



# *2023 NCSA Age Group Swimming Championships*

*Meet Announcement  
Orlando, FL  
March 22-25, 2023*

[http://www.teamunify.com/About.jsp?\\_tabid=85487&team=recndncsa](http://www.teamunify.com/About.jsp?_tabid=85487&team=recndncsa)

**2023 NCSA AGE GROUP SWIMMING CHAMPIONSHIPS**  
**Rosen Aquatic and Fitness Center – Orlando, FL**  
**March 22-25, 2023**

**SANCTIONED BY:** USA Swimming & Florida Swimming; # TBD

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

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

**ENTRY COORDINATOR:** Kevin Milak; kevinmilak@gmail.com (832-233-0234)

**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

**CONDITION OF SANCTION**

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

**ASSUMPTION OF RISK DISCLAIMER**

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

**COVID-19 RELEASE**

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

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

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

**MEET FORMAT**

- Short Course Yards
- Age Groups: 10 & under, 11-12, 13-14
- 11-12 and 13-14 Preliminary events will be swum in two courses
- All 10 & under events will be swum in the course closest to the diving well and will be awarded after each event sequence.

- 11-12 & 13-14 Age Groups
  - Individual Events are Prelim-Finals
    - Exception: 11-12 400 IM & 500 Free, 13-14 400 IM, 500 Free and 1650 Free will be swum as Timed Finals with the fastest heat (8 swimmers) swimming at night with the Finals.
  - Relays are Timed Finals, top two heats (16 teams) will swim in the final's session, and the remainder will be swum in the preliminary session.
  - With the exception of the distance events which are swum as timed finals events, swimmers will advance to finals using the following format
    - A Final: Top 8 fastest swimmers from prelims regardless of age.
    - B Final: Next 8 fastest swimmers from prelims regardless of age.
    - C Final: Next 8 fastest swimmers from prelims that are the youngest of the age group (11- & 13-year-olds respectively).
- 10 & Under Age Group
  - All events are Timed Finals
  - 10 & Under events will be swum as noted in the schedule below.

**COMPETITION COURSE**

The competition pool is a 50m pool that can accommodate two (2) 25-yard competition courses, each course having eight (8) lanes. It is anticipated that two courses will be used. The facility is equipped with Colorado Timing Systems and a digital scoreboard. The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming. A 25-yard x 8 lane diving well will also be available during the competition.

**ELIGIBILITY**

This meet is open to USA Swimming registered athletes 14 years of age and 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 registration.

**QUALIFYING TIMES**

Times must be achieved between January 1, 2022, and March 12, 2023, dates inclusive. Short Course Yards (SCY) qualifying times will be seeded first, followed by Long Course Meters (LCM) qualifying times, followed by Short Course Meters (SCM) 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 will be subject to a fine established by NCSA (National Club Swimming Association, Inc.) and the swimmer or relay will be scratched from the event. 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 events that are 200 yards or less in distance, entered as yard times only, and must be provable in the USA Swimming SWIMS database within the qualifying period. The 13-14 age groups will have bonus time standards as shown below.

**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 EST):
<b>Athlete Registration:</b>		
Tier One: Begins Ends Registration payment due	Tuesday, Nov 15, 2022 Friday, Nov 18, 2022 Sunday, Nov 20, 2022	NOON 7:00 PM 11:59 PM
Tier Two: Begins Ends Registration payment due	Tuesday, Nov 22, 2022 When meet reaches cap 24 hours after acceptance	NOON -- --
<b>Entries:</b>		
OME Opens OME Closes	Monday, February 27, 2023 Wednesday, March 15, 2023	NOON NOON
Late Entries-see process below	Sunday, March 19, 2023	11:59 PM
Virtual General Meeting Link will be provided	Monday, March 20, 2023	6:00 PM
Scratch deadline for Wednesday's events	Tuesday, March 21, 2023	NOON
Scratch deadline for Thursday, Friday, and Saturday's events (along with positive check-in for required 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, we will be using a tiered entry system. 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. Teams will be accepted until the meet is full. NCSA will NOT refund membership fees to teams that overestimate their numbers.

