



NCSA JUNIOR NATIONALS • MARCH 12-16 • ORLANDO

*Meet Announcement
Spring Championships – Orlando, FL
March 12-16, 2013*

**www.ncsa-usa.org
meet questions: ncsa_usa@hotmail.com**

2013 NCSA JUNIOR NATIONAL SWIMMING CHAMPIONSHIPS

Spring Championships – Orlando, FL – March 12-16, 2013

APPROVED BY: USA Swimming & Florida Swimming

LOCAL HOST CLUB: Orlando YMCA

SPONSORED BY: National Club Swimming Association, Inc.

DATES OF MEET: March 12-16, 2013

ENTRIES DUE: Online Meet Entry Closes Midnight EST, Tuesday, March 5, 2013

SESSION START TIMES: Tuesday 4 PM; Wednesday-Friday: Prelims-9AM Finals-6PM

MEET REFEREE: Bob Welch - phone: 630-661-3255; email: RJWelch@sbcglobal.net

WARM-UP:

Monday: TBA-Check NCSA website for details

Tuesday: 7:00 AM to 3:15 PM

Wed. thru Sat.: 6:00 AM to 8:55 AM and 4:30 PM to 5:50 PM

Meet Days: Continuous Warm-ups in Diving Pool

FACILITY:

Orlando YMCA Aquatic and Family Center

8422 International Drive

Orlando, FL 32819

407-363-1911

MEET FORMAT NOTE: Meet will be run as Short Course.

ELIGIBILITY:

Participation is open to nationals of the United States of America. Non-US national are eligible to participate if the swimmer's family is living and working in the United States. Exchange students, possession of a student, business, or tourist visa is not sufficient to meet this condition. Non-US Citizens must go to the NCSA website and fill out the Declaration of Foreign Status Form.

Membership in USA Swimming or NCSA for a period of at least six months prior to the Junior Nationals Swimming Championship and participation in at least two USA/NCSA Swimming meets in representation of a USA or NCSA Swimming Club during the six months prior to the Junior National Swimming Championships. Open to USA Swimming, Inc. registered athletes 18 years of age and younger who are USA citizens. Membership in USA Swimming is required for this meet. NCSA Athlete membership is required for participation this meet, NCSA membership is paid for in the OME system. Relay only swimmers must be included in the OME system. Please designate unattached swimmers as 'UN' in the OME system.

QUALIFYING TIMES:

Times must be achieved between January 1, 2012 and March 5, 2013. Short Course Yards (SCY) qualifying times will be seeded first, next Long Course Meters (LCM) qualifying times, followed by Short Course Meters (SCM) qualifying times. Swimmers may compete in no more than three (3) individual events per day. Bonus entries are permitted if a swimmer has at least one event qualifying time and has achieved the minimum bonus standards. Any swimmer with one qualifying standard may swim up to two Bonus Events in which they have achieved the bonus standard (1 cut-up to 2 bonus, 2 cuts-up to 2 bonus, 7 cuts-up to 2 bonus). 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 fine established by NCSA (National Club Swimming Association, Inc.).

TIME TRIALS:

Open to any swimmers who swims in any event (including relays), limited to two (2) for the meet. Time Trial entries are \$5/individual events, \$10/relays, and are payable with CASH ONLY on deck. Time Trial participants must provide their own timer and counter, if applicable. Time Trials will be run short course. Distance events (1000 & 1650 free) will be offered on a day decided upon by the meet referee.

ENTRY INTO THE MEET

TEAM ENTRY:

Completed through USA Swimming's OME (online meet entry) system, this is the only accepted way to enter this meet. Instructions and details are on the NCSA website:

<http://ncsassociation.homestead.com/index.html>

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

Fees are payable via credit card in the USA Swimming OME system. There are no refunds.

NCSA MEMBERSHIP FEE:

There is a \$48.00 per swimmer (individuals and relay-only athletes) NCSA Registration fee, to be done in Online Meet Entry system (last step before you check-out). Swimmers will not be seeded in the meet unless NCSA registration fees are paid for online along with Meet Entry Fees.

ENTRIES CLOSE:

Entries must be ENTERED in the OME system by 11:59 PST Tuesday, March 5, 2013.

