



2016 NCSA AGE GROUP SWIMMING CHAMPIONSHIPS

*Order of Events
Orlando, FL
March 22-25, 2016*

| Tuesday March 22 | Wednesday March 23 | Thursday March 24 | Friday March 25 |
|---|--|--|---|
| Morning Short Course Yards Session Warm-Up: 6:00-8:20 Start: 8:30 | Morning Short Course Yards Session Warm-Up: 6:00-8:20 Start: 8:30 | Morning Short Course Yards Session Warm-Up: 6:00-8:20 Start: 8:30 | Morning Short Course Yards Session Warm-Up: 6:00-8:20 Start: 8:30 |
| 1. W 13-14 100 Free 2. M 13-14 100 Free 3. W 11-12 100 Free 4. M 11-12 100 Free 5. W 13-14 100 Back 6. M 13-14 100 Back 7. W 11-12 50 Back 8. M 11-12 50 Back 9. W 13-14 200 Breast 10. M 13-14 200 Breast 11. W 11-12 100 Breast 12. M 11-12 100 Breast 13. W 13-14 200 Fly 14. M 13-14 200 Fly 15. W 11-12 400 IM 16. M 11-12 400 IM 17. W 13-14 200 M.R. 18. M 13-14 200 M.R. 19. W 11-12 200 M.R. 20. M 11-12 200 M.R. | 29. W 11-12 50 Breast 30. M 11-12 50 Breast 31. W 13-14 100 Breast 32. M 13-14 100 Breast 33. W 11-12 200 Free 34. M 11-12 200 Free 35. W 13-14 500 Free 36. M 13-14 500 Free 37. W 11-12 100 Back 38. M 11-12 100 Back 39. W 13-14 200 Back 40. M 13-14 200 Back 41. W 11-12 200 Fly 42. M 11-12 200 Fly 43. W 13-14 50 Fly 44. M 13-14 50 Fly 45. W 11-12 400 Fr. R. 46. M 11-12 400 Fr. R. 47. W 13-14 400 Fr. R. 48. M 13-14 400 Fr. R. | 57. W 11-12 500 Free 58. M 11-12 500 Free 59. W 13-14 200 Free 60. M 13-14 200 Free 61. W 11-12 200 Breast 62. M 11-12 200 Breast 63. W 13-14 100 Fly 64. M 13-14 100 Fly 65. W 11-12 50 Fly 66. M 11-12 50 Fly 67. W 13-14 50 Back 68. M 13-14 50 Back 69. W 11-12 200 IM 70. M 11-12 200 IM 71. W 13-14 400 IM 72. M 13-14 400 IM 73. W 11-12 200 Fr. R. 74. M 11-12 200 Fr. R. 75. W 13-14 200 Fr. R. 76. M 13-14 200 Fr. R. | 87. W 11-12 100 IM 88. M 11-12 100 IM 89. W 13-14 200 IM 90. M 13-14 200 IM 91. W 11-12 100 Fly 92. M 11-12 100 Fly 93. W 13-14 50 Breast 94. M 13-14 50 Breast 95. W 11-12 50 Free 96. M 11-12 50 Free 97. W 13-14 50 Free 98. M 13-14 50 Free 99. W 11-12 200 Back 100. M 11-12 200 Back 101. W 13-14 400 M.R. 102. M 13-14 400 M.R. 103. W 11-12 400 M.R. 104. M 11-12 400 M.R. 85. W 13-14 1650 Free 86. M 13-14 1650 Free |
| 10 & Under Session Warm-Up: 1:00-1:50 Start: 2:00 | 10 & Under Session Warm-Up: 1:00-1:50 Start: 2:00 | 10 & Under Session Warm-Up: 1:00-1:50 Start: 2:00 | 10 & Under Session Warm-Up: 1:00-1:50 Start: 2:00 |
| 21. W 10 & U 50 Free 22. M 10 & U 50 Free 23. W 10 & U 200 IM 24. M 10 & U 200 IM 25. W 10 & U 100 Breast 26. M 10 & U B100 Breast 27. W 10 & U 200 M.R. 28. M 10 & U 200 M.R. | 49. W 10 & U 100 Free 50. M 10 & U 100 Free 51. W 10 & U 100 Back 52. M 10 & U 100 Back 53. W 10 & U 50 Fly 54. M 10 & U 50 Fly 55. W 10 & U 400 Fr. R. 56. M 10 & U 400 Fr. R. | 77. W 10 & U 500 Free 78. M 10 & U 500 Free 79. W 10 & U 100 Fly 80. M 10 & U 100 Fly 81. W 10 & U 50 Back 82. M 10 & U 50 Back 83. W 10 & U 200 Fr. R. 84. M 10 & U 200 Fr. R. | 105. W 10 & U 100 IM 106. M 10 & U 100 IM 107. W 10 & U 50 Breast 108. M 10 & U 50 Breast 109. W 10 & U 200 Free 110. M 10 & U 200 Free 111. W 10 & U 400 M.R. 112. M 10 & U 400 M.R. |
| Evening Finals Session Warm-Up: 4:30-5:50 Start: 6:00 | Evening Finals Session Warm-Up: 4:30-5:50 Start: 6:00 | Evening Finals Session Warm-Up: 4:30-5:50 Start: 6:00 | Evening Finals Session Warm-Up: 4:30-5:50 Start: 6:00 |

Consolation 1, Consolation 2, and Championship Finals for all individual events, except those events being conducted as timed finals.

All relays are timed finals and will be swum in the preliminary sessions.



2016 NCSA AGE GROUP SWIMMING CHAMPIONSHIPS

TIME STANDARDS

| GIRLS | | | | | | Event Description | BOYS | | | | | |
|-----------|---------|---------|--------------|---------|---------|-------------------|-----------|---------|---------|--------------|---------|---------|
| 9 & Under | | | 10 Year only | | | | 9 & Under | | | 10 Year only | | |
| AA | | | AAA | | | | AA | | | AAA | | |
| 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 | | | | | | Event Description | BOYS | | | | | |
|--------------|---------|---------|--------------|---------|---------|-------------------|--------------|---------|---------|--------------|---------|---------|
| 11 Year only | | | 12 Year only | | | | 11 Year only | | | 12 Year only | | |
| AA | | | AAA | | | | AA | | | AAA | | |
| 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 |



2016 NCSA AGE GROUP SWIMMING CHAMPIONSHIPS

TIME STANDARDS *Continued*

| GIRLS | | | | | | Even Description | BOYS | | | | | |
|---|----------|----------|--------------|----------|----------|---------------------|---|----------|----------|--------------|----------|----------|
| 13 Year only | | | 14 Year only | | | | 13 Year only | | | 14 Year only | | |
| AA | | | AAA | | | | AA | | | AAA | | |
| 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 |
| 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. Qualifying Period: January 1, 2015, THROUGH THE ENTRY DEADLINE, March 15, 2016
2. Bonus Swims:
 - a. Five (5) bonus swims for any swimmer qualified in at least one individual event.
 - 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.
3. Swimmers are limited to 10 events for the meet. Swimmers are further limited to 3 individual events per day.
4. 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.
5. For 13-14 age group only
 - a. Swimmers may enter the 50 meter 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.