

**2006 SUNYAC
SWIMMING AND DIVING CHAMPIONSHIPS**
Wednesday, Thursday, Friday, Saturday, February 8-11, 2006
 SCRATCH DEADLINES SHALL BE AS FOLLOWS:
 Wednesday, February 8 – 7:00 pm All Thursday events
 Thursday, February 9 – 5:30 pm All Friday events
 Friday, February 10 – 5:30 pm All Saturday events

Order of Events

SUNYAC Prelim's 10 AM Thursday, February 9, 2006		SUNYAC Final's 6 PM Thursday, February 9, 2006	
Round	Event	Round	Event
Prelims	1 Women 200 Freestyle Relay	Finals	1 Women 200 Freestyle Relay
Prelims	2 Men 200 Freestyle Relay	Finals	2 Men 200 Freestyle Relay
Prelims	3 Women 500 Freestyle	Finals	3 Women 500 Freestyle
Prelims	4 Men 500 Freestyle	Finals	4 Men 500 Freestyle
Prelims	5 Women 200 IM	Finals	5 Women 200 IM
Prelims	6 Men 200 IM	Finals	6 Men 200 IM
Prelims	7 Women 50 Freestyle	Finals	7 Women 50 Freestyle
Prelims	8 Men 50 Freestyle	Finals	8 Men 50 Freestyle
Break: 20 Minutes		Finals	9 Women 3 Meter Diving
Prelims	11 Women 400 Medley Relay	Finals	10 Men 1 Meter Diving
Prelims	12 Men 400 Medley Relay	Finals	11 Women 400 Medley Relay
Finals	9 Women 3 meter Diving	Finals	12 Men 400 Medley Relay
Finals	10 Men 1 meter Diving		
SUNYAC Prelim's 10:00 AM Friday, February 10, 2006		SUNYAC Final's 6:00 PM Friday, February 10, 2006	
Round	Event	Round	Event
Prelims	13 Women 200 Medley Relay	Finals	13 Women 200 Medley Relay
Prelims	14 Men 200 Medley Relay	Finals	14 Men 200 Medley Relay
Prelims	15 Women 400 IM	Finals	15 Women 400 IM
Prelims	16 Men 400 IM	Finals	16 Men 400 IM
Prelims	17 Women 100 Butterfly	Finals	17 Women 100 Butterfly
Prelims	18 Men 100 Butterfly	Finals	18 Men 100 Butterfly
Prelims	19 Women 200 Freestyle	Finals	19 Women 200 Freestyle
Prelims	20 Men 200 Freestyle	Finals	20 Men 200 Freestyle
Prelims	21 Women 100 Breaststroke	Finals	21 Women 100 Breaststroke
Prelims	22 Men 100 Breaststroke	Finals	22 Men 100 Breaststroke
Prelims	23 Women 100 Backstroke	Finals	23 Women 100 Backstroke
Prelims	24 Men 100 Backstroke	Finals	24 Men 100 Backstroke
Prelims	25 Women 1 meter Diving	Break: 20 Minutes (awards time will count towards break)	
Prelims	26 Men 3 meter Diving	Finals	25 Women 800 Freestyle Relay
		Finals	26 Men 800 Freestyle Relay
SUNYAC Prelim's 10:00 AM Saturday, February 11, 2006		SUNYAC Final's 6:00 PM Saturday, February 11, 2006	
Round	Event	Round	Event
Prelims	29 Women 200 Backstroke	Finals-1	27 Women 1650 Freestyle
Prelims	30 Men 200 Backstroke	Finals-1	28 Men 1650 Freestyle
Prelims	31 Women 100 Freestyle	Finals	29 Women 200 Backstroke
Prelims	32 Men 100 Freestyle	Finals	30 Men 200 Backstroke
Prelims	33 Women 200 Breaststroke	Finals	31 Women 100 Freestyle
Prelims	34 Men 200 Breaststroke	Finals	32 Men 100 Freestyle
Prelims	35 Women 200 Butterfly	Finals	33 Women 200 Breaststroke
Prelims	36 Men 200 Butterfly	Finals	34 Men 200 Breaststroke
Prelims	39 Women 400 Freestyle Relay	Finals	35 Women 200 Butterfly
Prelims	40 Men 400 Freestyle Relay	Finals	36 Men 200 Butterfly
Break: 20 Minutes		Finals	37 Women 1 Meter Diving
Finals-S	27 Women 1650 Freestyle	Finals	38 Men 3 Meter Diving
Finals-S	28 Men 1650 Freestyle	Finals	39 Women 400 Freestyle Relay
Finals	37 Women 1 meter Diving	Finals	40 Men 400 Freestyle Relay
Finals	38 Men 3 meter Diving		

