



2020 NCSA Spring Swimming Championships

*Meet Announcement
Orlando YMCA Aquatic Center
Orlando, FL
March 17-21, 2020*

***RESERVATION SYTEM IN PLACE FOR 2020
MEET WILL BE REQUIRED FOR ENTRY***

(see page 3 & 4 for details) email questions to: kevinmilak@gmail.com

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

2020 NCSA SWIMMING CHAMPIONSHIPS
Orlando YMCA Aquatic Center – Orlando, FL
March 17-21, 2020

SANCTIONED BY: USA Swimming & Florida Swimming; #xxxxx; Time Trials xxxxx

LOCAL HOST: YMCA of Central Florida

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

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

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

MEET FORMAT NOTE: – Tuesday through Saturday – Short course Prelims/Long Course Finals

The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming.

ELIGIBILITY:

This meet is open to USA Swimming registered 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”.

QUALIFYING TIMES:

Times must be achieved between January 1, 2019, and March 15, 2020, dates inclusive. For short course prelims, events will be seeded, Short Course Yards (SCY) qualifying times first, followed by Long Course Meters (LCM) qualifying times, followed by Short Course Meters (SCM) qualifying times. For the 800/1500, events will be seeded Long Course Meters (LCM) first, followed by Short Course Meters (SCM), then Short Course Yards (SCY). For both courses, nonconforming times will be seeded last.

Swimmers may compete in no more than three (3) individual events per day. 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 (800 and 1500) 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) or 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 receives NO bonus swims. The 50s of the strokes (fly, back, and breast) have no bonus standard and may be added as a bonus if the swimmer has additional bonus swims to use. The 800 free and 1500 free are not eligible for bonus swims.

TIME TRIALS:

Open to any swimmer who swims in any event (including relays). Swimmers are limited to two (2) time trial events for the meet. Time Trials count towards a swimmer's individual daily total. Time Trial entries are \$5/individual events (note, there are no time trials in the 50s of Fly, Back and Breast or relays), and are payable with CASH ONLY on deck at the Clerk of Course. Time Trial participants must provide their own timer and counter, if applicable. Time Trials will be run short course yards following the preliminary session each day with the current day's events swum first followed by subsequent days' events then any preceding days. The distance events will be offered on a day decided upon by the meet referee.

There will be a cap on time trials each day dependent upon timelines for the preliminary sessions. Time trials will be offered each day as time permits, with daily sign-ups for that day's events only between 7:00 AM and 9:30 AM or until the time cap is reached. Time Trial sign-ups WILL NOT be accepted in advance for subsequent days.

DEADLINE AND MEET SUMMARY:

For:	Date:	Time (all times are EST):
Athlete Registration:		
Tier One: Begins Ends Registration payment due	Tuesday, October 8, 2019 Friday, October 11, 2019 Sunday, October 13, 2019	10:00 AM 11:59 PM 11:59 PM
Tier Two: Begins Ends Registration payment due	Tuesday, October 15, 2019 Friday, October 18, 2019 Sunday, October 20, 2019	10:00 AM 11:59 PM 11:59 PM
Tier Three: Begins Ends Registration payment due	Tuesday, October 22, 2019 When meet reaches cap 48 hours after acceptance	10:00 AM -- --
Entries:		
OME Opens OME Closes	Tuesday, February 25, 2020 Tuesday, March 10, 2020	10:00 AM 9:00 PM
Late Entry Due (for new swimmers qualifying between March 10 and March 15 - OME)	Sunday, March 15, 2020	11:59 PM
General Meeting-Athlete Village	Monday, March 16, 2020	4:00 PM
Scratch deadline for Tuesday's events (positive check-in required for 800 Free)	Monday, March 16, 2020	30 minutes after General Meeting concludes
Scratch deadline for Wednesday, Thursday, Friday, and Saturday's events	Night before the scheduled events	30 minutes after the final session begins

ENTRY INTO THE MEET

TEAM RESERVATIONS:

This meet will likely fill to capacity quickly, there are no refunds for unused reservations. Team Tier lists are posted on the website. It is the responsibility of the club to communicate any questions before the reservation process begins. Reservation fee is the \$50 NCSA Membership fee per athlete. Registration forms may be found on the website.

Tier One:

Athlete registration - for teams that attended BOTH March 2018 and March 2019 NCSA Juniors. Registration will begin and end according to the Deadline and Meet Summary above. Once the registration form is submitted, an invoice will be sent to pay online with a credit card. Reservation payment must be completed by the date and time listed in the Deadline and Meet Summary above so that space for future reservations may be calculated.

