



# NCAP Invitational

## December 12-15, 2019

### Sanction # PVI-20-35



<p style="text-align: center;"><b>MEET DIRECTOR</b></p> <p>Leslie Tomlinson  <a href="mailto:ltomlinson@nationscapitalswimming.com">ltomlinson@nationscapitalswimming.com</a>          (225) 505 - 4057</p>	<p style="text-align: center;"><b>MEET REFEREE</b></p> <p>Kelly Rowell  <a href="mailto:kmcr.pvs@gmail.com">kmcr.pvs@gmail.com</a></p>	<p style="text-align: center;"><b>ENTRY CHAIR CLUB OFFICIALS CHAIR</b></p> <p>Karyn McCannon  <a href="mailto:kmccannon@nationscapitalswimming.com">kmccannon@nationscapitalswimming.com</a>  <a href="#">Application to Officiate</a></p>
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<b>SANCTION</b>	<ul style="list-style-type: none"> <li>Held under the sanction of USA Swimming through Potomac Valley Swimming: <b>PVI-20-35.</b></li> <li>In granting this sanction it is understood and agreed that USA Swimming, Potomac Valley Swimming, Nation's Capital Swim Club and University of Maryland Epley Recreation 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.</li> </ul>
<b>FACILITY</b>	<p style="text-align: center;">University of Maryland College Park Campus College Park, MD, 20740 (301) 226-4400</p> <ul style="list-style-type: none"> <li>Two 8 lane, 25 yard courses with separate warm up/cool down facility</li> <li>The competition course has not been certified in accordance with <i>USA Swimming Rules and Regulations</i> Article 104.2.2(C).</li> <li>Pool Depth(s) – The Finals Course is 8' at the starting and 10' 6" at the turning end. The 2nd Course is 10'6" at the starting and 14' at the turning end. Seven lanes of continuous warm down will be available.</li> </ul>
<b>PARKING</b>	<p>A SEPARATE PARKING DOCUMENT WILL BE AVAILABLE. The University of Maryland will no longer allow on-campus parking during the week or when there is a basketball/football game.</p>
<b>ENTRY DEADLINE</b>	<ul style="list-style-type: none"> <li>The entry deadline is <b>7:00 PM, Tuesday, November 26, 2019.</b></li> <li>Entries will be accepted beginning Monday, October 14, 2019.</li> <li><b>Entries will be accepted on a first-come, first-served basis. It is anticipated that this event will be fully entered.</b></li> <li><b>There will be NO time trials offered at the meet.</b></li> </ul> <p><b>IMPORTANT:</b> 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>

SCHEDULE	TENTATIVE	Warm Ups	Events
	<b>Thursday, December 12</b>		
	Distance Events	4:00 – 5:00 PM	5:05 PM
<b>Friday, December 13</b>			
	13-14/Open Prelims	7:15 – 8:25 AM	8:30 AM
	11-12 Prelims/ 10&Under Timed Finals	12:15 – 1:10 PM	1:15 PM
	Finals Session	4:40 – 5:35 PM	5:45 PM
<b>Saturday, December 14</b>			
	13-14/Open Prelims	7:15 – 8:25 AM	8:30 AM
	11-12 Prelims/ 10&Under Timed Finals	1:00 – 1:55 PM	2:00 PM
	Finals Session	4:40 – 5:35 PM	5:45 PM
<b>Sunday, December 15</b>			
	13-14/Open Prelims	7:15 – 8:25 AM	8:30 AM
	11-12 Prelims/ 10&Under Timed Finals	1:00 – 1:55 PM	2:00 PM
	Finals Session	4:30 – 5:25 PM	5:30 PM
	<ul style="list-style-type: none"> <li>Two courses will be used during the Thursday session, 13 &amp; Over preliminary sessions (boys on one course; girls on the other) and the 11-12/10 &amp; Under sessions (9-10 boys &amp; 11-12 girls on one course; 11-12 boys &amp; 9-10 girls on the other). Athletes should consider this when selecting events.</li> <li>Meet Director reserves the right to adjust times/sessions after entries are received. Timelines will be posted when available.</li> </ul>		
ELIGIBILITY	<ul style="list-style-type: none"> <li>Open to all registered Potomac Valley athletes and invited USA Swimming athletes that meet the event qualifying times. No swimmer will be permitted to compete in the meet unless the swimmer is registered as an athlete member of USA Swimming as provided in <i>USA Swimming Rules and Regulations</i> Article 302.</li> <li>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.</li> </ul>		
DISABILITY SWIMMERS	<ul style="list-style-type: none"> <li>PVS and host clubs along with their meet directors are committed to the <a href="#">Inclusion Policy</a> as adopted by the PVS BOD. Athletes with a disability are welcomed and are asked to provide advance notice of desired accommodations to the Meet Director. The athlete (or athlete’s coach) is also responsible for notifying the session referee of any disability prior to competition.</li> </ul>		
TIMING SYSTEM	<ul style="list-style-type: none"> <li>Automatic Timing (touchpads primary) will be used for this meet.</li> </ul>		
RULES	<ul style="list-style-type: none"> <li>Current USA Swimming rules, including the <a href="#">Minor Athlete Abuse Prevention Policy</a> (“MAAPP”), shall govern this meet.</li> <li>No on-deck USA-S registration is permitted.</li> <li>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.</li> <li>Deck changes are prohibited.</li> <li>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.</li> </ul>		

