



# *2015 NCSA Summer Swimming Championships*

*Meet Announcement  
Summer Championships – Indiana University Natatorium  
Indianapolis, IN  
July 28-August 1, 2015*

<https://www.teamunify.com/Home.jsp?team=recndncaa>  
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**2015 NCSA SUMMER SWIMMING CHAMPIONSHIPS**  
**Indiana University Natatorium - Indianapolis, IN**  
**July 28-August 1, 2015**

**SANCTIONED BY:** USA Swimming & Indiana Swimming; IN# TBD

**LOCAL HOST:** Indiana Swimming, Inc.

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

**DATES OF MEET:** July 28-August 1, 2015

**ATHLETE REGISTRATION:** Tier One (for teams that attended the 2013 or 2014 Summer Champs):  
Athlete registration for Tier One will begin at 8:00 AM EST on May 4, 2015, and must be completed by 11:59 PM EST on May 7, 2015

Tier Two (all others teams; first come, first serve): May 11-14, 2015  
Athlete registration for Tier Two will begin at 11:00 AM EST on May 11, 2015, and must be completed by 11:59 PM EST on May 14, 2015

***\*\*ALL qualified athletes that plan to participate must be registered during this entry period. ONLY FIRST TIME QUALIFYING ATHLETES CAN BE ADDED AFTER THE MAY 14 DEADLINE. You can add new events for athletes previously qualified.***

**ENTRIES DUE:** Actual entries for the meet will open at 8 AM EST July 7, 2015 and will close at 11:59 PM (EST), Tuesday, July 21, 2015

***ALL REGISTRATIONS AND ENTRIES WILL BE DONE IN OME.***

*The first entry for each team will be the athlete registration and payment of the NCSA membership fee. Complete individual & relay event entries will open July 7<sup>th</sup> and close July 21<sup>st</sup>. There will be a late entry procedure for cuts made after July 21<sup>st</sup>. See procedures below.*

**SESSION START TIMES:** Tuesday-Saturday: Prelims-8:30 AM; Finals-6:00 PM

**MEET REFEREE:** Dave Olack; [daolack@yahoo.com](mailto:daolack@yahoo.com); 980-406-9509

**ADMIN REFEREE:** Lisa Olack; [lisa.olack@yahoo.com](mailto:lisa.olack@yahoo.com); 704-577-5002

**MEET DIRECTOR:** Ahern Naylis; [NCSAsummerchamps@gmail.com](mailto:NCSAsummerchamps@gmail.com); 248-798-4187

**ENTRY COORDINATOR:** Kevin Milak; [kevinmilak@gmail.com](mailto:kevinmilak@gmail.com); 832-233-0234

**LOCAL HOST LIAISON:** Arlene McDonald; [arlenemcd@aol.com](mailto:arlenemcd@aol.com); 317-442-2166

**FACILITY:** Indiana University Natatorium  
On the campus of IUPUI  
901 West New York Street  
Indianapolis, IN 46202  
Facility Contact: Ed Merkling; 317-274-6783; [emerklin@iupui.edu](mailto:emerklin@iupui.edu)

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

Competition Pool: Eight-lane, 50-meter pool with a depth ranging from 9' - 10', Kiefer-McNeil non-turbulent lane lines with custom designed starting blocks, Colorado electronic timing equipment, and Daktronics scoreboard.

Diving Well: Seven-lane, 25-yard pool; water depth 17'

Instructional Pool: Six-lane, 50-meter pool; water depth ranging from 4.5' - 10'

Locker rooms are located on both the east and west sides of the pool deck. The IU Natatorium has a seating capacity of approximately 4,700 spectators which includes a handicap accessible section in the west seating area. Concessions will be sold on the main concourse of the facility, and parking is available in the attached garage. The meet and local hosts have no control over pricing for concessions or parking, both of which are managed by IUPUI, nor does the host receive any revenues from either source.

## **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. *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 credit card in the OME system during the athlete registration process...* Relay only swimmers must be included in the entry. Please designate unattached swimmers as 'UN' with your LSC code; please no team designation.

## **QUALIFYING TIMES:**

Times must be achieved between March 17, 2014, and July 21, 2015, dates inclusive. Long Course Meters (LCM) qualifying times will be seeded first, followed by Short Course Meters (SCM) qualifying times, followed by Short Course Yards (SCY) 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 and the swimmer or relay will be scratched and not be seeded into the event.