Late Entries will be accepted until Monday, March 11, 2013 at NOON, EST Time. Online entries are done through the OME for individuals qualifying between March 5 and March 11, 2013. For swimmers already in the meet making an additional NEW qualifying time, please use the form on the NCSA website <http://ncsassociation.homestead.com/emailentryform.html>

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 Junior National 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 start times, distance event procedures, weather related disruptions, time trial locations, session formats; etc. A General Meeting will be held at Orlando YMCA Aquatic Center on Tuesday, March 12, 2013, 11:00 AM. 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 SCY for yards, LCM for long course meters, or SCM for short course meters. The National Championship scratch procedures will be used for prelims and finals. In order there will be D, C, B, and A Finals (4 heats) for all events, except the 1000 & 1650 free. Positive check-in for the 1000 & 1650 free and all relays is required by the day's scratch deadline.

SCRATCH DEADLINES:

Tuesday, March 12, 2013, 2:30 PM EST:

Women's 1650

Men's 1000 free

Women's and Men's 4x50 medley relay

Tuesday, March 12, 2013, 6:00 PM EST:

Wednesday's events

Wednesday, Thursday, and Friday, March 13-15, 2013,
6:30 PM EST

Next day's events

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 will be removed from the meet.

DISTANCE EVENTS:

The Women's and Men's 1000 and 1650 free will be conducted on a timed finals basis. All heats will be seeded and swim slowest to fastest in two pools. Saturday's 1650 will be seeded slowest to fastest with the second fastest heat of the 1650 scheduled to finish at the start of Saturday evening finals.

Saturday's fastest heat of the Women's 1650 free, Event 41, will swim after the 'A' final of the men's 50 back, Event #36. The fastest heat of Men's 1650 free, Event 42, will swim after the 'A' final of the Men's 50 free, Event #40.

RELAYS:

A team may enter no more than two relays in each relay event. Relays must be pre-entered; relay times must be provable by team or aggregate. A swimmer may be used only once to prove a relay in each relay event. Relays must check in by the scratch deadline for the day swum. Relay only swimmers must be listed on the team entry (OME System). Aggregate relays may be proven by any 4 swimmers ELIGIBLE to swim (must be 18 & Under American citizens), but any 4 Swimmers can swim on the day of the event, with any 4 swimmers swimming prelims and any 4 swimmers swimming finals. All relays will swim in preliminaries, with the top 16 teams qualifying for consolation finals and finals, except events #3&4, the 4x50 Medley relays which will be swum timed finals.

AWARDS:

Individual NCSA Junior National medals 1-8; Relay medals 1-8. Scoring: 16 places, relays double points.

WARM-UP:

From 7:00-8 am (finals 4:30-5 PM): the competition courses will be open for general warm-up – NO DIVING. From 8-8:45 am (finals 5-5:45 PM): Lanes 1 & 8 will be designated for push-pace work: Lanes 2 & 7 will be sprint lanes, one-way from the blocks under USA Swimming member coach supervision - Practice starts only in the sprint lanes. Additional pace or sprint lanes may be opened as needed by the referee. No paddles, boards or fins will be allowed in the competition course. Warm-up lanes will be available for warm-up/cool down at all times.

OFFICIATING:

Officials wishing to volunteer or having questions may contact Meet Referee Bob Welch prior to the meet at the contact information given above.

DECK PASSES:

Deck passes for USA Swimming Registered coaches are available through the OME system for \$15/pass. The number of deck passes allowed for each team is dependent on the number of qualified athletes. College Coach deck passes are available for \$50/pass at check-in.

