

Hello all,

We are looking forward to welcoming you to the 2026 NKB National Capital Cup this weekend! The meet will take place February 13 to 15 at the Nepean Sportsplex.

**Session time-outs have been posted to our [hosted meet page](#).**

### Session Schedule

Session #	Date	Type	Ages	Warm up	Start
1	Fri. Feb 13, 2026	Heats	All ages	9:00 AM	10:00 AM
2	Fri. Feb 13, 2026	Finals	13 & Over	6:00 PM	7:00 PM
3	Sat. Feb 14, 2026	Timed Finals	All Ages	3:00 PM	4:00 PM
4	Sun. Feb 15, 2026	Heats	All Ages	7:30 AM	8:30 AM
5	Sun. Feb 15, 2026	Finals	13 & Over	4:30 PM	5:30 PM

### Notes on Events

Eliminators will be swum as the last two heats of the event.

- 200 FLY eliminator will be between swimmers who finished in the top 8 in prelims per gender. Heats will alternate female/male.
  - Round 1: 8 swimmers, 200m fly, 7th & 8th place finisher will NOT continue to Round 2
  - Round 2: 6 swimmers, 150m fly, 5th & 6th place finisher will NOT continue to Round 3
  - Round 3: 4 swimmers, 100m fly, 3th & 4th place finisher will NOT continue to Round 4
  - Round 4: 2 swimmers, 50m fly.
- 1500 Eliminator will be between the top 8 seeds for each gender based on entry times. Heats will alternate female/male

### Mystery 200 IM

- Swum after the final for that event, and the top 8 swimmers per gender based on finals results will compete. Heats will alternate female/male

### SKINS 50s

- Top 8 per gender based on entry times. Heats will alternate female/male. SKINS take place during Session 3.
  - 6x50 on 2:00
  - All the top 8 swimmers compete in Round 1
  - Swimmers will be stopped from continuing at the following rounds
    - Round 1: 7th & 8th place finisher will NOT continue to Round 2
    - Round 2: 6th place finisher will NOT continue to Round 3
    - Round 3: 5th place finisher will NOT continue to Round 4
    - Round 4: 4th place finisher will NOT continue to Round 5

- Round 5: 3rd place finisher will NOT continue to Round 6
- Round 6: Head to Head last remaining 2 swimmers

#### **Notes on 12 & Under Swimmers:**

- 12 & under swimmers will only swim during the preliminary and timed final sessions .
- 12 & under swimmers will be marked as Exhibition in their swimmer profile.
- 12 & under swimmers will not be permitted to advance to finals.
- 12 & under swimmers are not eligible for any of the Eliminator or SKINS events.
- 12 & under swimmers are not eligible for any of the cash prizes.

#### **Individual Awards**

- Cash awards for selected events
- Medals for 1st - 3rd place by gender

#### **Cash Awards**

##### **1500 ELIMINATOR (\$900 total in prizes)**

- 7 & 8 PLACE AT 600m: No prize money, not eligible for further rewards but can continue the race
- 5 & 6 PLACE at 900m: \$25 each, not eligible for further rewards but can continue the race
- 3 & 4 place at 1200m: \$50 each, not eligible for further rewards but can continue the race
- 2 place at the 1500 will receive \$100
- 1 place at the 1500 will receive \$200

##### **200 FLY ELIMINATOR (\$900 total in prizes)**

- Round 1: 8 swimmers, 200m fly, drop 2 for Round 2: \$0
- Round 2: 6 swimmers, 150m fly, drop 2 for Round 3: \$25
- Round 3: 4 swimmers, 100m fly, drop 2 for Round 4: \$50
- Round 4: 2 swimmers, 50m fly. 2nd place receives \$100, 1st place receives \$200.

##### **SKINS 50s (\$1800 total in prizes)**

Swimmers will be stopped from continuing at the following rounds and prizes:

- Round 1: 7th & 8th place (No award)
  - Round 2: 6th place (\$10)
  - Round 3: 5th place (\$20)
  - Round 4: 4th place (\$30)
  - Round 5: 3rd place (\$40)
  - Round 6: 2nd place (\$50)
- 1st place: \$75

#### **Receiving Awards**

- Awards will be handed out at the completion of the event.