

Florida Swimming mandates that all persons on the pool deck or in the facility during a Florida Swimming sanctioned/approved meets must wear a mask at all times and is enforceable by meet management and/or facility.



2021 NCSA Spring Swimming Championships

*Meet Announcement
Orlando, FL
March 16-20, 2021*

The conduct of all attendees; coaches, officials, administrators, volunteers, vendors, and athletes with regards to the safety plan set forth will dictate the severity of consequences and/or penalties imposed during the meet. Violations of any requirements of this meet's safety plan and/or COVID-19 health protocols (written or otherwise), by anyone in attendance of the meet (athlete, coach, team, individual, etc.) may be subject to enforcement, up to and including removal from the event/facility. Any violation of this meet plan may adversely impact or prevent an individual and/or team from future participation in NCSA meets. The safety plan and protocols for this event will rely on everyone's compliance and execution throughout the week for a successful meet. Equal and consistent enforcement of mask/distancing guidelines is the goal and expectation with NO exceptions. Non-Compliance or disrespect to any individual related to any of the safety and health protocols should be reported to meet staff immediately. **For the safety of all our attendees, remember, attendance at this event is a privilege and ALL the safety procedures must be adhered to and treated with respect.**

<http://www.teamunify.com/About.jsp?tabid=85487&team=recndncsa>

2021 NCSA SWIMMING CHAMPIONSHIPS
Rosen Aquatic and Fitness Center – Orlando, FL
March 16-20, 2021

SANCTIONED BY: USA Swimming & Florida Swimming; #FL-5557

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

MEET DIRECTOR/ENTRY COORDINATOR: Kevin Milak, kevinmilak@gmail.com; (832)233-0234

MEET REFEREE: Bob Vincent, rdv@vwi.com, (703) 608-9769

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

FACILITY: Rosen Aquatic and Fitness Center
8422 International Drive
Orlando, FL 32819
407-363-1911

CONDITION OF SANCTION

As a condition of this sanction, NCSA agrees to comply with and to enforce all COVID-19 health and safety mandates and guidelines (including face coverings, social distancing, and mass gatherings) of USA Swimming, Florida Swimming, the State of Florida, local jurisdictions, and the NCSA Meet Plan detailed below. Meets conducted in violation of any safety mandates are subject to having the sanction revoked and will not be issued sanctions for future meets during the COVID-19 sanctioning period.

ASSUMPTION OF RISK DISCLAIMER

The NCSA has implemented enhanced health and safety measures for athletes, coaches, officials, spectators, and others participating in this meet, and all must adhere to the safety instructions in the following meet sanction. An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. Senior citizens and those with underlying medical conditions are especially vulnerable. By attending this meet, you assume all risks related to exposure to COVID-19.

COVID-19 RELEASE

USA Swimming, Inc., cannot prevent you (or your child(ren)) from becoming exposed to, contracting, or spreading COVID-19 while participating in USA Swimming sanctioned events. It is not possible to prevent against the presence of the disease. Therefore, if you choose to participate in a USA Swimming sanctioned event, you may be exposing yourself to and/or increasing your risk of contracting or spreading COVID-19.

BY ATTENDING OR PARTICIPATING IN THIS COMPETITION, YOU VOLUNTARILY ASSUME ALL RISKS ASSOCIATED WITH EXPOSURE TO COVID-19 AND FOREVER RELEASE AND HOLD HARMLESS USA SWIMMING, FLORIDA SWIMMING, THE NCSA AND EACH OF THEIR OFFICERS, DIRECTORS, AGENTS, EMPLOYEES OR OTHER REPRESENTATIVES FROM ANY LIABILITY OR CLAIMS INCLUDING FOR PERSONAL INJURIES, DEATH, DISEASE OR PROPERTY LOSSES, OR ANY OTHER LOSS, INCLUDING BUT NOT LIMITED TO CLAIMS OF NEGLIGENCE AND GIVE UP ANY CLAIMS YOU MAY HAVE TO SEEK DAMAGES, WHETHER KNOWN OR UNKNOWN, FORESEEN OR UNFORESEEN, IN CONNECTION THEREWITH.

