



Princeton Swimming & Diving

2025 Princeton "BIG AL" Invitational
December 4-6, 2025

- Facility: DeNunzio Pool
Faculty Road, Princeton, NJ
- Participating Teams: Princeton, Columbia, Penn, Utah (diving only), Cornell (diving only)
- Daily Schedule*:
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| Thu & Fri | Swimming Prelims 10:00 AM, Finals 6:00 PM
Diving Prelims 12:00 PM, Finals 6:00 PM concurrent w/ swimming |
| Saturday | 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 7:00 AM Thursday through Saturday. Pool available for diving at 7:00-8:30 AM and 10:00-12:00 Thursday through Saturday.
- Prelims (Swimming): Only the middle six lanes will be utilized in the preliminaries. There will be breaks between events, the length of which will be determined by the coaches before the meet.
- 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 two scoring relays and unlimited exhibition relays. "A" and "B" relays will be swum in the fastest heat in assigned lanes. All others will be seeded by time. Relay names must be submitted to the table 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.
- Relay A Final Lanes: Penn 2-5; Princeton 3-6; Columbia 4-7
- Event Limits: Individuals may enter and compete in an unlimited number of events.
- Entry Deadlines: Entry files (which should include divers entered in the proper diving events) should be submitted to Ellen Mace by **Monday, December 1 at 12:00pm EST** via email: besmartinc@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 Wednesday for Thursday events. For Friday and Saturday prelims, submit scratches following the preceding finals session.
- Seeding: Enter athletes and relays with 2025-26 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 eight 1650 entries will swim with finals Saturday 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. Princeton Diving Coach Ted Everett will communicate additional diving details directly to diving coaches, including warm up flights.
- Coaches Meetings: A head coaches meeting to review logistics will be held on Thursday 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 Mike Tremblay (mjt8@princeton.edu) or Matt DenBlaker (md4386@princeton.edu)
- Big Al Award: The Big Al Trophy is awarded each year in memory of Bruce Alan “Big Al” 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 Saturday prelims. We will hold a coaches meeting on Saturday before finals to select this year’s recipients.

Swimming Events:

THURSDAY, DECEMBER 4
200 Free Relay
50 Breast
500 Free
50 Back
200 IM
50 Freestyle
400 Medley Relay
FRIDAY, DECEMBER 5
200 Medley Relay
100 Butterfly
400 IM
200 Freestyle
100 Breaststroke
100 Backstroke
800 Freestyle Relay
SATURDAY, DECEMBER 6
1650 Freestyle (women)
50 Butterfly
200 Backstroke
100 Freestyle
1650 Free (men)
200 Breaststroke
100 IM
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?
