



**Nations Capital Swimming Presents
The NCAP Invitational
December 8th thru 11th, 2016**



Sponsored by Nation's Capital Swim Club

Featuring "The Fran Crippen Memorial Mile" – (details below)

*Sanctioned by USA Swimming through Potomac Valley Swimming
Sanction # PVI – 17-34*

Meet Director: Brian Pawlowicz (703) 727-3994, bpawlowicz@nationscapitalswimming.com

Meet Referee: David Merkin, (240) 876-8559, David@merkinlawgroup.com

Club Official's Chair Ray Nash, RayNashDVCC@aol.com

Admin Referee: Pam Starke-Reed, pesreed@yahoo.com

Location: University of Maryland College Park Campus,
College Park, MD, 20740; ph. 301-266-4400
8 lane, 50 meter with separate warm up/cool down facility

- The competition course has not been certified in accordance with USA Swimming Rules and Regulations Article 104.2.2(C).
- Pool Depth(s) – The Finals Course is 8' to 10'6 deep across 8 lanes at the starting and turning end. The 2nd Course is 10'6 to 14'0 deep across 8 lanes at the starting and turning end. Seven lanes of continuous warm down will be available.
- Automatic Timing (touchpads primary) will be used for this meet.

NOTE: School will be in session on Thursday Afternoon & All Day Friday – Please park in the parking deck. NCAP and the University of Maryland Epley Recreation staff are not responsible for parking tickets issued during the meet.

Entries:

Entries will be accepted beginning Wednesday, October 12, 2016. The entry deadline is **7:00 PM, Tuesday, November 29, 2016**. Entries will be accepted on a first-come, first-served basis. It is anticipated that this event will be fully entered. There will be **NO time trials offered at the meet.**

Meet Updates / Changes from 2015:

- Please note different addresses for entry fees and entry files.
- Please note the grouping and pool assignments for the 12 & Under Sessions:
 - 11-12 Girls will be combined with 10 & Under Boys
 - 11-12 Boys will be combined with 10 & Under Girls
- All 1650 and 1000 Freestyle events will be limited to the fastest 64 entries (32 of each age group) for the 13-14 and Open combined age groups in both genders. 500 Freestyle and 400 IM's WILL BE limited, based on timelines. 13-14 and Open 200 yard events (Free, Fly, Back and Breast) WILL BE LIMITED, based on timelines- coaches will be notified of athletes who are outside the entry limit so alternate events can be selected.
- All Relays on Sunday will be swum during prelims.

NCAP Invitational - 2016



- This meet will be an Officials' Qualifying Meet, under the USA Swimming National Certification Program (QM_____). This year OQM evaluations will only be performed at the 13 & over sessions, Thursday night Distance, and finals sessions. We unfortunately will not be able to accommodate evaluation requests for the 12 & under sessions. Details on how to submit an application to officiate and a request for evaluation are in the Officials section below.

Parking: Deck Parking will be available for advance purchase beginning November 2, 2016. A link will be posted on the Potomac Valley Swimming, (<http://www.pvswim.org/schedule.html>), schedule page as well as the NCAP Home web site. (www.nationscapitalswimming.com). Cost of parking will be approximately \$10.00-\$12.00 per day.

Volunteers: The NCAP Invitational, has been the fastest meet on the East Coast for several years now. In order to maintain and enhance that experience for our athletes, we need your help to staff the meet. We provide food and drink for our volunteers as well, so please consider helping out! A volunteer link will be posted on the Potomac Valley Swimming, (<http://www.pvswim.org/schedule.html>), schedule page as well as the NCAP Home web site. (www.nationscapitalswimming.com), to sign up to help out the meet. This is a large event and all manner of volunteers are needed.

All teams are expected to provide timers in proportion to their entries – Visiting teams from out of town as well. Participating clubs will need to submit a list of timers, (with names) scheduled to volunteer per the following schedule”

- 1 – 25 splashes – 1 Timer per session
- 26- 50 Splashes – 2 Timers per session
- 51-75 Splashes – 3 Timers per session
- 76 – 100 Splashes – 4 Timers per session
- 101 – or more Splashes – 5 Timers per session

Hotel Information: Please see the last page of this announcement. Some hotels will have shuttle service to and from the pool. Contact hotels for further info.