COVID-19 MEET PLAN

PREFACE

The conduct of all attendees: coaches, officials, administrators, volunteers, vendors, and athletes with regards to the safety plan set forth will dictate the severity of consequences and/or penalties imposed during the meet. Violations of any requirements of this meet's safety plan and/or COVID-19 health protocols (written or otherwise), by anyone in attendance of the meet (athlete, coach, team, individual, etc.) may be subject to enforcement, up to and including removal from the event/facility. Any violation of this meet plan may adversely impact or prevent an individual and/or team from future participation in NCSA meets. The safety plan and protocols for this event will rely on everyone's compliance and execution throughout the week for a successful meet. Equal and consistent enforcement of mask/distancing guidelines is the goal and expectation with NO exceptions. Non-Compliance or disrespect to any individual related to any of the safety and health protocols should be reported to meet staff immediately. **For the safety of all our attendees, remember,**

attendance at this event is a privilege and ALL the safety procedures must be adhered to and treated with respect.

FACE COVERINGS

All meet participants – coaches, officials, administrators, volunteers, vendors, and athletes (when not in the water) must wear face coverings over their nose and mouth at all times while in the facility and comply with mandated social distancing and mass gathering rules. Athletes shall only remove face coverings upon stepping on the blocks. Masks must be put back on by athletes immediately after exiting the water. There are no exceptions to face coverings.

There is to be no activity/movement on the pool deck with face coverings removed, except for the purpose of eating or drinking. All individuals eating and/or drinking within the venue shall do so while stationary, socially distanced (> 6 feet apart) and redon a mask when not eating and/or drinking.

NOTE: Sitting with a water bottle or food in your hands does not constitute actual “drinking or eating”.

SOCIAL DISTANCING/EVENT STAGING

Swimmers shall be segregated on the bleachers throughout the deck, leaving at least 6 feet of space between seating areas. Ample seating is available and attendance is limited to 25% of the building’s capacity. During the meet, event staff and coaches will monitor the seating areas to ensure that the social distancing is maintained. Swimmers must remain distanced during warmup, no more than 1 swimmer on the wall or behind blocks at any time, additional swimmers must be distanced in the water along lane line.

All events will be staged and sequenced to promote social distancing. All athletes must report to the designated staging areas ready to swim.

Process Example: Using flyover starts, upon the start of Heat 2, heat 1 athletes will exit the water after the start of the heat, redon their mask immediately upon exiting the pool and prior to proceeding towards the scoreboard end of the pool for warm down. Heat 3 will be processed from the staging area to behind the blocks once the Heat 1 swimmers have begun to clear the starting area. For backstroke and relay events: flyover starts are not used, but the same process is followed (Heat 1 will clear before Heat 2 moves to the starting area).

Staging example: <https://www.youtube.com/watch?v=OJphSwnxF3w>

SANITIZATION

The staff will sanitize all commonly touched surfaces with spray sanitizer throughout the event. Hand sanitizers will be available throughout the venue.

LOCKER ROOMS/CHANGING

The locker rooms will be available only for the swimmers to change into and out of racing suits and restroom use (no showers). Face covering must be worn in the locker room area at all times.

ENTRY/EXIT PROCEDURES

Any individual entering the building will have to register their name and report any symptoms in an online app/form (link will be posted on the NCSA event website), daily for entry into the building. All individuals will be required to display their “health safety app SUCCESS” screen to the facility entrance marshals to gain access to the venue. Individuals without a mobile device will be required to answer the same set of health safety questions, and be registered manually. It is HIGHLY advised to use the mobile option, as it will expedite your process entering the building.

SWIMMER LIMITATIONS AND PROTOCOLS

When not in the water, athletes are expected to wear a mask at all times, including when walking to and from an event and/or warm-up lanes. They may remove masks for swimming but must don them again once they exit the water. There is to be no movement on the deck without a mask. Additionally, athletes are expected to maintain proper distancing at all times.

Paired lanes for sprints during specific warmup (waiting swimmers lined up in water, not behind the blocks). Pace Lanes in lane 1, Sprint Lanes in 2,4, 6 & 8, lanes 3 & 7 to be used as “swim back” lanes to line up for another sprint, or return to where a swimmer’s mask is upon completion. Swimmers cannot walk across the deck without a mask at any time. A plastic sandwich bag, identified with the athlete’s name, is recommended for mask storage on deck while the athlete is swimming.

PARENTAL ACCESS

Parents needing access to their athlete during the meet in a closed-deck environment can contact their children directly via cell phone and arrange to meet them at the designated exit of the building (northwest exit; scoreboard end). Should parents be unable to contact their child directly, they should contact the coach, if the coach is unavailable/unreachable, see the Meet Marshal located at the athlete entrance.

COMPETITION COURSE:

The competition pool is a 50m pool that can accommodate two (2) 25-yard competition courses, each course having eight (8) lanes. For this meet, one course will be utilized. The facility is equipped with Colorado Timing Systems and a digital scoreboard. 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:

This meet is by invitation only to USA Swimming registered teams and athletes 18 years of age and younger (as of the first day of the meet) who are USA citizens. Relay only swimmers must be included in the OME system with your team roster when submitting entries; please designate these swimmers as "relay only". All Adult Athletes must hold current APT certification to compete.

