



2016 NCSA Age Group Swimming Championships

*Meet Announcement
Spring Age Group Championships – Orlando YMCA
Orlando, FL
March 22-25, 2016*

MEET WEBSITE:

http://www.teamunify.com/About.jsp?_tabid_=85487&team=recndnca

2016 NCSA AGE GROUP SWIMMING CHAMPIONSHIPS
Orlando YMCA Aquatic Center – Orlando, FL
March 22-25, 2016

SANCTIONED BY: USA Swimming & Florida Swimming; # TBD

LOCAL HOST: YMCA of Central Florida

SPONSORED BY: National Club Swimming Association, Inc. (NCSA)

DATES OF MEET: March 22-25, 2016

ENTRIES DUE: OME will close Tuesday, March 15, 2016, 11:59 PM EST

SESSION START TIMES: Tuesday-Friday: Prelims-8:30AM; 10 & Under-2:00PM Finals-6:00PM

MEET REFEREE: Sandy Drake sandydrakemaui@gmail.com (808-298-8091)

Sandy lives in Hawaii so call between 1:00pm EST-2:00am EST

ADMINISTRATIVE REFEREE: Lisa Olack, Olack.Lisa@gmail.com (704-577-5002)

MEET DIRECTOR/ENTRY COORDINATOR: Bill Schalz: NCSAAgeGroupChamps@gmail.com (630-989-8157)

LOCAL HOST LIAISON: TBA

FACILITY: Orlando YMCA Aquatic Center
8422 International Drive
Orlando, FL 32819
407-363-191

MEET FORMAT:

- Short Course Yards
- Age Groups: 10 & Under, 11-12, 13-14
- 11-12 & 13-14 Age Groups
 - Individual Events are Prelim-Finals
 - Exception: 11-12 400 IM & 500 Free, 13-14 400 IM, 500 Free and 1650 Free will be swum Timed Finals with the fastest heat (8 swimmers) swum at night with the Finals.
 - Relays are Timed Finals and will be swum in the preliminary session.
 - With the exception of the distance events which are swum as timed finals events, swimmers will advance to finals using the following format
 - A Final: Top 8 fastest swimmers from the preliminaries.
 - B1 Final: Next 8 fastest swimmers in the top of the age group (12 & 14 year olds respectively)
 - B2 Final: Next 8 fastest swimmers in the bottom of the age group (11 & 13 year olds respectively)
- 10 & Under Age Group
 - All events are Timed Finals
 - 10 & Under events will be swum in the afternoon. See Schedule in this announcement.

COMPETITION COURSE

The Orlando YMCA competition pool is a 50m pool that can accommodate two (2) 25-yard competition courses. Each course has eight (8) lanes. The facility is equipped with Colorado Timing Systems and a digital scoreboard for both courses. The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming. A 25-yard x 8 lane diving well will also be available during the competition.

ELIGIBILITY:

Participation is open to nationals of the United States of America. Non-US nationals are eligible to participate if the swimmer's family is living and working in the United States. An Exchange student, possession of a student, business, or tourist Visa is not sufficient to meet this condition. *All non-US Citizens must access the NCSA website and complete the "Declaration of Foreign Status" form to enter the meet.*

This meet is open to USA Swimming registered athletes 14 years of age and younger who are USA citizens. NCSA membership is required for participation in this meet. *The NCSA membership fee is paid via OME.* Relay only swimmers must be included in the OME system with your team roster; please designate these swimmers as "relay only". Please designate unattached swimmers as 'UN' with your LSC code.

EVENT LIMITS:

Swimmers are limited to ten (10) Individual events for the meet. Swimmers are further limited to no more than three (3) individual events per day.

BONUS EVENTS:

Any swimmer with one qualifying time may swim up to five (5) bonus swims. Relay only swimmers may swim up to two (2) bonus events. The following events are not eligible for bonus events: 400 IM, 500 Free, 1650 Free.

