A competitor must swim in one event that he/she has qualified with an automatic time in. To swim additional events, a swimmer MUST make a provisional time in order to swim that event. All swimming suits for both men and women must be in compliance with NCAA governing body [standards](#).

### ***PENALTIES FOR RULE VIOLATIONS***

A competitor shall be required to participate in all individual events in which he/she has been entered but not scratched, until the allowable limit for individual events has been reached. A competitor who participates in more than the allowable number of events in the championship will be disqualified from any excess events and shall be prohibited from participating in the remainder of the meet.

## **MEDICAL SERVICES**

### ***ATHLETIC TRAINERS AND FIRST AID***

Rutgers sports medicine staff will be available to treat all injuries that occur during the event. Any school traveling without a certified athletic trainer or team physician must provide the appropriate documentation from their team physician or certified athletic trainer prior to receiving any treatments (i.e., ultrasounds, electrical stimulation, hot packs, whirlpools). All documentation can be emailed to Micaiah Corley at [mcorley@scarletknights.com](mailto:mcorley@scarletknights.com). An ice machine will be available near the pool deck throughout the competition. If you have any questions about medical treatment please contact Micaiah Corley. For Rutgers Sports Medicine Contact information please see attached page.

## **DIVING INFORMATION**

### ***FINAL ENTRY DEADLINE INFORMATION***

Please enter your divers through [divemeets.com](http://divemeets.com) if you have any questions please contact diving director Fred Woodruff ([fwoodruff@scarletknights.com](mailto:fwoodruff@scarletknights.com)) Co-head Coach at Rutgers.

### ***DIVING SCHEDULE***

The 2018 ECAC Diving portion of the meet will be conducted on Friday February 23<sup>rd</sup> and Saturday February 24<sup>th</sup> starting at 11:00am each day. Open workouts will **begin at 12 p.m. – 6 p.m. on Thursday, February, 22.** Diving Coaches should check in with Rutgers Co-Head Coach Fred Woodruff upon arrival.

#### **DAY One – FRIDAY February 23 (MEN 1M & WOMEN 3M)**

The diving area will be open for practice from 6:30am until 9:00am. Diving warm-ups will be conducted during the morning. Diving prelims will begin at 11:00am with the diving finals being conducted 30 minutes after the trials are concluded.. The men's 1 Meter event will begin the finals session and women's 3 Meter event will take place right after the preliminary round.

#### **DAY TWO – SATURDAY February 24 (MEN 3M & WOMEN 1M)**

The diving area will be open for practice from 6:30am until 9:00am. Diving warm-ups will be conducted during the morning. Diving prelims will begin at 11:00am with the diving finals being conducted 30 minutes after the trials are concluded. The men's 3 meter event and the women's 1 Meter event finals will begin right after the preliminary round.

### ***TRIALS***

Each diver will do six optional dives (both men and women) including one from each of five groups in any order with at least the minimum qualifying degree of difficulty. Scores on all dives performed by each diver in the trials shall be used to determine placing at the conclusion of the trials. The top eight divers will continue into the finals. Divers in ninth through 16<sup>th</sup> place shall be determined at the end of the trials, and these contestants shall have no further opportunity to advance in place.

### ***FINALS***

The eight finalists will start with a score of zero. The finalists will dive in reverse order of their placing from the trials. The finals shall consist of six optional dives (both men & women), including one from each of five groups, in any order, with at least the minimum qualifying degree of difficulty. Scores on all dives performed by each of the divers in the finals shall be used to determine first through eighth place.

## **CHAMPIONSHIP SCHEDULE**

### ***SWIMMING SCHEDULE OF EVENTS***

The full ECAC Open Swimming and Diving Championships schedule of events can be found at [ecacsports.com](http://ecacsports.com).