2006 SUNYAC DIVING

The board will be available for warm up throughout the competition. Please do not bounce on the boards once the start whistle has blown. Although dive sheets can be changed at anytime prior to the execution of the dive, sheets are to be turned into the dive table according to the deadlines listed below. Your adherence to these deadlines is important, as it will allow ample time for meet personnel to enter all divers into the computer.

Women's 3 M & Men's 1 M Prelims	10AM Wednesday
Women's 3 M & Men's 1 M Finals	7 PM Wednesday
Women's 1 M & Men's 3 M Prelims	6:30PM Thursday
Women's 1 M & Men's 3 M Finals	6:30PM Friday

WEDNESDAY, FEBRUARY 8, 2006 DIVING PRELIMINARIES 12PM

Women's	3 M Prelim	Round 1 Optionals(6) 20 minute warm-up
Men's	1 M Prelim	Round 1 Optionals(6) 20 minute warm-up
Women's	3 M Prelim	Round 2 Voluntaries(5) 20 minute warm-up
Men's	1 M Prelim	Round 2 Voluntaries(5) 20 minute warm-up

THURSDAY, FEBRUARY 9, 2006 DIVING FINALS 12:30PM

Women's	3 M Finals	Optionals(3)
Men's	1 M Finals	Optional (3)

DIVING FINALS APPROX. 7:30PM

Women's	3 M Finals	Optionals(3)
Men's	1 M Finals	Optionals(3)

FRIDAY, FEBRUARY 10, 2006 DIVING TRIALS 12:30PM

Women's	1 M Prelims	Round 1 Optionals (6) 20 minute warm-up
Men's	3 M Prelims	Round 1 Optionals (6) 20 minute warm-up
Women's	1 M Prelims	Round 2 Voluntaries (5) 20 minute warm-up
Men's	3 M Prelims	Round 2 Voluntaries (5)

SATURDAY, FEBRUARY 11, 2006 DIVING FINAL 12:30PM

Women's	1 M Finals	Optionals (3)
Men's	3 M Finals	Optionals (3)

SATURDAY, FEBRUARY 11, 2006 DIVING FINAL APPROX. 8:10PM

Women's	1 M Finals	Optionals(3)
Men's	3 M Finals	Optionals (3)

Qualifying Times for SUNYAC Championship:

	<u>MEN</u>	<u>WOMEN</u>
50 Yd. Freestyle	:23.95	:28.00
100 Yd. Freestyle	:52.99	1:01.50
200 Yd. Freestyle	1:56.50	2:14.00
500 Yd. Freestyle	5:20.00	6:00.00
1000 Yd. Freestyle (for 1650)	11:30.00	12:35.00
1650 Yd. Freestyle	18:30.00	20:40.00
100 Yd. Backstroke	1:03.00	1:12.00
200 Yd. Backstroke	2:20.00	2:35.50
100 Yd. Breaststroke	1:09.00	1:21.50
200 Yd. Breaststroke	2:32.00	2:56.00
100 Yd. Butterfly	1:02.00	1:11.50
200 Yd. Butterfly	2:25.00	2:46.00
200 Yd. Individual Medley	2:15.00	2:31.00
400 Yd. Individual Medley	2:18.00/4:55.00	2:40.00/5:42.00

Relays--One relay per team. No qualifying standards.

<u>Diving -</u>	<u>Men</u>	<u>Women</u>
1 Meter, 6 Dives	175	162
1 Meter, Championship	218	185
3 Meter, 6 Dives	181	168
3 Meter, Championship	235	205

400 IM - The cut-off time for the 400 IM will be reinstated:

Women 5:42.00, Men 4:55.00, while maintaining the slower IM time which would qualify for the 400 IM - Women 2:40.00 and Men 2:18.00.

Individual Qualifications

Any competitor who qualifies in an individual event is eligible to compete in additional events. A competitor may compete in a maximum of 7 events with no more than three being individual events regardless of NCAA Championship format.