



2014 NCSA Swimming Championships

*Meet Announcement
Spring Championships – Orlando YMCA
Orlando, FL
March 18-22, 2014*

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

2014 NCSA SWIMMING CHAMPIONSHIPS
Orlando YMCA Aquatic Center – Orlando, FL
March 18-22, 2014

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 18-22, 2014

ENTRIES DUE: OME will close Tuesday, March 11, 2014, 11:59 PM EST

SESSION START TIMES: Tuesday 4:00 PM
Wednesday-Friday: Prelims-8:30AM; Finals-6:00PM

MEET REFEREE: Bob Vincent, rdv@vwi.com

ADMINISTRATIVE REFEREE: Lisa Olack, lisa.olack@yahoo.com

MEET DIRECTOR/ENTRY COORDINATOR: Kevin Milak, kevinmilak@gmail.com

LOCAL HOST LIAISON: Gay Wright, wrghtus@bellsouth.net

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

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:

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 18 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 check through the entry procedure.* 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.

QUALIFYING TIMES:

Times must be achieved between January 1, 2013, and March 17, 2014, 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. Swimmers may compete in no more than three (3) individual events per day. 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 not be seeded into the event.

BONUS EVENTS:

Bonus entries are permitted if a swimmer has at least one event qualifying time. A swimmer with one qualifying time may swim up to two (2) bonus swims in which the swimmer has the bonus standard; two qualifying times, two (2) bonus swim, 3 qualifying times, two (2) bonus swims, etc. 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.

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 Trial entries are \$5/individual events, \$10/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 1650 events will be offered on a day decided upon by the meet referee.

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, 2014, and close at 11:59 PM EST on March 11, 2014. *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.*

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 17, 2014, for individuals qualifying between March 11, and March 17, 2014. 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 direct/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.

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:

# 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 \$60 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 Aquatic Center on Tuesday, March 18, 2014, at 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 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 D, C, B, and A Finals (4 heats) for all events, except the 1000 and 1650 free. Positive check-in for the 1000 and 1650 freestyle events and all relays is required by the day's scratch deadline.

USA Swimming Rules 202.3:

- 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.
- Except where venue facilities require otherwise, changing into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and is strongly discouraged.
- There will be no on-deck registrations accepted at this meet.

SCRATCH DEADLINES:

Tuesday, March 18, 2014, 2:00 PM EST

- Women's and Men's 1000 Freestyle
- Women's and Men's 4x50 Free Relay
- Women's and Men's 4x50 Medley Relay

Tuesday, March 18, 2014, 6:00 PM EST

- Wednesday's Events

Wednesday, Thursday, and Friday, March 19 to March 21, 2014, 6:30 PM EST

- Next Day's Events

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.

DISTANCE EVENTS:

The Women's and Men's 1000 and 1650 freestyle will be conducted on a timed finals basis. All heats will be seeded and swim slowest to fastest in two pools. Saturday the Women's and Men's 1650 will be scheduled so that the second fastest heats of each will finish at the start of Saturday evening finals warm-up. The fastest heat of Event 43, Women's 1650, will swim after the A Final of Event 36, Men's 50 back. The fastest heat of Event 44, Men's 1650, will swim after the A final of Event 40, Men's 50 free.

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. Relays must check in by the scratch deadline for the day swum. 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 American citizens), 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 fast to slow with the top 16 seeded relays swimming at finals, slow to fast. Timed final relays on Tuesday evening will be seeded and swum slowest to fastest.

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 Spring Championship Medals 1-8; Relay Medals 1-8. Scoring: 16 places; relays double points.

WARM-UP:

- Sunday, March 16: TBA – will be posted on NCSA website
- Monday, March 17: TBA – will be posted on NCSA website
- Tuesday, March 18: 7:00 AM to 3:50 PM
- Wednesday, March 19 to Saturday, March 22: 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, Bob Vincent, prior to the meet at the contact information given above.

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 Gay Wright, Local Host Liaison, at the contact information given above, on or before Monday, March 10, 2014, for more information regarding all volunteer opportunities.