Schedule:

<u>Thursday, December 8</u>	Distance Events Warm-up 3:30 to 4:30 PM Events 4:40 PM
<u>December 9, 10 & 11</u>	13-14/ Open Preliminary Sessions Friday, Saturday & Sunday: Warm-up: 7:15-8:25 AM Events 8:30am
<u>December 9, 10 & 11</u>	11-12 Preliminary /10 & Under Timed Final Sessions Friday: Warm-up 12:15-1:30 PM Events 1:35 PM Saturday & Sunday: Warmup: 1:00-1:55 Events 2:00pm
<u>December 9, 10 & 11</u>	Final Sessions Friday & Saturday Warm-up: 4:40-5:35PM Events 5:45pm Sunday: Warmup: 4:30-5:25PM Events: 5:30pm

- Two courses will be used during the Thursday session, 13 & over preliminary sessions and the 11-12 preliminary / 10 & under sessions. Athletes should consider this when selecting events.
- Session Start times **MAY BE** adjusted after entries are complete- timelines will be posted when available.

Awards: All Events for 9-10 and 11-12 age groups will receive medals for places 1-3 and ribbons for places 4-8. Events for 13-14 will receive ribbons for places 1-8. 12 & Under Relays will be ribbons for places 1-3 only. High point awards will be presented to first place boys and girls in each age group and the open category.

Eligibility: Open to all registered Potomac Valley athletes and invited USA Swimming athletes that meet the event qualifying times. Non PVS Clubs – Please contact the meet director for permission to enter. NCAP reserves the right to fill in events with its own club’s invited swimmers in the age group sessions, regardless of their seed times.

The Meet Director and the PVS Technical Committee reserve the right to limit events, heats, swimmers or adjust the format to conform with the 4- hour provision for sessions that include 12 & U events per Rule 205.3.1F.

Fran Crippen

Memorial Mile Events 3, 5, 138, and 139 are dedicated to Fran Crippen and the Fran Crippen Elevation Foundation, (www.francrippen.com) Awards will be given for the top 3 places in each event. A member of the Crippen Family may be in attendance to hand out awards. Additional donations will also be accepted for the foundation before and during the event. Please contact Brian Pawlowicz, (bpawlowicz@nationscapitalsswimming.com), for additional information.

Meet

Vendor: **Sport Fair**
5010 Lee Highway
Arlington VA 22207
703-524-9500
www.sportfairusa.com

Photographer: Skys the Limit Photography – ProVisuals - Nathan Chidester (704) 451-1410
www.skysthelimitvisuals.com

Swimming

World TV Swimming World TV will be on hand to webcast the event.

Meet

T-Shirt: **Ordering Information Coming Soon! Please check the NCAP web site, (www.nationscapitalsswimming.com), regularly for information.**

Concessions: Will be sold by the University of Maryland.

Rules: Current USA Swimming rules shall govern the Meet. Administrative conduct of the Meet will be consistent with National Championship provisions in Article 207.11.

- A contestant may participate in only his or her own age group events or in open events which are open to all ages. Contestants must have equaled or bettered the applicable qualifying times listed.
- A contestant may enter a maximum of seven (7) individual events and no more than three (3) individual events per day. Swimmers shall compete at the age attained on the first day of the meet.

- It may be necessary to limit entries in certain events due to time constraints. If an event(s) are filled before the entry deadline, and time allows, swimmers/coaches may be able to choose an alternate event if they have a proper qualifying time.
- Dive-over starts will be used at this meet at the preliminary sessions and distance session. Coaches are requested to review [Guidance for Dive-Over Starts for Coaches](#). Officials are requested to review [Protocol for Dive-Over Starts](#).
- **Swimmers must provide for their own timer and lap counter for the Distance Events on Thursday, December 8, Saturday December 10, (500 Free's) and Sunday morning and evening December 11 only.**
- College Swimmers – Be sure to un-attach from your NCAA team to keep your eligibility intact.
- In compliance with USA Swimming Rules and Regulations; the use of audio or visual recording devices, including a cell phone is not permitted in the changing areas, rest rooms or locker rooms. As per PVS policy; the use of equipment capable of taking pictures (i.e. cell phones, cameras, PDS's etc) are banned from behind the starting blocks during the entire meet, including warm up, competition and cool down periods.
- 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.
- Except where venue facilities require otherwise, changing into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and is prohibited.