QUALIFYING TIMES:

Times must be achieved between January 1, 2015, and March 15, 2016, dates inclusive. Short Course Yards (SCY) qualifying times will be seeded first, followed by Long Course Meters (LCM) qualifying times, followed by Short Course Meters (SCM) qualifying times. All qualifying individual and relay times must be provable at the meet. There are no Upper Time Limits for this meet. Times not provable will be subject to a fine established by NCSA (National Club Swimming Association, Inc.) and the swimmer or relay will be scratched and not be seeded into the event.

The qualifying standards will be the AA and AAA national age group time standards. The time standards are listed below.

Swimmer's Age	Time Standard
9 years and younger	AA
11 years old	AA
13 years old	AA
10 years old	AAA
12 years old	AAA
14 years old	AAA

TIME TRIALS:

Time Trials will not be offered at this meet.

ENTRY INTO THE MEET

TEAM ENTRY:

All entries must be completed through the USA Swimming OME system. This is the only accepted way to enter this meet. OME will be open for entries beginning February 1, 2016, and close at 11:59 PM EST on March 15, 2016. *Note: Please wait until your athletes have exhausted all of their chances to qualify or improve seed times to finalize your entry and check out. The OME system does not allow for swimmers to change or delete a bonus swim once you check out of OME.*

LATE ENTRIES:

Late entries are for first time qualifiers who achieved the qualifying times after the entry deadline. This is not a procedure to update times. You may submit an updated time for a swim that upgrades a swim from a bonus cut to a regular standard cut; this will allow for an additional bonus entry. **Late entries will be accepted until noon (EST) on Monday, March 21, 2016**, for individuals qualifying between March 15, and March 21, 2016. New qualifiers who are NOT already in the meet are to enter using OME. If a swimmer is already entered in the meet and has achieved an additional qualifying time or upgrading from a bonus to a qualifying time standard, please send an email to the meet director/entry coordinator listed above.

ENTRY FEES:

Individual - \$2.00 per event

Relays - \$5.00 per relay team

Late entry fees (new cuts made after entry deadline): Individual - \$5; Relays - \$10

NCSA Membership Fee - \$50.00 per swimmer (including relay only swimmers)

All fees are to be paid by credit card in the OME system.

ADMISSIONS

All session passes \$60 includes heat sheet

Preliminary session \$10 includes heat sheet

Finals session \$10 includes heat sheet

Children 10 & Under Free

DECK PASSES:

Deck passes for USA Swimming Registered coaches are available for \$15 each. Please indicate number of coach passes requested and include with final entry payment. Number of deck passes allowed for each team is dependent on the number of qualified athletes. Additional coaches passes may be purchased for \$50 (proof of USA Swimming non-athlete membership, coaching certifications, APT, and background screen required for each additional pass).

# of Swimmers	# of Deck Passes
1 - 4	1
5 - 9	2
10 - 16	4
17 - 21	5
22 - 30	6
31 - 40	7
41 - 50	8
51 - 60	10

RULES AND PROCEDURES

MEET REFEREE and MEET COMMITTEE:

The Meet Referee will be in charge of the meet. Any questions regarding the conduct of the meet should be made directly to that person. The NCSA Championships Meet Committee and/or Meet Referee may find it necessary to change some meet variables in order to provide the best possible situations for the athletes; including, but not limited to start times, distance event procedures, weather related disruptions, time trial locations, session formats; etc.

GENERAL MEETING:

A General Meeting will be held at the Aquatic Center on Monday, March 21, 2016, at 4:00 PM. All athletes must be represented by a coach or representative. Necessary coaches meetings will be called as needed during the competition.

RULES:

USA Swimming, Inc. Technical Rules and National Championship procedures will govern. Meet entry times must be designated LCM for long course meters, SCY for yards, or SCM for short course meters. The National Championship scratch procedures will be used for prelims and finals. In order, there will be B1, B2, and A Finals (3 heats) for all events, except for the 10 & under events, relay events and the following distance events; 11-12 400 IM, 500 Free, 13-14 400 IM, 500 Free and 1650 Free.

