



# **2010 NCSA Junior National Swimming Championships**

**Meet Information Guide  
Spring Championships – Orlando, FL  
March 16-20, 2010**

**[www.ncsa-usa.org](http://www.ncsa-usa.org)  
[ncsa\\_usa@hotmail.com](mailto:ncsa_usa@hotmail.com)**

## **2010 NCSA JUNIOR NATIONAL SWIMMING CHAMPIONSHIPS**

**Spring Championships @ Orlando, FL @ March 16 -20, 2010**

**APPROVED/OBSERVED BY:** Florida Swimming LSC - # OB-5049

**LOCAL HOST CLUB:** Swim Orlando

**SPONSORED BY:** National Club Swimming Association, Inc.

**ENTRIES DUE:** Online Meet Entry Closes Midnight Pacific Time, Tuesday, March 09<sup>th</sup>, 2010

**SESSION START TIMES:** Tuesday 4 PM; Wednesday-Friday. Prelims 9AM Finals: 6PM

**Meet Referee:** Bob Welch - [rjwelch@sbcglobal.net](mailto:rjwelch@sbcglobal.net)

### **WARM-UP:**

Monday: TBA-Check NCSA website for details

Tuesday: 7:00 AM to 3:15 PM

Wed. thru Sat.: 7:00 AM to 8:45 AM and 4:30 PM to 5:45 PM

Meet Days: Continuous Warm-ups in Diving Pool

### **FACILITY:**

Orlando YMCA Aquatic and Family Center

8422 International Drive

Orlando, FL 32819

407-363-1911 (phone)

407-352-1907 (fax)

### **MEET FORMAT NOTE:**

Meet will be run as Short Course (25Y) for all sessions.

### **ELIGIBILITY:**

Participation is open to nationals of the United States of America. Non-US national are eligible to participate if they meet BOTH of the following two conditions:

Permanent resident alien status in the USA, or family accompanying status under a principal's temporary work visa (L, H, J). Possession of a student, business, or tourist visa is not sufficient to meet this condition. Non-US Citizens must go to the NCSA website and fill out the Declaration of Foreign Status Form.

Membership in USA Swimming or NCSA for a period of at least six months prior to the Junior Nationals Swimming Championship and participation in at least two USA/NCSA Swimming meets in representation of a USA or NCSA Swimming Club during the six months prior to the Junior National Swimming Championships. Open to USA Swimming, Inc. registered athletes 18 years of age and younger who are USA citizens. Membership in USA Swimming is required for this meet. NCSA Athlete membership is required for participation this meet. Relay only swimmers must be included on the team entry form. Please designate unattached swimmers 'UN'.

### **QUALIFYING TIMES:**

Must be achieved between January 1<sup>st</sup>, 2009 and March 15, 2010. Short Course Yards qualifying times will be seeded first, next Long Course Meters qualifying times, followed by Short Course Meters qualifying times. Swimmers may compete in no more than three (3) individual events per day. Bonus entries are permitted if a swimmer has at least one event qualifying time and has achieved the minimum bonus standards. Any swimmer with one qualifying standard may swim up to two Bonus Events in which they have achieved the bonus standard (1 cut=up to 2 bonus, 2 cuts=up to 2 bonus, 7 cuts=up to 2 bonus). All qualifying individual and relay times must be provable at the meet. There are no Upper Time Limits for

this meet. Times not provable will be subject to fine established by NCSA (National Club Swimming Association, Inc.).

### **TIME TRIALS:**

Open to any swimmers who swims in any event (inc. relays), limited to two (2) for the meet. Time Trial entries are \$2/individual events, \$5/relays, and are payable with CASH ONLY on deck and are entered the day of the swim. Time Trial participants must provide their own timer. Time Trials will be run both short course and long course, but the format will be decided upon by the meet referee once meet size is determined.

## **ENTRY INTO THE MEET**

### **TEAM ENTRY:**

Completed through USA Swimming's OME (online meet entry) system, this is the only accepted way to enter this meet. Instructions and details are on the NCSA website:

<http://ncsassociation.homestead.com/index.html>

### **ENTRY FEES:**

\$2.00 per Individual Event. Relays: \$5.00 per relay team entered. These fees are payable via credit card in the USA Swimming OME system. There are no refunds. Time Trials entry fee: \$2. Late Entries fee: individuals \$5 and relays \$5.

### **NCSA MEMBERSHIP FEE:**

There is a \$45.00 per swimmer (individuals and relay-only athletes) NCSA Registration fee, to be done in Online Meet Entry system (last step before you check-out). Swimmers will not be seeded in the meet unless NCSA registration fees are paid for online along with Meet Entry Fees.