	<ul style="list-style-type: none"> <li>• 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.</li> <li>• 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 &amp; U events per Rule 205.3.1F.</li> </ul>
<b>EVENT RULES</b>	<ul style="list-style-type: none"> <li>• 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.</li> <li>• 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.</li> <li>• It may be necessary to limit entries in certain events due to time constraints. If an event(s) is 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.</li> <li>• Dive-over starts will be used at this meet at the preliminary sessions and distance session.</li> <li>• Swimmers must provide their own timer and lap counter for the Distance Events on Thursday, December 12, Saturday, December 14 (500 Freestyle), and Sunday, December 15.</li> <li>• College Swimmers – Be sure to un-attach from your NCAA team to keep your eligibility intact.</li> <li>• There will be no time trials conducted at this event.</li> </ul> <p><b><u>Individual Events</u></b></p> <ul style="list-style-type: none"> <li>▪ Entry times need to have been achieved since September 1, 2018.</li> <li>▪ <b><u>NO entries with “NT” (No Time) will be accepted.</u></b></li> <li>▪ All 11-12, 13-14, and Open events are prelims and finals except for the following which are timed finals: <ul style="list-style-type: none"> <li>▪ 1000 Freestyle, 1650 Freestyle, 12&amp;U 200 strokes (fly, back, and breast), the 12&amp;U 500 Freestyle, the 11-12 400 IM.</li> </ul> </li> <li>▪ All 10&amp;Under events are Timed Finals.</li> <li>▪ All 11-12 individual events will have a “B” final and an “A” final, except as noted above. The B final will be swum first.</li> <li>▪ 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.</li> <li>▪ 11-12 400 IM, 12&amp;U 200 Backstroke, 12&amp;U 200 Breaststroke, and 12&amp;U 200 Butterfly will be swum fastest to slowest.</li> <li>▪ 13-14 and Open distance events (1000 and 1650 Freestyle) will be swum combined; age groups will be scored separately.</li> <li>▪ 1000, 1650, 500 Free and 400 IM, as well as the 12 &amp; Under 500 Freestyle will be swum fastest to slowest.</li> <li>▪ 13-14 and Open 400 IM’s and 500 Freestyles may be limited to manage the timelines. Coaches should be prepared to select another event in case notified that the events are oversubscribed.</li> <li>▪ All entry times requiring verification must be verified before 5:00 PM on Thursday, December 12<sup>th</sup> or they will be dropped from the meet.</li> <li>▪ All swim-offs will be performed before the conclusion of the preliminary session they occur in, as noted in <i>USA Swimming Rules and Regulations</i> 102.5.2.</li> </ul>

**Distance Events**

- Distance Events: Entries for the 500, 1000 and 1650 may be limited to keep manageable timelines on Thursday and Sunday. The 32 men and 32 women with the fastest entry times will be seeded. A psych sheet will be posted at [www.nationscapitalswimming.com](http://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 to select an alternate event or receive a refund on the entry fee for that event.
- The fastest heat of the 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 swimmers may request a morning swim instead of swimming in finals.
- 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**

- Bonus event rules for 13& Over athletes:

<b>Number of Qualifying Times</b>	<b>Bonus Events Allowed</b>
1 - 3	1
4 or more	NONE