### ***COACHES MEETING***

**Please note that there will be a mandatory coaches meeting Thursday, February 22<sup>nd</sup> at the pool at 7:00 p.m. The meeting will be held in the hospitality room which is the Sonny Werblin Conference Room. All coaches who are unable to attend are required to notify David Servedio no later than Wednesday, February 21<sup>st</sup>. Only swim coaches are required for this meeting. Coaches that cannot attend, please see a member of the ECAC staff upon arrival in order to receive any last minute updates and details.**

***SWIMMING PRACTICE SCHEDULE***

**THURSDAY:** 9:00 AM- 11:00 AM – 16 Lanes Available  
11:00 AM – 10:00 PM – 8 Lanes Available

**FRIDAY:** Session I- 6:30 AM  
Session II- 4:30 PM

**SATURDAY:** Session III- 6:30 AM  
Session IV- 4:30 PM

**SUNDAY:** Session V- 6:30 AM  
Session VI- 3:00 PM

During competition, practice space will be made available to the student athletes. There will also be a designated area for swimmers to warm down. The diving area will be in use by the divers except during the hour immediately preceding swimming competition

***WARM UP LANE SCHEDULE***

The Warm-up schedule below is for the competition pool’s eight lanes, only for the designated times.

| <b>LANE</b> | <b>6:30 – 9:50 AM</b> | <b>6:30 – 9:50 AM</b> | <b>6:30 – 9:50 AM</b> |
|-------------|-----------------------|-----------------------|-----------------------|
|             |                       |                       | <b>3:15 – 3:50 PM</b> |
| <b>1</b>    | Pace                  | Pace                  | Pace                  |
| <b>2</b>    | Sprint                | Sprint                | Sprint                |
| <b>3</b>    | General               | General               | General               |
| <b>4</b>    | General               | General               | General               |
| <b>5</b>    | General               | General               | General               |
| <b>6</b>    | General               | General               | General               |
| <b>7</b>    | General               | General               | General               |
| <b>8</b>    | General               | General               | General               |
| <b>9</b>    | Sprint                | Sprint                | Sprint                |
| <b>10</b>   | Pace                  | Pace                  | Pace                  |

## VISITORS' INFORMATION

### *LOCKER ROOM FACILITIES*

The general locker rooms in the Sonny Werblin Recreation Center will be available for use by all participants throughout the course of the event. Lockers and showers are available. Participants must bring their own towels and toiletries.

All participants will be responsible for their personal items. Team bags can be placed on or under team bleachers on the pool deck. The host site is not responsible for lost or stolen items.

### **Pool:**

The building houses a competitive-size pool, which measures 50 meters by 25 meters in width. It also has one movable bulkhead, separating the swimming and diving areas. The pool has eight Olympic standard lanes. For collegiate and NCAA meets, the pool area can be converted to eight NCAA standard lanes with 10 warmup lanes.

### **Diving:**

The diving area consists of two one-meter springboards, two three-meter springboards, and a 10-meter diving tower. There are three takeoff platforms which are five, seven and a half, and 10 meters in height. The depth of the diving area is 17 feet at its deepest and 14 feet at its shallowest.

### *TEAM SEATING*

**Team seating selection at the championship will be conducted at the coach's meeting the night prior to the meet. The order of selection will be based on the previous year's final standing: (Host Team) First, First Place, second choice, continuing until eighth place or until eight spots have been selected. Championships held in odd calendar years will utilize the women's order of finish, and championships held in even calendar years will utilize the men's order of finish. This year, 2018, the selection is from the men's order of finish.**

### *BANNERS*

The hanging of banners and signs will be allowed in the pool area under the following restrictions:

- Teams may hang signs and banners on the wall immediately behind their seating area.
- Official team banners should be given to the meet staff on Thursday. Meet staff will hang official team banners from the metal railings at the bottom of the spectator area. Meet staff reserves discretion in the placement of banners based on size so as not to interfere with deck activities.
- Any other team posters or signs in the pool area will be removed.
- Helium balloons are prohibited from the pool area.

### ***AWARDS***

The ECAC will provide medals to the top eight place winners in each event with the exception of the relays, where the top three relay teams will receive medals. Swimmers and Coaches of the meet will be awarded and presented at the end of the meet. Divers of the meet will be conducted at the conclusion of diving on Saturday afternoon. Team awards will also be presented to the top three men's and women's teams.

