2014 NCSA Swimming Championships

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

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

SANCTIONED BY: USA Swimming & Florida Swimming; sanction # TBA

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

DATES OF MEET: March 18-22, 2014

ENTRIES DUE: OME will close: Tuesday, March 11, 204, 11:59pm EST

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

MEET REFEREE: Bob Vincent; rdv@vwi.com

MEET DIRECTOR/ENTRY CHAIR: Kevin Milak

LOCAL HOST LIAISON : Gay Wright

WARM-UPS: Sunday: TBA
Monday: TBA
Tuesday: 7:00 AM to 3:15 PM
Wednesday through Saturday: 6:00 AM to 8:20 AM and 4:30 PM to 5:50 PM

FACILITY: Orlando YMCA Aquatic Center
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. 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.*

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 via check through the entry procedure*. Relay only swimmers must be included in the OME system on your team roster, designated as "relay only".

QUALIFYING TIMES:
Times must be achieved between January 1, 2013 through March 17, 2014, dates inclusive. Short Course Yards (SCY) qualifying times will be seeded first, followed by Short Course Meters (SCM) qualifying times, followed by Long Course Meters (LCM) 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.
BONUS EVENTS: Swimmers with one Individual cut are allowed up to 2 bonus cuts in which they have the bonus standard. The 50s of the strokes have no bonus standard (fly, back, breast) and may be added as bonus cuts if swimmers have additional bonus swims to use. (ex: 1 cut, up to 2 bonus; 2 cuts, up to 2 bonus… 6 cuts, up to 2 bonus)…
Swimmers with 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 swimmer who swims in any event (including relays). Swimmers are limited to two (2) 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.

ENTRY INTO THE MEET

TEAM ENTRY:

All entries must be completed through the USA Swimming OME entry system. This is the only accepted way to enter this meet. OME System will be open for entries starting on February 1st, 2014. *Reminder, 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.*
The OME will close at 11:59pm EST on March 11, 2014.

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 to a cut, allowing for an additional bonus entry.

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:

There is a $50.00 per swimmer (individuals and relay-only athletes) NCSA Registration fee.
This fee is to be paid in full with the initial entry.
All fees are paid for with credit cards in the OME system.

DECK PASSES:

Deck passes for USA Swimming Registered coaches are available for $15 each. Please indicate number of coaches 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 & 1650 free. Positive check-in for the 1000 & 1650 free 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 our 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 1000 & Men's 1000
  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 19-22, 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 1000 & 1650 freestyle will be conducted on a timed finals basis. All heats will be seeded and swim slowest to fastest. Saturday's Women's 1000 & Men's 1650 will be seeded slowest to fastest with the second fastest heat of the men's 1500 scheduled to finish at the start of Saturday evening finals warm-up.

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.

Aggregate relays may be proven by any four (4) swimmers ELIGIBLE to swim (must be 18 & Under American citizens), but any four (4) Swimmers can swim on the day of the event. Relays are swum fastest to slowest in the morning session with the top 16 seeded relays swimming in finals. Timed finals relays on Tuesday evening are swum slowest to fastest.

CREDENTIALS:

Coaches MUST constantly display their current USA Swimming coach credential 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 Summer Championship Medals 1-8; Relay Medals 1-8. Scoring: 16 places; relays double points.

OFFICIATING:

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

HOTELS:

Will be posted on the website, check back often as the website will be updated as hotels fill and open up.

VOLUNTEERS:

Anyone wishing to volunteer for this event should contact Gay Wright, Local Host Liaison, at XXXXXXXXX, on or before XXXXXXX, for more information regarding all volunteer opportunities.

