2020 NCSA Age Group Swimming Championships

Meet Announcement
Spring Age Group Championships – Orlando YMCA
Orlando, FL
March 25-28, 2020 (Wednesday-Saturday)

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

2020 NCSA AGE GROUP SWIMMING CHAMPIONSHIPS
Orlando YMCA Aquatic Center – Orlando, FL
March 25-28, 2020

SANCTIONED BY: USA Swimming & Florida Swimming; # TBD

LOCAL HOST: YMCA of Central Florida

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

MEET DIRECTOR: Bill Schalz: NCSAAgeGroupChamps@gmail.com (630-989-8157)

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

MEET REFEREE: Sandy Drake sandydrakemaui@gmail.com (808-298-8091)
Sandy lives in Hawaii so call between 1:00pm EST-2:00am EST

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

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

MEET FORMAT:
- Short Course Yards
- Age Groups: 10 & Under, 11-12, 13-14
- Preliminary/10 & Under session will be swum in two courses
    - All 10 & Under events will be swum in the course closest to the diving well and will be awarded after each event sequence.
    - The remaining age groups will be split between the two courses with the intention of completing both courses at approximately the same time.
- 11-12 & 13-14 Age Groups
    - Individual Events are Prelim-Finals
        - Exception: 11-12 400 IM & 500 Free, 13-14 400 IM, 500 Free and 1650 Free will be swum as Timed Finals with the fastest heat (8 swimmers) swimming at night with the Finals.
    - Relays are Timed Finals, top two heats (16 teams) will swim in the finals session, and the remainder will be swum in the preliminary session.
    - With the exception of the distance events which are swum as timed finals events, swimmers will advance to finals using the following format
        - A Final: Top 8 fastest swimmers from the preliminaries.
        - B Final: Next 8 fastest swimmers from the preliminaries regardless of age.
        - C Final: Next 8 fastest swimmers in the bottom of the age group (11 & 13 year olds respectively)
- 10 & Under Age Group
    - All events are Timed Finals
    - 10 & Under events will be swum **in the morning**. See Schedule in this announcement.

COMPETITION COURSE
The Orlando YMCA competition pool is a 50m pool that can accommodate two (2) 25-yard competition courses. Each course has eight (8) lanes. The facility is equipped with Colorado Timing Systems and a digital scoreboard for both courses. The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming. A 25-yard x 8 lane diving well will also be available during the competition.

ELIGIBILITY:
This meet is open to USA Swimming registered athletes 14 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; please designate these swimmers as “relay only”.

QUALIFYING TIMES:
Times must be achieved between January 1, 2019, and March 23, 2020, 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. 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 provable will be subject to a fine established by NCSA (National Club Swimming Association, Inc.) and the swimmer or relay will be scratched from the event. **The qualifying standards are listed below. Please note that there are different time standards for each age.**

BONUS EVENTS:

- Swimmers qualified to swim in individual events will be allowed bonus events based on the chart below.
- While there are no qualifying times for bonus swims, swimmers must enter the event with a time provable in the USA Swimming SWIMS database within the qualifying period.
- Relay only swimmers may swim up to two (2) bonus events.
- The 400 IM, 500 Free, and 1650 Free are NOT eligible as a bonus event.

Qualifying Times	Bonus Events*
1	5
2	5
3	4
4	3
5	2
6	1
7 or more	0
Relay Only Swimmers	2

EVENT LIMITS:
Swimmers are limited to ten (10) Individual events for the meet. Swimmers are further limited to no more than three (3) individual events per day.

TIME TRIALS: Time Trials will **NOT** be offered at this meet.

DEADLINE AND MEET SUMMARY:

For:	Date:	Time (all times are EST):
Athlete Registration:		
Tier One: Begins Ends Registration payment due	 Tuesday, Nov 12, 2019 Friday, Nov 15, 2019 Sunday, Nov 17, 2019	 10:00 AM 11:59 PM 11:59 PM
Tier Two: Begins Ends Registration payment due	 Tuesday, Nov 19, 2019 When meet reaches cap 48 hours after acceptance	 10:00 AM -- --
Entries:		
OME Opens OME Closes	Monday, March 2, 2020 Wednesday, March 18, 2020	10:00 AM 9:00 PM
Late Entry Due (for new swimmers qualifying between March 18-22, 2020)	Sunday, March 22, 2020	11:59 PM
General Meeting-Athlete Village	Tuesday, March 24, 2020	4:00 PM
Scratch deadline for Wednesday's events	Tuesday, March 24, 2020	30 minutes following the general meeting
Scratch deadline for Thursday, Friday, and Saturday's events	Night before the scheduled events	30 minutes after the final session begins

ENTRY INTO THE MEET

TEAM RESERVATIONS:
Due to the tremendous interest in this meet, we will be using a tiered entry system. The meet will be capped at 900 swimmers. Teams will be accepted until the meet is full. The NCSA will NOT refund membership fees to team that overestimate their numbers.

