



# *2018 NCSA Swimming Championships*

*Meet Information Packet  
Spring Championships – Orlando YMCA Aquatic Center  
Orlando, FL  
March 13-17, 2018*

***RESERVATION SYSTEM IN PLACE FOR  
2018 MEET, WILL BE REQUIRED  
FOR ENTRY***

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

[http://www.teamunify.com/About.jsp? tabid =85487&team=recndncsa](http://www.teamunify.com/About.jsp?tabid=85487&team=recndncsa)

**2018 NCSA SWIMMING CHAMPIONSHIPS**  
**Orlando YMCA Aquatic Center – Orlando, FL**  
**March 13-17, 2018**

**SANCTIONED BY:** USA Swimming & Florida Swimming; # OB-4320

**LOCAL HOST:** YMCA of Central Florida

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

**ENTRIES DUE:** OME will close Tuesday, March 6, 2018, 10:59 PM Eastern Time (**RESERVATIONS REQUIRED**)

**SESSION START TIMES:** Tuesday 4:00 PM

Wednesday-Friday: Prelims-8:30AM; Finals-6:00PM

**GENERAL MEETING:** March 13 (Tuesday) @ 11:00am

**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:** 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:**

USA Swimming Registered Athletes, aged 18 and younger as of March 13, 2018. Relay only swimmers must be included in the OME system with your team roster; please designate these swimmers as "relay only".

**QUALIFYING TIMES:**

Times must be achieved between January 1, 2017, and March 11, 2018, 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. Swimmers may qualify for the 1000 and 1650 Freestyle events with either the 1000 time standard or the 1650 time standard.

**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. The 100 IM, 1000 free, and 1650 free are not eligible to be used 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), 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 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.**

Tier One Athlete registration for Tier One will begin at 10:00 AM EST on October 16<sup>th</sup>, 2017, and must be completed by 11:59 PM EST on October 19<sup>th</sup>, 2017. Reservation form is on the website, once you submit the form, we will send you an invoice to pay online with a credit card. Reservation payment must be completed by 8pm Eastern on Friday, October 20<sup>th</sup>, so we can calculate space for future reservations.

Tier Two Athlete registration for Tier Two will begin at 10:00 AM EST on October 23<sup>rd</sup>, 2017, and must be completed by 11:59 PM EST on October 25<sup>th</sup>, 2017. Reservation form is on the website, once you submit the form, we will send you an invoice to pay online with a credit card. Reservation payment must be completed by 8pm Eastern on Friday, October 27<sup>th</sup>, so we can calculate space for future reservations.

Tier Three Athlete registration for Tier Three will begin at 10:00 AM EST on October 30<sup>th</sup>, 2017, and will remain open until the meet fills to capacity. Reservation form is on the website, once you submit the form, we will send you an invoice to pay online with a credit card. Reservation payment must be completed within 48 hours so we can calculate space for future reservations.

Additional Athletes: Any individual athlete whose team did not get accepted in the reservation process who has achieved a 2018 National Standard is eligible to enter. Please email kevinmilak@gmail.com for details on how to enter. Standards: <https://www.usaswimming.org/docs/default-source/timesdocuments/time-standards/p66natchampionshipsbonustimestandards.pdf?sfvrsn=11>

***\*\*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 OCTOBER 30TH DEADLINE. Reserved & accepted teams can add new events for athletes previously qualified.***

## **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 for entries beginning February 15, 2018, and close at 10:59 PM EST on March 6, 2018.

***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 12, 2018, for individuals qualifying between March 6, and March 11, 2018. 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) **Will be billed separately and not paid through the OME system**

**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	\$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 13, 2018, 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 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 100 IM, 1000 and 1650 free, and all relays. Positive check-in for the 1000 and 1650 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. Exceptions may be granted with prior written approval by the Vice President of Program Operations.
- There will be no on-deck registrations accepted at this meet.