QUALIFYING TIMES:

Times must be achieved between January 1, 2019, and March 8, 2021, dates inclusive. All prelim events will be pre-seeded with Short Course Yards (SCY) qualifying times first, followed by 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 and ten (10) individual events for the meet. All qualifying individual and relay times must be provable in the USA Swimming SWIMS database. There are no Upper Time Limits for this meet. Times not proven in the USA Swimming SWIMS database will be subject to a fine established by NCSA (National Club Swimming Association, Inc.) and the swimmer or relay will be scratched from the event. Swimmers may qualify for the distance freestyle events (1000 and 1650) with either the 800, 1500, 1000, or 1650 freestyle time standard. Swimmers entering with alternate distance standards will be seeded last.

BONUS EVENTS:

Bonus entries are permitted if a swimmer has at least one event qualifying time. A swimmer with one (1) may enter up to three (3) bonus swims; two (2) qualifying times may enter up to (2) bonus swims; three (3) qualifying times, up to one (1) bonus swim may be entered, and swimmers with four (4) or more qualifying times receives NO bonus swims. Events 200Y and shorter do not have bonus standards and may be entered by swimmers with a verifiable time in the USA Swimming SWIMS database within the qualifying period. For the 500 free and 400 IM, a swimmer must achieve the standards below and must be verified in the USA Swimming SWIMS database. The 1000 free and 1650 free are not eligible for bonus swims. All bonus entry times must be provable in the USA Swimming SWIMS database.

BONUS STANDARDS FOR 400 IM / 500 FREE						
SCY	SCM	LCM		SCY	SCM	LCM
5:02.09	4:25.89	4:30.99	400/500 FREE	4:41.59	4:06.09	4:14.79
4:32.09	5:05.19	5:09.99	400 INDIV. MEDLEY	4:09.59	4:38.69	4:47.09

TIME TRIALS: There will be no time trials for this meet.

DEADLINE AND MEET SUMMARY:

For:	Date:	Time (all times are EST):
Athlete Registration:	By invitation only	
Entries:		
OME Opens	Tuesday, February 23, 2021	10:00 AM
OME Closes	Monday, March 8, 2021	12:00 PM
Late Entries: See process below	Sunday, March 14, 2021	11:59 PM
VIRTUAL GENERAL MEETING Link will be provided	Wednesday, March 10, 2021	8:30 PM
ALL PRELIMS WILL BE PRE-SEEDDED EXCEPT FOR THOSE EVENTS REQUIRING POSITIVE CHECK IN (see below) Scratch deadline for prelim events that do not require positive check in	Monday, March 15, 2021	12:00 PM
Positive check in for the following events: <ul style="list-style-type: none">• W 1000/M 1650• W & M 400 IM• W & M 500 Free• W 1650/M 1000	Monday, March 15, 2021 Wednesday, March 17, 2021 Thursday, March 18, 2021 Friday, March 29, 2021	12:00 PM 6:30 PM 6:30 PM 6:30 PM

ENTRY INTO THE MEET

All entries for reserved swimmers must be completed through the USA Swimming OME system. This is the only accepted way to enter this meet. OME will be open/close for entries at the date and time listed in the Deadline and Meet Summary above.

ENTRY FEES:

Individual - \$10.00 per event

Relays - \$20.00 per relay team

NCSA Membership Fee - \$105.00 per swimmer (including relay only swimmers) for each meet the swimmer participates - will be billed separately and not paid through the OME system. You will be emailed an invoice that will be paid via credit card.

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

LATE ENTRIES: YOU MAY NOT EXCEED YOUR RESERVED TOTAL!!!

If a team reserved 10 swimmers; that team may not enter more than 10 swimmers in the meet.

This is not a procedure to update times with the exception of changing a nonconforming time to a conforming time for a **TIMED FINAL** event. Fees will remain the same as above.

Late entries are for those swimmers that were reserved who achieved a qualifying time after the entry deadline. You may submit an updated time for a swim that upgrades a swim from a bonus to a regular standard cut; this will allow for an additional bonus entry, if applicable. Late entries will be accepted according to the Deadline and Meet Summary above. 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 is upgrading from a bonus to a qualifying time standard, please send an email to the entry coordinator listed above.

