



2020 NCSA SWIMMING CHAMPIONSHIPS

*Order of Events
Orlando, FL
March 17-21, 2020*

Tuesday March 17	Wednesday March 18	Thursday March 19	Friday March 20	Saturday March 21
Morning Session Warm-Up: 6:00-8:20 Start: 8:30	Morning Session Warm-Up: 6:00-8:20 Start: 8:30	Morning Session Warm-Up: 6:00-8:20 Start: 8:30	Morning Session Warm-Up: 6:00-8:20 Start: 8:30	Morning Session Warm-Up: 6:00-8:20 Start: 8:30
1. W 200 Backstroke 2. M 200 Backstroke 5. W 50 Breaststroke 6. M 50 Breaststroke 7. W 100 Freestyle 8. M 100 Freestyle 9. W 4 x 50 MR 10. M 4 x 50 MR 3. W 800 Freestyle 4. M 1500 Freestyle	11. W 200 Butterfly 12. M 200 Butterfly 13. W 50 Backstroke 14. M 50 Backstroke 15. W 200 Breaststroke 16. M 200 Breaststroke 17. W 4 x 200 FR 18. M 4 x 200 FR	19. W 200 Freestyle 20. M 200 Freestyle 21. W 400 IM 22. M 400 IM 23. W 100 Backstroke 24. M 100 Backstroke 25. W 4 x 50 FR 26. M 4 x 50 FR	27. W 500 Freestyle 28. M 500 Freestyle 29. W 100 Breaststroke 30. M 100 Breaststroke 31. W 100 Butterfly 32. M 100 Butterfly 33. W 4 X 100 FR 34. M 4 X 100 FR	35. W 50 Butterfly 36. M 50 Butterfly 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 37. W 1500 Freestyle 38. M 800 Freestyle
Evening Session Warm-Up: 4:00-5:20 Start: 5:30	Evening Session Warm-Up: 4:00-5:20 Start: 5:30	Evening Session Warm-Up: 4:00-5:20 Start: 5:30	Evening Session Warm-Up: 4:00-5:20 Start: 5:30	Evening Session Warm-Up: 4:00-5:20 Start: 5:30
E, D, C, B, & A Finals	E, D, C, B, & A Finals	E, D, C, B, & A Finals	E, D, C, B, & A Finals	E, D, C, B, & A Finals
1. W 200 Backstroke 2. M 200 Backstroke 3. W 800 Freestyle 4. M 1500 Freestyle 5. W 50 Breaststroke 6. M 50 Breaststroke 7. W 100 Freestyle 8. M 100 Freestyle	11. W 200 Butterfly 12. M 200 Butterfly 13. W 50 Backstroke 14. M 50 Backstroke 15. W 200 Breaststroke 16. M 200 Breaststroke	19. W 200 Freestyle 20. M 200 Freestyle 21. W 400 IM 22. M 400 IM 23. W 100 Backstroke 24. M 100 Backstroke	27. W 500 Freestyle 28. M 500 Freestyle 29. W 100 Breaststroke 30. M 100 Breaststroke 31. W 100 Butterfly 32. M 100 Butterfly	35. W 50 Butterfly 36. M 50 Butterfly 37. W 1500 Freestyle 38. M 800 Freestyle 39. W 200 IM 40. M 200 IM 41. W 50 Freestyle 42. M 50 Freestyle

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

Relays will be seeded and swim in prelims with the fastest 3 heats slow to fast, then remaining heats fast to slow.

**Relay cards will be due by 10:00 AM each day.
There will be a 10-minute break prior to all relays.**



2020 NCSA SWIMMING CHAMPIONSHIPS

TIME STANDARDS

Orlando, FL
March 17-21, 2020

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

QUALIFYING PERIOD: January 1, 2018, through March 15, 2020, dates inclusive.

BONUS EVENTS: A swimmer with one (1) or two (2) qualifying times may enter up to two (2) bonus swims; three (3) qualifying times, up to one (1) bonus swim may be entered, and swimmers with four (4) or more qualifying times receive NO bonus swims. 50 strokes (fly, back, breast) have no bonus standard and may be added as a bonus if swimmers have additional bonus swims to use.



2020 NCSA SWIMMING CHAMPIONSHIPS

BONUS STANDARDS

Orlando, FL
March 19-23, 2020

WOMEN			EVENT DESCRIPTION	MEN		
SCY	SCM	LCM		SCY	SCM	LCM
24.49	27.49	27.89	50 FREE	21.89	24.49	25.29
52.69	58.89	1:00.59	100 FREE	47.29	53.09	54.99
1:53.99	2:07.89	2:09.79	200 FREE	1:43.99	1:56.19	2:00.09
5:02.09	4:25.89	4:30.99	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	1:55.79	2:09.49	2:13.99
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		
58.39	1:05.29	1:06.49	100 FLY	52.29	57.89	59.69
2:07.29	2:21.99	2:26.19	200 FLY	1:56.09	2:07.79	2:12.59
2:08.99	2:24.89	2:29.09	200 INDIV. MEDLEY	1:57.29	2:10.49	2:15.59
4:32.09	5:05.19	5:09.99	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			

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