#### **Tier One**

Athlete Registration - for teams that attended the 2021 OR 2022 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 done as long as they are completed and checked out of OME by the entry deadline listed above. Please wait until your athletes have exhausted all of their chances to qualify or improve seed times to finalize your entry and check out. The OME system does not allow for swimmers to change or delete a bonus swim.*

#### **LATE ENTRIES**

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 using OME. 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 - \$16

**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

VIP All Session Box \$1,800 See information below

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

**VIP SEATING OPTION:** We will be offering VIP box seats alongside the championship course

**Cost:** \$1,800 for the entire meet

**What's included?**

- 8-All session passes with special access to the box seating area alongside the finals course
  - Seating will be on risers for unobstructed viewing
  - You will not have to get to the meet early to reserve a seat
- A reserved, 8 seat box with chairs

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

To reserve your VIP seat, email the Meet Director above. Those who reserved a box in 2022 will have the first opportunity to reserve their box for 2023 but the request must be received by the meet director by December 31, 2022.

## **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, distance event procedures, weather related disruptions, session formats; etc.

### **GENERAL MEETING**

A General Meeting will be held at the date and time listed in the Deadline and Meet Summary above. All participating coaches and athletes are responsible for all information disseminated at the meeting. Necessary coaches' meetings will be called as needed during the competition and communicated via email.

## **RULES:**

USA Swimming, Inc. Technical Rules and National Championship procedures will govern. Meet entry times must be designated LCM for long course meters, SCY for short course yards, or SCM for short course meters. The National Championship scratch procedures will be used for prelims and finals. In order, there will be C, B, and A Finals (3 heats) for all events, except for the 10 & under events, relay events and the following distance events; 11-12 400 IM, 500 Free, 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 adults participating in or associated with the meet acknowledge that they are subject to the provisions of the USA Swimming Minor Athlete Abuse Protection Policy ("MAAPP"), and that they understand that compliance with MAAPP is a condition of participation in the conduct of this competition.
- As a team entered in this meet, upon entry you are verifying that all of the swimmers and coaches listed on the enclosed entry are registered with USA Swimming. You acknowledge that you are familiar with the Safety Rules of USA Swimming, Inc. regarding warm-up procedures and meet safety guidelines, and that you shall be responsible for the compliance of your swimmers with those rules during this meet. National Club Swimming Association, Inc., Rosen Aquatic and Fitness Center, Florida Swimming, and USA Swimming, Inc., their agents, employees, and coaches shall be held free and harmless from any and all liabilities or claims for damages arising by reason of illness or injury to anyone during the conduct of this meet. You acknowledge that by entering this meet, you are granting permission for the names of any or all of your team's swimmers to be published on the internet in the form of Psych Sheets, Meet Results, or any other documents associated with the running of this meet.
- There will be no on-deck registrations or entries accepted at this meet.
- Medical supervision: Lifeguards as well as AED is available to all participants in the meet. Paramedics/EMTs will be called if needed.

## **SCRATCH RULE**

Summarized from USA Swimming Rule 207.11.6:

**The penalty to a swimmer**, after the heats have been seeded, who fails to scratch and 'no shows' a preliminary or timed final event, for which the swimmer has been positively checked in **will be one of the following**:

- Being barred from all further events (individual and relay) of that day (the application of the penalty shall pertain to the order in which the events/heats are swum, not the numerical order of the events), **OR**
- Payment of a 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.

## **DISTANCE EVENTS & POSITIVE CHECK IN**

- 11-12 500 Free and 400 IM, 13-14 400 IM, and 500 Free will be swum as time final events with the fastest eight (8) swimmers competing in the final's session. The remaining heats will be swum in the prelim session slow to fast.
- The 13-14 1650 Free will also be a time final event with the fastest eight (8) swimmers competing in the final's session. The remaining heats for the 1650 will be seeded and swum fast to slow at the conclusion of prelims. Swimmers must provide their own timers and counters.
- Any swimmer who is faster than the 13-14 time standard in the 1000/800 free may enter the 1650 free using their 800/1000 time. Swimmers entered with an 800/1000 time will be seeded behind all other swimmers who entered using their 1650/1500 time.
- ***Swimmers in the following distance events must be positively checked in to compete in the event: 10 & Under 500 Free, 11-12 500 Free and 400 IM, 13-14 400 IM, 500 Free and 1650 Free. The check in deadline is the same as the scratch deadline for that day's events.***

## **RELAYS**

A team may enter no more than two relays in each relay event. Relays must be pre-entered and relay times must be provable by team or aggregate within the USA Swimming SWIMS database. A swimmer may be used only once to prove a relay in each relay event. Relay only swimmers must be 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), 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 WILL BE NO POSITIVE CHECK IN FOR RELAYS. SCRATCHES MUST TAKE PLACE BY THE SCRATCH DEADLINE FOR THE DAY SWUM.**

## **CREDENTIALS**

Coaches **MUST** present their current USA Swimming coach credential to obtain a deck pass credential. Deck pass credentials must be displayed and/or presented to the deck security personnel upon each entry to the deck. Meet management and/or the meet referee reserve the right to ask for coach credential display and/or deny deck access if the coach does not comply or card is no longer valid/current.