- Bonus event rules for 12& Under athletes:

<b>Number of Qualifying Times</b>	<b>Bonus Events Allowed</b>
1 - 3	0
4 or more	3

- NOTE: Events that are swum at Turkey Claus (hosted by Machine Aquatics) cannot be swum as bonus events.
- NO BONUS ENTRIES FOR ANY AGE GROUP WILL BE ACCEPTED IN THE 400 IM, 500 Freestyle, 1000 Freestyle or 1650 Freestyle.
- If timelines become too unmanageable, the meet staff will reach out to athletes with bonus events first to reduce entries in oversubscribed sessions.

**Relay Events**

- **All relays this year are MIXED RELAYS.** Per *USA Swimming Rules and Regulations*, a MIXED relay is comprised of TWO (2) Female athletes and TWO (2) Male athletes.
- All relays are timed finals.
- 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. NO C RELAYS IN 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 12th or they will be dropped from the meet.
- 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 fastest to slowest at the conclusion of Friday’s preliminary session. Relay teams may request a morning swim instead of swimming in finals.

	<ul style="list-style-type: none"> <li>▪ The 13-14 and Open 200 Medley Relay will be pre-seeded and timed finals, swum fastest to slowest during the morning prelim sessions.</li> <li>▪ 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. Relay teams may request a morning swim instead of swimming in finals.</li> <li>▪ All of the 13-14 and Open 400 free relays heats will be swum at the conclusion of Sunday's preliminary session (prior to the distance events).</li> </ul>
<b>WITHDRAWING FROM FINALS</b>	<ul style="list-style-type: none"> <li>• PVS Scratch Rules apply for swimmers scratching from finals.</li> <li>• If an athlete does not want to swim in the Final, the athlete may "scratch" from the event by following this procedure: <ul style="list-style-type: none"> <li>▪ The athlete must fill out and sign a Finals Scratch Slip within 30 minutes of the announcement of qualifiers for "A" and "B" finals, if scheduled.</li> <li>▪ The athlete may declare an intent to "scratch". The athlete must fill out and sign a Finals Scratch Slip within 30 minutes of the announcement of qualifiers, marking the appropriate space for "intent". If an athlete declares an "intent to scratch" and does not wish to swim finals, the athlete must confirm the scratch on the Finals Scratch Slip within 30 minutes after the conclusion of his/her last preliminary event of the day or the athlete will be automatically seeded into the event.</li> </ul> </li> <li>• 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.</li> </ul>
<b>POSITIVE CHECK IN</b>	<ul style="list-style-type: none"> <li>• Positive check in for events 400 yards and longer.</li> <li>• Athletes who check into a positive check-in event, have been seeded and fail to swim the event will be barred from their next scheduled individual event, unless excused by the Meet Referee.</li> <li>• Meet Director reserves the right to check in additional events as needed to manage timelines.</li> </ul>
<b>WARM-UP</b>	<ul style="list-style-type: none"> <li>• The prescribed PVS warm-up procedures and safety policies will be followed. The Meet Director may determine the structure of warm-up, including times/lane assignments.</li> </ul>
<b>SUPERVISION</b>	<ul style="list-style-type: none"> <li>• Coaches are responsible for the conduct of their swimmers and cleaning up for their team areas.</li> </ul>
<b>SEEDING</b>	<ul style="list-style-type: none"> <li>• All events less than 400 yards will be pre-seeded. (unless additional positive check in is needed)</li> </ul>
<b>SCORING</b>	<p>Individual: 20, 17, 16, 15, 14, 13, 12, 11, 9, 7, 6, 5, 4, 3, 2, 1</p> <p>Relays: 40, 34, 32, 30, 28, 26, 24, 22, 18, 14, 12, 10, 8, 6, 4, 2</p>
<b>AWARDS</b>	<ul style="list-style-type: none"> <li>• Open Category will receive RIBBONS for places 1-3 only.</li> <li>• All 14 &amp; Under individual events will receive custom medals for places 1-3 and ribbons for places 4-8.</li> <li>• 14 &amp; Under Relays will receive ribbons for places 1-3 only.</li> <li>• High point awards will be presented to first place boys and girls in each age group and the open category.</li> <li>• <b>Fran Crippen Memorial Mile</b> Events 3, 4, 91, and 92 are dedicated to Fran Crippen and the Fran Crippen Elevation Foundation, (<a href="http://www.francrippen.com">www.francrippen.com</a>). Awards will be given for the top 3 places in each event. Additional donations will also be accepted for the foundation before and during the event. Please contact Karyn McCannon, (<a href="mailto:kmccannon@nationscapitalswimming.com">kmccannon@nationscapitalswimming.com</a>), for additional information.</li> </ul>