USA Swimming Rule 202:

- At a sanctioned competitive event, USA Swimming athlete members must be under the supervision of a USA Swimming member coach during warm-up, competition, and warm-down.
- Any swimmer entered in the meet must be certified by a USA Swimming member-coach as being proficient in performing a racing start or must start each race from within the water. It is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.
- Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms, locker rooms, behind the starting blocks and other designated areas.
- Deck changes are prohibited.
- There will be no on-deck registrations accepted at this meet.

SCRATCH RULE:

Summarized from USA Swimming Rule 207.11.6:

A swimmer, after the heats have been seeded, who fails to scratch and 'no shows' a preliminary or timed final event, will be barred from all further individual and relay events of that day (application of penalty shall pertain to the order in which the events/heats are swum, not the numerical order of the events). Additionally, that swimmer must positive check in for all subsequent individual events prior to the close of the scratch box for that day's events. A swimmer who fails to scratch and 'no shows' a final event shall be barred from further competition for the remainder of the meet.

SCRATCH DEADLINES:

The Scratch deadline for 11-12 & 13-14 preliminary heats and all 10 & Under heats will be as follows:

- First day's events: 15 minutes following the general meeting.
- All remaining day's events: 6:30PM the night before the event is swum.

DISTANCE EVENTS & POSITIVE CHECK IN

The 11-12 500 Free and 400 IM, 13-14 400 IM, 500 Free and 1650 Free will be swum as time final events with the fastest eight (8) swimmers competing in the finals session. The remaining heats will be swum in the prelims session slow to fast. ***Swimmers in distance events must be checked in to be seeded in the event. The check in deadline is the same as the scratch deadline for that day's events.***

RELAYS & POSITIVE CHECK IN:

A team may enter no more than two relays in each relay event. Relays must be pre-entered and relay times must be provable by team or aggregate. A swimmer may be used only once to prove a relay in each relay event. Relay only swimmers must be listed on the team entry. Aggregate relays may be proven by any four (4) swimmers ELIGIBLE to swim (must be American citizens eligible to swim in the age group), but any four (4) swimmers may swim on the day of the event. All relays are timed finals and will be seeded and swum in preliminaries slowest to fastest. ***Relays must check in by the scratch deadline for the day swum to be seeded in the event.***

CREDENTIALS:

Coaches **MUST** display their current USA Swimming coach credential at all times to gain deck access. Meet management and/or the meet referee reserve the right to ask for coach credential display and/or deny deck access if coach does not comply or card is no longer valid/current.

Participating athletes will be issued a deck pass credential that must be displayed and/or presented to the deck security personnel upon each entry to the deck.

AWARDS:

Individual NCSA Age Group Championship Medals 1-8; Ribbons 9-16 (for both B Heats). Relay Medals 1-8.

SCORING

Scoring: 16 places; The A finalists will score places 1-8. Each B final heat will score 9-16 places. The top 16 relays will earn double the individual points.

Individual: 20, 17, 16, 15, 14, 13, 12, 11, 9, 7, 6, 5, 4, 3, 2, 1

WARM-UP:

- Sunday, March 20: TBA – will be posted on NCSA website
- Monday, March 21: TBA – will be posted on NCSA website
- Tuesday, March 22 to Friday, March 25: 6:00 AM to 8:20 AM and 4:30 PM to 5:50 PM

OFFICIATING:

Officials wishing to volunteer or having questions may contact the Meet Referee, Sandy Drake, prior to the meet at the contact information given above.

The official's uniform will be white shirt over tan pants, shorts or skirt for all prelims, timed finals and time trials. Finals dress will be Oxford blue button down over long, tan pants. Meet shirts will be given out and worn for prelims on Friday. Friday finals uniform will be a flowered shirt (aloha shirt) over long, tan pants.

HOTELS:

Hotels will be posted on the website. Please check back often as the website will be updated as hotels fill and new ones open up.

VOLUNTEERS:

Anyone wishing to volunteer for this event should contact Local Host Liaison, at the contact information given above, on or before Monday, March 21, 2016, for more information regarding all volunteer opportunities.



