



2023 NCSA Spring Swimming Championships

*Meet Announcement
Orlando, FL
March 14-18, 2023*

<http://www.teamunify.com/About.jsp?tabid=85487&team=recndnrsa>

OME WILL NOT BE AVAILABLE FOR ENTRIES TO THIS MEET. ALL ENTRIES MUST BE SUBMITTED IN A HY-TEK OR COMPATIBLE FILE VIA EMAIL TO THE ENTRY COORDINATOR BY THE ENTRY DEADLINE.

2023 NCSA SWIMMING CHAMPIONSHIPS
Rosen Aquatic and Fitness Center – Orlando, FL
March 14-18, 2023

SANCTIONED BY: USA Swimming & Florida Swimming; #FL-6404

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

MEET DIRECTOR: Kevin Milak, kevinmilak@gmail.com; (832)233-0234

MEET REFEREE: Bob Vincent, rdv@vwi.com, (703) 608-9769

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

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

CONDITION OF SANCTION

As a condition of this sanction, NCSA agrees to comply with and to enforce all COVID-19 health and safety mandates and guidelines (including face coverings, social distancing, and mass gatherings) of USA Swimming, Florida Swimming, the State of Florida, and local jurisdictions. Meets conducted in violation of any safety mandates are subject to having the sanction revoked and will not be issued sanctions for future meets during the COVID-19 sanctioning period.

ASSUMPTION OF RISK DISCLAIMER

The NCSA has implemented enhanced health and safety measures for athletes, coaches, officials, spectators, and others participating in this meet, and all must adhere to the safety instructions in the following meet sanction. An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. Senior citizens and those with underlying medical conditions are especially vulnerable. By attending this meet, you assume all risks related to exposure to COVID-19.

COVID-19 RELEASE

USA Swimming, Inc., cannot prevent you (or your child(ren)) from becoming exposed to, contracting, or spreading COVID-19 while participating in USA Swimming sanctioned events. It is not possible to prevent against the presence of the disease. Therefore, if you choose to participate in a USA Swimming sanctioned event, you may be exposing yourself to and/or increasing your risk of contracting or spreading COVID-19.

BY ATTENDING OR PARTICIPATING IN THIS COMPETITION, YOU VOLUNTARILY ASSUME ALL RISKS ASSOCIATED WITH EXPOSURE TO COVID-19 AND FOREVER RELEASE AND HOLD HARMLESS USA SWIMMING, FLORIDA SWIMMING, THE NCSA AND EACH OF THEIR OFFICERS, DIRECTORS, AGENTS, EMPLOYEES OR OTHER REPRESENTATIVES FROM ANY LIABILITY OR CLAIMS INCLUDING FOR PERSONAL INJURIES, DEATH, DISEASE OR PROPERTY LOSSES, OR ANY OTHER LOSS, INCLUDING BUT NOT LIMITED TO CLAIMS OF NEGLIGENCE AND GIVE UP ANY CLAIMS YOU MAY HAVE TO SEEK DAMAGES, WHETHER KNOWN OR UNKNOWN, FORESEEN OR UNFORESEEN, IN CONNECTION THEREWITH.

Please note that information in this document may be modified to meet current facility, local, state, and federal COVID-19 protocols, including capacity limits, event postponement or cancellation.

COMPETITION COURSE:

The competition pool is a 50m pool that can accommodate two (2) 25-yard competition courses, each course having eight (8) lanes. It is anticipated that two courses will be used. The facility is equipped with Colorado Timing Systems and a digital scoreboard. 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 teams and athletes 18 years of age and younger (as of the first day of the meet) and who are USA citizens. **Relay only swimmers must be included with your team entry file when submitting entries. You will not be permitted to add them later.** All Adult Athletes must hold current APT certification to compete.

QUALIFYING TIMES:

Times must be achieved between September 1, 2021, and March 5, 2023 dates inclusive. All prelim and timed final events will be seeded with Short Course Yards (SCY) qualifying times first, followed by Long Course Meters (LCM) qualifying times, followed by Short Course Meters (SCM) qualifying times.

Swimmers may compete in no more than three (3) individual events per day and eight (8) individual events for the meet. 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 proven in the USA Swimming SWIMS database will be subject to a \$100 per swim fine by NCSA and the swimmer or relay will be scratched from the event and the team will be removed from their current tier status for future NCSA meets.**

Swimmers may qualify for the distance freestyle events (1000 and 1650) with either the 800, 1500, 1000, or 1650 freestyle time standard. Swimmers entering with alternate distance standards will be seeded last.

BONUS EVENTS:

Swimmers qualified to swim in individual events will be allowed bonus events based on the chart below.

