



2024 NCSA Age Group Swimming Championships

*Meet Announcement
Orlando, FL
March 27-30, 2024*

ncsaswimming.org

2024 NCSA AGE GROUP SWIMMING CHAMPIONSHIPS

Rosen Aquatic and Fitness Center – Orlando, FL

March 27-30, 2024

SANCTIONED BY: Florida Swimming # FL-6650

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

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

RESERVATION & CLUB ELIGIBILITY ADMINISTRATOR: Kevin Milak, kevinmilak@gmail.com; (832)233-0234

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

MEET REFEREE: Dave Olack, daolack@yahoo.com, (980) 406-9509

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

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

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.

MEET FORMAT

Preliminary and Finals with Bonus, Consolation, and Championship heats for all individual events except the 12 & Under 400 IM and 500 Free, and the 13-14 400 IM, 500 Free, and 1650 Free which are Timed Final. All relays are Timed Final.

COMPETITION COURSE

The competition pool is a 50m pool that can accommodate two (2) 25-yard competition courses, each course having eight (8) lanes. The facility is equipped with Colorado Timing Systems and a digital scoreboard. A 25-yard x 8 lane diving well will also be available during the competition. Host will work with facility to ensure the required course dimensions are valid.

ELIGIBILITY

This meet is open to USA Swimming registered teams and premium or outreach registered athletes 14 years of age or 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.

QUALIFYING TIMES

Times must be achieved between January 1, 2023, and March 17, 2024, dates inclusive. This meet will compete in Short Course Yards (SCY) with all prelim and timed final events seeded with SCY qualifying times seeded first followed by Long Course (LCM) 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 proven in the USA Swimming SWIMS database may be subject to a \$100 per swim fine by NCSA, the swimmer or relay will be scratched from the event, and the team may be removed from their current tier status for future NCSA meets.

13-14 swimmers may qualify for the 1650 Freestyle events with either the 800, 1500, 1000, or 1650 freestyle time standard. Swimmers entering with alternate distance standards will be seeded last.

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.

Qualifying Times	Bonus Events
1	5
2	4
3	3
4	2
5	1
6 or more	0
<i>Relay Only Swimmers</i>	2

ALL bonus swims must be in yard times and in events that are 200 yards or less with the exception of the 13-14 Bonus Standards events (see Page 11) and must be provable in the USA Swimming SWIMS database within the qualifying period.

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

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	Tue, Oct. 31, 2023 Fri, Nov. 3, 2023 Sun, Nov. 5, 2023	NOON 7:00 PM 11:59 PM
Tier Two: Begins Ends Registration payment due	Tue, Nov 7, 2023 When meet reaches cap 24 hours after acceptance	NOON -- --
Entries:		
OME Opens OME Closes	Mon, Feb. 26, 2024 Wed, Mar. 20, 2024	NOON NOON
Late Entries-see process below	Sun, Mar. 24, 2024	11:59 PM
Virtual General Meeting Link will be provided	Mon, Mar. 25, 2024	6:00 PM
Scratch deadline for Wednesday's events	Tue, March 26, 2024	NOON
Scratch deadline for Thursday, Friday, and Saturday's events (including positive check-in for distance freestyle events)	Night before the scheduled events	30 minutes after the final session begins

ENTRY INTO THE MEET

ATHLETE RESERVATIONS

Due to the tremendous interest in this meet, 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. The meet will be capped at 900 swimmers. Reservation fee is the \$70 NCSA Membership fee per athlete.

Tier One

Athlete Registration - for teams that attended the 2023 Age Group 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.

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 submitted 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 if applicable. 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 by emailing the Entry Coordinator listed above. 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 - \$4.00 per event

Relays - \$8.00 per relay team

Late entry fees (new cuts made 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 and not paid through the OME system. You will be emailed an invoice that must 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 \$25 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 \$70

Preliminary session \$10

Final session \$10

Children 10 & Under Free

All Session Box \$2,000 See information below

No heat sheets will be distributed. Heat sheets will be available on the NCSA website and the Meet Mobile app.

