



2025 NCAP Elite Qualifier

June 26- 29, 2025

Sanction VSI # VS-25-103

Sanctioned by USA Swimming
through Virginia Swimming



MEET DIRECTORS		MEET REFEREE	ENTRY COORDINATOR
Karyn McCannon kmccannon@nationscapitalswimming.com Tom Ugast tugast@nationscapitalswimming.com		Rich McMillen Padre1993@gmail.com	Karyn McCannon kmccannon@nationscapitalswimming.com Officials Signup
SANCTION	<ul style="list-style-type: none">Held under the sanction of USA Swimming through Virginia Swimming: Virginia Swimming, Inc.: VS-25-103.In granting this sanction it is understood and agreed that USA Swimming, Virginia Swimming, Nation's Capital Swimming, and the Jeff Rouse Swim and Sport Center shall be held free and harmless from any and all liabilities or claims for damages arising by reason of injuries to anyone during the conduct of this event.In applying for this sanction, the Host, Nation's Capital Swimming, agrees to comply and to enforce all health and safety mandates and guidelines of USA Swimming, Virginia Swimming, the Commonwealth of Virginia and Prince William County.		
FACILITY	<p style="text-align: center;">Jeff Rouse Swim and Sport Center 1600 Mine Road Stafford, VA 22554 (540) 318-6332</p> <ul style="list-style-type: none">The competition pool at Jeff Rouse Swim and Sport Center is 50m x 25yd with a movable bulkhead. Competition will be held in 8 lanes, 50 meters.Water depth range of 12'6" at the starting end and 6'7" at the turning end.The competition course has been certified in accordance with current <i>USA Swimming Rules and Regulations</i>, Article 104.2.2(C). The copy of such certification is on file with USA Swimming.A separate 25 yd pool with limited space will be available throughout the meet for continuous warm-up.No food of any kind is allowed on the pool deck. Only water and/or Gatorade are permitted on the pool deck.Due to limited pool deck space, Officials, USA Swimming Registered Coaches and Swimmers and meet volunteers only will be permitted on the pool deck.No Deck chairs allowed for Athletes.		
ENTRY DEADLINE	<p style="text-align: center;">Monday June 16, 2025 at 5:00pm</p> <p>IMPORTANT: The above date is the deadline for clubs to submit their entries to the Meet Director. Therefore, clubs usually set an earlier deadline to receive entries from their swimmers. Check with your club for this information.</p>		

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SCHEDULE	<p>Thurs- Distance Session Warmups: 4:00-4:50pm Events at 5:00pm</p> <p>Fri, Sat, Sun- OPEN Prelims Warmups: 6:30-8:00 am Events at 8:10 am</p> <p>Fri, Sat, Sun- OPEN FINALS Warmups: 3:45-4:50 pm Events at 5:00 pm</p> <p>Fri, Sat, Sun- 11& Over Timed Finals Warmups: 11:00-12:00pm Events at 12:10 pm</p> <ul style="list-style-type: none"> **Anticipate the Timed Finals sessions warm up beginning immediately after Prelims ends, with one hour of warm up time. Anticipate Finals warmups starting 30 mins after Afternoon Session. Final information will be sent out NLT June 18th.
ELIGIBILITY	<ul style="list-style-type: none"> Open to all USA Swimming athletes from invited teams who meet the established NST Qualifying Times. Email the ENTRY COORDINATOR Karyn McCannon (kmccannon@nationscapitalswimming.com) for an Invitation. The Qualifying Time Period is September 1, 2023 thru the entry deadline. No swimmer will be permitted to compete in the meet unless the swimmer is registered as an athlete member of <i>USA Swimming as provided in USA Swimming Rules and Regulations</i> Article 302. Swimmers may only participate in their own age group, based upon their age on the first day of the meet.
DISABILITY SWIMMERS	<ul style="list-style-type: none"> Athletes with a disability are welcome and are asked to provide advance written notice of desired accommodations/modifications to the Meet Director and Meet Referee. The athlete (or athlete's coach) is also responsible for notifying the session Referee of any disability prior to the competition using the Disability Accommodation Form.
ATHLETES WITH A SERIOUS MEDICAL CONDITION	<ul style="list-style-type: none"> The swimmer (or the swimmer's coach) is responsible for notifying the Meet Referee, prior to the competition, of the medical condition that is potentially life-threatening while swimming and of any requested accommodations. Early notice (e.g. concurrent with the meet entry) is encouraged to allow for any needed planning or logistical support. This provision does not apply to medical conditions that are not life-threatening while swimming including injuries that limit range of motion. The swimmer/coach shall provide a Personal Assistant(s) as needed
TIMING SYSTEM	<ul style="list-style-type: none"> Automatic timing (touchpads primary) will be used.
RULES	<ul style="list-style-type: none"> Current USA Swimming rules shall govern this meet. All adults participating in or associated with this meet acknowledge that they are subject to the provisions of the USA Swimming Minor Athlete Abuse Prevention Policy ("MAAPP"), and that they understand that compliance with MAAPP is a condition of participation in the conduct of this competition. No on-deck USA Swimming registration is permitted. In compliance with <i>USA Swimming Rules and Regulations</i>, the use of audio or visual recording devices, including a cell phone is not permitted in the changing areas, rest rooms or locker rooms. Per PVS policy, the use of equipment capable of taking pictures (e.g., cell phones, cameras, etc.) is banned from behind the starting blocks during the entire meet, including warm up, competition and cool down periods. Deck changes are prohibited. 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. When unaccompanied by a member-coach, it is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement. Operation of a drone or any other flying devices 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.

