



NCAP Invitational

December 6-9, 2018

Sanction # PVI-19-29

Hosted by:



<p>MEET DIRECTOR Brian Pawlowicz bpawlowicz@nationscapitalswimming.com (703) 727-3994</p>	<p>MEET REFEREE David Merkin David@merkinlawgroup.com (240) 876-8559</p>	<p>CLUB OFFICIALS CHAIR Karyn McCannon kmccannon@nationscapitalswimming.com Application to Officiate</p>
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SANCTION	<ul style="list-style-type: none"> Held under the sanction of USA Swimming through Potomac Valley Swimming: PVI-19-29. In granting this sanction it is understood and agreed that USA Swimming, Potomac Valley Swimming, National Capital Swim Club and University of Maryland Aquatic 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.
FACILITY	<p>University of Maryland College Park Campus, College Park, MD, 20740 (301) 266-4400</p> <ul style="list-style-type: none"> Two 8 lane, 25 yard courses 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’ 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.
PARKING	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.
ENTRY DEADLINE	<ul style="list-style-type: none"> The entry deadline is 7:00 PM, Tuesday, November 27, 2018. Entries will be accepted beginning Monday, October 08, 2018. 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. <p>IMPORTANT: The above date is the deadline for clubs to submit their entries to the Meet Director. Therefore, clubs usually set an earlier deadline to receive entries from their swimmers. Check with your club for this information.</p>

SCHEDULE	Warm Ups	Events	
	Thursday, December 6		
	Distance Events	3:30 – 4:30 PM	4:40 PM
	Friday, December 7		
	13-14/Open Prelims	7:15 – 8:25 AM	8:30 AM
	11-12 Prelims/ 10&Under Timed Finals	12:15 – 1:30 PM	1:35 PM
	Finals Session	4:40 – 5:35 PM	5:45 PM
	Saturday, December 8		
	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	
Sunday, December 9			
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"> Two courses will be used during the Thursday session, 13 & Over preliminary sessions and the 11-12 preliminary/10 & Under Timed Finals sessions. Athletes should consider this when selecting events. Meet Director reserves the right to adjust times/sessions after entries are received. Timelines will be posted when available. 		
ELIGIBILITY	<ul style="list-style-type: none"> 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. 		
DISABILITY SWIMMERS	<ul style="list-style-type: none"> PVS and host clubs along with their meet directors are committed to the Inclusion Policy 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. 		
TIMING SYSTEM	<ul style="list-style-type: none"> Automatic Timing (touchpads primary) will be used for this meet. 		
RULES	<ul style="list-style-type: none"> Current USA Swimming rules shall govern this meet. No on-deck USA-S registration is permitted 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. Per PVS policy, the use of equipment capable of taking pictures (i.e., cell phones, cameras, etc.) is banned from behind the starting blocks during the entire meet, including warm up, competition and cool down periods. Deck changes are prohibited. Any swimmer entered in the meet must be certified by a USA Swimming member coach as being proficient in performing a racing start or must start each race from within the water. When unaccompanied by a member-coach, it is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement. Operation of a drone or any other flying devices is prohibited over the venue (pools, athlete/coach areas, spectator areas and open ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present. 		

	<ul style="list-style-type: none"> • 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.
EVENT RULES	<ul style="list-style-type: none"> • 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. • Swimmers must provide their own timer and lap counter for the Distance Events on Thursday, December 6, Saturday December 8 (500 Freestyle), and Sunday December 10 morning and evening only. • College Swimmers – Be sure to un-attach from your NCAA team to keep your eligibility intact. • There will be no time trials conducted at this event. <p><u>Individual Events</u></p> <ul style="list-style-type: none"> ▪ Entry times need to have been achieved since September 1, 2017. ▪ <u>NO entries with “NT”, (No Time), will be accepted.</u> ▪ All 11 & over events are trials and finals except for the following which are timed finals: <ul style="list-style-type: none"> ▪ 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 final’s 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. ▪ All 10 & under events are timed finals and will be swum as part of the 12 & under preliminary session. ▪ 11-12 400 IM, 12&U 200 Breaststroke and 12&U 200 Butterfly will be swum fastest to slowest. ▪ 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 oversubscribed. ▪ All entry times requiring verification must be verified before 5:00 PM on Thursday, December 7th or they will be dropped from the meet. ▪ All swim-offs will be performed before the conclusion of the preliminary session they occur in.