BOX SEATS: Reserved 8 seat box with chairs alongside the championship course. Seating will be on risers for unobstructed viewing. You will not have to get to the meet early to find a seat!

Cost: \$2,000 for the entire meet

No heat sheets will be distributed. Heat sheets will be available on the NCSA website and the Meet Mobile app.

To reserve your box seat, email the Meet Director above. Those who reserved a box in 2023 will have the first opportunity to reserve their box for 2024 but the request must be received by the meet director by December 31, 2023.

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 and posted on the NCSA website. 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 or SCY for short course yards. 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 all relays, 12 & Under 400 IM and 500 Free, and 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.
- All applicable 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 the 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 fine of \$100 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. On the last day of finals, if a no show occurs, a \$200 fine shall be assessed.

DISTANCE EVENTS & POSITIVE CHECK IN

- 12 & Under 500 Free and 400 IM, and the 13-14 400 IM and 500 Free, will be swum as timed final events with the fastest eight (8) positively checked in swimmers competing in the final session. The remaining heats will be swum in the prelim session slow to fast. There is no AM/PM option. Positive check in is required to compete in these events.
- The 13-14 1650 Free will also be a timed final event with the fastest eight (8) positively checked in swimmers competing in the final session. The remaining heats for the 1650 will be seeded and swum fast to slow at the conclusion of prelims. There is no AM/PM option. Swimmers must provide their own timers and counters. Positive check is required to compete in the event.

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 provable 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 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 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 slow to fast with the fastest 16 competing in the final session. There is no AM/PM option.

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 may be subject to a \$200 fine by NCSA and the team may 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 credentials be display and/or deny deck access if the coach does not comply or credential 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 Age Group Championship Medals 1-8; Relay Medals 1-8.
Team Awards – Female/Male/Combined

SCORING

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 provided 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/membership to the meet referee or designee at the time of check in to receive their deck credentials. The official mobile app of USA Swimming is acceptable proof of certification/membership. 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 March 1, 2024. 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.

2024 NCSA AGE GROUP SWIMMING CHAMPIONSHIPS

Order of Events

Wednesday March 27	Thursday March 28	Friday March 29	Saturday March 30
Prelims Warm-Up: 6:30-8:20 Start: 8:30	Prelims Warm-Up: 6:30-8:20 Start: 8:30	Prelims Warm-Up: 6:30-8:20 Start: 8:30	Prelims Warm-Up: 6:30-8:20 Start: 8:30
1. G 12&U 100 Free 2. B 12&U 100 Free 3. G 13-14 100 Free 4. B 13-14 100 Free 5. G 12&U 50 Back 6. B 12&U 50 Back 7. G 13-14 100 Back 8. B 13-14 100 Back 9. G 12&U 100 Breast 10. B 12&U 100 Breast 11. G 13-14 200 Breast 12. B 13-14 200 Breast 13. G 12&U 400 IM 14. B 12&U 400 IM 15. G 13-14 200 Fly 16. B 13-14 200 Fly 17. G 12&U 200 MR 18. B 12&U 200 MR 19. G 13-14 400 MR 20. B 13-14 400 MR	21. G 12&U 200 Free 22. B 12&U 200 Free 23. G 13-14 500 Free 24. B 13-14 500 Free 25. G 12&U 50 Breast 26. B 12&U 50 Breast 27. G 13-14 100 Breast 28. B 13-14 100 Breast 29. G 12&U 100 Back 30. B 12&U 100 Back 31. G 13-14 200 Back 32. B 13-14 200 Back 33. G 12&U 200 Fly 34. B 12&U 200 Fly 35. G 13-14 50 Fly 36. B 13-14 50 Fly 37. G 12&U 200 FR 38. B 12&U 200 FR 39. G 13-14 400 FR 40. B 13-14 400 FR	41. G 12&U 500 Free 42. B 12&U 500 Free 43. G 13-14 200 Free 44. B 13-14 200 Free 45. G 12&U 200 Breast 46. B 12&U 200 Breast 47. G 13-14 100 Fly 48. B 13-14 100 Fly 49. G 12&U 50 Fly 50. B 12&U 50 Fly 51. G 13-14 50 Back 52. B 13-14 50 Back 53. G 12&U 200 IM 54. B 12&U 200 IM 55. G 13-14 400 IM 56. B 13-14 400 IM 57. G 12&U 400 FR 58. B 12&U 400 FR 59. G 13-14 200 FR 60. B 13-14 200 FR	63. G 12&U 100 IM 64. B 12&U 100 IM 65. G 13-14 200 IM 66. B 13-14 200 IM 67. G 12&U 100 Fly 68. B 12&U 100 Fly 69. G 13-14 50 Breast 70. B 13-14 50 Breast 71. G 12&U 200 Back 72. B 12&U 200 Back 73. G 13-14 50 Free 74. B 13-14 50 Free 75. G 12&U 50 Free 76. B 12&U 50 Free 77. G 13-14 200 MR 78. B 13-14 200 MR 79. G 12&U 400 MR 80. B 12&U 400 MR 61. G 13-14 1650 Free 62. B 13-14 1650 Free
Finals – In numerical order Warm-Up: 3:30-5:00 Start: 5:00	Finals – In numerical order Warm-Up: 3:30-5:00 Start: 5:00	Finals – In numerical order Warm-Up: 3:30-5:00 Start: 5:00	Finals – In numerical order Warm-Up: 3:30-5:00 Start: 5:00