2016 NCSA AGE GROUP SWIMMING CHAMPIONSHIPS

*Order of Events
Orlando, FL
March 22-25, 2016*

Tuesday March 22	Wednesday March 23	Thursday March 24	Friday March 25
Morning Short Course Yards Session Warm-Up: 6:00-8:20 Start: 8:30	Morning Short Course Yards Session Warm-Up: 6:00-8:20 Start: 8:30	Morning Short Course Yards Session Warm-Up: 6:00-8:20 Start: 8:30	Morning Short Course Yards Session Warm-Up: 6:00-8:20 Start: 8:30
1. W 13-14 100 Free 2. M 13-14 100 Free 3. W 11-12 100 Free 4. M 11-12 100 Free 5. W 13-14 100 Back 6. M 13-14 100 Back 7. W 11-12 50 Back 8. M 11-12 50 Back 9. W 13-14 200 Breast 10. M 13-14 200 Breast 11. W 11-12 100 Breast 12. M 11-12 100 Breast 13. W 13-14 200 Fly 14. M 13-14 200 Fly 15. W 11-12 400 IM 16. M 11-12 400 IM 17. W 13-14 200 M.R. 18. M 13-14 200 M.R. 19. W 11-12 200 M.R. 20. M 11-12 200 M.R.	29. W 11-12 50 Breast 30. M 11-12 50 Breast 31. W 13-14 100 Breast 32. M 13-14 100 Breast 33. W 11-12 200 Free 34. M 11-12 200 Free 35. W 13-14 500 Free 36. M 13-14 500 Free 37. W 11-12 100 Back 38. M 11-12 100 Back 39. W 13-14 200 Back 40. M 13-14 200 Back 41. W 11-12 200 Fly 42. M 11-12 200 Fly 43. W 13-14 50 Fly 44. M 13-14 50 Fly 45. W 11-12 400 Fr. R. 46. M 11-12 400 Fr. R. 47. W 13-14 400 Fr. R. 48. M 13-14 400 Fr. R.	57. W 11-12 500 Free 58. M 11-12 500 Free 59. W 13-14 200 Free 60. M 13-14 200 Free 61. W 11-12 200 Breast 62. M 11-12 200 Breast 63. W 13-14 100 Fly 64. M 13-14 100 Fly 65. W 11-12 50 Fly 66. M 11-12 50 Fly 67. W 13-14 50 Back 68. M 13-14 50 Back 69. W 11-12 200 IM 70. M 11-12 200 IM 71. W 13-14 400 IM 72. M 13-14 400 IM 73. W 11-12 200 Fr. R. 74. M 11-12 200 Fr. R. 75. W 13-14 200 Fr. R. 76. M 13-14 200 Fr. R.	87. W 11-12 100 IM 88. M 11-12 100 IM 89. W 13-14 200 IM 90. M 13-14 200 IM 91. W 11-12 100 Fly 92. M 11-12 100 Fly 93. W 13-14 50 Breast 94. M 13-14 50 Breast 95. W 11-12 50 Free 96. M 11-12 50 Free 97. W 13-14 50 Free 98. M 13-14 50 Free 99. W 11-12 200 Back 100. M 11-12 200 Back 101. W 13-14 400 M.R. 102. M 13-14 400 M.R. 103. W 11-12 400 M.R. 104. M 11-12 400 M.R. 85. W 13-14 1650 Free 86. M 13-14 1650 Free
10 & Under Session Warm-Up: 1:00-1:50 Start: 2:00	10 & Under Session Warm-Up: 1:00-1:50 Start: 2:00	10 & Under Session Warm-Up: 1:00-1:50 Start: 2:00	10 & Under Session Warm-Up: 1:00-1:50 Start: 2:00
21. W 10 & U 50 Free 22. M 10 & U 50 Free 23. W 10 & U 200 IM 24. M 10 & U 200 IM 25. W 10 & U 100 Breast 26. M 10 & U B100 Breast 27. W 10 & U 200 M.R. 28. M 10 & U 200 M.R.	49. W 10 & U 100 Free 50. M 10 & U 100 Free 51. W 10 & U 100 Back 52. M 10 & U 100 Back 53. W 10 & U 50 Fly 54. M 10 & U 50 Fly 55. W 10 & U 400 Fr. R. 56. M 10 & U 400 Fr. R.	77. W 10 & U 500 Free 78. M 10 & U 500 Free 79. W 10 & U 100 Fly 80. M 10 & U 100 Fly 81. W 10 & U 50 Back 82. M 10 & U 50 Back 83. W 10 & U 200 Fr. R. 84. M 10 & U 200 Fr. R.	105. W 10 & U 100 IM 106. M 10 & U 100 IM 107. W 10 & U 50 Breast 108. M 10 & U 50 Breast 109. W 10 & U 200 Free 110. M 10 & U 200 Free 111. W 10 & U 400 M.R. 112. M 10 & U 400 M.R.
Evening Finals Session Warm-Up: 4:30-5:50 Start: 6:00	Evening Finals Session Warm-Up: 4:30-5:50 Start: 6:00	Evening Finals Session Warm-Up: 4:30-5:50 Start: 6:00	Evening Finals Session Warm-Up: 4:30-5:50 Start: 6:00