# 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



2013 NCSA JUNIOR NATIONAL SWIMMING CHAMPIONSHIPS

Meet Format

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March 12-16, 2013

Tuesday March 12	Wednesday March 13	Thursday March 14	Friday March 15	Saturday March 16
Afternoon Session Warm-Up: 2:30-3:45 Start Time: 4:00	Morning Session Warm-Up: 07:30-08:45 Start: 9:00	Morning Session Warm-Up: 07:30-08:45 Start: 9:00	Morning Session Warm-Up: 07:30-08:45 Start: 9:00	Morning Session Warm-Up: 07:30-08:45 Start: 9:00
SHORT COURSE DAY 1. W 1000 freestyle TF 2. M 1000 freestyle TF 3. W 4 x 50 MR TF 4. M 4 x 50 MR TF	SHORT COURSE 5. W 100 Freestyle H 6. M 100 Freestyle H 7. W 100 Breaststroke H 8. M 100 Breaststroke H 9. W 200 Backstroke H 10. M 200 Backstroke H 11. W 200 Butterfly H 12. M 200 Butterfly H 13. W 4x200 FR H 14. M 4x200 FR H	SHORT COURSE 15. W 50 Butterfly H 16. M 50 Butterfly H 17. W 50 Breaststroke H 18. M 50 Breaststroke H 19. W 200 Freestyle H 20. M 200 Freestyle H 21. W 400 IM H 22. M 400 IM H 23. 4x100 FR H 24. 4x100 FR H	SHORT COURSE 25. W 100 Backstroke H 26. M 100 Backstroke H 27. W 500 Freestyle H 28. M 500 Freestyle H 29. W 200 Breaststroke H 30. M 200 Breaststroke H 31. W 100 Butterfly H 32. M 100 Butterfly H 33. W 4 X 50 FR H 34. M 4 X 50 FR H	SHORT COURSE 35. W 50 Backstroke H 36. M 50 Backstroke H 37. W 200 IM H 38. M 200 IM H 39. W 50 Freestyle H 40. M 50 Freestyle H 43. W 4 x 100 MR H 44. M 4 x 100 MR H 41. W 1650 Freestyle SH 42. M 1650 Freestyle SH
	Evening Session Warm-Up: 4:30-5:45 Start: 6:00	Evening Session Warm-Up: 4:30-5:45 Start: 6:00	Evening Session Warm-Up: 4:30-5:45 Start: 6:00	Evening Session Warm-Up: 4:30-5:45 Start: 6:00
Legend:	D Final, Bonus, Consolation & Finals	D Final, Bonus, Consolation & Finals	D Final, Bonus, Consolation & Finals	D Final, Bonus, Consolation & Finals
F = Finals FH = Fast Heats H = Heats SH = Slow Heats TF=Timed Finals TH=Top Seeded Heat	5. W 100 Freestyle F 6. M 100 Freestyle F 7. W 100 Breaststroke F 8. M 100 Breaststroke F 9. W 200 Backstroke F 10. M 200 Backstroke F 11. W 200 Butterfly F 12. M 200 Butterfly F 13. W 4x200 FR F 14. M 4x200 FR F	15. W 50 Butterfly F 16. M 50 Butterfly F 17. W 50 Breaststroke F 18. M 50 Breaststroke F 19. W 200 Freestyle F 20. M 200 Freestyle F 21. W 400 IM F 22. M 400 IM F 23. 4x100 FR F 24. 4x100 FR F	25. W 100 Backstroke F 26. M 100 Backstroke F 27. W 500 Freestyle F 28. M 500 Freestyle F 29. W 200 Breaststroke F 30. M 200 Breaststroke F 31. W 100 Butterfly F 32. M 100 Butterfly F 33. W 4 X 50 FR F 34. M 4 X 50 FR F	35. W 50 Backstroke F 36. M 50 Backstroke F 41. W 1650 Freestyle TH 37. W 200 IM F 38. M 200 IM F 39. W 50 Freestyle F 40. M 50 Freestyle F 42. M 1650 Freestyle TH 43. W 4 x 100 MR F 44. M 4 x 100 MR F

D-Final, Bonus, Consolation, and Championship Finals for all individual events, except the 1000 & 1650 Free, conducted as timed finals

Consolation and Championship Finals for all relays, except 4x50 Medley Relay, conducted as timed finals



2013 NCSA JUNIOR NATIONAL SWIMMING CHAMPIONSHIPS

TIME STANDARDS

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WOMEN			EVENT DESCRIPTION	MEN		
SCY	SCM	LC		SCY	SCM	LC
24.39	27.19	27.59	50 FREE	21.69	23.99	24.79
52.39	57.99	59.89	100 FREE	47.09	52.09	53.99
1:53.19	2:04.89	2:08.09	200 FREE	1:43.09	1:54.19	1:58.09
4:59.99	4:18.89	4:27.89	400/500 FREE	4:39.59	4:02.09	4:09.79
10:15.99	8:54.99	9:08.99	800/1000 FREE	9:39.79	8:26.99	8:40.79
17:12.89	17:02.59	17:34.59	1500/1650 FREE	16:13.69	15:55.79	16:41.69
<i>100 Back Qualifying Times</i>			50 BACK	<i>100 Back Qualifying Times</i>		
58.59	1:04.39	1:07.19	100 BACK	53.09	59.09	1:01.39
2:05.99	2:19.79	2:24.99	200 BACK	1:54.79	2:07.49	2:12.39
<i>100 Breast Qualifying Times</i>			50 BREAST	<i>100 Breast Qualifying Times</i>		
1:06.39	1:14.19	1:16.29	100 BREAST	59.49	1:06.09	1:08.29
2:23.29	2:40.39	2:41.89	200 BREAST	2:09.79	2:25.59	2:29.79
<i>100 Fly Qualifying Times</i>			50 FLY	<i>100 Fly Qualifying Times</i>		
57.99	1:03.79	1:05.29	100 FLY	51.89	56.89	58.89
2:06.39	2:18.99	2:23.19	200 FLY	1:54.89	2:05.79	2:10.59
2:08.49	2:21.89	2:26.59	200 INDIV. MEDLEY	1:56.29	2:08.49	2:13.59
4:29.99	4:58.19	5:05.99	400 INDIV. MEDLEY	4:08.09	4:34.69	4:43.89
<i>400 Free Relay Qualifying Times</i>			200 FREE RELAY	<i>400 Free Relay Qualifying Times</i>		
3:32.09	3:57.79	4:00.99	400 FREE RELAY	3:12.79	3:24.29	3:41.89
7:40.79	8:36.09	8:44.89	800 FREE RELAY	7:05.69	7:53.20	8:07.49
<i>400 Medley Relay Qualifying Times</i>			200 MEDLEY RELAY	<i>400 Medley Relay Qualifying Times</i>		
3:55.09	4:25.89	4:30.99	400 MEDLEY RELAY	3:36.09	3:01.99	4:08.89