Qualifying times	Bonus events
Relay Only	2
1	3
2	2
3	1
4+	0

ALL bonus swims must be in events that are 200 yards or less in distance except for the 500 free and 400 IM and must be provable in the USA Swimming SWIMS database within the qualifying period. For the 500 free and 400 IM, the swimmer must have the qualifying time as stated below and provable in the USA Swimming SWIMS database within the qualifying period. The 1000 and 1650 free are not eligible for bonus swims.

BONUS STANDARDS FOR 400 IM / 500 FREE						
SCY	SCM	LCM		SCY	SCM	LCM
5:02.09	4:25.89	4:30.99	400/500 FREE	4:41.59	4:06.09	4:14.79
4:32.09	5:05.19	5:09.99	400 INDIV. MEDLEY	4:09.59	4:38.69	4:47.09

TIME TRIALS: There will be no time trials for this meet.

DEADLINE AND MEET SUMMARY:

For:	Date:	Time (all times are Eastern):
Athlete Registration:		
Tier One: Begins Ends Registration Payment Due	Tuesday, October 25, 2022 Friday, October 28, 2022 Sunday, October 30, 2022	NOON 7:00 PM 11:59 PM
Tier Two: Begins Ends Registration Payment Due	Tuesday, November 1, 2022 When meet reaches cap 24 hours after acceptance	NOON - -
Entries:		
ENTRIES DUE	Monday, March 6, 2023	NOON
VIRTUAL GENERAL MEETING Link will be provided	Wednesday, March 8, 2023	8:30 PM
Late Entries: NEW PROCESS FOR RELAY ONLY SWIMMERS ALREADY IN THE MEET – SEE BELOW	Sunday, March 12, 2023	11:59 PM
Scratch deadline for Tuesday's events (positive check-in required for 1000/1650 Free)	Monday, March 13, 2023	NOON
Scratch deadline for Wednesday, Thursday, Friday, & Saturday events (positive check-in required for 1000/1650)	Night before the scheduled events	30 minutes after the final session begins

ENTRY INTO THE MEET

ATHLETE REGISTRATION:

This meet will likely fill to capacity quickly, there are no refunds for unused registrations. Team Tier lists are posted on the website. It is the responsibility of the club to communicate any questions before the reservation process begins. Reservation fee is the \$70 NCSA Membership fee per athlete. Registration forms may be found on the website.

Tier One:

Athlete registration - for teams that attended the 2021 OR 2022 Spring Champs. Registration will begin and end according to the Deadline and Meet Summary above. Once the registration form is submitted, an invoice will be sent to pay online with a credit card. Reservation payment must be completed by the date and time listed in the Deadline and Meet Summary above so that space for future reservations may be calculated.

Tier Two:

Athlete registration - for all other teams; first come, first serve. Registration will begin and end according to the Deadline and Meet Summary above. Once the registration form is submitted, an invoice will be sent to pay online with a credit card. Reservation payment must be completed according to the Deadline and Meet Summary above.

Additional Athletes:

Any athlete who wishes to enter the 2023 NCSA Spring Championships but their team has NOT been accepted, may enter as an individual if they have achieved the 2024 Olympic Trial qualifying standard (during the qualifying period noted above) in the events they wish to enter. Please contact the entry coordinator listed above for instructions.

TEAM ENTRIES:

All entries for reserved/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. The OME system does not allow for swimmers to change or delete a bonus swim.

LATE ENTRIES:

NO NEW ATHLETES WILL BE PERMITTED TO ENTER DURING THE LATE ENTRY PROCESS. THE ONLY SUBMISSIONS THAT WILL BE PERMITTED IS FOR RELAY ONLY SWIMMERS WHO ARE ALREADY IN THE MEET (SUBMITTED WITH ORIGINAL ENTRY FILE) AND WHO ACHIEVE A QUALIFYING TIME FROM MARCH 6, 2023, THROUGH MARCH 12, 2023; THIS MAY ALLOW FOR ADDITIONAL BONUSSES. THIS PROCESS IS NOT A PROCEDURE TO UPDATE ANY OTHER TIMES. PLEASE SEND AN EMAIL TO THE ENTRY COORDINATOR LISTED ABOVE.

ENTRY FEES:

Individual - \$4.00 per event

Relays - \$15.00 per relay team

Late entry fees (**relay only swimmers with a qualifying time after entry deadline**): Individual - \$8; Relays - \$30

NCSA Membership Fee - \$70.00 per swimmer (including relay only swimmers) for each meet the swimmer participates - will be billed separately. You will be emailed an invoice that must be paid via credit card.