DECK PASSES:

Deck passes for USA Swimming Registered coaches are available for \$25 each. A limited number of coaches will be permitted on deck. 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. No additional coach passes are available. Proof of USA Swimming non-athlete membership, coaching certifications, APT, and background screen required for deck passes.

# of Swimmers	# of Deck Passes
1 - 6	1
7 - 12	2
13 - 20	3
21 - 40	4
41 - 60	5
61+	6

ADMISSIONS

No spectators will be allowed. The meet will be streamed live on line.

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. A General Meeting will be held at the date and time listed in the Deadline and Meet Summary above. All participating coaches and athletes are responsible for all information disseminated at the meeting. Necessary coaches' meetings will be called as needed during the competition and communicated via email.

RULES:

USA Swimming 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. **Prelim sessions will be pre-seeded except for those events requiring positive check in.** The National Championship scratch procedures will be used for finals. In order, there will be E, D, C, B, and A Finals (5 heats) for all events, except the 1000 and 1650 free, and all relays. Positive check-in for all events with distances 400 yards or greater is required as indicated in the Deadline and Meet Summary above to compete in the events.

USA Swimming Rules:

- 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, or locker rooms.
- Deck changes are prohibited.
- Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach areas, spectator areas and open ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present.
- All athletes ages 18 and over participating in or associated with this meet acknowledge that they are subject to provisions of the USA Swimming Minor Athlete Abuse Prevention Policy ("MAAPP") and that they understand that compliance with the MAAPP policy is a precondition of participation in the conduct of this meet.
- There will be no on-deck registrations accepted at this meet.

SCRATCH RULE:

Summarized from USA Swimming Rule 207.11.6:

The penalty to a swimmer, after the heats have been seeded, who fails to scratch and 'no shows' an event, for which the swimmer has been positively checked in **will be one of the following:**

- Being barred from their next individual event (the application of the penalty shall pertain to the order in which the events/heats are swum, not the numerical order of the events), **OR**
- Payment of a fine of \$100 to be reinstated
- A swimmer who fails to scratch and 'no shows' a final event shall be barred from further competition for the remainder of the meet.
- There will be no penalty for scratching pre-seeded events at the block.

DISTANCE EVENTS:

The Women's and Men's 1000 and 1650 freestyle will be conducted on a timed finals basis. The top heat will swim in finals. All other heats will be conducted at the end of the prelim sessions for each flight, seeded and swum fast to slow. Swimmers must positively check in to compete in the event according to the date and time listed in the Deadline and Meet Summary above. Swimmers must provide for their own timer and counter. Timers and counters must be participants in the session.

RELAYS:

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 within the USA Swimming SWIMS database. 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 18 & under in the qualifying window), but any four (4) swimmers may swim on the day of the event.

All relays are timed finals. In prelims, the relays will be seeded and swum fast to slow and the top two seeded heats will swim in finals, slow to fast.

CREDENTIALS:

Coaches **MUST** show their current USA coach credentials upon check in and will receive a deck credential to display 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 the 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 Spring Championship Medals 1-8; Relay Medals 1-8.

SCORING:

Scoring: 24 places-32-28-27-26-25-24-23-22-20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1; relays double points.

WARM-UP:

Please refer to the NCSA website for updates and times.

OFFICIATING:

Officials wishing to volunteer or having questions may contact the Meet Referee prior to the meet at the contact information given above. Please complete the Officiating Sign-up posted on the website. Official uniform will be a white polo over khaki shorts, skirts, skorts, slacks with white athletic shoes for all sessions.

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:

Individuals and groups wishing to volunteer should sign up via the NCSA website. Sign up will open Wednesday, March 10, 2021, at 5 PM.