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	<ul style="list-style-type: none">• Dive-over starts will be used for all preliminary and timed final events.• Entries will be processed in the order they are received to conform with the 4-hour provision per Rule 205.3.1F for sessions that include 12 & U events.
EVENT RULES	<ul style="list-style-type: none">• Contestants may enter a maximum of seven (7) individual events with no more than three (3) Individual events per day.• The host team may enter additional swimmers who do not meet the qualifying times to help with meet volunteer work force.• 11&Over: 50s of stroke (Butterfly, Backstroke, Breaststroke) should be entered with the 100 DISTANCE ENTRY TIME• 800 FR and 1500 FR will have no more than 3 heats of each event, unless additional time is available. Athletes may select only ONE (1) event of either the 800 or 1500.• The 400 Free and 400 IM may also have limited heats depending on timelines. Athletes will be offered an alternate event choice if their distance swim is removed, no later than 6/18.• Swimmers must provide their own timer for the 400 Free, 400 IM, 800 Free, and 1500 Free and their own counter (if desired) for the 800 Free and 1500 Free.• All Open individual events 50 and 100 meter on Friday, Saturday, and Sunday are Prelims and Finals, with a "C", "B" final and "A" final heat. Events 200 will have a "B" and "A" Final.• The Open 400 Free, 400 IM will swim as a Prelim/Final event and will swim fastest to slowest, alternating women and men. One heat, the "A" final, in each gender will swim at night.• All 11&Over events are TIMED FINALS.• LCM times will be the conforming times for this meet. SCY times will be seeded after LCM times.• All swimmers may only enter one (1) session per day. (Prelim session OR Timed Final session)• One heat in Finals for 50, 100 and 200 meter events may have a protected 14&under heat to be determined after entries are submitted, NLT June 18th.
BONUS EVENTS	<ul style="list-style-type: none">• Swimmers in all sessions are allowed 1 bonus entry, not to exceed the max 7 entries allowed for the meet.• NO BONUS ENTRIES ARE PERMITTED IN THE 400 IM or 400 FREE, 800 FREE or 1500 FREE.• Additional bonus events may be allowed once entries are complete if space allows.
POSITIVE CHECK IN	<ul style="list-style-type: none">• Distance events (400 FREE, 400 IM, 800 FR, 1500 FR) will be positive check in.• 200 distance events may be positive check in, depending on entry numbers, TDB NLT 6/24.• For those events requiring positive check-in, athletes shall designate their intention to swim the event on the forms provided at the scratch table. Athletes who have not checked-in prior to the specified time will not be seeded into the event. Athletes who have checked-in, have been seeded, and fail to swim the event will be barred from their next scheduled individual event, unless excused by the Meet Referee.
WARM-UP	<ul style="list-style-type: none">• The prescribed VSI warm-up procedures and safety policies will be followed.
MEET SAFETY OFFICER	<ul style="list-style-type: none">• MEET SAFETY OFFICER: TOM UGAST• Email: tugast@nationscapitalswimming.com, Phone (202) 669-3982
SUPERVISION	<ul style="list-style-type: none">• Coaches are responsible for ensuring that their team areas are clean of any debris at the conclusion of each meet session.
SEEDING	<ul style="list-style-type: none">• The 800 FREE and 1500 FREE are Timed Finals and will swim fastest to slowest, swimming as a mixed event. Heats of the 800 will alternate with the 1500. The 400 IM and 400 Free prelim heats will also swim fast to slow, alternating women then men.