Individual Events

- Entry times need to have been achieved since September 1, 2015.
- **NO entries with "NT", (No Time), will be accepted.**
- All 11 & over events are trials and finals except for the following which are timed finals:
 - 400 Relays, 1000 freestyle (13-14 & Open), 1650 freestyle (13-14 & Open), 11-12 200 strokes (fly, back and breast), the 11-12 500 freestyle, and the 11-12 400 IM.
- All 11-12 individual events will have one (1) heat in the finals sessions, except as noted above.
- All Open individual events will have a "C" final, "B" final and an "A" final heat except for the 400 IM's and the 500 Freestyles, where 2 heats will advance to finals.. The order is C – B – A. All 13-14 events will have a "B" final and an "A" final – except for the 400IM's and 500 Freestyle, where 1 heat will advance to finals. The B final will be swum first.
- "A" Final athletes may be paraded out of a ready room, depending on time constraints. Meet Director will make the call each day.
- All 10 & under events are timed finals and will be swum as part of the 12 & under preliminary session.
- 13-14 and Open distance events will be swum combined, age groups will be scored separately.
- 1000, 1650, 500 Free and 400 IM, as well as the 12 & Under 500 freestyle will be swum fastest to slowest.
- 13-14 and Open 400 IM's and 500 Freestyles may be limited to manage the timelines as well. Coaches should be prepared to select another event in case notified that the events are over subscribed.
- **Distance Events:**
 - Distance Events: Entries for the 500, 1000 and 1650 may be limited to keep manageable timelines on Thursday and Sunday. The top 32 fastest men and women (13-14 and Senior Open), entry times will be seeded. A psych sheet will be posted at www.nationscapitalswimming.com at the entry deadline for clubs to review with a final determination and notification from the meet director on the number of entries that will be

accepted. Clubs will be notified if their athletes do not make the cut and will be offered a chance select an alternate event, or receive a refund on the entry for that event.

- The fastest heat of the combined men's and women's 1000 freestyle will swim as the first event in finals on the final day of the meet. All other women's and men's 1000s will be swum at the conclusion of the preliminary session.
- All distance entries must be verified with the name & date of the meet where the qualifying time was achieved. This verification of entry times is to be provided with the entry. Entries failing to provide verification will not be accepted. Acceptable verification includes the Hy-Tek entry report.
- **Bonus Events:**
 - There will be no bonus events offered this year.
- All entry times requiring verification must be verified before 5:00 PM on Thursday, December 8th or they will be dropped from the meet.
- All swim-offs will be performed before the conclusion of the preliminary session they occur in.

Relay Events

- All relays 400 and longer require positive check-in.
- There is no limit on the number of relay entries per club. However, only two (2) relay teams per club per relay event may score, or swim in the top heat during finals.
- Verification of entry time must be provided for all relay entries with the entry, composite time is acceptable.
- Relay entries with "no time (NT)" will not be accepted.
- All relay entry times requiring verification must be verified before 5:00 PM on Thursday, December 8th or they will be dropped from the meet.
- Only the fastest heat of the 13-14 and Open 200 free relays will be swum during the finals session. All other heats will be swum at the conclusion of Friday's preliminary session.
- Only the fastest heat of the 13-14 and Open 400 medley relays will be swum during the finals session. All other heats will be swum at the conclusion of Saturday's preliminary session.
- All heats of the 13-14 and Open 400 free relays will be swum at the conclusion of Sunday's preliminary session (prior to the distance events).

Time Trials

There will be no time trials conducted at this event.

PVS Positive Check-in Policy

For those events requiring positive check-in, athletes (or coaches for relay events) 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 be scratched from 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 Referee. NCAP Meet Management reserves the right to positive check some or all of the events besides those listed here in order to manage the time line of the sessions.

PVS "Scratch" Policy

- PVS scratch rules apply for swimmers scratching finals.
- If you do not wish to swim in the Final, you may "scratch" from the event by following this procedure:
 - You must fill out and sign a PVS Finals Scratch Slip within 30 minutes of the announcement of qualifiers for "A", "B" or "C" finals, if scheduled.