All event entry fees will be billed to the team and payment must be made within 24 hours via credit card

DECK PASSES:

Deck passes for USA Swimming Registered coaches are available for \$25 each. To order deck passes, a Google Doc will need to be completed. The link will be provided in February. In this document, please indicate the number of coach passes requested with the names of the coaches. **All deck pass fees will be billed to the team along with entry fees and payment must be made within 24 hours via credit card**

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 each (proof of USA Swimming non-athlete membership, coaching certifications, APT, and background screen required for each additional pass). Again, complete the Google Doc as indicated above.

# 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 - \$80

Preliminary session - \$10

Final session - \$10

Children 10 & under – Free

No heat sheets will be distributed. Heat sheets will be available on the NCSA website and meet mobile.

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, breaks, distance event procedures, conduct/timing of relays, 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 Technical Rules and National Championship procedures will govern. Meet entry times must be designated LCM for long course meters, SCY for short course yards, or SCM for short course meters. The National Championship scratch procedures will be used for prelims and finals. In order, there will be E, D, C, B, and A Finals (5 heats) for all events, except the 1000 and 1650 free, and all relays. The E Final will be limited to the top swimmers 16 years of age or younger that do not qualify for the A, B, C, or D Final. Positive check-in for the 1000 and 1650 is required as indicated in the Deadline and Meet Summary above to compete in the events.

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, or locker rooms.
- 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. Exceptions may be granted with prior written approval by the Program & Events Coordinator (or his/her designee).
- All adults participating in or associated with the meet acknowledge that they are subject to the provisions of the USA Swimming Minor Athlete Abuse Protection Policy ("MAAPP"), and that they understand that compliance with MAAPP is a condition of participation in the conduct of this competition.
- As a team entered in this meet, upon entry you are verifying that all of the swimmers and coaches listed on the enclosed entry are registered with USA Swimming. You acknowledge that you are familiar with the Safety Rules of USA Swimming, Inc. regarding warm-up procedures and meet safety guidelines, and that you shall be responsible for the compliance of your swimmers with those rules during this meet. National Club Swimming Association, Inc., Rosen Aquatic and Fitness Center, Florida Swimming, and USA Swimming, Inc., their agents, employees, and coaches shall be held free and harmless from any and all liabilities or claims for damages arising by reason of illness or injury to anyone during the conduct of this meet. You acknowledge that by entering this meet, you are granting permission for the names of any or all of your team's swimmers to be published on the internet in the form of Psych Sheets, Meet Results, or any other documents associated with the running of this meet.
- There will be no on-deck registrations or entries accepted at this meet.
- Medical supervision: Lifeguards as well as AED is available to all participants in the meet. Paramedics/EMTs will be called if needed.

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 \$100 fine to be reinstated for the rest of that day's events

Additionally, that swimmer must positively 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:

The Women's and Men's 1000 and 1650 freestyle will be conducted on a timed finals basis. All heats will be seeded and swim slowest to fastest in two pools. The events will be scheduled so that the second fastest heat of the men's event will finish at the start of that evening's final warm-up. Positive check-in for the 1000 and 1650 is required as indicated in the Deadline and Meet Summary above in order to compete in the events. Swimmers must provide their own timers and counters for the 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 provable by team or aggregate within the USA Swimming SWIMS database. A swimmer may be used only once to prove a relay in each relay event. **Relay only swimmers must be included with your original team entry file when**

submitting entries. You will not be permitted to add them later. Aggregate relays may be proven by any four (4) swimmers ELIGIBLE to swim (must be 18 & under in the qualifying window), but any four (4) swimmers may swim on the day of the event.

All relays are timed finals and will be seeded and swum in preliminaries fast to slow with the top 3 seeded heats swimming at finals, slow to fast.

Relay only swimmers entered in the meet MUST swim in a relay. Any relay only swimmer who participates in their bonus events and does not swim a relay will be subject to a \$200 fine by NCSA and the team will be removed from their current tier status for future NCSA meets.

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. Meet management and/or the meet referee reserve the right to ask for coach credential display and/or deny deck access if the coach does not comply or card is no longer valid/current.

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 Spring Championship Medals 1-8; Relay Medals 1-8.

SCORING:

24 places: Individual: 32-28-27-26-25-24-23-22-20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1; 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 NCSA website. Official uniform will be a white polo over black shorts, skirts, skorts, slacks with black athletic shoes for prelims and black polo over black slacks for finals with black athletic shoes.