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 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

- There will be no bonus events offered this year.

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. 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 7th 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 final's session. All other heats will be swum fastest to slowest at the conclusion of Friday's preliminary session.
- The 13-14 and Open 200 Medley Relay will be pre-seeded and timed finals, swum fastest to slowest during the morning prelim sessions.
- Only the fastest heat of the 13-14 and Open 400 medley relays will be swum during the final's session. All other heats will be swum at the conclusion of Saturday's preliminary session.
- 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).

Mixed Relays

We have added MIXED relays! Per USA Swimming rules, a MIXED relay is comprised of TWO (2) Female athletes and TWO (2) Male athletes.

WITHDRAWING FROM FINALS	<ul style="list-style-type: none"> • PVS Scratch Rules apply for swimmers scratching from finals. • If you do not want to swim in the Final, you may “scratch” from the event by following this procedure: <ul style="list-style-type: none"> ▪ You must fill out and sign a PVS Finals Scratch Slip within 30 minutes of the announcement of qualifiers for “A” and “B” 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 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.”
POSITIVE CHECK IN	<ul style="list-style-type: none"> • Positive check in for events 400 and longer.
WARM-UP	<ul style="list-style-type: none"> • 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.
SUPERVISION	<ul style="list-style-type: none"> • Coaches are responsible for the conduct of their swimmers and cleaning up for their team areas.
SEEDING	<ul style="list-style-type: none"> • All events less than 400 yds will be pre-seeded.
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
AWARDS	<ul style="list-style-type: none"> • Open Category will receive RIBBONS for places 1-3 only. • All events 14 & Under will receive custom medals for places 1-3 and ribbons for places 4-8. • 14 & 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. • 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@nationscapitalswimming.com), for additional information.
PROGRAMS / SPECTATOR ENTRY FEE	<ul style="list-style-type: none"> • 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.
PHOTOGRAPHER	<p style="text-align: center;">Skys the Limit Photography – ProVisuals Nathan Chidester (704) 451-1410 www.skysthelimitvisuals.com</p>

MEET VENDOR	<p style="text-align: center;">Sport Fair 5010 Lee Highway Arlington, VA 22207 www.sportfairusa.com 703-524-9500</p>
MEET T-SHIRT	<ul style="list-style-type: none"> Ordering Information Coming Soon! Please check the NCAP web site, www.nationscapitalswimming.com , regularly for information.
WEBCAST	<ul style="list-style-type: none"> Swimming World TV will be on hand to webcast the event
CONCESSIONS	<ul style="list-style-type: none"> Will be sold by the University of Maryland
CREDENTIALS	<ul style="list-style-type: none"> Parents not working the meet as a deck official, volunteer timer or other position are not permitted on deck. Only athletes, USA Swimming certified coaches, and deck officials will be permitted on the deck. Coaches and Officials should have proof of active USA Swimming membership with them at all times.
OFFICIALS	<ul style="list-style-type: none"> 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 27, 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 28th 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 27th. 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.
TIMERS	<ul style="list-style-type: none"> 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 per the following schedule: <ul style="list-style-type: none"> 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

