2016 NCSA Swimming Championships

Meet Announcement
Spring Championships – Orlando YMCA
Orlando, FL
March 15-19, 2016

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

2016 NCSA SWIMMING CHAMPIONSHIPS
Orlando YMCA Aquatic Center – Orlando, FL
March 15-19, 2016

SANCTIONED BY: USA Swimming & Florida Swimming; # TBD

LOCAL HOST: YMCA of Central Florida / YCF Swimming
SPONSORED BY: National Club Swimming Association, Inc. (NCSA)
DATES OF MEET: March 15-19, 2016
ENTRIES DUE: OME will close Tuesday, March 8, 2016, 11:59 PM EST

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

MEET REFEREE: Bob Vincent, rdv@vwi.com
ADMINISTRATIVE REFEREE: Lisa Olack, olack.lisa@gmail.com, 704-577-5002
MEET DIRECTOR/ENTRY COORDINATOR: Kevin Milak, kevinmilak@gmail.com 832-233-0234

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

MEET FORMAT NOTE: TUESDAY (SHORT COURSE)
WED/THURS/FRI/SAT (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:
To be eligible for the meet, participants must be USA Swimming registered athletes 18 years of age and younger who are USA citizens. NCSA membership is also 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.

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.*

QUALIFYING TIMES:
Times must be achieved between January 1, 2015, and March 14, 2016, 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. The timed finals women's 800 and men's 1500 will be seeded L/S/Y. 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 be scratched and not 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 Trials count towards a swimmer's individual daily total. 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.

There will be a cap on time trials each day dependent upon timelines for the preliminary sessions. For Wednesday, Thursday, and Friday, swimmers may sign up for time trials for that day only between 7 AM and 9:30 AM. Time Trial sign-ups WILL NOT be accepted in advance for subsequent days. Time trials will be available on Saturday if time permits. For time trials on Tuesday, signups for Tuesday only will close 30 minutes after the conclusion of the general meeting. No entries will be taken for time trials for subsequent days.

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 8, 2016, and close at 11:59 PM EST on March 8, 2016. *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 you check out of OME.*

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 14, 2016, for individuals qualifying between March 8, and March 14, 2016. 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 director/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, additional coaches 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	$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 15, 2016, 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...except the 1000, 1650, 800, 1500, and all relays. Positive check-in is required by each day's deadline to be seeded into the event.

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.
- Deck changes are prohibited.
- There will be no on-deck registrations accepted at this meet.

SCRATCH DEADLINES:
Tuesday, March 15, 2016, 2:00 PM EST

- Women's 1650 and Men's 1000 Freestyle
- Women's and Men's 4x50 Free Relay
- Women's and Men's 4x50 Medley Relay

Tuesday, March 15, 2016, 6:00 PM EST

- Wednesday's Events

Wednesday, Thursday, and Friday, March 16 to March 19, 2016, 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 1650 and Men's 1000 freestyles on Tuesday will be conducted on a timed finals basis. All heats will be seeded and swim slowest to fastest in two pools. Saturday's Women's 800 and Men's 1500 will be scheduled so that the second fastest heats of each will finish preceding the start of Saturday evening finals warm-up, alternating women/men. The fastest heat of Event 45, Women's 800, will swim after the A Final of Event 38, Men's 50 back. The fastest heat of Event 46 Men's 1500, will swim after the A final of Event 40, Men's 200 IM. Swimmers must provide their own timers and counter for the 1000/1650/800/1500.

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. Timed final relays on Tuesday evening will be seeded and swum slowest to fastest. All relays on Wed/Thurs/Fri/Sat are timed finals and will be seeded and swum in preliminaries; Fastest 3 heats slowest to fastest, then remaining heats fastest to slowest.

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: 24 places; relays double points.
Point Table: 30-28-27-26-25-24-23-22-20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1

WARM-UP:
- Sunday, March 13: TBA – will be posted on NCSA website
- Monday, March 14: TBA – will be posted on NCSA website
- Tuesday, March 16: 7:00 AM to 3:50 PM
- Wednesday, March 17 to Saturday, March 19: 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:
Individuals and groups wishing to volunteer should sign up via the NCSA website.