### **ENTRIES CLOSE:**

Entries must be ENTERED in the OME system by 11:59 PST Tuesday, March 9, 2010. Late Entries will be accepted until Monday, March 15 at **NOON EST** Time. Online Entries Are done through the OME for individuals qualifying between March 11<sup>th</sup> and March 14<sup>th</sup>. If the athlete is previously qualified in the meet and adding additional swims (not updating times), please use the entry form on the NCSA website.

## **RULES AND PROCEDURES**

### **1. 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 Junior National Meet Committee may find it necessary to change some meet variables in order to provide the best possible situations for the athletes; including start times, distance event procedures, weather related disruptions, time trial location, etc. A General Meeting will be held at Orlando YMCA Aquatic Center on Tuesday, March 16, 2010 @ 11:00 AM. All athletes must be represented by a coach or representative. Necessary coaches meetings will be called as needed during the competition.

### **2. RULES:**

USA Swimming, Inc. Technical Rules and National Championship procedures will govern. Meet entry times must be designated 'SCY' for yards or 'LCM' for long course meters or 'SCM' for short course meters. The National Championship scratch procedures will be used for prelims and finals. In order there will be a Bonus, Consolation and Final for all events, except the 1000 & 1650 free. Positive check-in for the 1000 & 1650 free AND ALL Relays is required by the day's scratch deadline.

### **3. SCRATCH DEADLINES:**

Tuesday, March 16<sup>th</sup> at 2:30 PM for 1000 Free & 4x50 Med Relays. Tuesday, March 17<sup>th</sup> by 6:00 PM for Wednesday's events. Wednesday, Thursday, and Friday at 6:30 PM for the next day's events. A swimmer who

fails to scratch and 'no shows' a prelim or timed final event, must positive check in for all subsequent individual events. A swimmer who fails to scratch and 'no shows' a final will be removed from the meet.

#### **4.DISTANCE EVENTS:**

1000 Freestyle: The 1000 freestyle will be conducted on a timed finals basis as follows: Women's heats slowest to fastest and Men's heats slowest to fastest. The 1650 on Saturday (except fastest heats) will be swum with the 2<sup>nd</sup> fastest heat of men scheduled to finish at 5:00 PM. Fastest heat of women's 1650 will swim after the 'A' final of the men's 50 free (#36); fastest heat of men's 1650 will be swum after the 'A' final of the men's 100 butterfly (# 32).

#### **5.RELAYS:**

A team may enter no more than two relays in each relay event. Relays must be pre-entered; relay times must be provable by team or aggregate. A swimmer may be used only once to prove a relay

in each relay event. Relays must check in by the scratch deadline for the day swum. Relay Only swimmers must be listed on the team entry (OME System). Aggregate relays may be proven by any 4 swimmers ELIGIBLE to swim (must be 18&Under American citizens), but any 4 Swimmers can swim on the day of the event, with any 4 swimmers swimming prelims and any 4 swimmers swimming finals. All relays will swim in preliminaries, with the top 16 teams qualifying for consolation finals and finals (except events #3&4, the 4x50 Medley relays which will be swum as short course timed finals).

**6.AWARDS:** Individual NCSA Junior National medals 1-8; Relay medals 1-8. Scoring: 16 places, relays double points.

#### **7.WARM-UP:**

From 7:00-8 am (4:30-5 PM): the competition courses will be open for general warm-up – NO DIVING. From 8-8:45 am (5-5:45 PM): Lanes 1 & 8 will be designated for push-pace work: Lanes 2 &7 will be sprint lanes, one-way from the blocks under USA Swimming member coach supervision - Practice starts only in the sprint lanes. Additional pace or sprint lanes may be opened as needed by the referee. No paddles, boards or fins will be allowed in the competition course. Warm-up lanes in the diving well will be available for warm-up/cool down at all times.

#### **8.OFFICIATING:**

Officials wishing to volunteer or for questions, contact Meet Referee Bob Welch prior to the meet: 630-661-3255 or [rjwelch@sbcglobal.net](mailto:rjwelch@sbcglobal.net)

**9.WEBSITE & OTHER INFO:** WEB: [www.ncsa-usa.org](http://www.ncsa-usa.org) Email: [ncsa\\_usa@hotmail.com](mailto:ncsa_usa@hotmail.com)