Tier One:
For teams that attended the 2017, 2018, or 2019 NCSA Age Group Meet. All Tier One teams will be in the meet provided they submit their reservations using the criteria below.

- The deadline to reserve your team's entry into the meet is listed in the Deadline and Meet Summary above.
- Must pay NCSA membership fee for reserved swimmers by the deadline listed in the Summary above.
- Teams may add more swimmers to their entry after the above deadline.

Tier Two:
Any team that has not participated in the Age Group Meet. Tier Two teams will be accepted on a first come basis. All Tier Two teams will be accepted in the meet provided they submit their reservations using the criteria below.

- Reservations into the meet will be accepted according to the Deadline and Meet Summary above.
- Must pay NCSA membership fee for reserved swimmers by the above deadline.
- Teams may add more swimmers to their entry after the above deadline.

TEAM ENTRIES:
All entries for reserved and 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.***

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 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 - $2.50 per event
Relays - $5.50 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) for each meet the swimmer participates – will be billed separately and not paid through the OME system. You will be emailed an invoice that will be paid via credit card.
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 each additional pass).

# 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	
VIP All Session Box	$1,600	See information below

VIP SEATING OPTION: We will be offering VIP box seats alongside the championship course (similar to Olympic Trials).

Cost: $1,600 for the entire meet
What's included?

- 8-All session passes with heats sheets plus special access to the box seating area alongside the finals course
  - Seating will be on risers for unobstructed viewing
  - You will not have to get to the meet early to reserve a seat
- A reserved, 8 seat box with chairs

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, session formats; etc.

GENERAL MEETING:
A General Meeting will be held at the date and time listed in the Deadline and Meet Summary above. All participating coaches and athletes are responsible for all information disseminated at the meeting. Necessary coaches' meetings will be called as needed during the competition and communicated via email.

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 C, B, and A Finals (3 heats) for all events, except for the 10 & under events, relay events and the following distance events; 11-12 400 IM, 500 Free, 13-14 400 IM, 500 Free and 1650 Free.

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, locker rooms, behind the starting blocks and other designated areas.
- 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.
- There will be no on-deck registrations accepted at this meet.

SCRATCH RULE:
Summarized from USA Swimming Rule 207.11.6:
The penalty to 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 one of the following**:

- Being barred from all further events (individual and relay) of that day (the application of the penalty shall pertain to the order in which the events/heats are swum, not the numerical order of the events), **OR**
- Payment of a fine of $50 to be reinstated for the rest of that day's 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 & POSITIVE CHECK IN:

- 11-12 500 Free and 400 IM, 13-14 400 IM, and 500 Free will be swum as time final events with the fastest eight (8) swimmers competing in the final's session. The remaining heats will be swum in the prelim session slow to fast.
- The 13-14 1650 Free will also be a time final event with the fastest eight (8) swimmers competing in the final's session. The remaining heats for the 1650 will be seeded and swum fast to slow. Swimmers must provide their own timers and counters.
- Any swimmer who is faster than the 13-14 time standard in the 1000/800 free may enter the 1650 free using their 800/1000 time. Swimmers entered with an 800/1000 time will be seeded behind all other swimmers who entered using their 1650/1500 time.
- ***Swimmers in the following distance events must be checked in to be seeded in the event: 10 & Under 500 Free, 11-12 500 Free and 400 IM, 13-14 400 IM, 500 Free and 1650 Free. The check in deadline is the same as the scratch deadline for that day's 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 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 American citizens eligible to swim in the age group), but any four (4) swimmers may swim on the day of the event. All relays are timed finals and will be seeded and swum slow to fast with the fastest 16 competing in the finals session. **THERE WILL BE NO POSITIVE CHECK IN FOR RELAYS. SCRATCHES MUST TAKE PLACE BY THE SCRATCH DEADLINE FOR THE DAY SWUM.**

CREDENTIALS:

Coaches MUST present their current USA Swimming coach credential to obtain a deck pass credential. Deck pass credentials must be displayed and/or presented to the deck security personnel upon each entry to the deck. 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 Age Group Championship Medals 1-8; Ribbons 9-24 (for both B & C Heats). Relay Medals 1-8.

