

**The Third Annual LWC Fall Frenzy Invitational
Friday-Saturday, Sept. 23 & 24**

Host: Lindsey Wilson College

Facility: The Bob & Doris Holloway Natatorium & Health & Wellness Center
210 Lindsey Wilson Street
Columbia, KY 42728
(270)384-7343

Course/Pool: 8 lane, 25-yard competitive course pool
Adjacent 2 lane+ for warm up and cool down available throughout the meet
40 person hot tub available throughout the competition
Colorado timing system with display board
Water temperature 79-80 degrees

Teams (thus far):

Bethel University
Campbellsville University
Lindenwood---at Belleville
Lindsey Wilson College
Milligan College

Start Times:

Session 1:
Friday, Sept. 23
Warm Ups 3:00 pm CST
Timed Final Heats 5:00 pm CST

Session 2:
Saturday, Sept. 24
Warm Ups 7:00 am CST
Timed Final Heats 9:00 am CST

Session 3:
Warm Ups 3:00 pm CST
Timed Final Heats 4:30 pm CST

Fees: \$75 per sex/per team, payable to Lindsey Wilson College Swimming.
Entry fees may be handed in at the coaches meeting prior to the start of the meet or may be mailed in advance to:

Lindsey Wilson Swimming
c/o Alicia Kemnitz
Athletic Department
210 Lindsey Wilson St.
Columbia, KY 42728

Registration: All teams need to register by 4:00 on Friday evening. Coaches can pick up their registration packet and deck passes from the scorers' table on the pool deck.

Meet Director: Alicia Kemnitz
kemnitza@lindsey.edu
570 772 0156 (cell)

Meet Administrators: Natalie Miller
Natalie.miller@lindsey.edu Charles Balcom
balcomc@lindsey.edu

Head Official:
Carole Wood

Event Format: All individual events will be swum as timed-finals. The top 16 swimmers will be in scoring position. There will be scheduled intermissions throughout all session where the main competition pool will be open for warm up and cool down.

Entry Limit: Each swimmer is limited to 4 individual events and 5 relays. There will be no exhibition swims. Each team may enter only 3 relays (A,B,C).

Entry Procedure: Entries must be submitted using HyTek Team Manager. TM events files will be sent to coaches in advance of the meet. Please send the entry to file BOTH kemnitza@lindsey.edu and natalie.miller@lindsey.edu. **Entries are due by 12:00 pm CST on Friday, September 16, 2016**
Coaches will be sent the psych sheet and any final meet information by **Tuesday, September 20, 2016**. All scratches must be turned in to the statistics table an hour before the start of each session. Otherwise, coaches must declare a false start for swimmers who will not swim the event for which they are entered.

Late Entries: Late entries will be included at the discretion of the meet director. No late entries will be accepted after final review of the psych sheet.

Deck Access: Parents and other team supporters will not be allowed in the "team section" of the deck. This will be clearly labeled and passes will be checked for all sessions. Security will be strictly enforcing this policy.

Relay Cards: Final relay cards/names must be submitted to the results desk prior to the start of each relay event.

Scoring:

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

Relay Events— 40-34-32-30-28-26-24-22-18-14-12-10-8-6-4-2

Awards: Trophies will be awarded to the first-placing men's and women's teams.

Coaches Meeting: All head coaches will meet at 4:30 pm on Friday afternoon, prior to the beginning of the first session.

Athletic Trainers: An athletic trainer will be available on-site throughout the meet.

Hospitality Rooms: A hospitality room for all coaches and officials will be available right off the pool deck during all sessions. Light refreshments will be available. Furthermore, the upstairs aerobics room will be available for swimmers and coaches to rest and meet between sessions on both Friday and Saturday.

Spectator & Other Fees: There will be no entry fees for spectators. Concessions will also be available.

Hotels:

Best Western of Columbia (CST)
710 Bomar Heights
Columbia, KY 42728
Ph- 270 384 9744

Holiday Inn Express, Campbellsville (EST, 25 minutes from pool)
102 Plantation Dr.
Campbellsville, KY 42728
Ph- 270 465 2727

| Women | Session 1, Friday, Sept. 23 PM | Men |
|----------------|---|----------------|
| Event # | Event | Event # |
| 1 | 200 Freestyle Relay | 2 |
| | **10 Minute Break** | |
| 3 | 500 Freestyle | 4 |
| 5 | 200 IM | 6 |
| 7 | 50 Freestyle | 8 |
| | **15 Minute Break** | |
| 9 | 400 Medley Relay | 10 |
| | | |
| | Session 2, Saturday, Sept. 24th, AM | |
| 11 | 200 Medley Relay | 12 |
| | **10 Minute Break** | |
| 13 | 400 IM | 14 |
| 15 | 100 Butterfly | 16 |
| 17 | 200 Freestyle | 18 |
| 19 | 100 Breaststroke | 20 |
| 21 | 100 Backstroke | 22 |
| | **15 Minute Break** | |
| 23 | 800 Freestyle Relay | 24 |
| | **20 Minute Break** | |
| 25 | 1650 (non-top 8 swimmers) | 26 |
| | | |
| | Session 3, Saturday, Sept. 24th PM | |
| 25 | Top 8, 1650 | 26 |
| | **10 Minute Break** | |
| 27 | 200 Backstroke | 28 |
| 29 | 100 Freestyle | 30 |
| 31 | 200 Breaststroke | 32 |
| 33 | 200 Butterfly | 34 |
| | **15 Minute Break** | |
| 35 | 400 Freestyle Relay | 36 |

The top 8 swimmers of each sex will swim the 1650 at night on Saturday. The rest of the mile swimmers will compete in the morning AFTER the 800 freestyle relay. There will be a 20 minute warm-up period after the final of the 800 freestyle relay.