

2010 LIBERAL ARTS CHAMPIONSHIP

Hosted by PRINCIPIA COLLEGE

The purpose of the Liberal Arts Championship is to provide a season ending competition opportunity for all swimmers and divers from the participating schools. The 2010 meet will be the 33rd annual championships for the men and the 28th annual for the women.

DATES: Thursday, Friday, and Saturday--February 18-20, 2010.

SITE: Principia College Natatorium, Elsah, IL.

MEET DIRECTOR: Carl Erikson
Telephone: (618) 374 - 5022
Fax: (618) 374 - 5221
E-mail: carl.erikson@principia.edu

FACILITY: 21-yard x 40-meter pool with a bulkhead
8 25-yard competitive lanes + shallow end warm-up/warm-down area
2 Duraflex one-meter boards and 1 Duraflex three-meter board
10 person spa
Daktronics Timing System

PARTICIPATING SCHOOLS: Coe College, Eureka College, Illinois Institute of Technology, Lindenwood University, Loras College, Luther College, McMurray University, University of Minnesota-Morris, Principia College, Simpson College.

CONDUCT OF COMPETITION: NCAA rules will govern the conduct of the meet. Preliminaries and finals will be conducted in all events except for the 1650 and the 800 Freestyle Relay, which will be timed finals. The fastest heat of the 1650 and 800 Freestyle "A" Relay teams will be swum in the finals with all other heats swum at the conclusion of preliminaries. There will be a guaranteed time interval of at least ten minutes from the end of one women's event to the start of the next women's event, and the same will be provided for the men.

FINALS: One consolation and one final heat will be held for each individual event. The consolation final will consist of the 9th through 16th fastest swimmers from preliminaries. The championship final will consist of the fastest eight swimmers from the preliminaries.

TIME TRIALS: Time Trials may be held in accordance with NCAA rules. Anyone wishing a time trial should schedule one with the meet director. Time trials may be held before the start and after the end of any session.

DIVING: Diving will consist of eleven dives on both the one and three meter for all contestants. All schools with divers are expected to furnish a diving judge. The schedule for diving will be sent to coaches once the number of divers has been determined. Diving competition will be held each day.

SCORING: Points will be awarded to the top 16 finishers in each event as follows:
1st-20, 2nd-17, 3rd-16, 4th-15, 5th-14, 6th-13, 7th-12, 8th-11
9th-9, 10th-7, 11th-6, 12th-5, 13th-4, 14th-3, 15th-2, 16th-1.
Relays will receive double the points for individual events.

ENTRY LIMITATIONS: Each competitor will be permitted to compete in a maximum of seven events with a maximum of three individual events. A team may enter an unlimited number of competitors in each event. Each team will be limited to 18 scoring competitors. Any others should be

designated as exhibition on the entry form.

SCRATCHES:

The scratch schedule will be as follows:

For Thursday's events: Due by Wednesday, February 10, 8:00 p.m.

Scratches may be mailed, faxed, emailed, phoned or brought to the meeting by the deadline.

For Friday's events: Due 30 minutes after the conclusion of Thursday's finals.

For Saturday's events: Due 30 minutes after the conclusion of Friday's finals.

The scratch box will be located in the coach's hospitality room adjoining the pool deck.

All entries not scratched by the deadline will become official entries. Competitors will not be allowed to compete in excess of the limits.

MEET SCHEDULE:

The schedule for all three days is as follows:

Prelims begin at 10:00 a.m.

Finals begin at 6:00 p.m.

WARMUP:

The pool will be open 4:00 pm – 9 pm on Wednesday, Feb. 17.

The pool will open for swimming warm-up for the preliminary sessions at 8:00 a.m. and for the final sessions at 4:00 p.m. **The diving boards will be open from 7 a.m. until 8:30 a.m. and for an hour before the diving competition begins.**

The shallow end of the pool will be open for warm up and cool down through out the meet.

THE SPA WILL ONLY BE OPEN DURING THE DIVING WARM UP PROIR TO AND DURING THE DIVING COMPETITION ONLY. NO SWIMMERS ARE ALLOWED IN THE SPA AT ANY TIME.

ENTRY FORM:

Enter competitors in the appropriate events by writing in their best times of the 2009-10 season under the proper column. If a swimmer is entering an event in which they have not swum, enter an approximation of time. For diving, indicate entry by a cross (X). Relays: enter under the proper column the relay seedtime. A team may enter as many relays as desired but only the relay designated as the "A" relay may advance to the finals. Enter competitors in as many events as desired, then scratch down to limit by the appropriate scratch deadline. **Please type name of each athlete.**

An event file for Team Manager is available on the website.

ENTRY DEADLINE:

Entries and team rosters must be received by Monday, February 8. No telephone entries will be accepted. Entries may be FAXED to 618-374-5221, or EMAILED if you have Team Manager to carl.erikson@principia.edu or sent, either printed or on disk to

Carl Erikson

Principia College

100 Maybeck Place

Elsah, IL 62028

If you decide to email your Team Manager entries, please either fax or send a hard copy of your entries as well.

All coaches are requested to abide by this entry deadline to enable psyche sheets to be sent to coaches by February 10 to enable coaches to see entries before making scratches for Thursday's events.

COACHES MEETINGS: Coaches meetings will be held at 8 p.m. on Wednesday, Feb. 17 and at 9:15 am each day.

AWARDS:

First, second, and third place men's and women's teams

Top eight competitors in each individual event.

Top 3 relays in each event.