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	<ul style="list-style-type: none">Timed Final events in the afternoon sessions will swim slow to fast, with the exception of the 400 FR and 400 IM, which will swim fast to slow, alternating women then men.
WITHDRAWING FROM FINALS	<ul style="list-style-type: none">If you do not wish to swim in the Final, you may "Scratch" from the event by following the proper procedure: You must fill out and sign a Scratch Slip within 30 minutes of the announcement of qualifiers for "A", "B", and/or "C" finals.You may declare an "Intent to Scratch". You must fill out and sign a Scratch Slip within 30 minutes of the announcement of qualifiers, marking the appropriate space for "intent." You must "confirm" this intent on the Scratch Slip within 30 minutes after the conclusion of your last preliminary event of the day or you will be automatically seeded into the event.If an athlete fails to properly scratch from an event and does not appear for the Final event, he/she shall be barred from further competition for the remainder of the meet.
PROGRAMS	<ul style="list-style-type: none">Hard Copy Programs for parents and spectators will NOT be available for sale. Programs for the entire meet will be available on MEET MOBILE.
CREDENTIALS	<ul style="list-style-type: none">Parents not working the meet as a deck official, volunteer timer or other position are not permitted on deck. Only athletes, USA Swimming certified coaches, and deck officials will be permitted on deck. Coaches and Officials should have proof of active USA Swimming memberships with them at all times.
AWARDS	<ul style="list-style-type: none">No awards will be presented for this meet.
SPECTATOR ENTRY FEE	<ul style="list-style-type: none">There is no Spectator entry fee.The Jeff Rouse Swim and Sport Center Concessions Stand will be open during the meet.
MEDICAL ASSISTANCE	<ul style="list-style-type: none">Medical assistance will be provided by the facility staff. If you require medical assistance, please notify a facility lifeguard or a member of the meet staff.
OFFICIALS	<ul style="list-style-type: none">All certified officials wishing to volunteer for this meet should fill out the Officials Sign Up prior to June 6, 2025. If there are any questions, issues accessing the application, or officials wishing to volunteer after June 6th should contact the Meet Referee, Rich McMillen (padre1993@gmail.com).Officials volunteering for this meet should sign in at the recording table prior to the start of warm-ups. Certified officials who have not previously volunteered should contact the referee upon arrival to make their services available. A comprehensive officials briefing will precede each session during warm-ups.
TIMERS	<ul style="list-style-type: none">Clubs and sites will be required to provide timers in proportion to the number of swimmers they have entered in each session.Timer assignments will be determined before the meet and will be posted online at nationscapitalswimming.com and emailed to all participating clubs.
ENTRY PROCEDURES	<ul style="list-style-type: none">Entries should be submitted by email to the ENTRY COORDINATOR Karyn McCannon (kmccannon@nationscapitalswimming.com).Long Course entry times are considered conforming times for this meet and will be seeded ahead of SC entry times. Entry Times must be achieved no earlier than September 1, 2023.Include in the subject of the email, "2025 NCAP Elite Qualifier - ****" with the club's initials in place of the asterisks. If your club submits multiple entry files include training site in the subject of the email.Include in entry email: entry file, report of entries by name, report of entries by event.In the body of your email provide entry numbers (girls, boys, totals), contact information (email, phone, officials contact).Entries directly from individual team members will not be accepted.Entries by phone or fax will not be accepted.

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	<ul style="list-style-type: none">The Meet Director will acknowledge receipt by return email within 24 hours. If acknowledgement is not received in a timely manner, please contact the Meet Director.No late/deck entries are permitted for this meet. Absolutely NO "NT" entries will be accepted, including bonus entries.TEAMS SENDING ENTRIES FROM TEAM UNIFY are requested to include a PDF copy of entries to confirm bonus events, as TU removes that designation before importing into Hy-Tek. (Please send report by Athlete Name).Any club that enters an unregistered or improperly registered athlete, falsifies an entry in any way, or permits an unregistered coach to represent them will be fined the sum of \$100 by VSI and no further entries will be accepted from that club until the said fine is paid.
ENTRY FEES	<div>Individual Event fee: \$16.00 Athlete Surcharge: \$4.00</div> <ul style="list-style-type: none">Make checks payable to Nation's Capital Swimming (NCAP). Checks may be mailed to: Nation's Capital Swimming Attn: Karyn McCannon 8101 Wolftrap Rd Vienna VA 22182

THURSDAY JUNE 26 @ Jeff Rouse

Warmups: 4:00-4:50 pm Events at 5:00 pm

Positive Check In closes 30 minutes after the start of warm-ups

MIXED EV #	GIRLS NST SCY	GIRLS NST LCM	EVENT	BOYS NST SCY	BOYS NST LCM	
1	10:38.99	9:29.99	Open 800 Freestyle Will swim as mixed event	9:59.49	8:58.39	
2	17:49.39	18:16.79	Open 1500 Freestyle Will swim as mixed event	16:43.99	17:18.99	