### ***TICKET INFORMATION***

The ticket office will open one hour prior to the preliminaries and the finals of each session. Spectators must have purchased an all-session pass or purchase an individual session pass at the ticket window in order to enter. Tickets will also be available for purchase online starting January 29<sup>th</sup> until February 21<sup>st</sup>.

The gallery around the pool seats 450 spectators. The spectator galleries are in close proximity to the swimming and diving pools which provides for exciting competition.

### ***MEDIA INFORMATION***

Results of each session will be posted on the ECAC website ([www.ecacsports.com](http://www.ecacsports.com)) as soon as possible after each session.

If you have an questions or concerns about the posting of results, please contact Jon Goldberg, ECAC Asa. S Bushnell Assistant for Communications at. ([jgoldberg@ecac.org](mailto:jgoldberg@ecac.org)).

### ***ADMISSION***

Coaches, participants, managers, trainers, sports information staff, administrative staff, officials and meet personnel will be admitted through the Sonny Werblin main entrance. Spectators and all others will enter through the side entrance (next to parking) into the Sonny Werblin Recreation Center.

### ***Facility Parking and Access:***

**Parking:** Team buses and vans should drop off and pick up athletes in front of Sonny Werblin indicated by the Black Arrow and should park in the Blue Lot (Purple Outlined Box). Athletes will enter main entrance and be directed to pool deck.

**Fan Access-** Fans (parents, families and friends of players, coaches and officials) and general visitors to the event must park their vehicles in parking lots 64, 60A & 60B next to the Sonny Werblin Rec Center (Green Outlined Box). No pets are allowed into the rec center.

## COACHES INFORMATION

### *QUALIFYING STANDARDS*

**Qualifying standards are available at:**

[http://www.ecacsports.com/documents/2017/11/20/2018\\_Qualifying\\_Swim\\_Dive\\_Standards.pdf?id=1233](http://www.ecacsports.com/documents/2017/11/20/2018_Qualifying_Swim_Dive_Standards.pdf?id=1233)

### *SCORING*

**Scoring for the championship shall be the top 16 places. The following score system shall be used for individual events. Relays are doubled.**

**20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1**

### *HEAT SHEETS*

Heat sheets will be available for teams at the main timer table at the start of each session.

### *Backup Timing*

A backup timing chart will be created by the timer. Schools are expected to be able to provide two backup timers during the session they are assigned. If there are any issues please reach out to David Servedio prior to the start of competition on Friday February 23<sup>rd</sup>.

### *Dates of Competition*

All teams need to make sure they are in compliance with the number of dates of competition for their team(s).

### *Pool Deck*

With there being limited space along the sides of the pool deck we ask that coaches and athletes not competing in the current heat/event remain in their seating area in the bleachers.

### *ECAC OPEN SWIMMING & DIVING CHAMPIONSHIPS COMMITTEE*

The ECAC Open Swimming and Diving Committee is under the control, direction, and supervision of the ECAC. Current members of the committee are:

| <b>MEMBER</b>   | <b>SCHOOL</b>       | <b>PHONE #</b>        | <b>E-MAIL</b>  |
|-----------------|---------------------|-----------------------|--|
| Dan Schinnerer  | Bucknell University | 570-577-1530          | <a href="mailto:Des036@bucknell.edu">Des036@bucknell.edu</a>                   |
| John Morrison   | U.S. Naval Academy  | 410-293-3081          | <a href="mailto:morrison@usna.edu">morrison@usna.edu</a>                       |
| Melanie Bolstad | Marist College      | 845/575-3699 ex. 2415 | <a href="mailto:melanie.bolstad@marist.edu">melanie.bolstad@marist.edu</a>     |
| Fred Woodruff   | Rutgers University  | 848-445-0323          | <a href="mailto:fwoodruff@scarletknights.com">fwoodruff@scarletknights.com</a> |

### *ETHICAL BEHAVIOR BY COACHES*

The ECAC encourages and promotes good sportsmanship by student-athletes, coaches and spectators. We request your cooperation by supporting the participants and officials in a positive manner. Profanity, racial or ethnic comments or other intimidating actions directed at officials, student-athletes, coaches or team representatives will not be tolerated and are grounds for removal from the site of competition.