Participating athletes will be issued a deck pass credential that must be displayed and/or presented to the deck security personnel upon each entry to the deck.

## **AWARDS**

Individual NCSA Age Group Championship Medals 1-8; Ribbons 9-24. Relay Medals 1-8.

## **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 given above. Please complete the Officiating Sign-up posted on the NCSA website. Official uniform will be a white polo over black shorts, skirts, skorts, slacks with black athletic shoes for prelims and black polo over black slacks for finals with black athletic shoes.

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

## **HOTELS:**

Hotels will be posted on the website. Please check back often as the website will be updated as hotels fill and new ones open up.

## **VOLUNTEERS:**

Individuals and groups wishing to volunteer should sign up via the NCSA website.

# 2023 NCSA AGE GROUP SWIMMING CHAMPIONSHIPS

## Order of Events

Wednesday March 22	Thursday March 23	Friday March 24	Saturday March 25
<b>Prelims</b> Warm-Up: 6:00-7:50 Start: 8:00 <b>Finals</b> Warm-Up: 3:30-4:50 Start: 5:00	<b>Prelims</b> Warm-Up: 6:00-7:50 Start: 8:00 <b>Finals</b> Warm-Up: 3:30-4:50 Start: 5:00	<b>Prelims</b> Warm-Up: 6:00-7:50 Start: 8:00 <b>Finals</b> Warm-Up: 3:30-4:50 Start: 5:00	<b>Prelims</b> Warm-Up: 6:00-7:50 Start: 8:00 <b>Finals</b> Warm-Up: 3:30-4:50 Start: 5:00
1. W 13-14 100 Free 2. M 13-14 100 Free 3. W 11-12 100 Free 4. M 11-12 100 Free 5. W 13-14 100 Back 6. M 13-14 100 Back 7. W 11-12 50 Back 8. M 11-12 50 Back 9. W 13-14 200 Breast 10. M 13-14 200 Breast 11. W 11-12 100 Breast 12. M 11-12 100 Breast 13. W 13-14 200 Fly 14. M 13-14 200 Fly 15. W 11-12 400 IM 16. M 11-12 400 IM 17. W 13-14 200 M.R. 18. M 13-14 200 M.R. 19. W 11-12 200 M.R. 20. M 11-12 200 M.R.	29. W 11-12 50 Breast 30. M 11-12 50 Breast 31. W 13-14 100 Breast 32. M 13-14 100 Breast 33. W 11-12 200 Free 34. M 11-12 200 Free 35. W 13-14 500 Free 36. M 13-14 500 Free 37. W 11-12 100 Back 38. M 11-12 100 Back 39. W 13-14 200 Back 40. M 13-14 200 Back 41. W 11-12 200 Fly 42. M 11-12 200 Fly 43. W 13-14 50 Fly 44. M 13-14 50 Fly 45. W 11-12 400 Fr. R. 46. M 11-12 400 Fr. R. 47. W 13-14 400 Fr. R. 48. M 13-14 400 Fr. R.	57. W 11-12 500 Free 58. M 11-12 500 Free 59. W 13-14 200 Free 60. M 13-14 200 Free 61. W 11-12 200 Breast 62. M 11-12 200 Breast 63. W 13-14 100 Fly 64. M 13-14 100 Fly 65. W 11-12 50 Fly 66. M 11-12 50 Fly 67. W 13-14 50 Back 68. M 13-14 50 Back 69. W 11-12 200 IM 70. M 11-12 200 IM 71. W 13-14 400 IM 72. M 13-14 400 IM 73. W 11-12 200 Fr. R. 74. M 11-12 200 Fr. R. 75. W 13-14 200 Fr. R. 76. M 13-14 200 Fr. R.	87. W 11-12 100 IM 88. M 11-12 100 IM 89. W 13-14 200 IM 90. M 13-14 200 IM 91. W 11-12 100 Fly 92. M 11-12 100 Fly 93. W 13-14 50 Breast 94. M 13-14 50 Breast 95. W 11-12 200 Back 96. M 11-12 200 Back 97. W 13-14 50 Free 98. M 13-14 50 Free 99. W 11-12 50 Free 100. M 11-12 50 Free 101. W 13-14 400 M.R. 102. M 13-14 400 M.R. 103. W 11-12 400 M.R. 104. M 11-12 400 M.R.  85. W 13-14 1650 Free 86. M 13-14 1650 Free  <b><i>For finals, event 85 and 86 will swim first</i></b>
<b>10U Timed Final</b> Warm-Up: 11:00-11:50 Start: Noon	<b>10U Timed Final</b> Warm-Up: 11:00-11:50 Start: Noon	<b>10U Timed Final</b> Warm-Up: 11:00-11:50 Start: Noon	<b>10U Timed Final</b> Warm-Up: 11:00-11:50 Start: Noon
21. W 10 & U 50 Free 22. M 10 & U 50 Free 23. W 10 & U 200 IM 24. M 10 & U 200 IM 25. W 10 & U 100 Breast 26. M 10 & U 100 Breast 27. W 10 & U 200 M.R. 28. M 10 & U 200 M.R.	49. W 10 & U 100 Free 50. M 10 & U 100 Free 51. W 10 & U 100 Back 52. M 10 & U 100 Back 53. W 10 & U 50 Fly 54. M 10 & U 50 Fly 55. W 10 & U 400 Fr. R. 56. M 10 & U 400 Fr. R.	77. W 10 & U 500 Free 78. M 10 & U 500 Free 79. W 10 & U 100 Fly 80. M 10 & U 100 Fly 81. W 10 & U 50 Back 82. M 10 & U 50 Back 83. W 10 & U 200 Fr. R. 84. M 10 & U 200 Fr. R.	105. W 10 & U 100 IM 106. M 10 & U 100 IM 107. W 10 & U 50 Breast 108. M 10 & U 50 Breast 109. W 10 & U 200 Free 110. M 10 & U 200 Free 111. W 10 & U 400 M.R. 112. M 10 & U 400 M.R.