## **BONUS EVENTS:**

Bonus entries are permitted if a swimmer has at least one individual event qualifying time. A swimmer with one qualifying time may swim up to two (2) bonus swims; two qualifying times, a swimmer may swim one (1) bonus swim; and swimmers with three and more qualifying times receive NO bonus swims. ALL bonus swims must be in events that are 200 meters or less in distance. ALL bonus swim entries must be in LCM times and verifiable in OME. **THE 50s OF THE STROE (fly, back, and breast) DO NOT COUNT AS AN INDIVIDUAL QUALIFYING TIMES. TO ENTER THE 50s OF THE STROKE YOU MUST HAVE THE QUALIFYING STANDARD IN THE RESPECTIVE 100 OR USE YOUR BONUS ALLOTMENT TO ENTER.**

## **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 \$10/individual events, \$15/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 long course meters 15 minutes following the preliminary session each day with the current day's events swum first followed by subsequent days' events then any preceding days. Non-Olympic Distance events (W1500 & M800 free) will be offered on a day decided upon by the meet referee and teams will be notified by July 24, 2015.

There will be a cap on time trials each day dependent upon timelines for the preliminaries session. For Tuesday, Wednesday, Thursday, and Friday, swimmers may sign up for time trials for that day only between 7 AM and 10 AM. Time trials will be available on Saturday if time permits.

## **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 July 7, 2015 at 8:00 AM EST, and close at 11:59 PM (EST), Tuesday, July 21, 2015. *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.*

***ONCE A TEAM HAS REGISTERED THEIR ATHLETES, PAID THE NCSA MEMBERSHIP FEE, AND HAS BEEN ACCEPTED INTO THE MEET, ANY ADDITIONAL QUALIFIERS OR ADDITIONAL CUTS FROM MAY 14<sup>th</sup> TO JULY 21<sup>st</sup> WILL BE ACCEPTED PRIOR TO THE ENTRY DEADLINE ON TUESDAY, JULY 21<sup>st</sup>.***

### **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 if applicable. Late entries will be accepted until noon (EST) on Monday, July 27, 2015, for individuals qualifying between July 21, and July 27, 2015. 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 entry coordinator listed above.

**ENTRY FEES:**

Individual - \$2.00 per event

Relays - \$5.00 per relay team

**NCSA Membership Fee** - \$62.00 per swimmer (including relay only swimmers)

Late entry fees (new cuts made after entry deadline): Individual - \$5; Relays - \$10

**All fees are to be paid through the OME entry system. There are no refunds except for non-acceptance into the meet.**

**ALL PAYMENTS FOR NCSA MEMBERSHIP FEES MUST BE PAID THROUGH THE OME SYSTEM DURING INTIAL REGISTRATION BY MAY 14<sup>th</sup>. YOUR TEAM IS NOT IN THE MEET UNTIL YOU CHECK OUT OF THE INTIAL REGISTRATION AND PAYMENT OF THE ATHLETE MEMBERSHIP FEES IS COMPLETE IN OME. FINAL INDIVIDUAL AND RELAY ENTRIES WILL BE COMPLETED AND PAID FOR THROUGH THE OME SYSTEM FROM JULY 7<sup>TH</sup> TO JULY 21<sup>ST</sup>.**

**ENTRY PROCEDURE:**

**ALL ENTRIES ARE TO BE COMPLETED THROUGH THE OME SYSTEM ON USA SWIMMING WEBSITE**

*First tier begins at 8:00 am (EST) on designated day. Second tier begins at 11:00 am (EST) on designated day.*

We will be using a tiered entry system for this meet as follows:

- **First tier entry – May 4-7, 2015** - will be limited to teams that participated in the 2013 or 2014 NCSA Summer Championships. Those teams will be listed in the OME and will be the only teams that can access OME during this period. If you believe your team is NOT listed in error it is your responsibility to appeal to the NCSA board. PLEASE DON'T WAIT!!!!
- **Second tier entry – May 11-14, 2015** – will be for all remaining teams that wish to participate in the 2014 NCSA Summer Championships. This will be on a first come first serve basis until the meet has reached capacity (1300 swimmers cap).
- **Entry exception – Trial qualifiers** – any athlete who wishes to enter in to the 2015 NCSA Summer Championships and their team has NOT been accepted may enter as an individual if they have the 2012 Olympic trial qualifying standards in the events they wish to enter during the qualifying period for the meet, March 17, 2015, through July 21, 2015.

**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 Summer Championships Meet Committee and/or Meet Referee may find it necessary to change some meet variables in order to improve the conduct of the meet for the athletes; including, but not limited to start times, breaks, distance event procedures, weather related disruptions, time trial locations, session formats; etc. A General Meeting will be held at IUPUI Natatorium on Monday, July 27, 2015, at 5:00 PM in the Hospitality Room. All athletes must be represented by a coach or representative. Any additional meetings will be at the discretion of the Meet Referee or Meet Director and announced during the meet.