As a member of the coaching profession, coaches have an obligation and a responsibility to the sport, to the student-athletes, and to all those with whom they come into contact with. The ECAC expects coaches to be role models and to conduct themselves with integrity and high ethical standards at all ECAC events. In order to fulfill these responsibilities, a coach should follow the guidelines listed below.

Swimming and diving competition will be conducted according to the rules and procedures of both the NCAA and ECAC. Violations of ethical conduct are subject to immediate action, including NCAA Bylaws 11.1.1 and 11.1.2 for coaches; Bylaw 14.01.3.3 for student athletes; and Bylaw 10.1 for institutions.

Place the safety and welfare of others ahead of winning and prestige. Treat all coaches, student athletes, and meet personnel, with honesty, fairness, and respect.

# 2018 ECAC SWIMMING AND DIVING OPEN CHAMPIONSHIPS

## ***-ORDER OF EVENTS-***

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**FRIDAY, February 23, 2018**

### **DAY ONE TRIALS- 10:00 AM START**

*(Warm-ups from 6:30 am-9:50 am – Diving closes at 9:00 am)*

| <b><u>Ev. #</u></b>      | <b><u>Event Description</u></b> | <b><u>Ev. #</u></b> | <b><u>Event Description</u></b> |
|--------------------------|---------------------------------|---------------------|---------------------------------|
| 2                        | W- 200 yd Freestyle Relay       | 3                   | M- 200 yd Freestyle             |
| 4                        | W- 500 yd Free                  | 5                   | M- 500 yd Free                  |
| 6                        | W- 200 yd IM                    | 7                   | M- 200 yd IM                    |
| 8                        | W- 50 yd Free                   | 9                   | M- 50 yd Free                   |
| <b>-15 minute break-</b> |                                 |                     |                                 |
| 11                       | W- 400 yd Medley Relay          | 12                  | M- 400 yd Medley Relay          |
| 1                        | W- 3M Diving (1:00pm start)     | 10                  | M- 1M Diving                    |

*Diving Warm-ups will begin at 11:00am*

### **DAY ONE FINALS- 6:00 PM START**

*(Warm-ups from 4:30 pm)*

|    |                           |    |                           |
|----|---------------------------|----|---------------------------|
| 1  | M- 3M Diving Finals       |    |                           |
| 2  | W- 200 yd Freestyle Relay | 3  | M- 200 yd freestyle relay |
| 4  | W- 500 yd Free            | 5  | M- 500 yd Free            |
| 6  | W- 200 yd IM              | 7  | M- 200 yd IM              |
| 8  | W- 50 yd Free             | 9  | M- 50 yd Free             |
|    |                           | 10 | W- 1M Diving Finals       |
| 11 | W-400 yd Medley Relay     | 12 | M- 400 yd Medley relay    |

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**SATURDAY, February 24, 2018**

### **DAY TWO TRIALS – 10:00 AM START**

*(Warm-ups from 6:30 am-9:50 am – Diving closes at 9:00 am)*

#### **Intercollegiate Para Swimming**

| <b><u>Ev. #</u></b>        | <b><u>Event Description</u></b> | <b><u>Ev. #</u></b> | <b><u>Event Description</u></b> |
|----------------------------|---------------------------------|---------------------|---------------------------------|
| <b>M&amp;W 100 yd Free</b> |                                 |                     |                                 |
| 14                         | W- 200 yd Medley Relay          | 15                  | M- 200 yd Medley Relay          |
| 16                         | W- 400 yd IM                    | 17                  | M- 400 yd IM                    |
| 18                         | W- 100 yd Fly                   | 19                  | M- 100 yd Fly                   |
| 20                         | W- 200 yd Free                  | 21                  | M- 200 yd Free                  |
| 22                         | W- 100 yd Breast                | 23                  | M- 100 yd Breast                |
| 24                         | W- 100 yd Back                  | 25                  | M- 100 yd Back                  |
| <b>M&amp;W 100 yd Back</b> |                                 |                     |                                 |
| <b>-15 minute break-</b>   |                                 |                     |                                 |
| 26                         | W- 800 yd Freestyle Relay       | 27                  | M- 800 yd Freestyle Relay       |