**Bonus, Consolation, and Championship Finals for all 11-12 & 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 final's session.**

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



# 2023 NCSA AGE GROUP SWIMMING CHAMPIONSHIPS

## TIME STANDARDS

GIRLS						Event Description	BOYS					
9 & under			10-Year-Old				9 & under			10-Year-Old		
Standards			Standards				Standards			Standards		
SCM	LCM	SCY	SCM	LCM	SCY		SCY	LCM	SCM	SCY	LCM	SCM
:33.79	:34.89	:30.59	:32.39	:33.39	:29.29	50 Free	:30.19	:34.29	:33.29	:28.99	:32.89	:31.99
1:15.39	1:17.49	1:08.19	1:11.79	1:13.89	1:04.99	100 Free	1:07.19	1:16.89	1:14.19	1:04.09	1:13.39	1:10.89
2:44.69	2:50.09	2:29.09	2:36.59	2:41.69	2:21.79	200 Free	2:24.99	2:44.69	2:40.19	2:18.69	2:37.49	2:33.19
5:42.49	5:50.59	6:31.39	5:27.69	5:35.39	6:14.39	400/500 Free	6:25.49	5:44.59	5:37.39	6:08.79	5:29.69	5:22.69
:39.99	:41.49	:36.19	:37.99	:39.39	:34.39	50 Back	:35.99	:41.29	:39.79	:34.19	:39.19	:37.79
1:26.09	1:30.29	1:17.89	1:21.79	1:25.79	1:13.99	100 Back	1:16.59	1:27.69	1:24.59	1:13.09	1:23.59	1:20.69
:44.29	:45.89	:40.09	:42.19	:43.69	:38.19	50 Breast	:39.99	:45.99	:44.19	:38.09	:43.89	:42.09
1:37.29	1:41.49	1:27.99	1:32.39	1:36.39	1:23.69	100 Breast	1:26.29	1:40.19	1:35.39	1:22.39	1:35.59	1:31.09
:38.39	:39.39	:34.79	:36.39	:37.19	:32.89	50 Fly	:34.39	:38.89	:38.09	:32.69	:36.89	:36.09
1:28.69	1:31.09	1:20.19	1:23.09	1:25.39	1:15.19	100 Fly	1:19.89	1:30.59	1:28.29	1:14.99	1:25.09	1:22.89
1:25.89		1:17.69	1:21.79		1:13.99	100 IM	1:16.99		1:25.09	1:13.69		1:21.39
3:03.89	3:08.89	2:46.49	2:55.39	3:00.19	2:38.79	200 IM	2:46.19	3:08.29	3:03.59	2:38.69	2:59.79	2:55.29
			2:20.69	2:25.09	2:07.49	200 Fr. R				2:05.49	2:22.69	2:18.69
			5:15.49	5:24.69	4:45.49	400 Fr. R				4:40.69	5:21.49	5:10.29
			2:44.09	2:49.29	2:28.49	200 M. R.				2:27.19	2:47.99	2:42.69
			6:05.49	6:19.19	5:30.79	400 M. R.				5:25.19	6:12.79	5:59.49