- You may declare intent to “scratch”. You must fill out and sign a PVS Finals Scratch Slip within 30 minutes of the announcement of qualifiers, marking the appropriate space for “intent”. If you declare an “intent to scratch” and do not wish to swim finals, you must confirm your scratch on the PVS Finals 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, they “shall be barred from further competition of the remainder of the meet.”

Inclusion Policy for Swimmers with Disability

PVS and host clubs along with their Meet Directors are committed to the [Inclusion Policy as adopted by the BOD](#). Athletes with a disability are welcomed and are asked to provide advance notice of desired accommodations to the Meet Director. The athlete (or the athlete’s coach) is also responsible for notifying the session referee of any disability prior to the competition.

Scoring: Individual: 20 17 16 15 14 13 12 11 9 7 6 5 4 3 2 1
 Relays: 40 34 32 30 28 26 24 22 18 14 12 10 8 6 4 2

Warm-Up: The prescribed Potomac Valley Swimming warm-up procedures and safety policies will be followed. The meet director may determine the structure of the warm-up, including times and lane assignments.

Supervision: Coaches are responsible for the conduct of their swimmers and families and for cleaning up their team areas. Only athletes, USA Swimming certified coaches, and deck officials are permitted on the pool deck. Working Coaches & deck officials are required to display their 2016 or 2017 USA Swimming card Parents not working the meet as a deck official, volunteer lane timer, or other meet position are not permitted on deck

Admission: There will be an admission charge of \$20.00, which includes a meet program and finals heat sheets. If you do not wish to purchase a program, there will be a charge of \$3.00 per prelim session entry. There is no charge for Thursday evening distance, however you can purchase your program and entry for the remainder of the weekend. If you do not buy the meet program – finals heat sheets will be \$2.00 per finals session.

Photography: No flash photography is allowed during the start of the races. Timers are starting their watches based on the strobe light that comes from the starting system. No “team” or parent photographers will be permitted on the deck. Press will be issued credentials. Per PVS policy, no photography will be conducted behind the starting blocks.

Officials: This meet will be an Officials’ Qualifying Meet, under the USA Swimming National Certification Program (QM_____). Please submit an [Application to Officiate](#) or contact David Merkin at (240) 876-8559 or David@merkinlawgroup.com by November 29th, if you are interested in being an official for this meet. Please include your club affiliation, certifications held, and sessions you wish to work. Those officials who learn of their availability subsequent to November 29th are encouraged to contact David Merkin as soon as possible.

Those officials wishing to be evaluated at this meet must indicate their preferences in the [Application to Officiate](#) on or before November 29th. You can review information about the National Certification Program on the [USA Swimming Website](#).

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-up.

Seating: Due to the limited pool deck space, **Officials, USA Swimming Registered Coaches and Swimmers** only will be permitted on the pool deck. **No personal chairs will be allowed on deck.**

Warning: Any club or individual that enters an unregistered athlete, falsifies an entry in any way, or permits an unregistered swimmer to represent them, will be fined by PVS the sum of \$100.00 and no further entries will be accepted from that club until the said fine has been paid.

Entries: Entries may be sent via e-mail.

1. Entries must arrive by the due date and time.
2. In the title of the email, please use the following format: "2016 NCAP Invitational Entry – [team name]"
3. Payment is due by the 6:00pm Friday, December 2, 2016. If the meet director has not received payment by then, or other arrangements have not been made in advance, then your swimmers will be removed from the meet.
4. Relay only swimmers must be included in the team's entry roster.
5. Include with your entry file one (1) report by **name** and one (1) by **event**. Create these reports in Team Manager. PDF is the preferred file format.
6. In the body of your e-mail provide entry numbers (girls, boys, totals). Include contact information (club name, e-mail, phone, officials contact).
7. Send e-mail to bpawlowicz@nationscapitalswimming.com
8. Meet Directors are requested to acknowledge receipt by return e-mail within 48 hours. Clubs submitting entries that do NOT receive an acknowledgement should contact the Meet Director by other than e-mail to confirm receipt.

Entries may be sent via mail/express mail/ etc.

Electronic entries (Hy-tek) are encouraged. Paper entries require one (1) meet entry report by **name** and one (1) by **event** from *Team Manager*. Entries may also be submitted on a PVS Master Entry Sheet. All entries must include a completed "**Entry Cover Sheet**".