Consolation 1, Consolation 2, and Championship Finals for all individual events, except those events being conducted as timed finals.

All relays are timed finals and will be swum in the preliminary sessions.



2016 NCSA AGE GROUP SWIMMING CHAMPIONSHIPS

TIME STANDARDS

GIRLS						Event Description	BOYS					
9 & Under			10 Year only				9 & Under			10 Year only		
AA			AAA				AA			AAA		
SCM	LCM	SCY	SCM	LCM	SCY		SCY	LCM	SCM	SCY	LCM	SCM
:33.79	:34.89	:30.59	:32.39	:33.39	:29.29	50 Free	:30.19	:34.29	:33.29	:28.99	:32.89	:31.99
1:15.39	1:17.49	1:08.19	1:11.79	1:13.89	1:04.99	100 Free	1:07.19	1:16.89	1:14.19	1:04.09	1:13.39	1:10.89
2:44.69	2:50.09	2:29.09	2:36.59	2:41.69	2:21.79	200 Free	2:24.99	2:44.69	2:40.19	2:18.69	2:37.49	2:33.19
5:42.49	5:50.59	6:31.39	5:27.69	5:35.39	6:14.39	400/500 Free	6:25.49	5:44.59	5:37.39	6:08.79	5:29.69	5:22.69
:39.99	:41.49	:36.19	:37.99	:39.39	:34.39	50 Back	:35.99	:41.29	:39.79	:34.19	:39.19	:37.79
1:26.09	1:30.29	1:17.89	1:21.79	1:25.79	1:13.99	100 Back	1:16.59	1:27.69	1:24.59	1:13.09	1:23.59	1:20.69
:44.29	:45.89	:40.09	:42.19	:43.69	:38.19	50 Breast	:39.99	:45.99	:44.19	:38.09	:43.89	:42.09
1:37.29	1:41.49	1:27.99	1:32.39	1:36.39	1:23.69	100 Breast	1:26.29	1:40.19	1:35.39	1:22.39	1:35.59	1:31.09
:38.39	:39.39	:34.79	:36.39	:37.19	:32.89	50 Fly	:34.39	:38.89	:38.09	:32.69	:36.89	:36.09
1:28.69	1:31.09	1:20.19	1:23.09	1:25.39	1:15.19	100 Fly	1:19.89	1:30.59	1:28.29	1:14.99	1:25.09	1:22.89
1:25.89		1:17.69	1:21.79		1:13.99	100 IM	1:16.99		1:25.09	1:13.69		1:21.39
3:03.89	3:08.89	2:46.49	2:55.39	3:00.19	2:38.79	200 IM	2:46.19	3:08.29	3:03.59	2:38.69	2:59.79	2:55.29
			2:20.69	2:25.09	2:07.49	200 Fr. R				2:05.49	2:22.69	2:18.69
			5:15.49	5:24.69	4:45.49	400 Fr. R				4:40.69	5:21.49	5:10.29
			2:44.09	2:49.29	2:28.49	200 M. R.				2:27.19	2:47.99	2:42.69
			6:05.49	6:19.19	5:30.79	400 M. R.				5:25.19	6:12.79	5:59.49

