



2023 NCSA Spring Swimming Championships

*Meet Announcement
Orlando, FL
March 14-18, 2023*

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

2023 NCSA SWIMMING CHAMPIONSHIPS
Rosen Aquatic and Fitness Center – Orlando, FL
March 14-18, 2023

SANCTIONED BY: USA Swimming & Florida Swimming; #TBD

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

MEET DIRECTOR/ENTRY COORDINATOR: Kevin Milak, kevinmilak@gmail.com; (832)233-0234

MEET REFEREE: Bob Vincent, rdv@vwi.com, (703) 608-9769

ADMINISTRATIVE REFEREE: Lisa Olack, olack.lisa@gmail.com, (704) 577-5002

FACILITY: Rosen Aquatic and Fitness Center
8422 International Drive
Orlando, FL 32819
407-363-1911

ELIGIBILITY:

This meet is open to USA Swimming registered teams and athletes 18 years of age and younger (as of the first day of the meet) who are USA citizens. Relay only swimmers must be included in the OME system with your team roster when submitting entries. All Adult Athletes must hold current APT certification to compete.

QUALIFYING TIMES:

Times must be achieved between January 1, 2022-March 5, 2023 dates inclusive. All prelim and timed final events will be seeded with Short Course Yards (SCY) qualifying times 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 and eight (8) individual events for the meet. All qualifying individual and relay times must be provable in the USA Swimming SWIMS database. There are no Upper Time Limits for this meet. Times not proven in the USA Swimming SWIMS database will be subject to a fine established by NCSA and the swimmer or relay will be scratched from the event.

Swimmers may qualify for the distance freestyle events (1000 and 1650) with either the 800, 1500, 1000, or 1650 freestyle time standard. Swimmers entering with alternate distance standards will be seeded last.

BONUS EVENTS:

Swimmers qualified to swim in individual events will be allowed bonus events based on the chart below.

Qualifying times	Bonus events
Relay Only	2
1	3
2	2
3	1
4+	0

ALL bonus swims must be in events that are 200 yards or less in distance except for the 500 free and 400 IM and must be provable in the USA Swimming SWIMS database within the qualifying period. For the

500 free and 400 IM, the swimmer must have the qualifying time as stated below and provable in the USA Swimming SWIMS database within the qualifying period. The 1000 and 1650 free are not eligible for bonus swims.

BONUS STANDARDS FOR 400 IM / 500 FREE						
SCY	SCM	LCM		SCY	SCM	LCM
5:02.09	4:25.89	4:30.99	400/500 FREE	4:41.59	4:06.09	4:14.79
4:32.09	5:05.19	5:09.99	400 INDIV. MEDLEY	4:09.59	4:38.69	4:47.09

TIME TRIALS: There will be no time trials for this meet.

DEADLINE AND MEET SUMMARY:

For:	Date:	Time (all times are Eastern):
Athlete Registration:		
Tier One: Begins Ends Registration Payment Due	Tuesday, October 25, 2022 Friday, October 28, 2022 Sunday, October 30, 2022	NOON 7:00 PM 11:59 PM
Tier Two: Begins Ends Registration Payment Due	Tuesday, November 1, 2022 When meet reaches cap 24 hours after acceptance	NOON - -
Entries:		
OME Opens OME Closes	Tuesday, February 21, 2023 Monday, March 6, 2023	10:00 AM NOON
Late Entries: See process below	Sunday, March 12, 2023	11:59 PM
VIRTUAL GENERAL MEETING Link will be provided	Wednesday, March 8, 2023	8:30 PM
Scratch deadline for Tuesday's events (positive check-in required for 1000/1650 Free)	Monday, March 13, 2023	NOON
Scratch deadline for Wednesday, Thursday, Friday, & Saturday events (positive check-in required for 1000/1650)	Night before the scheduled events	30 minutes after the final session begins

ENTRY INTO THE MEET

ATHLETE REGISTRATION:

This meet will likely fill to capacity quickly, there are no refunds for unused registrations. 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 \$70 NCSA Membership fee per athlete. Registration forms may be found on the website.

Tier One:

Athlete registration - for teams that attended the 2021 OR 2022 Spring Champs. Registration will begin and end according to the Deadline and Meet Summary above. Once the registration form is submitted, an invoice will be sent to pay online with a credit card. Reservation payment must be completed by the date and time listed in the Deadline and Meet Summary above so that space for future reservations may be calculated.

Tier Two:

Athlete registration - for all other teams; first come, first serve. Registration will begin and end according to the Deadline and Meet Summary above. Once the registration form is submitted, an invoice will be sent to pay online with a credit card. Reservation payment must be completed according to the Deadline and Meet Summary above.

TEAM ENTRIES:

All entries for reserved/accepted teams must be completed through the USA Swimming OME system. This is the only accepted way to enter this meet. OME will open/close for entries at the date and time listed in the Deadline and Meet Summary above.

Note: Once your team is reserved, there is no rush to get entries done as long as they are completed and checked out of OME by the entry deadline listed above. 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 time 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 may allow for an additional bonus entry if applicable. Late entries will be accepted according to the Deadline and Meet Summary above. 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 - \$4.00 per event

Relays - \$15.00 per relay team

Late entry fees (new cuts made after entry deadline): Individual - \$8; Relays - \$30

NCSA Membership Fee - \$70.00 per swimmer (including relay only swimmers) for each meet the swimmer participates - will be billed separately and not paid through the OME system. You will be emailed an invoice that must be paid via credit card.

All event entry fees are to be paid by credit card in the OME system

Order of Events:

Order of Events will be announced



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TIME STANDARDS

Orlando, FL
March 14-18, 2023

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
100 Back Qualifying Times			50 BACK	100 Back Qualifying Times		
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
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		
57.29	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
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
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