EVENTS FOR OPEN PRELIMS/FINALS EVENTS

FRIDAY June 27 @ Jeff Rouse

Warmups: 6:30-8:00 am Events at 8:10 am

Positive Check In closes at 7:30am

GIRLS EVENT #	NST SCY	NST LCM	EVENT	NST SCY	NST LCM	BOYS EVENT #
3	1:56.69	2:12.09	Open 200 Freestyle	1:47.19	2:02.29	4
5	1:09.59	1:19.19	Open 100 Breaststroke	1:02.29	1:11.49	6
7	59.79	1:07.29	Open 100 Butterfly	53.89	1:01.19	8
9	4:38.39	5:20.49	Open 400 IM	4:15.09	4:49.89	10

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SATURDAY June 28 @ Jeff Rouse

Warmups: 6:30-8:00 am Events at 8:10 am

Positive Check In closes at 7:30am

GIRLS EVENT #	NST SCY	NST LCM	EVENT	NST SCY	NST LCM	BOYS EVENT #
11	2:14.19	2:31.29	Open 200 Butterfly	2:02.29	2:17.29	12
13	25.09	28.49	Open 50 Freestyle	22.59	25.69	14
15	1:00.19	1:08.64	Open 100 Backstroke	54.99	1:03.39	16
17	5:08.79	4:37.69	Open 400 Freestyle	4:47.39	4:17.59	18

SUNDAY June 29 @ Jeff Rouse

Warmups: 6:30-8:00 am Events at 8:10 am

Positive Check In closes at 7:30am

GIRLS EVENT #	NST SCY	NST LCM	EVENT	NST SCY	NST LCM	BOYS EVENT #
19	2:12.39	2:30.49	Open 200 IM	2:00.69	2:18.29	20
21	2:10.59	2:27.99	Open 200 Backstroke	2:00.19	2:17.29	22
23	2:30.69	2:49.79	Open 200 Breaststroke	2:16.19	2:34.99	24
25	54.09	1:01.29	Open 100 Freestyle	48.89	55.89	26

TIMED FINAL EVENTS

FRIDAY June 27 @ Jeff Rouse

Warm-up 11:00-12:00 p.m. Events at 12:10 p.m.

All events are MIXED Timed Finals

Positive Check In closes 30 minutes after the start of warm-ups

EVENT #	GIRLS NST SCY	GIRLS NST LCM	EVENT	BOYS NST SCY	BOYS NST LCM
101	2:04.09	2:20.49	11&over 200 Freestyle	1:56.99	2:14.99
102	1:14.49	1:26.59	11& Over 100 Breaststroke	1:09.79	1:23.39
103	1:04.99**	1:15.49**	11&Over 50 Backstroke	1:02.19**	1:13.79**
104	1:04.59	1:13.99	11&Over 100 Butterfly	1:00.99	1:10.49
105	4:59.59	5:48.49	11&Over 400 IM	4:35.29	5:24.59

For Timed Final Events ONLY: In 11&Over events, events will be swum combined age groups, but will be separated 11-12 and 13&Over for results purposes.

****Enter 50s of stroke with 100 entry time****

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TIMED FINAL EVENTS

SATURDAY June 28 @ Jeff Rouse

Warm-up 11:00-12:00 p.m. Events at 12:10 p.m.

All events are MIXED Timed Finals

Positive Check In closes 30 minutes after the start of warm-ups

EVENT #	GIRLS NST SCY	GIRLS NST LCM	EVENT	BOYS NST SCY	BOYS NST LCM
106	2:27.99	2:56.69	11& Over 200 Butterfly	2:17.99	2:47.09
107	26.39	30.59	11& Over 50 Freestyle	24.89	28.69
108	2:39.99	3:08.69	11&over 200 Breaststroke	2:31.39	2:59.09
109	1:04.99	1:15.99	11&Over 100 Backstroke	1:02.19	1:13.79
110	5:27.99	4:56.59	11&Over 400 Freestyle	5:02.99	4:35.49

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SUNDAY June 29 @ Jeff Rouse

Warm-up 11:00-12:00 p.m. Events at 12:10 p.m.

All events are MIXED Timed Finals

Positive Check In closes 30 minutes after the start of warm-ups

EVENT #	GIRLS NST SCY	GIRLS NST LCM	EVENT	BOYS NST SCY	BOYS NST LCM
111	2:17.99	2:44.09	11&over 200 Backstroke	2:11.99	2:35.99
112	1:04.59**	1:14.39**	11&Over 50 Butterfly	1:01.99**	1:10.49**
113	2:19.99	2:44.79	11&over 200 IM	2:12.49	2:37.69
114	1:14.49**	1:27.39**	11&Over 50 Breaststroke	1:09.79**	1:23.39**
115	57.69	1:05.79	11&Over 100 Freestyle	53.99	1:02.99

For Timed Final Events ONLY: In 11&Over events, events will be swum combined age groups, but will be separated 11-12 and 13&Over for results purposes.

****Enter 50s of stroke with 100 entry time****