- Coaches will be provided with National Relay Slips ***or*** gender specific slips, at the meet.
- Deck entries are permitted for this meet and will only occur if there is an open lane in a pre-seeded heat. Deck entries will be \$15.00 each. (cash or check only) There will be no deck entered relays. If an event is positive check-in, the check in will be completed per the schedule, then seeded. Any open lanes after this will be available for deck entry. **A valid USA Swimming card or USA Swimming Deck Pass will be required** if the swimmer is not already in the meet and vetted through the PVS meet recon procedure. **Coaches must provide proof of qualifying time for that event.**
- The meet director will not accept phone or fax entries.
- If using a mail service (Fed Ex, UPS, etc.) sign the waiver allowing the service to leave your entries without requiring a signature.
- Entries that are incomplete, submitted on incorrect forms, or lacking the phone number of a responsible club official **will not be accepted.**

Entry Times: Long course entry times must be designated with a "L" on paper entries. These non-conforming times will be seeded after short course entry times.

Fees: Fees for individual events are \$8.75, relays \$17.50.

- There will be a one-time surcharge of \$6.00 per entered athlete, payable with the team's entries for the meet.
- If you wish to make an additional donation to the Fran Crippen Elevation Foundation, please include a separate check with your entries made out to "Fran Crippen Elevation Foundation"
- Each participating Club is requested to remit one check to cover the entry fee and surcharge for the entire team. Do not send cash. Make checks payable to **Nation's Capital Swimming (NCAP)**. Entry fees and surcharge are due with entries.

Entry Deadline:

The entry dead line is **7:00 PM, Tuesday, November 29, 2016**. **Entries will be accepted on a first-come, first-served basis. It is anticipated that this event will be fully entered.**

Important: The above dates are deadlines 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.

Entry Files,

Paper Entries

Questions:

Brian Pawlowicz

10127 Oakwood Chase Ct.

Oakton, VA 22124

bpawlowicz@nationcapitalswimclub.com

Send **Entry Fees** to:

Nations Capital Swimming

8120 Woodmont Ave. #101

Bethesda, MD 20814

Make checks payable to Nation's Capital Swimming (NCAP).

**** Important ** - Coaches must submit a cell phone number that they will answer in between prelims and finals, in case a swimmer scratches in to the finals and needs to be notified. Cell phone number should be submitted with the entry email. We will also try and provide text message accessibility in the weeks leading up to the meet.**

NOTE:

In granting this sanction it is understood and agreed that USA Swimming, Potomac Valley Swimming, The University of Maryland, The Eppley Recreation Center and the NCAP Swim Club shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.

Meet Notes:

- **Please note different addresses for entry fees and entry files.**

- **Corrections / Edits:**

Note time updates in yellow in the event list.

NCAP INVITATIONAL
December 8 to 11, 2016 @ University of Maryland, College Park, MD.

Thursday, December 8, 2016 @ University of Maryland, College Park, MD.						
Warm-up 3:30 to 4:30 PM			Events 4:40 PM			
Girls Event #	No slower than SCY	No slower than LCM		No slower than SCY	No slower than LCM	Boys Event #
101			13-14 200 Medley Relay			102
103			Open 200 Medley Relay			104
7	2:40.99	2:39.39	12 & U 200 backstroke	2:39.19	3:06.19	8
5	18:55.99	18:46.09	Open 1650 freestyle	16:59.99	17:46.09	6
3	19:04.99	19:11.49	13-14 1650 freestyle	18:18.99	18:11.39	4
1	5:58.99	4:58.29	12 & U 500 freestyle	5:53.99	4:53.59	2

Note: All athletes who intend on swimming events 7 and 8 must check-in by 4:00 PM at the scratch table.

- Athletes swimming events 1 to 6 must check-in by 4:30 PM. 1650 Events swum fastest to slowest and combined age groups. The events will be scored separately. All 200 Medley relays must check-in by 4:00 PM. 12&U 500 Free is swum fastest to slowest.