2021 NCSA SWIMMING CHAMPIONSHIPS

Order of Events
Orlando, FL
March 16-20, 2021

Tuesday March 17	Wednesday March 18	Thursday March 19	Friday March 20	Saturday March 21
Prelims: 2 flights: Women Start: 8:00 AM Men Start: 12:00 PM	Prelims: 2 flights: Women Start: 8:00 AM Men Start: 12:00 PM	Prelims: 2 flights: Women Start: 8:00 AM Men Start: 12:00 PM	Prelims: 2 flights: Women Start: 8:00 AM Men Start: 12:00 PM	Prelims: 2 flights: Women Start: 8:00 AM Men Start: 12:00 PM
1. W 200 Backstroke 2. M 200 Backstroke 5. W 50 Breaststroke 6. M 50 Breaststroke 7. W 100 Freestyle 8. M 100 Freestyle 9. W 4 x 50 MR 10. M 4 x 50 MR 3. W 1000 Freestyle 4. M 1650 Freestyle	11. W 200 Butterfly 12. M 200 Butterfly 13. W 50 Backstroke 14. M 50 Backstroke 15. W 200 Breaststroke 16. M 200 Breaststroke 17. W 4 x 200 FR 18. M 4 x 200 FR	19. W 200 Freestyle 20. M 200 Freestyle 21. W 400 IM 22. M 400 IM 23. W 100 Backstroke 24. M 100 Backstroke 25. W 4 x 50 FR 26. M 4 x 50 FR	27. W 500 Freestyle 28. M 500 Freestyle 29. W 100 Breaststroke 30. M 100 Breaststroke 31. W 100 Butterfly 32. M 100 Butterfly 33. W 4 X 100 FR 34. M 4 X 100 FR	35. W 50 Butterfly 36. M 50 Butterfly 39. W 200 IM 40. M 200 IM 41. W 50 Freestyle 42. M 50 Freestyle 43. W 4 x 100 MR 44. M 4 x 100 MR 37. W 1650 Freestyle 38. M 1000 Freestyle
Finals: E, D, C, B, & A Warm-Up: 5:00 PM Start: 6:00 PM	Finals: E, D, C, B, & A Warm-Up: 5:00 PM Start: 6:00 PM	Finals: E, D, C, B, & A Warm-Up: 5:00 PM Start: 6:00 PM	Finals: E, D, C, B, & A Warm-Up: 5:00 PM Start: 6:00 PM	Finals: E, D, C, B, & A Warm-Up: 5:00 PM Start: 6:00 PM
1. W 200 Backstroke 2. M 200 Backstroke 3. W 1000 Freestyle 4. M 1650 Freestyle 5. W 50 Breaststroke 6. M 50 Breaststroke 7. W 100 Freestyle 8. M 100 Freestyle 9. W 4 x 50 MR 10. M 4 x 50 MR	11. W 200 Butterfly 12. M 200 Butterfly 13. W 50 Backstroke 14. M 50 Backstroke 15. W 200 Breaststroke 16. M 200 Breaststroke 17. W 4 x 200 FR 18. M 4 x 200 FR	19. W 200 Freestyle 20. M 200 Freestyle 21. W 400 IM 22. M 400 IM 23. W 100 Backstroke 24. M 100 Backstroke 25. W 4 x 50 FR 26. M 4 x 50 FR	27. W 500 Freestyle 28. M 500 Freestyle 29. W 100 Breaststroke 30. M 100 Breaststroke 31. W 100 Butterfly 32. M 100 Butterfly 33. W 4 x 100 FR 34. M 4 x 100 FR	35. W 50 Butterfly 36. M 50 Butterfly 37. W 1650 Freestyle 38. M 1000 Freestyle 39. W 200 IM 40. M 200 IM 41. W 50 Freestyle 42. M 50 Freestyle 43. W 4 x 100 MR 44. M 4 x 100 MR

E-Final, D-Final, Bonus, Consolation, and Championship Finals for all individual events, except the Women's & Men's 1000 Free and 1650 Free, and all relays conducted as timed finals. The top heat of the 1000 and 1650 as well as the top 2 heats of relays will swim in finals. For the 1000 and 1650, swimmers must provide for their own timer and counter. Timers and counters must be participants in the session.

Relay cards will be due 30 minutes after the start of each flight and final session.



2021 NCSA SWIMMING CHAMPIONSHIPS

TIME STANDARDS

Orlando, FL
March 16-20, 2021

WOMEN			EVENT DESCRIPTION	MEN		
SCY	SCM	LCM		SCY	SCM	LCM
24.19	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
1:52.99	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>		
57.99	1:04.39	1:07.19	100 BACK	52.89	59.09	1:01.39
2:05.99	2:19.79	2:24.29	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>		
57.29	1:03.79	1:05.29	100 FLY	51.69	56.89	58.89
2:06.39	2:18.99	2:23.19	200 FLY	1:54.89	2:05.79	2:10.59
2:07.99	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	4:01.99	4:08.89

QUALIFYING PERIOD: January 1, 2019, through March 8, 2021, dates inclusive.

BONUS EVENTS: A swimmer with one (1) qualifying time may enter up to three (3) bonus swims; two (2) qualifying times may enter up to two (2) bonus swims; three (3) qualifying times, up to one (1) bonus swim may be entered, and swimmers with four (4) or more qualifying times receive NO bonus swims. No bonus standards except for the 400 IM and 500 free as stated above. No bonus swims allowed for the 1000 and 1650. All bonus entry times must be provable in the USA Swimming SWIMS database.