SCORING:

Scoring: 16 places; The A finalists will score places 1-8. The B final heat will score 9-16 places.
Individual: 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1; relays double points.

WARM-UP:

Please refer to the NCSA website for updates and times.

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 Officiating Sign-up posted on the website. Official uniform will be a white polo over khaki shorts, skirts, skorts, slacks for preliminary and timed final sessions with white athletic shoes. Final sessions will be a black 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.

2020 NCSA AGE GROUP SWIMMING CHAMPIONSHIPS

Order of Events

Orlando, FL

March 25-28, 2020

Wednesday March 25	Thursday March 26	Friday March 27	Saturday March 28
Morning Short Course Yards Session Warm-Up: 6:30-8:20 Start: 8:30	**Morning Short Course Yards Session** Warm-Up: 6:30-8:20 Start: 8:30	**Morning Short Course Yards Session** Warm-Up: 6:30-8:20 Start: 8:30	**Morning Short Course Yards Session** Warm-Up: 6:30-8:20 Start: 8:30
1. W 10 & U 50 Free	29. W 10 & U 100 Free	57. W 10 & U 500 Free	87. W 10 & U 100 IM
2. M 10 & U 50 Free	30. M 10 & U 100 Free	58. M 10 & U 500 Free	88. M 10 & U 100 IM
3. W 13-14 100 Free	31. W 11-12 50 Breast	59. W 11-12 500 Free	89. W 11-12 100 IM
4. M 13-14 100 Free	32. M 11-12 50 Breast	60. M 11-12 500 Free	90. M 11-12 100 IM
5. W 11-12 100 Free	33. W 13-14 100 Breast	61. W 13-14 200 Free	91. W 13-14 200 IM
6. M 11-12 100 Free	34. M 13-14 100 Breast	62. M 13-14 200 Free	92. M 13-14 200 IM
7. W 10 & U 200 IM	35. W 10 & U 100 Back	63. W 10 & U 100 Fly	93. W 10 & U 50 Breast
8. M 10 & U 200 IM	36. M 10 & U 100 Back	64. M 10 & U100 Fly	94. M 10 & U 50 Breast
9. W 13-14 100 Back	37. W 11-12 200 Free	65. W 11-12 200 Breast	95. W 11-12 100 Fly
10. M 13-14 100 Back	38. M 11-12 200 Free	66. M 11-12 200 Breast	96. M 11-12100 Fly
11. W 11-12 50 Back	39. W 13-14 500 Free	67. W 13-14 100 Fly	97. W 13-14 50 Breast
12. M 11-12 50 Back	40. M 13-14 500 Free	68. M 13-14 100 Fly	98. M 13-14 50 Breast
13. W 10 & U 100 Breast	41. W 10 & U 50 Fly	69. W 10 & U 50 Back	99. W 10 & U 200 Free
14. M 10 & U 100 Breast	42. M 10 & U 50 Fly	70. M 10 & U 50 Back	100. M 10 & U 200 Free
15. W 13-14 200 Breast	43. W 11-12 100 Back	71. W 11-12 50 Fly	101. W 11-12 200 Back
16. M 13-14 200 Breast	44. M 11-12 100 Back	72. M 11-12 50 Fly	102. M 11-12 200 Back
17. W 11-12 100 Breast	45. W 13-14 200 Back	73. W 13-14 50 Back	103. W 13-14 50 Free
18. M 11-12 100 Breast	46. M 13-14 200 Back	74. M 13-14 50 Back	104. M 13-14 50 Free
19. W 10 & U 200 M.R.	47. W 10 & U 400 Fr. R.	75. W 10 & U 200 Fr. R.	105. W 10 & U 400 M.R.
20. M 10 & U 200 M.R.	48. M 10 & U 400 Fr. R.	76. M 10 & U 200 Fr. R	106. M 10 & U 400 M.R.
21. W 13-14 200 Fly	49. W 11-12 200 Fly	77. W 11-12 200 IM	107. W 11-12 50 Free
22. M 13-14 200 Fly	50. M 11-12 200 Fly	78. M 11-12 200 IM	108. M 11-12 50 Free
23. W 11-12 400 IM	51. W 13-14 50 Fly	79. W 13-14 400 IM	109. W 13-14 400 M.R.
24. M 11-12 400 IM	52. M 13-14 50 Fly	80. M 13-14 400 IM	110. M 13-14 400 M.R.
25. W 13-14 200 M.R.	53. W 11-12 400 Fr. R.	81. W 11-12 200 Fr. R.	111. W 11-12 400 M.R.
26. M 13-14 200 M.R.	54. M 11-12 400 Fr. R.	82. M 11-12 200 Fr. R	112. M 11-12 400 M.R.
27. W 11-12 200 M.R.	55. W 13-14 400 Fr. R.	83. W 13-14 200 Fr. R	
28. M 11-12 200 M.R.	56. M 13-14 400 Fr. R.	84. M 13-14 200 Fr. R	85. W 13-14 1650 Free
			86. M 13-14 1650 Free
Evening Finals Session Warm-Up: 4:00-5:30 Start: 5:30	**Evening Finals Session** Warm-Up: 4:00-5:30 Start: 5:30	**Evening Finals Session** Warm-Up: 4:00-5:30 Start: 5:30	**Evening Finals Session** Warm-Up: 4:00-5:30 Start: 5:30