Friday, December 9, 2016 13 & Over Prelims @ University of Maryland, College Park, MD.						
Warm-up 7:15 to 8:25 AM			Events 8:30 AM			
Girls Event #	No slower than SCY	No slower than LCM		No slower than SCY	No slower than LCM	Boys Event #
9	1:16.59	1:22.99	13-14 100 breast	1:12.49	1:17.99	10
11	1:11.99	1:19.99	Open 100 breast	1:02.99	1:14.09	12
13	2:05.79	2:15.39	13-14 200 free	1:59.99	2:07.89	14
15	1:56.99	2:12.09	Open 200 free	1:47.19	2:00.99	16
17	1:04.55	1:10.99	13-14 100 fly	1:01.99	1:06.19	18
19	1:00.75	1:09.89	Open 100 fly	53.99	1:03.69	20
21	4:59.99	5:28.59	13-14 400 IM	4:49.79	5:10.69	22
23	4:41.99	5:30.49	Open 400 IM	4:19.99	5:07.09	24
51	1:54.69		13-14 200 Free Relay	1:49.19		52
53	1:49.19		Open 200 Free Relay	1:37.89		54

Note:

- 400 IM check-in by 9:00 AM, and will be swum fastest to slowest.
- 200 Free relay will swim fastest to slowest. The fastest heat in each event will swim at the end of the PM finals, all others swim at the end of preliminaries.

Friday, December 9, 2016 12 & Under Prelims @ University of Maryland, College Park, MD.						
Warm-up 12:15 to 1:30 PM			Events 1:35 PM			
Girls Event #	No slower than SCY	No slower than LCM		No slower than SCY	No slower than LCM	Boys Event #
29	5:36.09	6:23.99	11-12 400 IM	5:28.89	6:20.19	30
31	37.79	43.09	11-12 50 breaststroke	37.99	43.39	32
33	43.39	50.69	10 & U 50 breaststroke	43.39	50.49	34
35	1:03.59	1:12.19	11-12 100 free	1:03.59	1:12.19	36
37	1:13.59	1:22.19	10 & U 100 free	1:12.99	1:21.59	38
39	31.99	35.49	11-12 50 butterfly	32.59	36.49	40
41	37.99	43.69	10 & U 50 butterfly	38.59	43.89	42
43	1:12.99	1:24.89	11-12 100 backstroke	1:13.59	1:25.59	44
45	1:26.59	1:39.19	10 & U 100 backstroke	1:26.99	1:39.59	46
47	3:02.19	3:25.59	12 & U 200 breaststroke	3:02.19	3:25.59	48
49	4:38.99		11-12 400 freestyle relay	4:35.99		50

Note:

- All 400 freestyle relays must check-in by 2:30 PM. The event is swum fastest to slowest as the final event of preliminaries. 400 IM Check-in by 1:00 PM.



Saturday, December 10, 2016 13 & Over Prelims @ University of Maryland, College Park, MD.						
Warm-up 7:15-8:25 AM			Events 8:30 AM			
Girls Event #	No slower than SCY	No slower than LCM		No slower than SCY	No slower than LCM	Boys Event #
55	2:26.79	2:37.39	13-14 200 fly	2:24.79	2:26.79	56
57	2:15.99	2:29.99	Open 200 fly	2:03.79	2:19.00	58
59	27.19	29.49	13-14 50 free	25.89	27.59	60
61	25.79	28.89	Open 50 free	23.29	26.99	62
63	2:44.69	2:57.19	13-14 200 breast	2:39.09	2:47.59	64
65	2:37.59	2:56.29	Open 200 breast	2:17.99	2:40.79	66
67	1:04.99	1:12.99	13-14 100 back	1:02.99	1:08.99	68
69	1:00.99	1:12.69	Open 100 back	55.99	1:06.69	70
71	5:26.99	4:47.29	13-14 500 free	5:15.99	4:32.49	72
73	5:14.00	4:46.99	Open 500 free	4:48.99	4:28.89	74
75	4:44.99		13-14 400 Medley Relay	4:32.29		76
77	4:29.49		Open 400 Medley Relay	4:05.19		78

Note:

- 500 freestyle check-in by 9:30 AM, and will be swum fastest to slowest.
- 400 medley relays check-in by 10:00 AM. Events swum fastest to slowest. The fastest heat in each event will swim at the end of the PM finals, all others swim at the end of preliminaries.