# 2010 NCSA JUNIOR NATIONAL SWIMMING CHAMPIONSHIPS

Meet Format  
Spring Championships @ Orlando, FL  
March 16-20, 2010

Tuesday March 16	Wednesday March 17	Thursday March 18	Friday March 19	Saturday March 20
<b>Afternoon Session</b> Warm-Up: 2:30-3:45 Start Time: 4:00	<b>Morning Session</b> Warm-Up: 07:30-08:45 Start: 9:00	<b>Morning Session</b> Warm-Up: 07:30-08:45 Start: 9:00	<b>Morning Session</b> Warm-Up: 07:30-08:45 Start: 9:00	<b>Morning Session</b> Warm-Up: 07:30-08:45 Start: 9:00
<b>SHORT COURSE DAY</b>	<b>SHORT COURSE</b>	<b>SHORT COURSE</b>	<b>SHORT COURSE</b>	<b>SHORT COURSE</b>
1. W 1000 freestyle TF 2. M 1000 freestyle TF 3. W 4 x 50 MR TF 4. M 4 x 50 MR TF	5. W 100 Freestyle H 6. M 100 Freestyle H 7. W 100 Breaststroke H 8. M 100 Breaststroke H 9. W 200 Backstroke H 10. M 200 Backstroke H 11. W 200 Butterfly H 12. M 200 Butterfly H 13. W 4x200 FRH 14. M 4x200 FR H	15. W 50 Butterfly H 16. M 50 Butterfly H 17. W 50 Breaststroke H 18. M 50 Breaststroke H 19. W 200 Freestyle H 20. M 200 Freestyle H 21. W 400 IMH 22. M 400 IM H 23. 4x100 FR H	25. W 100 Backstroke H 26. M 100 Backstroke H 27. W 500 Freestyle H 28. M 500 Freestyle H 29. W 200 Breaststroke H 30. M 200 Breaststroke H 31. W 100 Butterfly H 32. M 100 Butterfly H 33. W 4X50 FR H	35. W 50 Backstroke H 36. M 50 Backstroke H 37. W 200 IM H 38. M 200 IM H 39. W 50 Freestyle H 40. M 50 Freestyle H 41. W 1650 Freestyle SH 42. M 4 x 100 MR H 43. W 4x 100MR H 44. M 4 x 100 MR H 45. W 1650 Freestyle SH
	<b>Evening Session</b> Warm-Up: 4:30-5:45 Start: 6:00	<b>Evening Session</b> Warm-Up: 4:30-5:45 Start: 6:00	<b>Evening Session</b> Warm-Up: 4:30-5:45 Start: 6:00	<b>Evening Session</b> Warm-Up: 4:30-5:45 Start: 6:00
<b>Legend:</b>	<b>Bonus, Consols. &amp; Finals</b>	<b>Bonus, Consols. &amp; Finals</b>	<b>Bonus, Consols. &amp; Finals</b>	<b>Bonus, Consols. &amp; Finals</b>
F = Finals FH = Fast Heats H = Heats SH = Slow Heats TF = Timed Finals TH = Top Seeded Heat	<b>SHORT COURSE</b> 5. W 100 Freestyle F 6. M 100 Freestyle F 7. W 100 Breaststroke F 8. M 100 Breaststroke F 9. W 200 Backstroke F 10. M 200 Backstroke F 11. W 200 Butterfly F 12. M 200 Butterfly F 13. W 4x200 FRF 14. M 4x200 FRF	<b>SHORT COURSE</b> 15. W 50 Butterfly F 16. M 50 Butterfly F 17. W 50 Breaststroke F 18. M 50 Breaststroke F 19. W 200 Freestyle F 20. M 200 Freestyle F 21. W 400 IM F 22. M 400 IM F 23. 4 x 100 FRF 24. 4 x 100 FRF	<b>SHORT COURSE</b> 25. W 100 Backstroke F 26. M 100 Backstroke F 27. W 500 Freestyle F 28. M 500 Freestyle F 29. W 200 Breaststroke F 30. M 200 Breaststroke F 31. W 100 Butterfly F 32. M 100 Butterfly F 33. W 4X50 FRF 34. M 4X50 FRF	<b>SHORT COURSE</b> 35. W 50 Backstroke F 36. M 50 Backstroke F 41. W 1650 Freestyle TH 37. W 200 IM F 38. M 200 IM F 39. W 50 Freestyle F 40. M 50 Freestyle F 42. M 1650 Freestyle TH 43. W 4 x 100 MRF 44. M 4 x 100 MRF

**Bonus, Consolation and Championship Finals in all events  
(except timed final events: 1000 & 1650 Free)**



For Complete Information Visit [www.ncsa-usa.org](http://www.ncsa-usa.org) or

[www.juniornationals.org](http://www.juniornationals.org)