### **SCRATCH DEADLINES:**

#### Tuesday, March 13, 2018, 2:00 PM EST

- Women's and Men's 1000 Freestyle (Positive Check-In required)
- Women's and Men's 100 IM
- Women's and Men's 4x200 Free Relay

#### Tuesday, March 13, 2018, 4:30 PM EST

- Wednesday's Events

#### Wednesday, Thursday, and Friday, March 14 to March 16, 2017, 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, for which the swimmer has been positively checked in, 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 45, Women's 1650, will swim after the A Final of Event 38, Men's 50 back. The fastest heat of Event 46, Men's 1650, will swim after the A final of Event 42, Men's 50 free. Swimmers 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 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.

**NOTE: 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 in (or show membership on Deck Pass) 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: 24 places-30-28-27-26-25-24-23-22-20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1; relays double points.

### **WARM-UP:**

- Sunday, March 11: TBA – will be posted on NCSA website
- Monday, March 12: TBA – will be posted on NCSA website
- Tuesday, March 13: 7:00 AM to 3:50 PM
- Wednesday, March 14 to Saturday, March 18: 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 prior to the meet at the contact information given above. Please complete the Application to Officiate posted on the website. Official uniform will be white over khaki shorts, skirts, skorts, slacks for preliminary and timed final sessions with white athletic shoes. Final sessions will be light blue oxford or 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.



# 2018 NCSA SWIMMING CHAMPIONSHIPS

Order of Events  
Orlando, FL  
March 13-17, 2018

Tuesday March 13	Wednesday March 14	Thursday March 15	Friday March 16	Saturday March 17
<b>Afternoon Session</b> Warm-Up: 2:30-3:50 PM Start: 4:00	<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 1000 Freestyle 2. M 1000 Freestyle <b>BREAK-TIME TBA</b> 3. W 100 IM 4. M 100 IM BREAK-TIME TBA 5. W 4 x 200 FR 6. M 4 x 200 FR	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 4x50 MR 16. M 4x50 MR	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 35. W 4x50 FR 36. M 4x50 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 1650 Freestyle 46. M 1650 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>E, D, Bonus, Consolation &amp; Finals</b>	<b>E, D, Bonus, Consolation &amp; Finals</b>	<b>E, D, Bonus, Consolation &amp; Finals</b>	<b>E, D, Bonus, Consolation &amp; Finals</b>
	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 4x50 MR 16. M 4x50 MR	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 35. W 4x50 FR 36. M 4x50 FR	37. W 50 Backstroke 38. M 50 Backstroke 45. W 1650 Freestyle 39. W 200 IM 40. M 200 IM 41. W 50 Freestyle 42. M 50 Freestyle 46. M 1650 Freestyle 43. W 4 x 100 MR 44. M 4 x 100 MR

**E-Final, D-Final, Bonus, Consolation, and Championship Finals for all individual events, except the Women's & Men's 100 IM, 1000 Free and 1650 Free, and all relays 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. **There will be a 10 minute break prior to all relays.****



# 2018 NCSA SWIMMING CHAMPIONSHIPS

## TIME STANDARDS

Orlando, FL  
March 13-17, 2018

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
<b>100 Back Qualifying Times</b>			<b>50 BACK</b>	<b>100 Back Qualifying Times</b>		
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
<b>100 Breast Qualifying Times</b>			<b>50 BREAST</b>	<b>100 Breast Qualifying Times</b>		
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
<b>100 Fly Qualifying Times</b>			<b>50 FLY</b>	<b>100 Fly Qualifying Times</b>		
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
<b>200 IM Qualifying Times</b>			<b>100 INDIV MEDLEY</b>	<b>200 IM Qualifying Times</b>		
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
<b>400 Free Relay Qualifying Times</b>			<b>200 FREE RELAY</b>	<b>400 Free Relay Qualifying Times</b>		
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
<b>400 Medley Relay Qualifying Times</b>			<b>200 MEDLEY RELAY</b>	<b>400 Medley Relay Qualifying Times</b>		
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, 2017, through March 11, 2018, dates inclusive.  
**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 swims to use and the swimmer does not have the standard.  
 Individual event limit-3 per day; Relays-2 per team per event



# 2018 NCSA SWIMMING CHAMPIONSHIPS

## **BONUS STANDARDS**

Orlando, FL  
March 13-17, 2018

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

**2018 Updated Standards in Red**

QUALIFYING PERIOD: January 1, 2017, through March 11, 2018, dates inclusive.  
 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 swims to use.