Saturday, December 10, 2016 12 & Under Prelims @ University of Maryland, College Park, MD.						
Warm-up 1:00 to 1:55 PM			Events 2:00 PM			
Girls Event #	No slower than SCY	No slower than LCM		No slower than SCY	No slower than LCM	Boys Event #
79	2:24.49		11-12 200 medley relay	2:24.29		80
81	2:47.99		10 & U 200 medley relay	2:47.79		82
83	1:22.79	1:34.69	11 & 12 100 breaststroke	1:22.39	1:34.69	84
85	1:35.49	1:53.69	10 & U 100 breaststroke	1:36.39	1:53.99	86
87	28.79	33.49	11-12 50 freestyle	28.99	32.79	88
89	32.99	37.19	10 & U 50 freestyle	32.99	37.09	90
91	33.99	38.49	11-12 50 backstroke	33.99	38.49	92
93	38.99	44.89	10 & U 50 backstroke	38.79	44.79	94
95	2:34.19	2:58.99	11-12 200 IM	2:37.59	3:01.59	96
97	2:59.99	3:24.99	10 & U 200 IM	3:00.89	3:28.99	98
99	2:51.99	3:14.09	12 & U 200 fly	2:50.29	3:12.19	100

Sunday, December 11, 2016 13 & Over Prelims @ University of Maryland, College Park, MD.						
Warm-up 7:15 to 8:25 AM			Events 8:30 AM			
Girls Event #	No slower than SCY	No slower than LCM		No slower than SCY	No slower than LCM	Boys Event #
105	2:19.99	2:33.99	13-14 200 back	2:17.79	2:22.99	106
107	2:12.99	2:21.99	Open 200 back	2:00.79	2:17.99	108
109	57.99	1:03.29	13-14 100 free	54.49	59.79	110
111	54.69	1:01.99	Open 100 free	49.99	56.49	112
113	2:22.19	2:34.59	13-14 200 IM	2:13.99	2:25.59	114
115	2:12.59	2:26.99	Open 200 IM	1:59.99	2:15.99	116
117	4:09.49		13-14 400 freestyle relay	3:59.39		118
119	3:55.59		Open 400 freestyle relay	3:34.19		120
121	11:19.99	9:54.59	13-14 1000 freestyle	10:59.99	9:25.19	122
123	10:59.99	9:48.39	Open 1000 freestyle	9:59.99	9:14.29	124

Note:

- 400 freestyle relay check-in by 10:00 AM. Events swum fastest to slowest. The fastest heat in each event will swim at the end of the PM finals session, all others swim at the end of preliminaries (prior to the distance events).
- **Men's & Women's 1000 freestyle and check-in closes by 6:45 PM Saturday (check-in to begin Saturday AM or earlier).** Events will be swum fastest to slowest and combined age groups. The events will be scored separately. The fastest heat will swim as the first event of finals.

Sunday, December 11, 2016 12 & Under Prelims @ University of Maryland, College Park, MD.						
Warm-up 1:00 to 1:55 PM			Events 2:00 PM			
Girls Event #	No slower than SCY	No slower than LCM		No slower than SCY	No slower than LCM	Boys Event #
125	2:06.29		11-12 200 freestyle relay	2:05.89		126
127	2:23.89		10 & U 200 freestyle relay	2:22.99		128
129	1:12.59		11-12 100 IM	1:12.39		130
131	1:22.79		10 & U 100 IM	1:23.99		132
133	1:14.99	1:24.49	11-12 100 butterfly	1:14.99	1:25.19	134
135	1:34.99	1:47.19	10 & U 100 butterfly	1:35.99	1:47.19	136
137	2:18.29	2:39.49	11-12 200 freestyle	2:18.79	2:37.19	138
139	2:38.99	3:08.99	10 & U 200 freestyle	2:42.99	3:08.99	140
141	5:24.19		11-12 400 Medley Relay	5:20.69		142

Note:

- 400 medley relays must check-in by 3:00 PM. The event is swum fastest to slowest as the final event of preliminaries.

**NCAP INVITATIONAL
Hotel Information
December 8 to 11, 2016**

**PLEASE CONFIRM RESERVATION DETAILS AND CANCELLATION
POLICY DIRECTLY WITH EACH HOTEL**

College Park Marriott Hotel and Conference Center, UMD

3501 University Boulevard E, Adelphi, MD 20783-7998

(P) (301)985-7300 direct (F) (301)985-7517

Group Name: "Nations Capital Swim Club Attendees Block"

Price: Queens x 2 \$124.00 plus taxes etc.