2014 NCSA SWIMMING CHAMPIONSHIPS

Order of Events
Orlando, FL
March 18-22, 2014

Tuesday March 18	Wednesday March 19	Thursday March 20	Friday March 21	Saturday March 22
Afternoon Session Warm-Up: 2:30-3:50 PM Start: 4:00	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 1000 Freestyle 2. M 1000 Freestyle BREAK-TIME TBA 3. W 4 x 50 FR 4. M 4 x 50 FR BREAK-TIME TBA 5. W 4 x 50 MR 6. M 4 x 50 MR	7. W 200 Backstroke 8. M 200 Backstroke 9. W 100 Freestyle 10. M 500 Freestyle 11. W 100 Breaststroke 12. M 100 Breaststroke 13. W 200 Butterfly 14. M 200 Butterfly 15. W 4x200 FR	16. W 200 Freestyle 17. M 200 Freestyle 18. W 50 Breaststroke 19. M 50 Breaststroke 20. W 400 IM 21. M 400 IM 22. W 50 Butterfly 23. M 50 Butterfly 24. W 4x100 FR 25. M 4x100 FR	26. W 100 Backstroke 27. M 100 Backstroke 28. W 500 Freestyle 29. M 100 Freestyle 30. W 200 Breaststroke 31. M 200 Breaststroke 32. W 100 Butterfly 33. M 100 Butterfly 34. M 4 X 200 FR	35. W 50 Backstroke 36. M 50 Backstroke 37. W 200 IM 38. M 200 IM 39. W 50 Freestyle 40. M 50 Freestyle 41. W 4 x 100 MR 42. M 4 x 100 MR 43. W 1650 Freestyle 44. M 1650 Freestyle
	Evening Session Warm-Up: 4:30-5:50 Start: 6:00	Evening Session Warm-Up: 4:30-5:50 Start: 6:00	Evening Session Warm-Up: 4:30-5:50 Start: 6:00	Evening Session Warm-Up: 4:30-5:50 Start: 6:00
	Bonus, Consolation & Finals	Bonus, Consolation & Finals	Bonus, Consolation & Finals	Bonus, Consolation & Finals
	7. W 200 Backstroke 8. M 200 Backstroke 9. W 100 Freestyle 10. M 500 Freestyle 11. W 100 Breaststroke 12. M 100 Breaststroke 13. W 200 Butterfly 14. M 200 Butterfly 15. W 4x200 FR	16. W 200 Freestyle 17. M 200 Freestyle 18. W 50 Breaststroke 19. M 50 Breaststroke 20. W 400 IM 21. M 400 IM 22. W 50 Butterfly 23. M 50 Butterfly 24. W 4x100 FR 25. M 4x100 FR	26. W 100 Backstroke 27. M 100 Backstroke 28. W 500 Freestyle 29. M 100 Freestyle 30. W 200 Breaststroke 31. M 200 Breaststroke 32. W 100 Butterfly 33. M 100 Butterfly 34. M 4 X 200 FR	35. W 50 Backstroke 36. M 50 Backstroke 43. W 1650 Freestyle 37. W 200 IM 38. M 200 IM 39. W 50 Freestyle 40. M 50 Freestyle 44. M 1650 Freestyle 41. W 4 x 100 MR 42. M 4 x 100 MR

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

All relays are timed finals. Tuesday relays will be seeded and swum slowest to fastest. All other relays will be seeded and swum fastest to slowest in the preliminary session with the top 16 relay teams swimming in finals, slowest to fastest.



2014 NCSA SWIMMING CHAMPIONSHIPS

TIME STANDARDS

Orlando, FL
March 18-22, 2014

WOMEN			EVENT DESCRIPTION	MEN		
SCY	SCM	LCM		SCY	SCM	LCM
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: January 1, 2014, THROUGH THE ENTRY DEADLINE, March 11, 2014.
 BONUS EVENTS: One individual cut, 2 bonus events in which the swimmer has the bonus standard; 2 cuts, 2 bonus events, 3 cuts, 2 bonus events, etc. 50 strokes (fly, back, breast) have no bonus standard and may be added as a bonus if swimmers have additional bonus swim to use.

Individual event limit-3 per day; Relays-2 per team per event



2014 NCSA SWIMMING CHAMPIONSHIPS

BONUS STANDARDS

Orlando, FL
March 18-22, 2014

WOMEN			EVENT DESCRIPTION	MEN		
SCY	SCM	LCM		SCY	SCM	LCM
24.69	27.49	27.99	50 FREE	21.99	24.49	25.29
52.89	58.89	1:00.69	100 FREE	47.49	53.09	54.99
1:54.59	2:07.89	2:10.09	200 FREE	1:43.99	1:56.19	2:00.09
5:02.59	4:25.89	4:31.69	400/500 FREE	4:41.59	4:06.09	4:14.79
<i>NO BONUS CUT</i>			800/1000 FREE	<i>NO BONUS CUT</i>		
			1500/1650 FREE			
<i>NO BONUS CUT</i>			50 BACK	<i>NO BONUS CUT</i>		
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	1:56.39	2:09.49	2:14.39
<i>NO BONUS CUT</i>			50 BREAST	<i>NO BONUS CUT</i>		
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
<i>NO BONUS CUT</i>			50 FLY	<i>NO BONUS CUT</i>		
58.79	1:05.29	1:06.79	100 FLY	52.59	57.89	59.89
2:07.89	2:21.99	2:26.19	200 FLY	1:56.89	2:07.79	2:12.59
2:09.49	2:24.89	2:29.59	200 INDIV. MEDLEY	1:57.29	2:10.49	2:15.59
4:32.09	5:05.19	5:13.69	400 INDIV. MEDLEY	4:10.29	4:38.69	4:47.89
<i>ALL RELAYS MUST HAVE THE TIME STANDARD TO ENTER</i>			200 FREE RELAY	<i>ALL RELAYS MUST HAVE THE TIME STANDARD TO ENTER</i>		
			400 FREE RELAY			
			800 FREE RELAY			
			200 MEDLEY RELAY			
			400 MEDLEY RELAY			

QUALIFYING PERIOD: January 1, 2014, THROUGH THE ENTRY DEADLINE, March 11, 2014.
BONUS EVENTS: One individual cut, 2 bonus events in which the swimmer has the bonus standard; 2 cuts, 2 bonus events, 3 cuts, 2 bonus events, etc. 50 strokes (fly, back, breast) have no bonus standard and may be added as a bonus if swimmers have additional bonus swim to use.