<b>PROGRAMS / SPECTATOR ENTRY FEE</b>	<ul style="list-style-type: none"> <li>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 \$5.00 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</li> </ul>
<b>PHOTOGRAPHER</b>	<p style="text-align: center;">Skys the Limit Photography – ProVisuals Nathan Chidester (704) 451-1410 <a href="http://www.skysthelimitvisuals.com">www.skysthelimitvisuals.com</a></p>
<b>MEET VENDOR</b>	<p style="text-align: center;">Sport Fair 5010 Lee Highway Arlington, VA 22207 <a href="http://www.sportfairusa.com">www.sportfairusa.com</a> 703-524-9500</p>
<b>MEET T-SHIRT</b>	<ul style="list-style-type: none"> <li>Ordering Information Coming Soon! Please check the NCAP web site, <a href="http://www.nationscapitalswimming.com">www.nationscapitalswimming.com</a>, regularly for information.</li> </ul>
<b>WEBCAST</b>	<ul style="list-style-type: none"> <li>Swimming World TV may be on hand to webcast the event.</li> </ul>
<b>CONCESSIONS</b>	<ul style="list-style-type: none"> <li>Will be sold by the University of Maryland</li> </ul>
<b>CREDENTIALS</b>	<ul style="list-style-type: none"> <li>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 the deck. Coaches and Officials should have proof of active USA Swimming membership with them <b>at all times</b>.</li> </ul>
<b>OFFICIALS</b>	<ul style="list-style-type: none"> <li>This meet will be an Officials' Qualifying Meet, under the USA Swimming National Certification Program.</li> <li>Please submit an <a href="#">Application to Officiate</a> or contact Kelly Rowell at <a href="mailto:kmcr.pvs@gmail.com">kmcr.pvs@gmail.com</a> by December 1, 2019, 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 December 1<sup>st</sup> are encouraged to contact Kelly Rowell as soon as possible.</li> <li>Those officials wishing to be evaluated at this meet must indicate their preferences in the <a href="#">Application to Officiate</a> on or before December 1st. You can review information about the National Certification Program on the <a href="#">USA Swimming Website</a>.</li> <li>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.</li> </ul>
<b>TIMERS</b>	<ul style="list-style-type: none"> <li>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 (<u>with names</u>) scheduled to volunteer. <b><u>TIMERS WILL BE ASSIGNED THIS YEAR FOR ALL PRELIMINARY SESSIONS. Teams not filling their assigned lanes will have coaches time until appropriate volunteers are found to fill your assigned place.</u></b></li> </ul>