Tier Two:

Athlete registration – for teams that accumulated at least 11 “commitment points” since March 2014 (10 points for 2019, 6 points for 2018, 4 points for 2017, 3 points for 2016, 2 points for 2015, 1 point for 2014). This tier also includes any team that finished in the top 10 (male/female/combined) in the last 5 years who also attended either the 2018 or 2019 meet. Registration will begin and end according to the Deadline and Meet Summary above. Once the registration form is submitted, an invoice will be sent to pay online with a credit card. Reservation payment must be completed by the date and time listed in the Deadline and Meet Summary above so that space for future reservations may be calculated.

Tier Three:

Athlete registration - for all other teams; first come, first serve. Registration will begin and end according to the Deadline and Meet Summary above. Once the registration form is submitted, an invoice will be sent to pay online with a credit card. Reservation payment must be completed according to the Deadline and Meet Summary above.

Additional Athletes:

Any individual athlete whose team did not get accepted in the reservation process who has achieved a 2019 Toyota US Open Championship Standard is eligible to enter. Please email kevinmilak@gmail.com for details on how to enter.

****ALL qualified athletes that plan to participate must be registered during one of these three periods. ONLY FIRST TIME QUALIFYING ATHLETES FROM TEAMS WITH RESERVATIONS CAN BE ADDED AFTER THE MEET HAS FILLED TO CAPACITY.**

TEAM ENTRIES:

All entries for reserved & accepted teams will 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.

Note: Once your team is reserved, there is no rush to get entries done as long as they are completed and checked out of OME by the entry deadline listed above. Please wait until your athletes have exhausted all of their chances to qualify or improve seed times to finalize your entry and check out.

LATE ENTRIES:

Late entries are for first time qualifiers (swimmers and/or events; also, for changing nonconforming times to conforming times for TIMED FINAL events) who achieved the qualifying time 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, 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.

Note: 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 entry coordinator listed above.

ENTRY FEES:

Individual - \$2.50 per event

Relays - \$5.50 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) 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

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 coach's passes may be purchased for \$50 (proof of USA Swimming non-athlete membership, coaching certifications, APT, and background screen required for pass/deck access).

# 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

ADMISSIONS

All session passes	\$75	includes heat sheet
Preliminary session	\$10	includes heat sheet
Finals session	\$10	includes heat sheet
Children 10 & under	Free	

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. The National Championship scratch procedures will be used for prelims and finals. In order, there will be E, D, C, B, and A Finals (5 heats) for all events, except the 800 and 1500 free, and all relays. Positive check-in for the 800 and 1500 freestyle events is required by each day's scratch deadline to be seeded into the event.

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' a preliminary or timed final event, for which the swimmer has been positively checked in **will be one of the following:**

- Being barred from all further events (individual and relay) of that day (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 for the rest of that day's 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.

DISTANCE EVENTS:

The Women's and Men's 800 and 1500 freestyle will be conducted on a timed finals basis. For the distance events on Tuesday and Saturday, all heats will be seeded and swim slow to fast, alternating women and men. The events will be scheduled so that the second fastest heat will finish at the start of that evening's finals warm-up. Swimmers swimming in the earlier heats must provide their own timers and counters for these events.

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. 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. All relays will be seeded and swum in prelims with the fastest 3 heats slowest to fastest, then remaining heats fast to slow.

THERE WILL BE NO POSITIVE CHECK IN FOR RELAYS. SCRATCHES MUST TAKE PLACE BY THE SCRATCH DEADLINE FOR THE DAY SWUM.

CREDENTIALS:

Coaches MUST show their current USA coach credentials upon check 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 for preliminary and timed final sessions with white athletic shoes. Final sessions will be a black polo over khaki slacks with white athletic shoes. Hawaiian shirts will be worn Saturday at finals over the khaki slacks and white athletic shoes.

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.