QUALIFYING PERIOD: Jan 1, 2012 THROUGH THE ENTRY DEADLINE.

BONUS EVENTS: MAKE 1 CUT, ADD 2 BONUS EVENTS Where bonus standard achieved There are no bonus entries permitted in the 1000 & 1650 Free. You must have the standard to enter.

NO INDIVIDUAL EVENT LIMIT—TWO RELAY ENTRIES PER EVENT PER CLUB



2012 NCSA JUNIOR NATIONAL SWIMMING CHAMPIONSHIPS

BONUS TIME STANDARDS

Spring Championships – Orlando, FL
March 12-16, 2013

WOMEN BONUS			EVENT DESCRIPTION	MEN BONUS		
SCY	SCM	LC		SCY	SCM	LC
24.89	27.49	27.99	50 FREE	22.19	24.49	25.29
53.39	58.89	1:00.69	100 FREE	48.09	53.09	54.99
1:55.19	2:07.89	2:10.09	200 FREE	1:45.09	1:56.19	2:00.09
5:03.09	4:25.89	4:31.69	400/500 FREE	4:44.59	4:06.09	4:14.79
n/a	n/a	n/a	800/1000 FREE	n/a	n/a	n/a
n/a	n/a	n/a	1500/1650 FREE	n/a	n/a	n/a
100 Back Qualifying Times			50 BACK	100 Back Qualifying Times		
59.59	1:05.89	1:08.89	100 BACK	54.09	1:00.09	1:02.39
2:06.99	2:21.79	2:26.99	200 BACK	1:56.79	2:09.49	2:14.39
100 Breast Qualifying Times			50 BREAST	100 Breast Qualifying Times		
1:07.39	1:15.19	1:17.29	100 BREAST	1:00.49	1:07.09	1:09.29
2:26.29	2:42.39	2:44.99	200 BREAST	2:11.79	2:27.59	2:31.79
100 Fly Qualifying Times			50 FLY	100 Fly Qualifying Times		
58.99	1:05.29	1:06.79	100 FLY	52.89	57.89	59.89
2:08.29	2:21.99	2:26.19	200 FLY	1:56.89	2:07.79	2:12.59
2:09.99	2:24.89	2:29.59	200 INDIV. MEDLEY	1:58.29	2:10.49	2:15.59
4:34.99	5:05.19	5:13.69	400 INDIV. MEDLEY	4:12.09	4:38.69	4:47.89
400 Free Relay Qualifying Times			200 FREE RELAY	400 Free Relay Qualifying Times		
n/a	n/a	n/a	400 FREE RELAY	n/a	n/a	n/a
n/a	n/a	n/a	800 FREE RELAY	n/a	n/a	n/a
400 Medley Relay Qualifying Times			200 MEDLEY RELAY	400 Medley Relay Qualifying Times		
n/a	n/a	n/a	400 MEDLEY RELAY	n/a	n/a	n/a

QUALIFYING PERIOD: January 1, 2012, through March 3, 2013.

BONUS EVENTS: 1 CUT up to 2 BONUS EVENTS, where bonus standard is achieved. There are no bonus entries permitted in the 1000 & 1650 Free; you must have the standard to enter.

BONUS STANDARDS ONLY – SEE TIME STANDARDS CHART FOR CUT TIMES