Free shuttle to Pool. Ask upon booking or arrival

Hit Control and click on the link below

Book your group rate for Nations Capital Swim Club Attendees Block

Booking Cut-off date 11/17/2016

Cancellation Policy: Check with the hotel

Greetings:

The College Park Marriott Hotel and Conference Center is pleased to provide specially priced rooms for the Nation's Capital Swim Club Attendees room block. Hotel rooms have been reserved for you for the nights of December 08, 2016 to December 11, 2016. Just complete the details and you can easily book your reservation online. Be sure to enter the correct arrival date in order to receive the special group rate. If you are experiencing difficulties or would like to inquire about making reservations outside of these dates, please contact our hotel liason Ms. Camille Hand (301)985-7311 Camille.hand@marriott.com and she will be able to assist you. Reservations must be made by November 17, 2016 in order to receive the group rate.

PLEASE NOTE: If you will be sharing a room with another attendee, please indicate that there will be two people in your room, as well as make that request in the comment field of the reservations process.

We look forward to seeing you. Thank you for planning your event with us!

You will find the information for your online reservation link above. If you have questions or need help with the link, please do not hesitate to ask. We appreciate your business and look forward to a successful event.

Holiday Inn College Park

10000 Baltimore Blvd. College Park, MD 20740

(P) (301)345-6700

(F) (301)982-4361

Group Name: "NCAP Invitational Swim Meet"

Price: Doubles \$93.00 plus taxes etc.

Booking cut off 11/08/2016 or hotel discretion-often longer

Complimentary Parking

Cancellation Policy: 72 hours

Reservations: Call Hotel Direct: (301)345-6700

Or email reservations@hicollegepark.com

Or Contact: Kathy Burns - Director of Sales

kathy.burns@hicollegepark.com

Link to Hotel:

<https://www.ihg.com/holidayinn/hotels/us/en/college-park/wascb/hoteldetail>

Residence Inn by Marriott Greenbelt

6320 Golden Triangle Drive · Greenbelt, Maryland 20770 USA

(P) (301)982-1600 direct (F) (301)982-6494

Group Name: : "Nations Capital Invitational"

Price: Studio Suite \$131.00, One Bed \$141.00, Two Bed \$294 plus taxes etc.

Breakfast: Included

Reservations: Call Hotel Direct: (301)982-1600 direct

Booking Link:



Book your group rate for Nations Capital Invitational

Booking: Cut-off date 11/18/2016 or at hotel discretion

Cancellation Policy: Check with the hotel

Sales Director: Mary Ann Murray

(P) (301)982.1600 x 7603 (F) (301)982-6494

mary.murray@hhmlp.com

Link to Hotel:

<http://www.marriott.com/hotels/travel/wasgl-residence-inn-greenbelt/>

Courtyard by Marriott

6301 Golden Triangle Drive · Greenbelt, Maryland 20770 USA

(P) (301) 441-3311 (F) (301) 441-4978

Group Name: : "Nations Capital Swim Club Room Block"

Booking Link:

Book your group rate for Nations Capital Swim Club Room Block

Price: 2 Queens \$119.00 plus taxes etc.

Reservations: Call Hotel Direct: (301)441-3311 direct

Booking cut off 11/17/2016 or hotel discretion

Cancellation Policy: Check with the hotel

Event Manager: Rebecca Rinaldo

Rebecca.Rinaldo@marriott.com (P) (301)441-3311 x 619

Link to Hotel:

<http://www.marriott.com/hotels/fact-sheet/travel/wasgr-courtyard-greenbelt/>

Greenbelt Marriott

6400 Ivy Lane, Greenbelt MD 20770

(P) (301)441-3700 (F) (301)441-3995

Group Name: "Nations Capital Swim Club Room Block"

Price: Doubles \$119.00 plus taxes etc.

Booking cut off 11/17/2016 or hotel discretion

Reservations: Call Hotel (301)441-3700 direct



Booking Link:

Book your group rate for Nations Capital Swim Club Room Block Link to Hotel: <http://www.marriott.com/hotels/travel/wasgb-greenbelt-marriott/>

**Event Manager: Whitney Lockett (P) (301)614-8217
(F) (301)474_9128 Whitney.lockett@marriott.com**