Bonus, Consolation, and Championship Finals for all 11-12 & 13-14 individual events, except those events being conducted as timed finals.

All relays are timed finals and will be seeded and swum slow to fast with the fastest 16 competing in the final's session.

The Preliminary events will be swum in two courses.

All 10 & under events will be swum in the course closest to the diving well.

Other groups will be split evenly between the two courses.

2020 NCSA AGE GROUP SWIMMING CHAMPIONSHIPS
TIME STANDARDS

GIRLS						Event Description	BOYS					
9 & Under			10 Year only				9 & Under			10 Year only		
Standards			Standards				Standards			Standards		
SCM	LCM	SCY	SCM	LCM	SCY		SCY	LCM	SCM	SCY	LCM	SCM
:33.79	:34.89	:30.59	:32.39	:33.39	:29.29	50 Free	:30.19	:34.29	:33.29	:28.99	:32.89	:31.99
1:15.39	1:17.49	1:08.19	1:11.79	1:13.89	1:04.99	100 Free	1:07.19	1:16.89	1:14.19	1:04.09	1:13.39	1:10.89
2:44.69	2:50.09	2:29.09	2:36.59	2:41.69	2:21.79	200 Free	2:24.99	2:44.69	2:40.19	2:18.69	2:37.49	2:33.19
5:42.49	5:50.59	6:31.39	5:27.69	5:35.39	6:14.39	400/500 Free	6:25.49	5:44.59	5:37.39	6:08.79	5:29.69	5:22.69
:39.99	:41.49	:36.19	:37.99	:39.39	:34.39	50 Back	:35.99	:41.29	:39.79	:34.19	:39.19	:37.79
1:26.09	1:30.29	1:17.89	1:21.79	1:25.79	1:13.99	100 Back	1:16.59	1:27.69	1:24.59	1:13.09	1:23.59	1:20.69
:44.29	:45.89	:40.09	:42.19	:43.69	:38.19	50 Breast	:39.99	:45.99	:44.19	:38.09	:43.89	:42.09
1:37.29	1:41.49	1:27.99	1:32.39	1:36.39	1:23.69	100 Breast	1:26.29	1:40.19	1:35.39	1:22.39	1:35.59	1:31.09
:38.39	:39.39	:34.79	:36.39	:37.19	:32.89	50 Fly	:34.39	:38.89	:38.09	:32.69	:36.89	:36.09
1:28.69	1:31.09	1:20.19	1:23.09	1:25.39	1:15.19	100 Fly	1:19.89	1:30.59	1:28.29	1:14.99	1:25.09	1:22.89
1:25.89		1:17.69	1:21.79		1:13.99	100 IM	1:16.99		1:25.09	1:13.69		1:21.39
3:03.89	3:08.89	2:46.49	2:55.39	3:00.19	2:38.79	200 IM	2:46.19	3:08.29	3:03.59	2:38.69	2:59.79	2:55.29
			2:20.69	2:25.09	2:07.49	200 Fr. R				2:05.49	2:22.69	2:18.69
			5:15.49	5:24.69	4:45.49	400 Fr. R				4:40.69	5:21.49	5:10.29
			2:44.09	2:49.29	2:28.49	200 M. R.				2:27.19	2:47.99	2:42.69
			6:05.49	6:19.19	5:30.79	400 M. R.				5:25.19	6:12.79	5:59.49

