



NCSA Spring Jr Nationals Time Trial Meet

To: NCSA Spring Jr National Teams and Coaches

From: NCSA BOD

Hello everyone!

I have some exciting news to get out to each of you. The NCSA will be offering a long course time trial meet on Sunday, March 21 following the conclusion of the Spring NCSA Jr Meet. This time trial will be open only to swimmers that are entered in the Spring NCSA Jr National Meet and must meet the qualifying time standards to participate (see below).

We will need some help staffing officials for the meet. In order to make this meet happen we will need 5 officials (Deck Ref, Starter, 2 Stroke and Turn, and an AO). Please reach out to your parents that will be at the meet that are officials and let me know if you have anyone willing to help.

Here is some information about the time trial:

Date: Sunday, March 21, 2021

Time: Warm-ups: pool will open at 7:00 a.m.
Time Trial start: 8:30 a.m.

Entry Deadline: Monday, March 8, 2021 -- entries must be entered through OME.

Time Standards: Swimmers must achieve the USA Swimming Summer National Bonus time standard to compete in the time trial. ***See below***

Cost: \$15.00 per event.

Order of**Events:**

Running female then male events (we will combine where possible).

- | | |
|---------------------|---------------------|
| 1. 50 Freestyle | 8. 200 Backstroke |
| 2. 400 Freestyle | 9. 200 Breaststroke |
| 3. 400 IM | 10. 200 Butterfly |
| 4. 100 Backstroke | 11. 200 Freestyle |
| 5. 100 Breaststroke | 12. 200 IM |
| 6. 100 Butterfly | 13. 800 Freestyle |
| 7. 100 Freestyle | 14. 1500 Freestyle |

Depending on the numbers for the meet, we are hoping to be able to run through the event order twice. This will give swimmers multiple chances to swim the same event or the opportunity to swim two different events with adequate time in between swims.

Questions: Contact Meet Director, Blaine Carlson at blaine@waukeshaexpress.org.

Thanks,
Blaine



WOMEN			EVENT	MEN		
SCY	SCM	LCM		LCM	SCM	SCY
22.79	26.29	26.59	50 Freestyle	23.99	23.59	20.49
49.69	57.09	57.59	100 Freestyle	51.99	51.09	44.39
1:47.39	2:03.19	2:04.29	200 Freestyle	1:54.29	1:51.89	1:38.39
4:48.09	4:19.39	4:21.39	400/500 Freestyle	4:02.79	3:59.19	4:28.29
9:56.79	8:57.79	8:58.69	800/1000 Freestyle	8:23.09	8:17.29	9:13.19
			1500/1650 Freestyle			
16:32.59	17:09.49	17:11.29		16:05.09	15:53.89	15:34.19
54.49	1:03.29	1:04.39	100 Backstroke	58.79	56.99	49.69
1:57.69	2:16.49	2:18.29	200 Backstroke	2:06.99	2:03.79	1:47.99
1:02.89	1:12.49	1:13.29	100 Breaststroke	1:06.09	1:05.29	55.79
2:15.49	2:36.19	2:38.29	200 Breaststroke	2:23.29	2:19.99	2:01.19
53.99	1:02.39	1:02.39	100 Butterfly	56.49	56.39	48.99
1:59.39	2:16.69	2:16.99	200 Butterfly	2:05.09	2:03.09	1:47.89
			200 Individual Medley			
2:00.59	2:19.19	2:20.99		2:08.29	2:05.59	1:48.89
4:15.19	4:54.79	4:57.29	400 Individual Medley	4:33.09	4:27.69	3:52.69

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