GIRLS						Event Description	BOYS					
11-Year-Old			12-Year-Old				11-Year-Old			12-Year-Old		
Standards			Standards				Standards			Standards		
SCM	LCM	SCY	SCM	LCM	SCY		SCY	LCM	SCM	SCY	LCM	SCM
:31.19	:31.99	:28.19	:29.89	:30.69	:26.99	50 Free	:27.19	:31.09	:29.99	:25.99	:29.79	:28.69
1:06.79	1:09.89	1:00.49	1:03.89	1:06.79	:57.79	100 Free	:59.29	1:07.49	1:05.49	:56.69	1:04.59	1:02.69
2:26.29	2:30.99	2:12.39	2:19.99	2:24.39	2:06.69	200 Free	2:09.19	2:26.99	2:22.69	2:03.49	2:20.59	2:16.49
5:08.59	5:15.39	5:52.59	4:55.19	5:01.69	5:37.29	400/500 Free	5:47.49	5:08.49	5:04.09	5:32.39	4:55.09	4:50.89
:35.19	:36.89	:31.89	:33.69	:35.29	:30.49	50 Back	:31.59	:36.29	:34.89	:30.09	:34.59	:33.29
1:16.59	1:19.39	1:09.29	1:12.79	1:15.49	1:05.89	100 Back	1:07.49	1:18.49	1:14.59	1:04.19	1:14.69	1:10.99
2:42.89	2:50.59	2:27.39	2:35.79	2:43.19	2:20.99	200 Back	2:23.99	2:46.59	2:39.09	2:17.79	2:39.29	2:32.19
:39.69	:40.39	:35.89	:37.89	:38.59	:34.29	50 Breast	:35.19	:40.09	:38.89	:33.39	:38.09	:36.99
1:26.29	1:29.69	1:18.09	1:22.39	1:25.59	1:14.59	100 Breast	1:15.79	1:27.59	1:23.69	1:12.19	1:23.49	1:19.79
3:06.79	3:12.69	2:49.09	2:58.69	3:04.29	2:41.69	200 Breast	2:42.39	3:08.89	2:59.39	2:35.29	3:00.69	2:51.59
:33.79	:34.29	:30.59	:32.39	:32.79	:29.29	50 Fly	:30.19	:34.09	:33.39	:28.69	:32.39	:31.69
1:16.29	1:17.99	1:08.99	1:12.49	1:14.09	1:05.59	100 Fly	1:07.09	1:16.39	1:14.19	1:03.69	1:12.49	1:10.39
2:45.59	2:51.79	2:29.79	2:38.39	2:44.29	2:23.29	200 Fly	2:26.29	2:46.39	2:41.69	2:19.89	2:39.09	2:34.59
1:17.39		1:10.09	1:13.99		1:06.99	100 IM	1:08.09		1:15.19	1:05.09		1:11.89
2:45.69	2:51.19	2:29.89	2:38.49	2:43.79	2:23.39	200 IM	2:26.99	2:48.09	2:42.39	2:20.19	2:40.29	2:34.89
5:52.69	6:04.59	5:19.19	5:37.39	5:48.69	5:05.29	400 IM	5:12.19	5:56.09	5:44.99	4:58.69	5:40.59	5:29.99
			2:09.89	2:13.49	1:57.49	200 Fr. R				1:53.49	2:09.89	2:05.09
			4:38.69	4:51.49	4:12.29	400 Fr. R				4:07.49	4:41.89	4:33.49
			2:25.89	2:29.69	2:11.99	200 M. R.				2:09.99	2:28.29	2:23.59
			5:20.19	5:31.79	4:49.89	400 M. R.				4:42.49	5:24.89	5:12.29