All officials on deck must be registered and certified with USA Swimming. Officials will be required to show proof of certification/registration to the meet referee or designee at the time of check in to receive their deck credentials. A registration card or proof of certification/registration on the USA-S app are acceptable proofs of certification/registration. Application to designate this meet as a USA Swimming Official Qualification Meet (OQM) is in process. The levels of certification will be determined once evaluators are secured. Those interested should sign up using the sign-up form on the website by February 1, 2023. Please see the USA Swimming website for additional information on national evaluation eligibility and certification requirements.

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.



2023 NCSA SWIMMING CHAMPIONSHIPS

Order of Events
Orlando, FL
March 14-18, 2023

Tuesday March 14	Wednesday March 15	Thursday March 16	Friday March 17	Saturday March 18
Prelims Warm-Up: 6:00-8:20 Start: 8:30 3. W 100 Freestyle 4. M 100 Freestyle 5. W 200 Backstroke 6. M 200 Backstroke 7. W 50 Butterfly 8. M 50 Butterfly 9. W 4x50 MR 10. M 4x50 MR 1. W 1650 Freestyle 2. M 1000 Freestyle	Prelims Warm-Up: 6:00-8:20 Start: 8:30 11. W 200 Freestyle 12. M 400 IM 13. W 100 Breaststroke 14. M 100 Breaststroke 15. W 200 Butterfly 16. M 100 Backstroke 17. W 4x50 FR 18. M 4x200 FR	Prelims Warm-Up: 6:00-8:20 Start: 8:30 19. W 400 IM 20. M 200 Freestyle 21. W 50 Breaststroke 22. M 50 Breaststroke 23. W 100 Backstroke 24. M 200 Butterfly 25. W 4x200 FR 26. M 4x50 FR	Prelims Warm-Up: 6:00-8:20 Start: 8:30 27. W 500 Free 28. M 500 Free 29. W 100 Butterfly 30. M 100 Butterfly 31. W 200 Breaststroke 32. M 200 Breaststroke 33. W 4x100 FR 34. M 4x 100 FR	Prelims Warm-Up: 6:00-8:20 Start: 8:30 35. W 50 Backstroke 36. M 50 Backstroke 39. W 200 IM 40. M 200 IM 41. W 50 Freestyle 42. M 50 Freestyle 43. W 4x100 MR 44. M 4x100 MR 37. W 1000 Freestyle 38. M 1650 Freestyle
Finals Warm-Up: 4:30-5:20 Start: 5:30 1. W 1650 Freestyle 2. M 1000 Freestyle 3. W 100 Freestyle 4. M 100 Freestyle 5. W 200 Backstroke 6. M 200 Backstroke 7. W 50 Butterfly 8. M 50 Butterfly 9. W 4 x 50 MR 10. M 4 x 50 MR	Finals Warm-Up: 4:30-5:20 Start: 5:30 11. W 200 Freestyle 12. M 400 IM 13. W 100 Breaststroke 14. M 100 Breaststroke 15. W 200 Butterfly 16. M 100 Backstroke 17. W 4x50 FR 18. M 4x200 FR	Finals Warm-Up: 4:30-5:20 Start: 5:30 19. W 400 IM 20. M 200 Freestyle 21. W 50 Breaststroke 22. M 50 Breaststroke 23. W 100 Backstroke 24. M 200 Butterfly 25. W 4x200 FR 26. M 4x50 FR	Finals Warm-Up: 4:30-5:20 Start: 5:30 27. W 500 Freestyle 28. M 500 Freestyle 29. W 100 Butterfly 30. M 100 Butterfly 31. W 200 Breaststroke 32. M 200 Breaststroke 33. W 4x100 FR 34. M 4x 100 FR	Finals Warm-Up: 4:30-5:20 Start: 5:30 35. W 50 Backstroke 36. M 50 Backstroke 37. W 1000 Freestyle 38. M 1650 Freestyle 39. W 200 IM 40. M 200 IM 41. W 50 Freestyle 42. M 50 Freestyle 43. W 4x100 MR 44. M 4x100 MR

E-Final, D-Final, Bonus, Consolation, and Championship Finals for all individual events, except the Women's & Men's 1000 Free and 1650 Free, and all relays conducted as timed finals. The E final will be limited to the top swimmers, 16 years of age or younger, that do not qualify for the A, B, C, or D Final. The top heat of the 1000 and 1650, as well as the top 3 heats of relays, will swim in finals. For the 1000 and 1650, swimmers must provide for their own timer and counter.

Relay cards will be due 30 minutes after the start of each session.



2023 NCSA SWIMMING CHAMPIONSHIPS

TIME STANDARDS

Orlando, FL
March 14-18, 2023

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
<i>100 Back Qualifying Times</i>			50 BACK	<i>100 Back Qualifying Times</i>		
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
<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>		
57.29	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
<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	4:01.99	4:08.89