<p>ENTRY PROCEDURES</p>	<p><u>Entries may be sent via e-mail.</u></p> <ol style="list-style-type: none"> 1. Entries must arrive by the due date and time. 2. In the title of the email, please use the following format: "2018 NCAP Invitational Entry – [team name]" 3. Payment is due by 6:00pm Friday, November 30, 2018. 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. 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. <p><u>Entries may be sent via mail/express mail/ etc.</u></p> <ul style="list-style-type: none"> ▪ Electronic entries (Hy-tek) are encouraged. Paper entries require one (1) meet entry report by name and one (1) by event from <i>Team Manager</i>. Entries may also be submitted on a PVS Master Entry Sheet. All entries must include a completed "Entry Cover Sheet". ▪ If using a mail service (Fed Ex, UPS, etc.) sign the waiver allowing the service to leave your entries without requiring a signature. <ul style="list-style-type: none"> • Coaches will be provided with National Relay Slips or gender specific slips, (blue for boys / pink for girls), 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. • The meet director will not accept phone or fax entries. • Entries that are incomplete, submitted on incorrect forms, or lacking the phone number of a responsible club official <u>will not be accepted</u>. • 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. 								
<p>ENTRY FEES</p>	<table style="width: 100%; border: none;"> <tr> <td style="padding-right: 20px;">Per Swimmer Surcharge:</td> <td style="text-align: right; padding-right: 20px;">\$6.00</td> <td style="padding-right: 20px;">Relay event fee:</td> <td style="text-align: right;">\$18.00</td> </tr> <tr> <td>Individual event fee:</td> <td style="text-align: right;">\$9.75</td> <td>Deck entries:</td> <td style="text-align: right;">\$15.00</td> </tr> </table> <ul style="list-style-type: none"> • Make checks payable to Nation's Capital Swimming (NCAP). Checks may be mailed to: <div style="text-align: center; margin-left: 100px;"> Nations Capital Swimming 8120 Woodmont Ave. #101 Bethesda, MD 20814 </div> • Entry fees are due with meet entry. 	Per Swimmer Surcharge:	\$6.00	Relay event fee:	\$18.00	Individual event fee:	\$9.75	Deck entries:	\$15.00
Per Swimmer Surcharge:	\$6.00	Relay event fee:	\$18.00						
Individual event fee:	\$9.75	Deck entries:	\$15.00						
<p>ENTRY FILES, PAPER ENTRIES, QUESTIONS</p>	<p style="text-align: center;"> Brian Pawlowicz 3102 Bradford Wood Ct. Oakton, VA 22124 bpawlowicz@nationcapitalswimclub.com (703) 727-3994 (c) </p>								

NCAP INVITATIONAL

December 6 – 9, 2018

University of Maryland

College Park, MD

Thursday, December 6, 2018

Warm-up 3:30 - 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 #
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

- 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. 12&U 500 Free is swum fastest to slowest.

Friday, December 7, 2018

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 #
101 MIXED GENDER RELAY			13-14 200 Medley Relay	101 MIXED GENDER RELAY		
103 MIXED GENDER RELAY			Open 200 Medley Relay	103 MIXED GENDER RELAY		
9	1:16.59	1:22.99	13-14 100 breaststroke	1:12.49	1:17.99	10
11	1:11.99	1:19.99	Open 100 breaststroke	1:02.99	1:12.19	12
13	2:05.79	2:15.39	13-14 200 freestyle	1:59.99	2:07.89	14
15	1:56.99	2:12.09	Open 200 freestyle	1:47.19	1:58.99	16
17	1:04.55	1:10.99	13-14 100 butterfly	1:01.99	1:06.19	18
19	1:00.75	1:07.99	Open 100 butterfly	53.99	1:00.99	20
21	4:59.99	5:28.59	13-14 400 IM	4:49.79	5:10.69	22
23	4:41.99	5:20.99	Open 400 IM	4:19.99	4:55.99	24
51 MIXED GENDER RELAY			13-14 200 Free Relay	51 MIXED GENDER RELAY		
53 MIXED GENDER RELAY			Open 200 Free Relay	53 MIXED GENDER RELAY		

- 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.
- 200 Medley relay will from Fastest to slowest, will be pre-seeded, and is a timed final- ALL Friday Medley relays in AM.
- There is ONE event of 13-14 MIXED GENDER relays, and ONE event of Open MIXED GENDER Relays

NCAP INVITATIONAL

December 6 – 9, 2018

University of Maryland

College Park, MD

Friday, December 7, 2018

11-12 Prelims / 10 & U 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 #
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	1:10.99	11-12 100 freestyle	1:03.59	1:12.19	36
37	1:13.59	1:22.19	10 & U 100 freestyle	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	3:02.19	3:25.59	12 & U 200 breaststroke	3:02.19	3:25.59	44
45	1:12.99	1:23.99	11-12 100 backstroke	1:13.59	1:25.59	46
47	1:26.59	1:39.19	10 & U 100 backstroke	1:26.99	1:39.59	48
Event 49 is MIXED GENDER relay			11-12 MIXED GENDER 200 Freestyle relay	NO Event 50 Event 49 is MIXED GENDER relay		

- All 200 MIXED 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 1:00pm.
- 400 IM and 200 Breaststroke will be swum fastest to slowest.