GIRLS						Event Description	BOYS					
11 Year only			12 Year only				11 Year only			12 Year only		
AA			AAA				AA			AAA		
SCM	LCM	SCY	SCM	LCM	SCY		SCY	LCM	SCM	SCY	LCM	SCM
:31.19	:31.99	:28.19	:29.89	:30.69	:26.99	50 Free	:27.19	:31.09	:29.99	:25.99	:29.79	:28.69
1:06.79	1:09.89	1:00.49	1:03.89	1:06.79	:57.79	100 Free	:59.29	1:07.49	1:05.49	:56.69	1:04.59	1:02.69
2:26.29	2:30.99	2:12.39	2:19.99	2:24.39	2:06.69	200 Free	2:09.19	2:26.99	2:22.69	2:03.49	2:20.59	2:16.49
5:08.59	5:15.39	5:52.59	4:55.19	5:01.69	5:37.29	400/500 Free	5:47.49	5:08.49	5:04.09	5:32.39	4:55.09	4:50.89
:35.19	:36.89	:31.89	:33.69	:35.29	:30.49	50 Back	:31.59	:36.29	:34.89	:30.09	:34.59	:33.29
1:16.59	1:19.39	1:09.29	1:12.79	1:15.49	1:05.89	100 Back	1:07.49	1:18.49	1:14.59	1:04.19	1:14.69	1:10.99
2:42.89	2:50.59	2:27.39	2:35.79	2:43.19	2:20.99	200 Back	2:23.99	2:46.59	2:39.09	2:17.79	2:39.29	2:32.19
:39.69	:40.39	:35.89	:37.89	:38.59	:34.29	50 Breast	:35.19	:40.09	:38.89	:33.39	:38.09	:36.99
1:26.29	1:29.69	1:18.09	1:22.39	1:25.59	1:14.59	100 Breast	1:15.79	1:27.59	1:23.69	1:12.19	1:23.49	1:19.79
3:06.79	3:12.69	2:49.09	2:58.69	3:04.29	2:41.69	200 Breast	2:42.39	3:08.89	2:59.39	2:35.29	3:00.69	2:51.59
:33.79	:34.29	:30.59	:32.39	:32.79	:29.29	50 Fly	:30.19	:34.09	:33.39	:28.69	:32.39	:31.69
1:16.29	1:17.99	1:08.99	1:12.49	1:14.09	1:05.59	100 Fly	1:07.09	1:16.39	1:14.19	1:03.69	1:12.49	1:10.39
2:45.59	2:51.79	2:29.79	2:38.39	2:44.29	2:23.29	200 Fly	2:26.29	2:46.39	2:41.69	2:19.89	2:39.09	2:34.59
1:17.39		1:10.09	1:13.99		1:06.99	100 IM	1:08.09		1:15.19	1:05.09		1:11.89
2:45.69	2:51.19	2:29.89	2:38.49	2:43.79	2:23.39	200 IM	2:26.99	2:48.09	2:42.39	2:20.19	2:40.29	2:34.89
5:52.69	6:04.59	5:19.19	5:37.39	5:48.69	5:05.29	400 IM	5:12.19	5:56.09	5:44.99	4:58.69	5:40.59	5:29.99
			2:09.89	2:13.49	1:57.49	200 Fr. R				1:53.49	2:09.89	2:05.09
			4:38.69	4:51.49	4:12.29	400 Fr. R				4:07.49	4:41.89	4:33.49
			2:25.89	2:29.69	2:11.99	200 M. R.				2:09.99	2:28.29	2:23.59
			5:20.19	5:31.79	4:49.89	400 M. R.				4:42.49	5:24.89	5:12.29