Individual female and male swimmer of the meet (Determined by coach's vote)

Individual female and male diver of the meet

(Determined by the combined total scores of both 1-meter and 3-meter competition)

Female and male swimming coach of the meet (Determined by coach's vote)

Female and male diving coach of the meet (Determined by coach's vote)

ENTRY FEE: \$175 per female squad \$175 per male squad
Please make checks payable to **Principia College**

LOCKS/TOWELS: Swimmers/divers furnish their own. **SHAVING IS NOT PERMITTED IN THE CRAFTON ATHLETIC CENTER.** Please do all shaving at your hotel.

LODGING: Motel list enclosed.

PARKING: Parking for school vans and buses will be along the outside of the Crafton roadway on the eastside of the building (away from the building).

TEAM MEALS: Restaurant list enclosed. Please check with the individual restaurants for their hours.
Fazoli's will cater to Principia for a minimum order of \$200.
Contact Patty
Little Ceasar's Pizza will deliver to Principia.

Use of our dining service for lunch is available. You can pre-order bag lunches or eat in our dining hall. Reservations for either bag or eat-in lunches must be made by Feb. 4th. Please contact Liz Towel via Lee Reese at 618-374-5059 for prices and payment options

Rental of our dining hall for a catered team meal is available for the evenings. Teams must provide all their own food, utensils, etc. Cost is \$20/hr for support staff to assist with set up and clean up. Please contact Carl Erikson at 618-374-5022 to reserve a spot. Reservations are due by Feb. 4th.

2010 LIBERAL ARTS CHAMPIONSHIP

Order of Events (Women swim before men)

<u>Event #</u>	<u>THURSDAY PRELIMINARIES</u>	10:00 A.M.
1 & 2	200 Freestyle Relay	
	5 minute break	
3 & 4	500 Freestyle	
5 & 6	200 Individual Medley	
7 & 8	50 Freestyle	
	10 minute break	
11 & 12	400 Medley Relay	
9 & 10	Women's 3-meter and Men's 1-meter Diving	
<u>Event #</u>	<u>THURSDAY FINALS</u>	6:00 P.M.
1 & 2	200 Freestyle Relay	
	5 minute break	
3 & 4	500 Freestyle	
5 & 6	200 Individual Medley	
7 & 8	50 Freestyle	
9 & 10	Women's 3-meter and Men's 1-meter Diving	
11 & 12	400 Medley Relay	
<u>Event #</u>	<u>FRIDAY PRELIMINARIES</u>	10:00 A.M.
13 & 14	200 Medley Relay	
	5 minute break	
15 & 16	400 Individual Medley	
17 & 18	100 Butterfly	
19 & 20	200 Freestyle	
21 & 22	100 Breaststroke	
23 & 24	100 Backstroke	
25 & 26	800 Freestyle Relay (all heats except "A"'s)	
37	Women's 1-meter Diving	
<u>Event #</u>	<u>FRIDAY FINALS</u>	6:00 P.M.
13 & 14	200 Medley Relay	
	5 minute break	
15 & 16	400 Individual Medley	
17 & 18	100 Butterfly	
19 & 20	200 Freestyle	
21 & 22	100 Breaststroke	
23 & 24	100 Backstroke	
37	Women's 1-meter Diving	
25 & 26	800 Freestyle Relay	
<u>Event #</u>	<u>SATURDAY PRELIMINARIES</u>	10:00 A.M.
29 & 30	200 Backstroke	
31 & 32	100 Freestyle	
33 & 34	200 Breaststroke	
35 & 36	200 Butterfly	
	10 minute break	
39 & 40	400 Freestyle Relay	
	10 minute break	
27 & 28	1650 Freestyle (all heats but fastest female and male heats)	
38	Men's 3-meter Diving	
<u>Event #</u>	<u>SATURDAY FINALS</u>	6:00 P.M.
27 & 28	1650 Freestyle (fastest female and male heats)	
29 & 30	200 Backstroke	
31 & 32	100 Freestyle	
33 & 34	200 Breaststroke	
35 & 36	200 Butterfly	
38	Men's 3-meter Diving	

Alton Area Hotels

12 miles/25 minutes from campus

Comfort Inn	11 Crossroads Ct.	618-465-9999
Holiday Inn Alton	3800 Homer M Adams Pkwy	618-462-1220

Alton Area Restaurants

Fazoli's	210 Homer M Adams Pkwy	618-465-4731
Little Ceasar's Pizza	3100 Godfrey Rd. Godfrey, IL	618-466-7979
St Louis Bread Company	1837 Homer M Adams Pkwy	618-474-0100
Jimmy John's	92 Northport Dr.	618-467-6400
Subway (near the Clark Bridge in lower Alton)	712 E Broadway	618-463-1028
Subway (in northern Alton)	500 W Delmar Ave.	618-466-1679
Taco Bell Restaurant	70 Homer M Adams Pkwy	618-466-8897
Applebee's	313 Homer M Adams Pkwy	618-462-6575
Amarillo Tex's Steakhouse	180 E Center	618-465-6433
Papa Johns	2700 Washington Ave.	618-462-7272
Tony's Restaurant	312 Piasa St..	618-462-8384
Chinese Buffet	2610 Homer M Adams Pkwy	618-463-4163

Jerseyville Area Hotels

15 miles/25 minutes from campus

Super 8 Motel	1303 State Highway 109	618-498-7888
Frontier Lodge	730 S State St	618-498-6886

Jerseyville Area Restaurants

Subway	1600 S State St	618-498-9214
Arby's	1302 S State St	618-498-1199
Pizza Hut	602 S State St	618-498-9811