2020 NCSA SWIMMING CHAMPIONSHIPS

Order of Events
Orlando, FL
March 17-21, 2020

Tuesday March 17	Wednesday March 18	Thursday March 19	Friday March 20	Saturday March 21
Morning Session Warm-Up: 6:00-8:20 Start: 8:30	Morning Session Warm-Up: 6:00-8:20 Start: 8:30	Morning Session Warm-Up: 6:00-8:20 Start: 8:30	Morning Session Warm-Up: 6:00-8:20 Start: 8:30	Morning Session Warm-Up: 6:00-8:20 Start: 8:30
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 800 Freestyle 4. M 1500 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 1500 Freestyle 38. M 800 Freestyle
Evening Session Warm-Up: 4:00-5:20 Start: 5:30	Evening Session Warm-Up: 4:00-5:20 Start: 5:30	Evening Session Warm-Up: 4:00-5:20 Start: 5:30	Evening Session Warm-Up: 4:00-5:20 Start: 5:30	Evening Session Warm-Up: 4:00-5:20 Start: 5:30
E, D, C, B, & A Finals	E, D, C, B, & A Finals	E, D, C, B, & A Finals	E, D, C, B, & A Finals	E, D, C, B, & A Finals
1. W 200 Backstroke 2. M 200 Backstroke 3. W 800 Freestyle 4. M 1500 Freestyle 5. W 50 Breaststroke 6. M 50 Breaststroke 7. W 100 Freestyle 8. M 100 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	19. W 200 Freestyle 20. M 200 Freestyle 21. W 400 IM 22. M 400 IM 23. W 100 Backstroke 24. M 100 Backstroke	27. W 500 Freestyle 28. M 500 Freestyle 29. W 100 Breaststroke 30. M 100 Breaststroke 31. W 100 Butterfly 32. M 100 Butterfly	35. W 50 Butterfly 36. M 50 Butterfly 37. W 1500 Freestyle 38. M 800 Freestyle 39. W 200 IM 40. M 200 IM 41. W 50 Freestyle 42. M 50 Freestyle

E-Final, D-Final, Bonus, Consolation, and Championship Finals for all individual events, except the Women's & Men's 800 Free and 1500 Free, and all relays conducted as timed finals

Relays will be seeded and swim in prelims with the fastest 3 heats slow to fast, then remaining heats fast to slow.

**Relay cards will be due by 10:00 AM each day.
There will be a 10-minute break prior to all relays.**



2020 NCSA SWIMMING CHAMPIONSHIPS

TIME STANDARDS

Orlando, FL
March 17-21, 2020

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, 2018, through March 15, 2020, dates inclusive.

BONUS EVENTS: A swimmer with one (1) or 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. 50 strokes (fly, back, breast) have no bonus standard and may be added as a bonus if swimmers have additional bonus swims to use.



2020 NCSA SWIMMING CHAMPIONSHIPS

BONUS STANDARDS

Orlando, FL
March 19-23, 2020

WOMEN			EVENT DESCRIPTION	MEN		
SCY	SCM	LCM		SCY	SCM	LCM
24.49	27.49	27.89	50 FREE	21.89	24.49	25.29
52.69	58.89	1:00.59	100 FREE	47.29	53.09	54.99
1:53.99	2:07.89	2:09.79	200 FREE	1:43.99	1:56.19	2:00.09
5:02.09	4:25.89	4:30.99	400/500 FREE	4:41.59	4:06.09	4:14.79
NO BONUS CUTS ALLOWED			800/1000 FREE	NO BONUS CUTS ALLOWED		
			1500/1650 FREE			
NO BONUS STANDARD			50 BACK	NO BONUS STANDARD		
58.69	1:05.89	1:08.89	100 BACK	53.79	1:00.09	1:02.39
2:06.89	2:21.79	2:26.29	200 BACK	1:55.79	2:09.49	2:13.99
NO BONUS STANDARD			50 BREAST	NO BONUS STANDARD		
1:07.39	1:15.19	1:17.29	100 BREAST	1:00.49	1:07.09	1:09.29
2:24.79	2:42.39	2:44.99	200 BREAST	2:11.79	2:27.59	2:31.79
NO BONUS STANDARD			50 FLY	NO BONUS STANDARD		
58.39	1:05.29	1:06.49	100 FLY	52.29	57.89	59.69
2:07.29	2:21.99	2:26.19	200 FLY	1:56.09	2:07.79	2:12.59
2:08.99	2:24.89	2:29.09	200 INDIV. MEDLEY	1:57.29	2:10.49	2:15.59
4:32.09	5:05.19	5:09.99	400 INDIV. MEDLEY	4:09.59	4:38.69	4:47.09
ALL RELAYS MUST HAVE THE TIME STANDARD TO ENTER			200 FREE RELAY	ALL RELAYS MUST HAVE THE TIME STANDARD TO ENTER		
			400 FREE RELAY			
			800 FREE RELAY			
			200 MEDLEY RELAY			
			400 MEDLEY RELAY			

QUALIFYING PERIOD: January 1, 2018, through March 15, 2020, dates inclusive.

BONUS EVENTS: A swimmer with one (1) or 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. 50 strokes (fly, back, breast) have no bonus standard and may be added as a bonus if swimmers have additional bonus swims to use.