<b>ENTRY PROCEDURES</b>	<p><u>Entries must be sent via e-mail.</u></p> <ol style="list-style-type: none"> <li>1. Entries must arrive by the due date and time.</li> <li>2. In the title of the email, please use the following format: “2019 NCAP Invitational Entry – [team name]”</li> <li>3. Payment is due by 7:00pm Tuesday, November 26, 2019. 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.</li> <li>4. Relay only swimmers must be included in the team’s entry roster.</li> <li>5. Include with your entry file one (1) report by <b>name</b> and one (1) by <b>event</b>. Create these reports in Team Manager/Team Unify. PDF is the preferred file format.</li> <li>6. In the body of your e-mail provide entry numbers (girls, boys, totals). Include contact information (club name, e-mail, phone, officials contact).</li> <li>7. Send e-mail to <a href="mailto:kmccannon@nationscapitalswimming.com">kmccannon@nationscapitalswimming.com</a></li> <li>8. The Meet Director will 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.</li> </ol> <ul style="list-style-type: none"> <li>• Coaches will be provided with relay cards at the meet. Relay card deadlines will be published prior to the meet.</li> <li>• 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. <b>A valid USA Swimming card or USA Swimming Deck Pass</b> will be required if the swimmer is not already in the meet and vetted through the PVS meet recon procedure.</li> <li>• The meet director will not accept phone, fax, or paper entries.</li> <li>• Entries that are incomplete, submitted on incorrect forms, or lacking the phone number of a responsible club official <u>will not be accepted</u>.</li> <li>• 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 PVS and no further entries will be accepted from that club until the said fine is paid.</li> </ul>								
<b>ENTRY FEES</b>	<table style="width: 100%; border: none;"> <tr> <td style="padding-right: 20px;">Per Swimmer Surcharge:</td> <td style="padding-right: 20px;">\$9.00</td> <td style="padding-right: 20px;">Relay event fee:</td> <td>\$18.00</td> </tr> <tr> <td>Individual event fee:</td> <td>\$10.00</td> <td>Deck entries:</td> <td>\$15.00</td> </tr> </table> <ul style="list-style-type: none"> <li>• Make checks payable to <b>Nation’s Capital Swim Club (NCAP)</b>. Checks may be mailed to:  <div style="text-align: center; margin-left: 100px;">           Nation’s Capital Swim Club            8120 Woodmont Ave. #101            Bethesda, MD 20814         </div> </li> <li>• Entry fees are due with meet entry.</li> </ul>	Per Swimmer Surcharge:	\$9.00	Relay event fee:	\$18.00	Individual event fee:	\$10.00	Deck entries:	\$15.00
Per Swimmer Surcharge:	\$9.00	Relay event fee:	\$18.00						
Individual event fee:	\$10.00	Deck entries:	\$15.00						
<b>ENTRY FILES, QUESTIONS</b>	<div style="text-align: center;"> <p>Karyn McCannon</p> <p><a href="mailto:kmccannon@nationscapitalswimming.com">kmccannon@nationscapitalswimming.com</a></p> <p>(716) 868 – 6611</p> </div>								

# NCAP INVITATIONAL

December 12 – 15, 2019

University of Maryland

College Park, MD

Thursday, December 12, 2019

Timed Finals

Warm-up 4:00- 5:00 PM

Events 5:05 PM

Girls Event #	No slower than SCY	No slower than LCM		No slower than SCY	No slower than LCM	Boys Event #
1	2:40.99	2:39.39	<b>12 &amp; U 200 Backstroke</b>	2:39.19	3:06.19	2
3	18:55.99	18:46.09	<b>Open 1650 Freestyle</b>	16:59.99	17:46.09	4
	19:04.99	19:11.49	<b>13-14 1650 Qualifying Times</b>	18:18.99	18:11.39	
5	5:58.99	4:58.29	<b>12 &amp; U 500 Freestyle</b>	5:53.99	4:53.59	6

- All athletes who intend on swimming events 1 and 2 must check-in by 4:30 PM at the scratch table.
- Athletes swimming events 3 to 6 must check-in by 4:45 PM. 1650 Events swum fastest to slowest and combined age groups- Open and 13-14. The event will be scored separately based on age group.
- 12&U 200 Backstroke and 12&U 500 Free will be swum fastest to slowest.

Friday, December 13, 2019

13 & Over / Open Prelims

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 #
<b>#7 13-14 200 MIXED GENDER Medley Relay</b>						
<b>#8 Open 200 MIXED GENDER Medley Relay</b>						
9	1:16.59	1:22.99	<b>13-14 100 Breaststroke</b>	1:12.49	1:17.99	10
11	1:11.99	1:19.99	<b>Open 100 Breaststroke</b>	1:02.99	1:12.19	12
19	2:05.79	2:15.39	<b>13-14 200 Freestyle</b>	1:59.99	2:07.89	20
21	1:56.99	2:12.09	<b>Open 200 Freestyle</b>	1:47.19	1:58.99	22
27	1:04.55	1:10.99	<b>13-14 100 Butterfly</b>	1:01.99	1:06.19	28
29	1:00.75	1:07.99	<b>Open 100 Butterfly</b>	53.99	1:00.99	30
37	4:59.99	5:28.59	<b>13-14 400 IM</b>	4:49.79	5:10.69	38
39	4:41.99	5:20.99	<b>Open 400 IM</b>	4:19.99	4:55.99	40
<b>#45 13-14 200 Free MIXED GENDER Relay</b>						
<b>#46 Open 200 Free MIXED GENDER Relay</b>						

- 200 Medley relay will from fastest to slowest, will be pre-seeded, and is a timed final. There are no qualifying times for this event. ALL Friday Medley relays in AM.
- 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 finals session, all others swim at the end of preliminaries.
- There is ONE event of 13-14 MIXED GENDER relays, and ONE event of Open MIXED GENDER Relays. There are no qualifying times for this event.
- MIXED GENDER MEDLEY RELAYS will be swum on the finals course as the first event. Events in the diving pool will not begin until the conclusion of the Medley Relays
- MIXED GENDER FREE RELAYS will be swum in the finals course as the last event. Freestyle relays will not begin until both courses have completed the 400 IM.