Bonus, Consolation, and Championship Finals for all 12 & Under & 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 finals.

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

2024 NCSA AGE GROUP SWIMMING CHAMPIONSHIPS

TIME STANDARDS

GIRLS				EVENT DESCRIPTION	BOYS			
11 & Under		12-Year-Old			11 & Under		12-Year-Old	
SCY	LCM	SCY	LCM		SCY	LCM	SCY	LCM
:28.19	:31.99	:26.99	:30.69	50 Free	:27.19	:31.09	:25.99	:29.79
1:00.49	1:09.89	:57.79	1:06.79	100 Free	:59.29	1:07.49	:56.69	1:04.59
2:12.39	2:30.99	2:06.69	2:24.39	200 Free	2:09.19	2:26.99	2:03.49	2:20.59
5:52.59	5:15.39	5:37.29	5:01.69	400/500 Free	5:47.49	5:08.49	5:32.39	4:55.09
:31.89	:36.89	:30.49	:35.29	50 Back	:31.59	:36.29	:30.09	:34.59
1:09.29	1:19.39	1:05.89	1:15.49	100 Back	1:07.49	1:18.49	1:04.19	1:14.69
2:27.39	2:50.59	2:20.99	2:43.19	200 Back	2:23.99	2:46.59	2:17.79	2:39.29
:35.89	:40.39	:34.29	:38.59	50 Breast	:35.19	:40.09	:33.39	:38.09
1:18.09	1:29.69	1:14.59	1:25.59	100 Breast	1:15.79	1:27.59	1:12.19	1:23.49
2:49.09	3:12.69	2:41.69	3:04.29	200 Breast	2:42.39	3:08.89	2:35.29	3:00.69
:30.59	:34.29	:29.29	:32.79	50 Fly	:30.19	:34.09	:28.69	:32.39
1:08.99	1:17.99	1:05.59	1:14.09	100 Fly	1:07.09	1:16.39	1:03.69	1:12.49
2:29.79	2:51.79	2:23.29	2:44.29	200 Fly	2:26.29	2:46.39	2:19.89	2:39.09
1:10.09		1:06.99		100 IM	1:08.09		1:05.09	
2:29.89	2:51.19	2:23.39	2:43.79	200 IM	2:26.99	2:48.09	2:20.19	2:40.29
5:19.19	6:04.59	5:05.29	5:48.69	400 IM	5:12.19	5:56.09	4:58.69	5:40.59
		1:57.49	2:13.49	200 Fr. R			1:53.49	2:09.89
		4:12.29	4:51.49	400 Fr. R			4:07.49	4:41.89
		2:11.99	2:29.69	200 M. R.			2:09.99	2:28.29
		4:49.89	5:31.79	400 M. R.			4:42.49	5:24.89