## **RULES:**

USA Swimming, Inc. Technical Rules, Administrative Regulations, 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 C, B, and A Finals (3 heats) for all events, except the 800 & 1500 free. Positive check-in for the 800 & 1500 freestyle events and all relays is required by the day's scratch deadline.

### **USA Swimming Rules 202:**

- 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.
- Changing into or out of swimsuits other than in locker rooms or other designated areas is prohibited.
- There will be no on-deck registrations accepted at this meet.

## **SCRATCH DEADLINES:**

Monday, July 27, 2015, 15 minutes after the conclusion of the General Meeting

- Tuesday's events

Tuesday, Wednesday, Thursday, and Friday, July 28 to July 31, 2015, 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 800 and Men's 1500 freestyle will be conducted on a timed finals basis. The Women's 800 will be seeded and swum fast to slow in the preliminary session with the fastest heat of the 800 in finals after event #2 the Men's 200 Medley Relay. On Saturday the Men's 1500 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. The fastest heat of the Men's 1500 will swim after the A final of event 35, Men's 50 back. The Non-Olympic distance events will NOT be offered during this competition but will be available in a time trial. *Any swimmer who has the non-Olympic distance cut may use that as entry into the Olympic distance event if they do NOT have the Olympic distance standard. The swimmer will be seeded with the lowest conforming time standard. If a swimmer has both cuts; they may use the non-Olympic cut as an entry into an additional event as a bonus and that does NOT count against their bonus event total. For those with the non-Olympic cut wishing to use that as an additional bonus event, they may enter the 400 freestyle or the 400 individual medley. Please enter the event with the conforming time standard and note that it is for the non-Olympic distance cut. A proof of time will need to be submitted to the entry coordinator listed above.*

### **400 Freestyle:**

The 400 freestyle in preliminaries will be swum fast to slow alternating women and men. *The 400 Freestyle will be the final event in the preliminary session before the relay heats and the first individual event of the finals session. Please make note of event order for Friday's preliminaries and finals sessions.*

### **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 24 seeded relays swimming at finals, slow to fast.

### **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.

As per Indiana University policy, all volunteers must present a photo ID to gain deck entry.

### **AWARDS:**

Individual NCSA Summer Championship Medals 1-8; Relay Medals 1-8. Scoring: 24 places; relays double points.

### **WARM-UP:**

- Monday July 27<sup>th</sup> - Competition Pool from 8 am until 9 pm.
- Tuesday July 27<sup>th</sup> to Saturday August 1<sup>st</sup>; Diving Well & Competition Pool will be available for warm up at 6:00 AM.
- Meet Days: Continuous Warm-Ups in 25-yard Diving Pool/50-meter Instructional Pool during sessions
- Specific warm-up procedures will be provided at the General Meeting on Monday and posted throughout the venue.

### **OFFICIATING:**

Officials wishing to volunteer or having questions may contact the Meet Referee, Dave Olack, prior to the meet at the contact information given above.

### **HOTELS:**

Indiana Swimming, Inc. has reserved blocks of rooms at selected downtown and airport locations. Teams and participants are asked to reserve their rooms through the convenient online reservation system that will be posted on the NCSA web site.

### **VOLUNTEERS:**

*All teams accepted into these championships are **required** to provide timers for the preliminary sessions each day. Once entries have been received, teams will be notified regarding the number of timers they need to provide on which day(s).*

Anyone wishing to volunteer for this event should contact Arlene McDonald, Local Host Liaison, at the contact information given above, on or before Tuesday, July 14, 2015, for more information regarding all volunteer opportunities.