2016 NCSA AGE GROUP SWIMMING CHAMPIONSHIPS

TIME STANDARDS *Continued*

GIRLS						Even Description	BOYS					
13 Year only			14 Year only				13 Year only			14 Year only		
AA			AAA				AA			AAA		
SCM	LCM	SCY	SCM	LCM	SCY		SCY	LCM	SCM	SCY	LCM	SCM
:29.79	:30.89	:26.99	:28.59	:29.49	:25.79	50 Free	:24.89	:28.29	:27.59	:23.89	:27.09	:26.39
1:04.79	1:06.79	:58.69	1:01.99	1:03.89	:56.09	100 Free	:54.49	1:02.59	1:00.19	:52.09	:59.89	:57.59
2:19.69	2:23.89	2:06.49	2:13.69	2:17.69	2:00.99	200 Free	1:58.69	2:16.09	2:11.19	1:53.59	2:10.19	2:05.49
4:55.99	5:01.79	5:38.29	4:43.19	4:48.69	5:23.49	400/500 Free	5:19.99	4:50.09	4:39.99	5:05.99	4:37.49	4:27.79
19:14.89	19:48.09	19:21.69	18:24.69	18:56.49	18:31.19	1500/1650 Free	18:27.59	19:05.89	18:21.09	17:39.39	18:16.09	17:33.29
Must have 100 back standard						50 Back	Must have 100 back standard					
1:11.09	1:13.99	1:04.29	1:07.99	1:10.79	1:01.49	100 Back	1:00.39	1:09.89	1:06.79	:57.79	1:06.79	1:03.89
2:32.79	2:39.69	2:18.29	2:26.19	2:31.79	2:12.29	200 Back	2:10.09	2:30.29	2:23.79	2:04.49	2:23.79	2:17.49
Must have 100 breast standard						50 Breast	Must have 100 breast standard					
1:21.19	1:24.49	1:13.49	1:17.59	1:20.79	1:10.29	100 Breast	1:07.89	1:17.89	1:14.99	1:04.89	1:14.59	1:11.69
2:56.09	3:02.89	2:39.39	2:48.39	2:54.89	2:32.39	200 Breast	2:28.29	2:52.09	2:43.79	2:21.79	2:44.59	2:36.69
Must have 100 fly standard						50 Fly	Must have 100 fly standard					
1:10.59	1:12.39	1:03.89	1:07.49	1:09.19	1:01.09	100 Fly	:59.29	1:07.49	1:05.59	:56.79	1:04.59	1:02.69
2:36.49	2:38.79	2:21.69	2:29.69	2:31.89	2:15.49	200 Fly	2:11.69	2:29.99	2:25.59	2:05.99	2:23.49	2:19.19
2:37.19	2:43.89	2:22.29	2:30.39	2:36.79	2:16.09	200 IM	2:12.99	2:33.69	2:26.89	2:07.19	2:26.99	2:20.59
5:34.49	5:45.39	5:02.69	5:19.99	5:30.39	4:49.59	400 IM	4:43.39	5:26.19	5:13.09	4:31.09	5:11.99	4:59.49
			2:04.29	2:08.69	1:52.69	200 Fr. R				1:43.89	1:57.89	1:55.09
			4:30.29	4:38.69	4:04.69	400 Fr. R				3:47.49	4:21.09	4:11.09
Must have 400 Med. Rel. standard						200 M. R.	Must have 400 Med. Rel. standard					
			4:59.99	5:10.49	4:31.39	400 M. R.				4:12.59	4:49.79	4:39.09

Entry Notes:

1. Qualifying Period: January 1, 2015, THROUGH THE ENTRY DEADLINE, March 15, 2016
2. Bonus Swims:
 - a. Five (5) bonus swims for any swimmer qualified in at least one individual event.
 - b. Two (2) bonus swims for relay only swimmers.
 - c. Bonus events are limited to events 200 yards and shorter.
 - d. There are no qualifying standards for the bonus events.
3. Swimmers are limited to 10 events for the meet. Swimmers are further limited to 3 individual events per day.
4. Relay time standards apply to all swimmers in the age group regardless of age.
 - a. Teams may enter the 13-14 200 Medley Relay only if they have the qualifying time for the 400 Medley relay.
5. For 13-14 age group only
 - a. Swimmers may enter the 50 meter butterfly, backstroke or breaststroke if they have the qualifying time for the 100 distance of that stroke. OR swimmers may enter the event as a bonus event.
 - b. Teams may enter the 13-14 200 Medley Relay only if they have the qualifying time for the 400 Medley relay.