# 2010 NCSA JUNIOR NATIONAL SWIMMING CHAMPIONSHIPS

## TIME STANDARDS

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WOMEN			EVENT DESCRIPTION	MEN		
SCY	SCM	LC		SCY	SCM	LC
24.39	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
1:53.19	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
<i>100 Back Qualifying Times</i>			50 BACK	<i>100 Back Qualifying Times</i>		
58.59	1:04.39	1:07.19	100 BACK	53.09	59.09	1:01.39
2:05.99	2:19.79	2:24.99	200 BACK	1:54.79	2:07.49	2:12.39
<i>100 Breast Qualifying Times</i>			50 BREAST	<i>100 Breast Qualifying Times</i>		
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
<i>100 Fly Qualifying Times</i>			50 FLY	<i>100 Fly Qualifying Times</i>		
57.99	1:03.79	1:05.29	100 FLY	51.89	56.89	58.89
2:06.39	2:18.99	2:23.19	200 FLY	1:54.89	2:05.79	2:10.59
2:08.49	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
<i>400 Free Relay Qualifying Times</i>			200 FREE RELAY	<i>400 Free Relay Qualifying Times</i>		
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
<i>400 Medley Relay Qualifying Times</i>			200 MEDLEY RELAY	<i>400 Medley Relay Qualifying Times</i>		
3:55.09	4:25.89	4:30.99	400 MEDLEY RELAY	3:36.09	3:01.99	4:08.89

**QUALIFYING PERIOD:** Jan 1, 2009 THROUGH THE ENTRY DEADLINE.

**BONUS EVENTS:** MAKE 1 CUT, ADD 2 BONUS EVENTS Where bonus standard achieved There are no bonus entries permitted in the 1000 & 1650 Free. You must have the standard to enter.

**NO INDIVIDUAL EVENT LIMIT TWO RELAY ENTRIES PER EVENT PER CLUB**

Form Revised: Oct 28 2009

For Complete Meet Information: [www.ncsa-usa.org](http://www.ncsa-usa.org) or [www.juniornationals.org](http://www.juniornationals.org)



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## BONUS TIME STANDARDS

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WOMEN BONUS			EVENT DESCRIPTION	MEN BONUS		
SCY	SCM	LC		SCY	SCM	LC
24.89	27.49	27.99	50 FREE	22.19	24.49	25.29
53.39	58.89	1:00.69	100 FREE	48.09	53.09	54.99
1:55.19	2:07.89	2:10.09	200 FREE	1:45.09	1:56.19	2:00.09
5:03.09	4:25.89	4:31 .69	400/500 FREE	4:44.59	4:06.09	4:14.79
n/a	n/a	n/a	800/1000 FREE	n/a	n/a	n/a
n/a	n/a	n/a	1500/1650 FREE	n/a	n/a	n/a
<i>100 Back Qualifying Times</i>			50 BACK	<i>100 Back Qualifying Times</i>		
59.59	1:05.89	1:08.89	100 BACK	54.09	1:00.09	1:02.39
2:06.99	2:21 .79	2:26.99	200 BACK	1:56.79	2:09.49	2:14.39
<i>100 Breast Qualifying Times</i>			50 BREAST	<i>100 Breast Qualifying Times</i>		
1:07.39	1:15.19	1:17.29	100 BREAST	1:00.49	1:07.09	1:09.29
2:26.29	2:42.39	2:44.99	200 BREAST	2:11.79	2:27.59	2:31 .79
<i>100 Fly Qualifying Times</i>			50 FLY	<i>100 Fly Qualifying Times</i>		
58.99	1:05.29	1:06.79	100 FLY	52.89	57.89	59.89
2:08.29	2:21 .99	2:26.19	200 FLY	1:56.89	2:07.79	2:12.59
2:09.99	2:24.89	2:29.59	200 INDIV. MEDLEY	1:58.29	2:10.49	2:15.59
4:34.99	5:05.19	5:13.69	400 INDIV. MEDLEY	4:12.09	4:38.69	4:47.89
<i>400 Free Relay Qualifying Times</i>			200 FREE RELAY	<i>400 Free Relay Qualifying Times</i>		
n/a	n/a	n/a	400 FREE RELAY	n/a	n/a	n/a
n/a	n/a	n/a	800 FREE RELAY	n/a	n/a	n/a
<i>400 Medley Relay Qualifying Times</i>			200 MEDLEY RELAY	<i>400 Medley Relay Qualifying Times</i>		
n/a	n/a	n/a	400 MEDLEY RELAY	n/a	n/a	n/a

**QUALIFYING PERIOD: Jan 1, 2009 THROUGH THE ENTRY DEADLINE.**

**BONUS EVENTS: MAKE 1 CUT, ADD 2 BONUS EVENTS** Where bonus standard achieved There are no bonus entries permitted in the 1000 & 1650 Free. You must have the standard to enter.

**BONUS STANDARDS ONLY – SEE TIME STANDARDS CHART FOR CUT TIMES**

For Complete Meet Information: [www.ncsa-usa.org](http://www.ncsa-usa.org) or

[www.juniornationals.org](http://www.juniornationals.org)

Form revised: Oct 28 2009