



Princeton Swimming & Diving

2023 Princeton "BIG AL" Invitational

December 1-3, 2023

- Facility: DeNunzio Pool
Faculty Road, Princeton, NJ
- Participating Teams: Princeton, Buffalo (W), Cal State Bakersfield, Columbia (M), Denver, George Washington, North Carolina, Pennsylvania, Penn State; Army (divers only)
- Daily Schedule*:
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|-----------|---|
| Thursday | LCM Time Trial 2:30 PM (tentative start time) |
| Fri & Sat | Swimming Prelims 10:00 AM, Finals 6:00 PM Diving Prelims 12:00 PM, Finals 6:00 PM concurrent w/ swimming |
| Sunday | Swimming Prelims 10:00 AM, Finals 5:00 PM Diving Prelims 12:00 PM, Finals 5:00 PM concurrent w/ swimming |
- Pool available for swimming at 9:30 AM Thursday and 7:00 AM Friday through Sunday. Pool available for diving after 6:00 PM Thursday and at 7:00 AM Friday through Sunday. If you have pool requests for Tuesday or Wednesday, contact Matt Crispino (crispino@princeton.edu).
- Finals (Swimming): Top 24 competitors will advance to finals
- Scoring: A FINAL – 20, 17, 16, 15, 14, 13, 12, 11; B FINAL – 9, 7, 6, 5, 4, 3, 2, 1; C FINAL – no scoring
- Relays: Teams may enter 2 scoring relays and unlimited exhibition relays. "A" relays will be swum in the fastest heat. All others will be seeded by time. Relay names need to be submitted 15 minutes prior to the event. All relays are swum as timed finals in the evening sessions. There will be a break (length to be determined at coaches meeting) before the final relay of each finals session.
- Event Limits: Individuals may enter an unlimited number of events but are limited to competing in five individual events and five relays.
- Entry Deadlines: Entry files (which should include divers entered in the proper diving events) should be submitted to Ellen Mace by **Tuesday, November 21 at 12:00pm EST** via email: besmarttinc@gmail.com
- Scratch deadlines: Scratches for finals sessions should be submitted within 30 minutes following the completion of prelims. Prelim scratches should be submitted by 8pm Thursday for Friday events. For Saturday and Sunday prelims, submit scratches following the preceding finals session.
- Seeding: Enter athletes and relays with 2023-24 season best times. If an athlete has not swum that event yet this season, use a "best guess." Enter 1650 free with 1000 free times. Top 8 1650 entries will swim with finals Sunday night.
- Parking: Team buses and vans can pick up and drop off at the turnaround located in front of DeNunzio Pool on Stadium Drive. Spectators can park in the Stadium Drive Garage. Athletics parking information is available [here](#).



- Time Trials:** Time trials will be available following all prelim sessions.
- Diving Meet:** All diving entries should be included on your Hy-Tek entry file AND should be completed through www.divemeets.com. Head Diving Coach Ted Everett will communicate additional diving details directly to diving coaches.
- Coaches Meetings:** A head coaches meeting to review logistics will be held on Friday at 9:00 AM in the DeNunzio Conference Room. A diving coaches meeting will be held on the pool deck at 9:30 AM. Please ensure a representative of each program is present at these meetings.
- Swim Meet Director:** Ellen Mace besmarttinc@gmail.com
- Athletic Medicine:** All participants will have access to Princeton Athletic Medicine staff throughout the meet. If you have specific needs related to the training room, please contact Kelly Sherman (ks22@princeton.edu) or Matt DenBlaker (md4386@princeton.edu)
- Big AI Award:** The Big AI Trophy is awarded each year in memory of Bruce Alan “Big AI” Ebersole ’07 to a sportswoman and sportsman who demonstrate superior dedication to the sport of swimming & diving through inspiration to their teammates. We would like to ask each program to nominate someone for the award. Please submit one nominee via the form at the end of this document by the start of the meet. We will hold a coaches meeting on Friday before finals to select this year’s recipients.

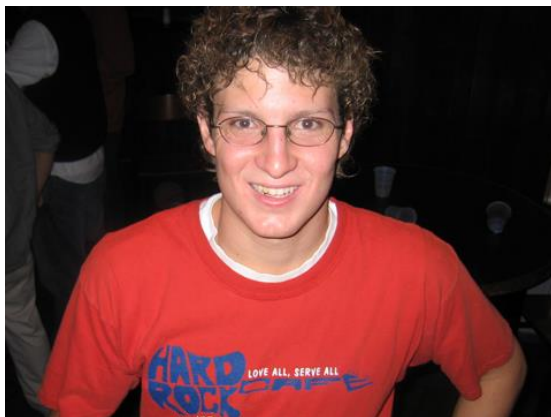
Swimming Events:

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|-----------------------------|
| FRIDAY, DECEMBER 1 |
| 200 Free Relay |
| 500 Freestyle |
| 200 IM |
| 50 Freestyle |
| 400 Medley Relay |
| SATURDAY, DECEMBER 2 |
| 200 Medley Relay |
| 100 Butterfly |
| 400 IM |
| 200 Freestyle |
| 100 Breaststroke |
| 100 Backstroke |
| 800 Freestyle Relay |
| SUNDAY, DECEMBER 3 |
| 1650 Freestyle |
| 200 Backstroke |
| 100 Freestyle |
| 200 Breaststroke |
| 200 Butterfly |
| 400 Freestyle Relay |



BIG AL TROPHY

The Big Al Trophy is awarded each year at our meet, which is held in memory of Bruce Alan "Big Al" Ebersole '07 (1984-2004) to a sportswoman and sportsman who has risen above challenges both in and out of the pool, and who demonstrates superior dedication to the sport of swimming & diving through inspiration to their teammates



Nominee Name _____

University _____

Year _____

M/F _____

Why is this nominee a good candidate for the Big Al Trophy?



Princeton Swimming & Diving

2023 Princeton "BIG AL" LCM Time Trial
November 30, 2023

- Facility: DeNunzio Pool
Faculty Road, Princeton, NJ
- Format: This meet is a timed finals LCM meet conducted in one session. There is no team scoring. All participants in the Big Al Invitational are welcome to compete in the meet. The meet will be USA Swimming observed and times will be submitted to the SWIMS database. Times will count toward US Olympic Trials qualification. The meet is not World Aquatics sanctioned.
- Start Time: Tentatively 2:30 PM (we must conclude the session by 5:00 PM and we will adjust the start time accordingly once entries are submitted)
- Breaks: Breaks will occur after every three events for warm up and warm down. The length of the breaks will be determined once entries are submitted.
- Event Order: 400 IM
200 Freestyle
100 Backstroke
Break
100 Breaststroke
200 Butterfly
100 Freestyle
Break
200 Backstroke
200 Breaststroke
100 Butterfly
Break
400 Freestyle
200 IM
50 Freestyle
800/1500 Freestyle
- Entries: Entry files should be submitted to Ellen Mace (besmarttinc@gmail.com) by Tuesday, November 21 at 12:00 PM EST. Enter with lifetime best LCM times.
- Entry Limits: Competitors will be limited to a total of two individual events.
- Time Trials: Time trials will only be conducted if the estimated timeline allows for sufficient time. If they are conducted, competitors will be limited to one time trial event.
- Swim Meet Director: Ellen Mace besmarttinc@gmail.com