GIRLS						Even Description	BOYS					
11 Year only			12 Year only				11 Year only			12 Year only		
Standards			Standards				Standards			Standards		
SCM	LCM	SCY	SCM	LCM	SCY		SCY	LCM	SCM	SCY	LCM	SCM
:31.19	:31.99	:28.19	:29.89	:30.69	:26.99	50 Free	:27.19	:31.09	:29.99	:25.99	:29.79	:28.69
1:06.79	1:09.89	1:00.49	1:03.89	1:06.79	:57.79	100 Free	:59.29	1:07.49	1:05.49	:56.69	1:04.59	1:02.69
2:26.29	2:30.99	2:12.39	2:19.99	2:24.39	2:06.69	200 Free	2:09.19	2:26.99	2:22.69	2:03.49	2:20.59	2:16.49
5:08.59	5:15.39	5:52.59	4:55.19	5:01.69	5:37.29	400/500 Free	5:47.49	5:08.49	5:04.09	5:32.39	4:55.09	4:50.89
:35.19	:36.89	:31.89	:33.69	:35.29	:30.49	50 Back	:31.59	:36.29	:34.89	:30.09	:34.59	:33.29
1:16.59	1:19.39	1:09.29	1:12.79	1:15.49	1:05.89	100 Back	1:07.49	1:18.49	1:14.59	1:04.19	1:14.69	1:10.99
2:42.89	2:50.59	2:27.39	2:35.79	2:43.19	2:20.99	200 Back	2:23.99	2:46.59	2:39.09	2:17.79	2:39.29	2:32.19
:39.69	:40.39	:35.89	:37.89	:38.59	:34.29	50 Breast	:35.19	:40.09	:38.89	:33.39	:38.09	:36.99
1:26.29	1:29.69	1:18.09	1:22.39	1:25.59	1:14.59	100 Breast	1:15.79	1:27.59	1:23.69	1:12.19	1:23.49	1:19.79
3:06.79	3:12.69	2:49.09	2:58.69	3:04.29	2:41.69	200 Breast	2:42.39	3:08.89	2:59.39	2:35.29	3:00.69	2:51.59
:33.79	:34.29	:30.59	:32.39	:32.79	:29.29	50 Fly	:30.19	:34.09	:33.39	:28.69	:32.39	:31.69
1:16.29	1:17.99	1:08.99	1:12.49	1:14.09	1:05.59	100 Fly	1:07.09	1:16.39	1:14.19	1:03.69	1:12.49	1:10.39
2:45.59	2:51.79	2:29.79	2:38.39	2:44.29	2:23.29	200 Fly	2:26.29	2:46.39	2:41.69	2:19.89	2:39.09	2:34.59
1:17.39		1:10.09	1:13.99		1:06.99	100 IM	1:08.09		1:15.19	1:05.09		1:11.89
2:45.69	2:51.19	2:29.89	2:38.49	2:43.79	2:23.39	200 IM	2:26.99	2:48.09	2:42.39	2:20.19	2:40.29	2:34.89
5:52.69	6:04.59	5:19.19	5:37.39	5:48.69	5:05.29	400 IM	5:12.19	5:56.09	5:44.99	4:58.69	5:40.59	5:29.99
			2:09.89	2:13.49	1:57.49	200 Fr. R				1:53.49	2:09.89	2:05.09
			4:38.69	4:51.49	4:12.29	400 Fr. R				4:07.49	4:41.89	4:33.49
			2:25.89	2:29.69	2:11.99	200 M. R.				2:09.99	2:28.29	2:23.59
			5:20.19	5:31.79	4:49.89	400 M. R.				4:42.49	5:24.89	5:12.29