2014 NCSA SWIMMING CHAMPIONSHIPS

Meet Format
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 Start Time: 4:00	**Morning Session** Warm-Up: 06:00-08:20 Start: 8:30	**Morning Session** Warm-Up: 06:00-08:20 Start: 8:30	**Morning Session** Warm-Up: 06:00-08:20 Start: 8:30	**Morning Session** Warm-Up: 06:00-08:20 Start: 8:30
SHORT COURSE DAY 1. W 1000 Freestyle TF 2. M 1000 Freestyle TF - TBA minute break 3. M 4 x 50 FR TF 4. M 4 x 50 FR TF - TBA min break 5. W 4 x 50 MR TF 6. M 4 x 50 MR TF	**SHORT COURSE** 6. W 200 Backstroke H 7. M 200 Backstroke H 8. W 100 Freestyle H 9. M 500 Freestyle H 10. W 100 Breaststroke H 11. M 100 Breaststroke H 12. W 200 Butterfly H 13. M 200 Butterfly H 14. W 4x200 FR TF	**SHORT COURSE** 15. W 200 Freestyle H 16. M 200 Freestyle H 17. W 50 Breaststroke H 18. M 50 Breaststroke H 19. W 400 IM H 20. M 400 IM H 21. W 50 Butterfly H 22. M 50 Butterfly H 23. 4x100 FR TF 24. 4x100 FR TF	**SHORT COURSE** 25. W 100 Backstroke H 26. M 100 Backstroke H 27. W 500 Freestyle H 28. M 100 Freestyle H 29. W 200 Breaststroke H 30. M 200 Breaststroke H 31. W 100 Butterfly H 32. M 100 Butterfly H 33. M 4 X 200 FR TF	**SHORT COURSE** 34. W 50 Backstroke H 35. M 50 Backstroke H 37. W 200 IM H 38. M 200 IM H 39. W 50 Freestyle H 40. M 50 Freestyle H 41. W 4 x 100 MR TF 42. M 4 x 100 MR YF XX. W 1650 Freestyle SH 36. M 1650 Freestyle SH
	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
Legend:	**Bonus, Consolation & Finals**	**Bonus, Consolation & Finals**	**Bonus, Consolation & Finals**	**Bonus, Consolation & Finals**
F = Finals FH = Fast Heats H = Heats SH = Slow Heats TF=Timed Finals TH=Top Seeded Heat	6. W 200 Backstroke H 7. M 200 Backstroke H 8. W 100 Freestyle F 9. M 500 Freestyle F 10. W 100 Breaststroke F 11. M 100 Breaststroke F 12. W 200 Butterfly F 13. M 200 Butterfly F 14. W 4x200 FR TF	15. W 200 Freestyle F 16. M 200 Freestyle F 17. W 50 Breaststroke F 18. M 50 Breaststroke F 19. W 50 Butterfly F 20. M 50 Butterfly F 21. W 400 IM F 22. M 400 IM F 23. 4x100 FR TF 24. 4x100 FR TF	25. W 100 Backstroke F 26. M 100 Backstroke F 27. W 500 Freestyle F 28. M 100 Freestyle F 29. W 200 Breaststroke F 30. M 200 Breaststroke F 31. W 100 Butterfly F 32. M 100 Butterfly F 33. M 4 X 200 FR TF	34. W 50 Backstroke F 35. M 50 Backstroke F 36. W 1650 Freestyle TH 37. W 200 IM F 38. M 200 IM F 39. W 50 Freestyle F 40. M 50 Freestyle F XX. M 1650 Freestyle TH 41. W 4 x 100 MR TF 42. M 4 x 100 MR TF

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

All relays are timed finals and the top 32 will swim in finals (D, C, B, A). Preliminary session relays are fast to slow. Tuesday relays are timed finals and slow to fast.

2014 NCSA SWIMMING CHAMPIONSHIPS

Time Standards

Orlando, FL

March 18-22, 2014

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
100 Back Qualifying Times			50 BACK	*100 Back Qualifying Times*		
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
100 Breast Qualifying Times			50 BREAST	*100 Breast Qualifying Times*		
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
100 Fly Qualifying Times			50 FLY	*100 Fly Qualifying Times*		
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
400 Free Relay Qualifying Times			200 FREE RELAY	*400 Free Relay Qualifying Times*		
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
400 Medley Relay Qualifying Times			200 MEDLEY RELAY	*400 Medley Relay Qualifying Times*		
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, 2013 THROUGH THE ENTRY DEADLINE.

BONUS EVENTS: Swimmers with one Individual cut are allowed up to 2 bonus cuts in which they have the bonus standard. The 50s of the strokes have no bonus standard (fly, back, breast) and may be added as bonus cuts if swimmers have additional bonus swims to use.

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

2014 NCSA SWIMMING CHAMPIONSHIPS

Time Standards

Orlando, FL

March 18-22, 2014

WOMEN BONUS			EVENT DESCRIPTION	MEN BONUS		
SCY	SCM	LC		SCY	SCM	LC
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
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
NO BONUS CUT			50 BACK	*NO BONUS CUT*		
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
NO BONUS CUT			50 BREAST	*NO BONUS CUT*		
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 CUT			50 FLY	*NO BONUS CUT*		
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
All relays must have the time standards to enter			200 FREE RELAY 400 FREE RELAY 800 FREE RELAY 200 MEDLEY RELAY 400 MEDLEY RELAY	All relays must have the time standards to enter		

QUALIFYING PERIOD: January 1, 2013 through March 11, 2014.

BONUS EVENTS: **Swimmers with one Individual cut are allowed up to 2 bonus cuts in which they have the bonus standard. The 50s of the strokes have no bonus standard (fly, back, breast) and may be added as bonus cuts if swimmers have additional bonus swims to use.**

BONUS STANDARDS ONLY – SEE TIME STANDARDS CHART FOR CUT TIMES