# NCAP INVITATIONAL

## December 12 – 15, 2019

### University of Maryland

#### College Park, MD

**Friday, December 13, 2019**

**11-12 Prelims, 10&Under Timed Finals**

**Warm-up 12:15 – 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 #
13	5:36.09	6:23.99	<b>11-12 400 IM</b>	5:28.89	6:20.19	14
15	37.79	43.09	<b>11-12 50 Breaststroke</b>	37.99	43.39	16
17	43.39	50.69	<b>10 &amp; U 50 Breaststroke</b>	43.39	50.49	18
23	1:03.59	1:10.99	<b>11-12 100 Freestyle</b>	1:03.59	1:12.19	24
25	1:13.59	1:22.19	<b>10 &amp; U 100 Freestyle</b>	1:12.99	1:21.59	26
31	31.99	35.49	<b>11-12 50 Butterfly</b>	32.59	36.49	32
33	37.99	43.69	<b>10 &amp; U 50 Butterfly</b>	38.59	43.89	34
35	3:02.19	3:25.59	<b>12 &amp; U 200 Breaststroke</b>	3:02.19	3:25.59	36
41	1:12.99	1:23.99	<b>11-12 100 Backstroke</b>	1:13.59	1:25.59	42
43	1:26.59	1:39.19	<b>10 &amp; U 100 Backstroke</b>	1:26.99	1:39.59	44
<b>#47 11-12 MIXED GENDER 200 Freestyle relay</b>						

- All 200 MIXED Freestyle relays must check-in by 2:00 PM. The timed final event is swum fastest to slowest as the final event of preliminaries. 400 IM Check-in by 1:00pm.
- MIXED GENDER FREESTYLE RELAY will be swum in the finals course as the last event of the session. It will not begin until both courses have completed the 100 Backstroke.
- 400 IM and 200 Breaststroke are timed finals and will be swum fastest to slowest.

**Saturday, December 14, 2019**

**13 & Over / Open Prelims**

**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 #
49	2:26.79	2:37.39	<b>13-14 200 Butterfly</b>	2:24.79	2:26.79	50
51	2:15.99	2:29.99	<b>Open 200 Butterfly</b>	2:03.79	2:19.00	52
59	27.19	29.49	<b>13-14 50 Freestyle</b>	25.89	27.59	60
61	25.79	28.89	<b>Open 50 Freestyle</b>	23.29	26.59	62
69	2:44.69	2:57.19	<b>13-14 200 Breaststroke</b>	2:39.09	2:47.59	70
71	2:37.59	2:56.29	<b>Open 200 Breaststroke</b>	2:17.99	2:40.79	72
77	1:04.99	1:12.99	<b>13-14 100 Backstroke</b>	1:02.99	1:08.99	78
79	1:00.99	1:10.99	<b>Open 100 Backstroke</b>	55.99	1:04.99	80
81	5:26.99	4:47.29	<b>13-14 500 Freestyle</b>	5:15.99	4:32.49	82
83	5:14.00	4:41.99	<b>Open 500 Freestyle</b>	4:48.99	4:24.99	84
<b>#89 13-14 400 Medley MIXED GENDER Relay</b>						
<b>#90 Open 400 Medley MIXED GENDER Relay</b>						

- 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 finals session, all others swim at the end of preliminaries. THE MIXED GENDER MEDLEY RELAY will swim in the finals course, and will not begin until both courses have completed the 500 Freestyle.