2024 NCSA AGE GROUP SWIMMING CHAMPIONSHIPS

TIME STANDARDS (Continued)

GIRLS				EVENT DESCRIPTION	BOYS			
13-Year-Old		14-Year-Old			13-Year-Old		14-Year-Old	
SCY	LCM	SCY	LCM		SCY	LCM	SCY	LCM
:26.49	:30.39	:25.59	:29.29	50 Free	:24.59	:27.99	:23.59	:26.89
:57.39	1:05.49	:55.39	1:03.19	100 Free	:54.19	1:02.29	:51.49	:59.29
2:05.39	2:22.79	1:59.79	2:16.49	200 Free	1:58.09	2:15.59	1:52.99	2:09.69
5:38.29	5:01.79	5:23.49	4:48.69	400/500 Free	5:19.99	4:50.09	5:05.99	4:37.49
11:37.29	10:20.99	11:06.99	9:53.99	800/1000 Free	11:01.39	10:03.19	10:32.69	9:36.89
19:21.69	19:48.09	18:31.19	18:56.49	1500/1650 Free	18:27.59	19:05.89	17:39.39	18:16.09
Must have 100 back standards				50 Back	Must have 100 back standards			
1:04.29	1:13.99	1:01.49	1:10.79	100 Back	1:00.39	1:09.89	:57.79	1:06.79
2:18.29	2:39.69	2:12.29	2:31.79	200 Back	2:10.09	2:30.29	2:04.49	2:23.79
Must have 100 breast standards				50 Breast	Must have 100 breast standards			
1:13.49	1:24.49	1:10.29	1:20.79	100 Breast	1:07.89	1:17.89	1:04.89	1:14.59
2:39.39	3:02.89	2:32.39	2:54.89	200 Breast	2:28.29	2:52.09	2:21.79	2:44.59
Must have 100 fly standards				50 Fly	Must have 100 breast standards			
1:03.89	1:12.39	1:01.09	1:09.19	100 Fly	:59.29	1:07.49	:56.79	1:04.59
2:21.69	2:38.79	2:15.49	2:31.89	200 Fly	2:11.69	2:29.99	2:05.99	2:23.49
2:21.39	2:42.99	2:15.29	2:35.99	200 IM	2:12.99	2:33.69	2:07.19	2:26.99
5:02.69	5:45.39	4:49.59	5:30.39	400 IM	4:43.39	5:26.19	4:31.09	5:11.99
		1:52.69	2:08.69	200 Fr. R.			1:43.89	1:57.89
		4:04.69	4:38.69	400 Fr. R.			3:47.49	4:21.09
Must have 400 M. R. standards				200 M. R.	Must have 400 M. R. standards			
		4:31.39	5:10.49	400 M. R.			4:12.59	4:49.79

2024 NCSA AGE GROUP SWIMMING CHAMPIONSHIPS

13-14 BONUS STANDARDS - YARDS ONLY

Girls	Event	Boys
N/A	50 Free	N/A
59.39	100 Free	55.99
2:09.39	200 Free	2:04.99
1:05.89	100 Back	1:04.99
2:19.99	200 Back	2:15.99
1:20.99	100 Breast	1:14.89
2:46.99	200 Breast	2:39.99
1:07.09	100 Fly	1:06.29
2:25.49	200 Fly	2:15.99
2:22.99	200 IM	2:17.19

Entry Notes:

1. Bonus Swims
 - a. Swimmers are eligible for bonus events. See the chart above for details AND time standards for 13–14-year-olds. All bonuses must be entered in yard times only.
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.
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 distances of that stroke OR swimmers may enter the event as a bonus event with a 100 time in that stroke provable in the USA Swimming SWIMS database.
 - b. Teams may enter the 13-14 200 Medley Relay only if they have the qualifying time for the 400 Medley relay.