

# APPENDIX A – Meet Schedule

## 2018 NCAA Division III Men's and Women's Swimming and Diving Championships

### **Monday, March 19**

	<b><u>Time</u></b>	<b><u>Location</u></b>
Swimming practice	4 – 9 p.m.	IU Natatorium
Diving practice	4 – 9 p.m.	IU Natatorium
Athletic training room	4 – 9 p.m.	IU Natatorium
Registration	4 – 9 p.m.	IU Natatorium

### **Tuesday, March 20**

Swimming practice	7 a.m. – 5:30 p.m.	IU Natatorium
Diving practice	7 a.m. – 5:30 p.m.	IU Natatorium
Athletic training room	7 a.m. – 6 p.m.	IU Natatorium
Registration	7 a.m. – 5:30 p.m.	IU Natatorium
Scratch deadline	5 p.m.	IU Natatorium
Diving coaches meeting*	2 p.m.	TBD
Swimming coaches meeting*	3 p.m.	TBD
CSCAA debriefing	4 – 4:30 p.m.	TBD
Championships banquet*	6:30 p.m.	TBD

***\*Attendance mandatory***

### **Wednesday, March 21**

Athletic training room	7 a.m. – 10 p.m.	IU Natatorium
Swimming warm up	7 – 9:45 a.m.	IU Natatorium
Diving warm up	7 – 10 a.m. (open boards)	IU Natatorium
	10 a.m. – 1 p.m. (flighted)	IU Natatorium
Swimming preliminaries	10 a.m.	IU Natatorium
Diving preliminaries	Approx. 1 p.m.	IU Natatorium
Diving consolation finals	Immediately after prelims	IU Natatorium
Swimming warm up	4:30 – 5:45 p.m.	IU Natatorium
Scratch deadline	5 p.m.	IU Natatorium
Diving warm up	5:30 – 6:30 p.m. (open boards)	IU Natatorium
Finals	6 p.m.	IU Natatorium

### **Thursday, March 22**

Athletic training room	7 a.m. – 10 p.m.	IU Natatorium
Swimming warm up	7 – 9:45 a.m.	IU Natatorium
Diving warm up	7 – 10 a.m. (open boards)	IU Natatorium
	10 a.m. – 1 p.m. (flighted)	IU Natatorium
Swimming preliminaries	10 a.m.	IU Natatorium
Diving preliminaries	Approx. 1 p.m.	IU Natatorium
Diving consolation finals	Immediately after prelims	IU Natatorium
Swimming warm up	4:30 – 5:45 p.m.	IU Natatorium
Scratch deadline	5 p.m.	IU Natatorium
Diving warm up	5:30 – 6:30 p.m. (open boards)	IU Natatorium
Finals	6 p.m.	IU Natatorium

### **Friday, March 23**

Athletic training room	7 a.m. – 10 p.m.	IU Natatorium
Swimming warm up	7 – 9:45 a.m.	IU Natatorium
Diving warm up	7 – 10 a.m. (open boards)	IU Natatorium
	10 a.m. – 1 p.m. (flighted)	IU Natatorium
Swimming preliminaries	10 a.m.	IU Natatorium

Diving preliminaries	Approx. 12:45 p.m.	IU Natatorium
Diving consolation finals	Immediately after prelims	IU Natatorium
Swimming warm up	4:30 – 5:45 p.m.	IU Natatorium
Scratch box	Closes at 5 p.m.	IU Natatorium
Diving warm up	5:30 – 6:30 p.m. (open boards)	IU Natatorium
Senior night/Special Olympics	5:40 p.m.	IU Natatorium
Finals	6 p.m.	IU Natatorium

#### **Saturday, March 24**

Athletic training room	7 a.m. – 10 p.m.	IU Natatorium
Swimming warm up	7 – 9:45 a.m.	IU Natatorium
Diving warm up	7 – 10 a.m. (open boards)	IU Natatorium
	10 a.m. – 1 p.m. (flighted)	IU Natatorium
Swimming preliminaries	10 a.m.	IU Natatorium
Diving preliminaries	Approx. 12:45 p.m.	IU Natatorium
Diving consolation finals	Immediately after prelims	IU Natatorium
Swimming warm up	4:30 – 5:45 p.m.	IU Natatorium
Diving warm up	5:30 – 6:30 p.m. (open boards)	IU Natatorium
Finals	6 p.m.	IU Natatorium

### **WARM UP PROCEDURES**

#### **Monday, March 19**

General swimming practice	4 – 9 p.m.
General diving practice	4 – 9 p.m.

#### **Tuesday, March 20**

General swimming practice	7 a.m. – 5:30 p.m.
General diving practice	7 a.m. – 5:30 p.m.

#### **Wednesday, March 21 - Saturday, March 24**

##### **Preliminaries**

7 – 9:15 a.m.	General warm up
9:15 – 9:30 a.m.	Sprint lanes 1, 8 one way only
	Pace lanes 3, 4, 5, 6
	General lanes 2, 7
9:30 – 9:45 a.m.	Sprint lanes 1, 2, 7, 8 one way only
	Pace lanes 3, 4, 5, 6
9:45 a.m.	Clear competition pool

##### **Finals**

4:30 – 5:15 p.m.	General warm up
5:15 – 5:30 p.m.	Sprint lanes 1, 8 one way only
	Pace lanes 3, 4, 5, 6
	General lanes 2, 7
5:30 – 5:45 p.m.	Sprint lanes 1, 2, 7, 8 one way only
	Pace lanes 3, 4, 5, 6
5:45 p.m.	Clear competition pool

NOTE: NO STRETCH CORDS WILL BE ALLOWED. Competition pool will be closed during breaks and before and after relays.