# NCAP INVITATIONAL

## December 12 – 15, 2019

### University of Maryland College Park, MD

**Saturday, December 14, 2019**  
**11-12 Prelims, 10&Under Timed Finals**  
**Warm-up 1:00 – 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 #
<b>#53 11-12 400 Freestyle MIXED GENDER Relay</b>						
<b>#54 10 &amp; Under 400 Freestyle MIXED GENDER Relay</b>						
55	28.79	32.69	<b>11-12 50 Freestyle</b>	28.99	32.79	56
57	32.99	37.19	<b>10 &amp; U 50 Freestyle</b>	32.99	37.09	58
63	1:22.79	1:34.69	<b>11- 12 100 Breaststroke</b>	1:22.39	1:34.69	64
65	1:35.49	1:53.69	<b>10 &amp; U 100 Breaststroke</b>	1:36.39	1:53.99	66
67	2:51.99	3:14.09	<b>12 &amp; U 200 Butterfly</b>	2:50.29	3:12.19	68
73	33.99	38.49	<b>11-12 50 Backstroke</b>	33.99	38.49	74
75	38.99	44.89	<b>10 &amp; U 50 Backstroke</b>	38.79	44.79	76
85	2:34.19	2:58.99	<b>11-12 200 IM</b>	2:37.59	2:59.19	86
87	2:59.99	3:24.99	<b>10 &amp; U 200 IM</b>	3:00.89	3:28.99	88

- 200 Butterfly is timed finals and will be swum fastest to slowest.
- 11-12 and 10& Under Relays are Timed Finals. Relays will be swum in the Finals course as the first event. Individual events will not begin until all relays have completed.

**Sunday, December 15, 2019**  
**13 & Over / Open Prelims**  
**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 #
93	2:19.99	2:33.99	<b>13-14 200 Backstroke</b>	2:17.79	2:22.99	94
95	2:12.99	2:21.99	<b>Open 200 Backstroke</b>	2:00.79	2:17.99	96
103	57.99	1:03.29	<b>13-14 100 Freestyle</b>	54.49	59.79	104
105	54.69	1:01.19	<b>Open 100 Freestyle</b>	49.99	55.99	106
111	2:22.19	2:34.59	<b>13-14 200 IM</b>	2:13.99	2:25.59	112
113	2:12.59	2:26.99	<b>Open 200 IM</b>	1:59.99	2:15.99	114
<b>#119 13-14 400 Free MIXED GENDER Relay</b>						
<b>#120 Open 400 Free MIXED GENDER Relay</b>						
91	10:59.99	9:48.39	<b>Open 1000 Freestyle</b>	9:59.99	9:14.29	92
	11:19.99	9:54.59	<b>13-14 1000 Freestyle Qualifying Times</b>	10:59.99	9:25.19	

- 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 finals session, all others swim at the end of preliminaries (prior to the distance events). Relays will swim in the finals course and will not begin until both courses have completed the 200 IM. 1000 Freestyles will not begin until all preliminary heats of the relays have completed.
- ***Men's & Women's 1000 Freestyle 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. Swimmers may request a morning swim on Sunday.

**NCAP INVITATIONAL**  
**December 12 – 15, 2019**  
**University of Maryland**  
**College Park, MD**

**Sunday, December 15, 2019**  
**11-12 Prelims, 10&Under Timed Finals**  
**Warm-up 1:00 – 1:55 PM                      Events 2:00 PM**

<b>Girls Event #</b>	<b>No slower than SCY</b>	<b>No slower than LCM</b>		<b>No slower than SCY</b>	<b>No slower than LCM</b>	<b>Boys Event #</b>
<b>#97 11-12 200 Medley MIXED GENDER Relay</b>						
<b>#98 10 &amp; Under 200 Medley MIXED GENDER Relay</b>						
99	1:14.99	1:24.49	<b>11-12 100 Butterfly</b>	1:14.99	1:25.19	100
101	1:34.99	1:47.19	<b>10 &amp; U 100 Butterfly</b>	1:35.99	1:47.19	102
107	2:18.29	2:36.99	<b>11-12 200 Freestyle</b>	2:18.79	2:34.99	108
109	2:38.99	3:08.99	<b>10 &amp; U 200 Freestyle</b>	2:42.99	3:08.99	110
115	1:12.59		<b>11-12 100 IM</b>	1:12.39		116
117	1:22.79		<b>10 &amp; U 100 IM</b>	1:23.99		118

- 11-12 and 10& Under Relays are Timed Finals. Relays will be swum in the Finals course as the first event. Individual events will not begin until all relays have completed.