2020 NCSA AGE GROUP SWIMMING CHAMPIONSHIPS

TIME STANDARDS Continued

GIRLS						Even Description	BOYS					
13 Year only			14 Year only				13 Year only			14 Year only		
Standards			Standards				Standards			Standards		
SCM	LCM	SCY	SCM	LCM	SCY		SCY	LCM	SCM	SCY	LCM	SCM
:29.79	:30.89	:26.99	:28.59	:29.49	:25.79	50 Free	:24.89	:28.29	:27.59	:23.89	:27.09	:26.39
1:04.79	1:06.79	:58.69	1:01.99	1:03.89	:56.09	100 Free	:54.49	1:02.59	1:00.19	:52.09	:59.89	:57.59
2:19.69	2:23.89	2:06.49	2:13.69	2:17.69	2:00.99	200 Free	1:58.69	2:16.09	2:11.19	1:53.59	2:10.19	2:05.49
4:55.99	5:01.79	5:38.29	4:43.19	4:48.69	5:23.49	400/500 Free	5:19.99	4:50.09	4:39.99	5:05.99	4:37.49	4:27.79
10:10.29	10:20.99	11:37.29	9:43.69	9:53.99	11:06.99	800/1000 Free	11:01.39	10:03.19	9:38.89	10:32.69	9:36.89	9:13.69
19:14.89	19:48.09	19:21.69	18:24.69	18:56.49	18:31.19	1500/1650 Free	18:27.59	19:05.89	18:21.09	17:39.39	18:16.09	17:33.29
Must have 100 back standard						50 Back	Must have 100 back standard					
1:11.09	1:13.99	1:04.29	1:07.99	1:10.79	1:01.49	100 Back	1:00.39	1:09.89	1:06.79	:57.79	1:06.79	1:03.89
2:32.79	2:39.69	2:18.29	2:26.19	2:31.79	2:12.29	200 Back	2:10.09	2:30.29	2:23.79	2:04.49	2:23.79	2:17.49
Must have 100 breast standard						50 Breast	Must have 100 breast standard					
1:21.19	1:24.49	1:13.49	1:17.59	1:20.79	1:10.29	100 Breast	1:07.89	1:17.89	1:14.99	1:04.89	1:14.59	1:11.69
2:56.09	3:02.89	2:39.39	2:48.39	2:54.89	2:32.39	200 Breast	2:28.29	2:52.09	2:43.79	2:21.79	2:44.59	2:36.69
Must have 100 fly standard						50 Fly	Must have 100 fly standard					
1:10.59	1:12.39	1:03.89	1:07.49	1:09.19	1:01.09	100 Fly	:59.29	1:07.49	1:05.59	:56.79	1:04.59	1:02.69
2:36.49	2:38.79	2:21.69	2:29.69	2:31.89	2:15.49	200 Fly	2:11.69	2:29.99	2:25.59	2:05.99	2:23.49	2:19.19
2:37.19	2:43.89	2:22.29	2;30.39	2:36.79	2:16.09	200 IM	2:12.99	2:33.69	2:26.89	2:07.19	2:26.99	2:20.59
5:34.49	5:45.39	5:02.69	5:19.99	5:30.39	4:49.59	400 IM	4:43.39	5:26.19	5:13.09	4:31.09	5:11.99	4:59.49
			2:04.29	2:08.69	1:52.69	200 Fr. R				1:43.89	1:57.89	1:55.09
			4:30.29	4:38.69	4:04.69	400 Fr. R				3:47.49	4:21.09	4:11.09
Must have 400 Med. Rel. standard						200 M. R.	Must have 400 Med. Rel. standard					
			4:59.99	5:10.49	4:31.39	400 M. R.				4:12.59	4:49.79	4:39.09

Entry Notes:

1. **Bonus Swims:**
    a. **Swimmers are eligible for bonus events. See the chart above for details.**
    b. **Two (2) bonus swims for relay only swimmers.**
    c. **Bonus events are limited to events 200 yards and shorter.**
    d. **There are no qualifying standards for the bonus events however, swimmers must enter the event with a provable time in the USA Swimming SWIMS database within the qualifying period.**
2. **Swimmers are limited to 10 events for the meet. Swimmers are further limited to 3 individual events per day.**
3. **Relay time standards apply to all swimmers in the age group regardless of age.**
    a. **Teams may enter the 13-14 200 Medley Relay only if they have the qualifying time for the 400 Medley relay.**
4. **For 13-14 age group only**
    a. **Swimmers may enter the 50-yard butterfly, backstroke or breaststroke if they have the qualifying time for the 100 distance of that stroke OR swimmers may enter the event as a bonus event.**
    b. **Teams may enter the 13-14 200 Medley Relay only if they have the qualifying time for the 400 Medley relay.**