2016 NCSA SWIMMING CHAMPIONSHIPS

Order of Events

Orlando, FL

March 15-19, 2016

Tuesday March 15	Wednesday March 16	Thursday March 17	Friday March 18	Saturday March 19
Afternoon Timed Finals Short Course Session Warm-Up: 2:30-3:50 PM Start: 4:00	**Morning Short Course Yards Session** Warm-Up: 6:00-8:20 Start: 8:30	**Morning Short Course Yards Session** Warm-Up: 6:00-8:20 Start: 8:30	**Morning Short Course Yards Session** Warm-Up: 6:00-8:20 Start: 8:30	**Morning Short Course Yards Session** Warm-Up: 6:00-8:20 Start: 8:30
1. W 1650 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	17. W 200 Freestyle 18. M 200 Freestyle 19. W 50 Breaststroke 20. M 50 Breaststroke 21. W 400 IM 22. M 400 IM 23. W 50 Butterfly 24. M 50 Butterfly 25. W 4x100 FR 26. M 4x100 FR	27. W 100 Backstroke 28. M 100 Backstroke 29. W 500 Freestyle 30. M 100 Freestyle 31. W 200 Breaststroke 32. M 200 Breaststroke 33. W 100 Butterfly 34. M 100 Butterfly 36. M 4 X 200 FR	37. W 50 Backstroke 38. M 50 Backstroke 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 45. W 800M Freestyle 46. M 1500M Freestyle
	Evening Long Course Session Warm-Up: 4:30-5:50 Start: 6:00	**Evening Long Course Session** Warm-Up: 4:30-5:50 Start: 6:00	**Evening Long Course Session** Warm-Up: 4:30-5:50 Start: 6:00	**Evening Long Course Session** Warm-Up: 4:30-5:50 Start: 6:00
	D/C Bonus, Consolation & Finals	**D/C Bonus, Consolation & Finals**	**D/C Bonus, Consolation & Finals**	**D/C Bonus, Consolation & Finals**
	7. W 200 Backstroke 8. M 200 Backstroke 9. W 100 Freestyle 10. M 400 Freestyle 11. W 100 Breaststroke 12. M 100 Breaststroke 13. W 200 Butterfly 14. M 200 Butterfly	17. W 200 Freestyle 18. M 200 Freestyle 19. W 50 Breaststroke 20. M 50 Breaststroke 21. W 400 IM 22. M 400 IM 23. W 50 Butterfly 24. M 50 Butterfly	27. W 100 Backstroke 28. M 100 Backstroke 29. W 400 Freestyle 30. M 100 Freestyle 31. W 200 Breaststroke 32. M 200 Breaststroke 33. W 100 Butterfly 34. M 100 Butterfly	37. W 50 Backstroke 38. M 50 Backstroke 45. W 800 Freestyle 39. W 200 IM 40. M 200 IM 46. M 1500 Freestyle 41. W 50 Freestyle 42. M 50 Freestyle

D-Final, Bonus, Consolation, and Championship Finals for all individual events, except the Women's & Men's 800/1000 Free and 1500/1650 Free, conducted as timed finals

All relays are timed finals, swum short course only. Tuesday relays will be seeded and swum slowest to fastest. All relays on Wed/Thurs/Fri/Sat are timed finals and will be seeded and swum in preliminaries; Fastest 3 heats slowest to fastest, then remaining heats fastest to slowest.

2016 NCSA SWIMMING CHAMPIONSHIPS

TIME STANDARDS

Orlando, FL
March 15-19, 2016

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
100 Back Qualifying Times			50 BACK	*100 Back Qualifying Times*		
57.99	1:04.39	1:07.19	100 BACK	53.09	59.09	1:01.39
2:05.99	2:19.79	2:24.29	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*		
57.79	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
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	4:01.99	4:08.89

QUALIFYING PERIOD: January 1, 2015, THROUGH March 14, 2016.
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

2016 NCSA SWIMMING CHAMPIONSHIPS

BONUS STANDARDS

Orlando, FL

March 15-19, 2016

WOMEN			EVENT DESCRIPTION	MEN		
SCY	SCM	LCM		SCY	SCM	LCM
24.59	27.49	27.99	50 FREE	21.89	24.49	25.29
52.79	58.89	1:00.69	100 FREE	47.29	53.09	54.99
1:54.19	2:07.89	2:09.79	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
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	1:56.19	2:09.49	2:14.39
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*		
58.69	1:05.29	1:06.79	100 FLY	52.59	57.89	59.89
2:07.29	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	5:11.59	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, 2015, THROUGH March 14, 2016.
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.