13 W- 1M Diving 38 M- 3M Diving

Diving Warm-ups begin at 11:00am

**DAY TWO FINALS- 6:00 PM START**

*(Warm-ups from 4:30 pm)*

**Intercollegiate Para Swimming**

**M&W 100 yd Free**

|    |                        |    |                        |
|----|------------------------|----|------------------------|
| 14 | W- 200 yd Medley Relay | 15 | M- 200 yd Medley Relay |
| 16 | W- 400 yd IM           | 17 | M- 400 yd IM           |
| 18 | W- 100 yd Fly          | 19 | M- 100 yd Fly          |
| 20 | W- 200 yd Free         | 21 | M- 200 yd Free         |
| 22 | W- 100 yd Breast       | 23 | M- 100 yd Breast       |
| 24 | W- 100 yd Back         | 25 | M- 100 yd Back         |

**M&W 100 yd Back**

**-15 minute break-**

|    |                       |    |                       |
|----|-----------------------|----|-----------------------|
| 26 | W 800 Freestyle Relay | 27 | M 800 Freestyle Relay |
|----|-----------------------|----|-----------------------|

**SUNDAY, Februaru 25, 2018**

**DAY THREE TRIALS- 9:00 AM START**

*(Warm-ups from 6:30 am-8:50 am – Diving closes at 8:00 am)*

| <b><u>Ev. #</u></b> | <b><u>Event Description</u></b> | <b><u>Ev. #</u></b> | <b><u>Event Description</u></b> |
|---------------------|---------------------------------|---------------------|---------------------------------|
| 30                  | W- 200 yd Back                  | 31                  | M- 200 yd Back                  |
| 32                  | W- 100 yd Free                  | 33                  | M- 100 yd Free                  |
| 34                  | W- 200 yd Breast                | 35                  | M- 200 yd Breast                |
| 36                  | W- 200 yd Fly                   | 37                  | M- 200 yd Fly                   |

**-5 minute break-**

|    |                   |    |                      |
|----|-------------------|----|----------------------|
| 39 | W- 400 Free Relay | 40 | M- 400 yd Free Relay |
|----|-------------------|----|----------------------|

**DAY THREE FINALS- 4:00 PM START**

*(Warm-ups from 3 pm-3:50 pm)*

|    |                           |    |                           |
|----|---------------------------|----|---------------------------|
| 28 | *W- 1650 yd Free          | 29 | *M- 1650 yd Free          |
| 30 | W- 200 yd Back            | 31 | M- 200 yd Back            |
| 32 | W- 100 yd Free            | 33 | M- 100 yd Free            |
| 34 | W- 200 yd Breast          | 35 | M- 200 yd Breast          |
| 36 | W- 200 yd Fly             | 37 | M- 200 yd Fly             |
| 39 | W- 400 yd Freestyle Relay | 40 | M- 400 yd Freestyle Relay |

*\*All but final heat will be swum in the afternoon, slowest to fastest, alternating women/men (according to entries), with the last heat finishing by 3pm. The final heat will swim in the evening finals.*



- **Purple** Outlined Areas Bus Parking
- **Black Arrow** Bus Pick-Up and Drop-Off
- **Blue** Arrow Bus Drop-Off Entrance
- **Green** Outlined Areas Van Parking
  - Also Fan and Official Parking
- **Red** Arrow MAIN ENTERANCE to Aquatics Center

## Rutgers Sports Medicine Contact Information

### ATHLETIC TRAINER

Micaiah Corley, MS, ATC

Assistant Athletic Trainer

Cell: 619-788-8156

Office: 732-445-6236 mcorley@scarletknights.com

### TEAM PHYSICIAN

Yvette Rooks, MD

Chief Medical Officer

Cell: 410-404-8734

Office: 732-445-6262 yrooks@scarletknights.com

### PHARMACY

CVS Pharmacy

1252 Stelton Rd.

Piscataway, NJ 08854 Phone: (732) 339-0672

### HOSPITAL/ER

Robert Wood Johnson University Hospital

1 Robert Wood Johnson Place

New Brunswick, NJ 08901 Phone: (732) 828-3000