# 2023 NCSA AGE GROUP SWIMMING CHAMPIONSHIPS

## TIME STANDARDS (Continued)

GIRLS						Even Description	BOYS					
13-Year-Old			14-Year-Old				13-Year-Old			14-Year-Old		
Standards			Standards				Standards			Standards		
SCM	LCM	SCY	SCM	LCM	SCY		SCY	LCM	SCM	SCY	LCM	SCM
:29.29	:30.39	:26.49	:28.39	:29.29	:25.59	50 Free	:24.59	:27.99	:27.29	:23.59	:26.89	:26.09
1:03.49	1:05.49	:57.39	1:01.29	1:03.19	:55.39	100 Free	:54.19	1:02.29	:59.89	:51.49	:59.29	:56.99
2:18.59	2:22.79	2:05.39	2:12.49	2:16.49	1:59.79	200 Free	1:58.09	2:15.59	2:10.59	1:52.99	2:09.69	2:04.89
4:55.99	5:01.79	5:38.29	4:43.19	4:48.69	5:23.49	400/500 Free	5:19.99	4:50.09	4:39.99	5:05.99	4:37.49	4:27.79
10:10.29	10:20.99	11:37.29	9:43.69	9:53.99	11:06.99	800/1000 Free	11:01.39	10:03.19	9:38.89	10:32.69	9:36.89	9:13.69
19:14.89	19:48.09	19:21.69	18:24.69	18:56.49	18:31.19	1500/1650 Free	18:27.59	19:05.89	18:21.09	17:39.39	18:16.09	17:33.29
<b>Must have 100 back standard</b>						50 Back	<b>Must have 100 back standard</b>					
1:11.09	1:13.99	1:04.29	1:07.99	1:10.79	1:01.49	100 Back	1:00.39	1:09.89	1:06.79	:57.79	1:06.79	1:03.89
2:32.79	2:39.69	2:18.29	2:26.19	2:31.79	2:12.29	200 Back	2:10.09	2:30.29	2:23.79	2:04.49	2:23.79	2:17.49
<b>Must have 100 breast standard</b>						50 Breast	<b>Must have 100 breast standard</b>					
1:21.19	1:24.49	1:13.49	1:17.59	1:20.79	1:10.29	100 Breast	1:07.89	1:17.89	1:14.99	1:04.89	1:14.59	1:11.69
2:56.09	3:02.89	2:39.39	2:48.39	2:54.89	2:32.39	200 Breast	2:28.29	2:52.09	2:43.79	2:21.79	2:44.59	2:36.69
<b>Must have 100 fly standard</b>						50 Fly	<b>Must have 100 fly standard</b>					
1:10.59	1:12.39	1:03.89	1:07.49	1:09.19	1:01.09	100 Fly	:59.29	1:07.49	1:05.59	:56.79	1:04.59	1:02.69
2:36.49	2:38.79	2:21.69	2:29.69	2:31.89	2:15.49	200 Fly	2:11.69	2:29.99	2:25.59	2:05.99	2:23.49	2:19.19
2:36.09	2:42.99	2:21.39	2:29.59	2:35.99	2:15.29	200 IM	2:12.99	2:33.69	2:26.89	2:07.19	2:26.99	2:20.59
5:34.49	5:45.39	5:02.69	5:19.99	5:30.39	4:49.59	400 IM	4:43.39	5:26.19	5:13.09	4:31.09	5:11.99	4:59.49
			2:04.29	2:08.69	1:52.69	200 Fr. R				1:43.89	1:57.89	1:55.09
			4:30.29	4:38.69	4:04.69	400 Fr. R				3:47.49	4:21.09	4:11.09
<b>Must have 400 Med. Rel. standard</b>						200 M. R.	<b>Must have 400 Med. Rel. standard</b>					
			4:59.99	5:10.49	4:31.39	400 M. R.				4:12.59	4:49.79	4:39.09

## 2023 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 distance 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.