# 2015 NCSA SUMMER SWIMMING CHAMPIONSHIPS

## Order of Events

Summer Championships – Indianapolis, IN  
July 28 - August 1, 2015

Tuesday July 28	Wednesday July 29	Thursday July 30	Friday July 31	Saturday August 1
<b>Morning Session</b> Warm-Up: 6:00-8:20 Start: 8:30	<b>Morning Session</b> Warm-Up: 6:00-8:20 Start: 8:30	<b>Morning Session</b> Warm-Up: 6:00-8:20 Start: 8:30	<b>Morning Session</b> Warm-Up: 6:00-8:20 Start: 8:30	<b>Morning Session</b> Warm-Up: 6:00-8:20 Start: 8:30
1. W 4 x 50 MR 2. M 4 x 50 MR 4. W 100 Freestyle 5. M 100 Freestyle 6. W 200 Backstroke 7. M 200 Backstroke 8. W 50 Butterfly 9. M 50 Butterfly 10. W 4 x 50 FR 11. M 4 x 50 FR 3. W 800 Freestyle	12. W 200 Freestyle 13. M 400 I.M. 14. W 100 Breaststroke 15. M 100 Breaststroke 16. W 200 Butterfly 17. M 100 Backstroke 18. M 4 x 200 FR	19. W 400 I.M. 20. M 200 Freestyle 21. W 50 Breaststroke 22. M 50 Breaststroke 23. W 100 Backstroke 24. M 200 Butterfly 25. W 4 x 100 FR 26. M 4 x 100 FR	29. W 100 Butterfly 30. M 100 Butterfly 31. W 200 Breaststroke 32. M 200 Breaststroke 27. W 400 Freestyle 28. M 400 Freestyle 33. W 4 X 200 FR	34. W 50 Backstroke 35. 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 36. M 1500 Freestyle
<b>Evening Session</b> Warm-Up: 4:30-5:50 Start: 6:00	<b>Evening Session</b> Warm-Up: 4:30-5:50 Start: 6:00	<b>Evening Session</b> Warm-Up: 4:30-5:50 Start: 6:00	<b>Evening Session</b> Warm-Up: 4:30-5:50 Start: 6:00	<b>Evening Session</b> Warm-Up: 4:30-5:50 Start: 6:00
<b>D, C, B, &amp; A Finals</b>	<b>D, C, B, &amp; A Finals</b>	<b>D, C, B, &amp; A Finals</b>	<b>D, C, B, &amp; A Finals</b>	<b>D, C, B, &amp; A Finals</b>
1. W 4 x 50 MR 2. M 4 x 50 MR 3. W 800 Freestyle 4. W 100 Freestyle 5. M 100 Freestyle 6. W 200 Backstroke 7. M 200 Backstroke 8. W 50 Butterfly 9. M 50 Butterfly 10. W 4 x 50 FR 11. M 4 x 50 FR	12. W 200 Freestyle 13. M 400 I.M. 14. W 100 Breaststroke 15. M 100 Breaststroke 16. W 200 Butterfly 17. M 100 Backstroke 18. M 4 x 200 FR	19. W 400 I.M. 20. M 200 Freestyle 21. W 50 Breaststroke 22. M 50 Breaststroke 23. W 100 Backstroke 24. M 200 Butterfly 25. W 4 x 100 FR 26. M 4 x 100 FR	27. W 400 Freestyle 28. M 400 Freestyle 29. W 100 Butterfly 30. M 100 Butterfly 31. W 200 Breaststroke 32. M 200 Breaststroke 33. W 4 X 200 FR	34. W 50 Backstroke 35. M 50 Backstroke 36. M 1500 Freestyle 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

**A, B, C & D Finals for all individual events, except the Women's 800 & Men's 1500 Free, which are conducted as timed finals**

**All relays will be seeded and swum fastest to slowest in the preliminary session with the top 24 relay teams swimming in finals, slowest to fastest (C, B, A).**

**Positive check-in for the 800 & 1500 freestyle events and all relays is required by the day's scratch deadline.**

**Please make note of the placement of the 400 freestyle for Friday's preliminaries and finals session and also that in prelims the 400 freestyle will be swum fast to slow alternating women and men.**



# 2015 NCSA SUMMER SWIMMING CHAMPIONSHIPS

## TIME STANDARDS

Summer Championships – Indianapolis, IN  
July 28 - August 1, 2015

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
57.99	1:04.39	1:07.19	50 BACK (using 100 back time standards as shown)	53.09	59.09	1:01.39
57.99	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
1:06.39	1:14.19	1:16.29	50 BREAST (using 100 breast time standards as shown)	59.49	1:06.09	1:08.29
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
57.79	1:03.79	1:05.29	50 FLY (using 100 fly time standards as shown)	51.89	56.89	58.89
57.79	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: March 17, 2014 THROUGH THE ENTRY DEADLINE, JULY 21, 2015.  
 BONUS EVENTS: MAKE 1 CUT, ADD 2 BONUS EVENTS. MAKE 2 CUTS ADD 1 BONUS EVENT.  
 MAKE 3 CUTS GET NO BONUS.  
 Bonus events MUST be 200m or less in distance.  
 For distance swimmers that have the Non-Olympic distance cut, they may add 1 event to their total as a bonus and not count that event as a bonus. That event may be the 400 free or the 400 IM. See entry procedures above.