Saturday, December 8, 2018

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 #
55	2:26.79	2:37.39	13-14 200 butterfly	2:24.79	2:26.79	56
57	2:15.99	2:29.99	Open 200 butterfly	2:03.79	2:19.00	58
59	27.19	29.49	13-14 50 freestyle	25.89	27.59	60
61	25.79	28.89	Open 50 freestyle	23.29	26.59	62
63	2:44.69	2:57.19	13-14 200 breaststroke	2:39.09	2:47.59	64
65	2:37.59	2:56.29	Open 200 breaststroke	2:17.99	2:40.79	66
67	1:04.99	1:12.99	13-14 100 backstroke	1:02.99	1:08.99	68
69	1:00.99	1:10.99	Open 100 backstroke	55.99	1:04.99	70
71	5:26.99	4:47.29	13-14 500 freestyle	5:15.99	4:32.49	72
73	5:14.00	4:41.99	Open 500 freestyle	4:48.99	4:24.99	74
75 MIXED GENDER RELAY			13-14 400 Medley Relay	75 MIXED GENDER RELAY		
77 MIXED GENDER RELAY			Open 400 Medley Relay	77 MIXED GENDER RELAY		

- 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.

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December 6 – 9, 2018

University of Maryland

College Park, MD

Saturday, December 8, 2018

11-12 Prelims / 10 & U 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 #
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	28.79	32.69	11-12 50 freestyle	28.99	32.79	84
85	32.99	37.19	10 & U 50 freestyle	32.99	37.09	86
87	1:22.79	1:34.69	11- 12 100 breaststroke	1:22.39	1:34.69	88
89	1:35.49	1:53.69	10 & U 100 breaststroke	1:36.39	1:53.99	90
91	2:51.99	3:14.09	12 & U 200 butterfly	2:50.29	3:12.19	92
93	33.99	38.49	11-12 50 backstroke	33.99	38.49	94
95	38.99	44.89	10 & U 50 backstroke	38.79	44.79	96
97	2:34.19	2:58.99	11-12 200 IM	2:37.59	2:59.19	98
99	2:59.99	3:24.99	10 & U 200 IM	3:00.89	3:28.99	100

- 200 Butterfly will be swum fastest to slowest.

Sunday, December 9, 2018

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 #
105	2:19.99	2:33.99	13-14 200 backstroke	2:17.79	2:22.99	106
107	2:12.99	2:21.99	Open 200 backstroke	2:00.79	2:17.99	108
109	57.99	1:03.29	13-14 100 freestyle	54.49	59.79	110
111	54.69	1:01.19	Open 100 freestyle	49.99	55.99	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 MIXED GENDER RELAY			13-14 400 freestyle relay	117 MIXED GENDER RELAY		
119 MIXED GENDER RELAY			Open 400 freestyle relay	119 MIXED GENDER RELAY		
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

- 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. Swimmers may request a morning swim on Sunday.

NCAP INVITATIONAL

December 6 – 9, 2018

University of Maryland

College Park, MD

Sunday, December 9, 2018

11-12 Prelims / 10 & U 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 #
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	2:36.99	11-12 200 freestyle	2:18.79	2:34.99	138
139	2:38.99	3:08.99	10 & U 200 freestyle	2:42.99	3:08.99	140
Event 141 is MIXED GENDER relay			11-12 MIXED GENDER 200 Medley Relay	NO EVENT 142		

- 200 MIXED medley relays must check-in by 2:00 PM. The event is swum fastest to slowest at the end of the session.