



# 2021 NCAP Elite Qualifier

Hosted by:



May 14-16, 2021

Sanction # PVI-21-194

VSI Sanction # VSI-197DS

<b>MEET DIRECTORS</b>	<b>MEET REFEREE</b>	<b>ENTRY CHAIR</b>
<p>Tom Ugast  <a href="mailto:tugast@nationscapitalswimming.com">tugast@nationscapitalswimming.com</a>  <b>Karyn McCannon</b>  <a href="mailto:kmccannon@nationscapitalswimming.com">kmccannon@nationscapitalswimming.com</a></p>	<p>Tim Husson  <a href="mailto:tim.husson@gmail.com">tim.husson@gmail.com</a>  <a href="#">Officials Signup</a></p>	<p>Karyn McCannon  <a href="mailto:kmccannon@nationscapitalswimming.com">kmccannon@nationscapitalswimming.com</a></p>

<b>SANCTION</b>	<ul style="list-style-type: none"> <li>Held under the sanction of USA Swimming through Potomac Valley Swimming: <b>PVI-21-194</b> and Virginia Swimming: <b>VSI-21-197DS</b>.</li> <li>In granting this sanction it is understood and agreed that USA Swimming, Potomac Valley Swimming, Virginia Swimming, Inc., Nation's Capital Swimming, Inc., and Jeff Rouse Swim and Sport Center shall be held free and harmless from any and all liabilities or claims for damages arising by reason of injuries to anyone during the conduct of this event.</li> </ul>																																																				
<b>FACILITY</b>	<p style="text-align: center;"><b>Jeff Rouse Swim and Sport Center</b>          1600 Mine Road          Stafford, VA 22554          (540) 318-6332</p> <ul style="list-style-type: none"> <li>The competition pool at Jeff Rouse is a 50m x 25yd pool with a moveable bulkhead. Competition will be held in 8 lanes, 50 meters.</li> <li>Water depth range of 12'6" deep at the starting end and 6'7" deep at the turning end.</li> <li>Six (6) short course lanes will be available for continuous warm up and cool down.</li> <li>The competition course has been certified in accordance with current <i>USA Swimming Rules and Regulations</i>, Article 104.2.2(C). A copy of such certificate is on file with USA Swimming.</li> </ul>																																																				
<b>ENTRY DEADLINE</b>	<p style="text-align: center;"><b>Wednesday May 5, 2021 at 5:00pm</b></p> <p>IMPORTANT: The above date is the deadline for clubs to submit their entries to the Meet Director. Therefore, clubs usually set an earlier deadline to receive entries from their swimmers. Check with your club for this information.</p>																																																				
<b>SCHEDULE</b>	<table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th></th> <th style="text-align: center;">Warm-Ups (Group 1)</th> <th style="text-align: center;">Warm-Ups (Group 2)</th> <th style="text-align: center;">Events</th> </tr> </thead> <tbody> <tr> <td colspan="4"><b>FRIDAY</b></td> </tr> <tr> <td>Elite Prelims</td> <td style="text-align: center;">7:00am – 7:40am</td> <td style="text-align: center;">7:45am – 8:25am</td> <td style="text-align: center;">8:30am</td> </tr> <tr> <td>Open Timed Finals</td> <td style="text-align: center;">11:30am – 12:10pm</td> <td style="text-align: center;">12:15pm – 12:55pm</td> <td style="text-align: center;">1:00pm</td> </tr> <tr> <td>Elite Finals</td> <td style="text-align: center;">5:00pm – 5:55pm</td> <td></td> <td style="text-align: center;">6:00pm</td> </tr> <tr> <td colspan="4"><b>SATURDAY</b></td> </tr> <tr> <td>Elite Prelims</td> <td style="text-align: center;">7:00am – 7:40am</td> <td style="text-align: center;">7:45am – 8:25am</td> <td style="text-align: center;">8:30am</td> </tr> <tr> <td>Open Timed Finals</td> <td style="text-align: center;">11:00am – 11:40am</td> <td style="text-align: center;">11:45am – 12:25pm</td> <td style="text-align: center;">12:30pm</td> </tr> <tr> <td>Elite Finals</td> <td style="text-align: center;">4:00pm – 4:55pm</td> <td></td> <td style="text-align: center;">5:00pm</td> </tr> <tr> <td colspan="4"><b>SUNDAY</b></td> </tr> <tr> <td>Elite Timed Finals</td> <td style="text-align: center;">7:00am – 7:40am</td> <td style="text-align: center;">7:45am – 8:25am</td> <td style="text-align: center;">8:30am</td> </tr> <tr> <td>Open Timed Finals</td> <td style="text-align: center;">11:00am – 11:40am</td> <td style="text-align: center;">11:45am – 12:25pm</td> <td style="text-align: center;">12:30pm</td> </tr> <tr> <td>Time Trials</td> <td style="text-align: center;">4:00pm – 4:55pm</td> <td></td> <td style="text-align: center;">5:00pm</td> </tr> </tbody> </table> <ul style="list-style-type: none"> <li>Meet Director reserves the right to adjust times/sessions after entries are received. <b>FINAL MEET SCHEDULE WILL BE OUT NO LATER THAN FRIDAY MAY 7<sup>th</sup>.</b></li> </ul>		Warm-Ups (Group 1)	Warm-Ups (Group 2)	Events	<b>FRIDAY</b>				Elite Prelims	7:00am – 7:40am	7:45am – 8:25am	8:30am	Open Timed Finals	11:30am – 12:10pm	12:15pm – 12:55pm	1:00pm	Elite Finals	5:00pm – 5:55pm		6:00pm	<b>SATURDAY</b>				Elite Prelims	7:00am – 7:40am	7:45am – 8:25am	8:30am	Open Timed Finals	11:00am – 11:40am	11:45am – 12:25pm	12:30pm	Elite Finals	4:00pm – 4:55pm		5:00pm	<b>SUNDAY</b>				Elite Timed Finals	7:00am – 7:40am	7:45am – 8:25am	8:30am	Open Timed Finals	11:00am – 11:40am	11:45am – 12:25pm	12:30pm	Time Trials	4:00pm – 4:55pm		5:00pm
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<b>ELIGIBILITY</b>	<ul style="list-style-type: none"> <li>Open to invited athletes from Nation’s Capital Swim Club, Machine Aquatics, NOVA of Virginia Aquatics, and any other invited teams. 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 &amp; Regulations</i> Article 302.</li> </ul>
<b>DISABILITY SWIMMERS</b>	<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>
<b>TIMING SYSTEM</b>	<ul style="list-style-type: none"> <li>Automatic timing (touchpads primary) will be used.</li> </ul>
<b>COVID-19 CONSIDERATIONS</b>	<ul style="list-style-type: none"> <li>An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is a contagious disease that can lead to severe illness and death. According to the Centers for Disease Control and Prevention, senior citizens and individuals with underlying medical conditions are especially vulnerable.</li> <li>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.</li> <li>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, POTOMAC VALLEY SWIMMING, VIRGINIA SWIMMING, INC., NATION’S CAPITAL SWIM CLUB, AND JEFF ROUSE SWIM AND SPORTS CENTER 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 WITH EXPOSURE, INFECTION, AND/OR SPREAD OF COVID-19 RELATED TO PARTICIPATION IN THIS COMPETITION.</li> <li>We have taken enhanced health and safety measures for all attending this meet, however we cannot guarantee that you will not become infected with COVID-19. All attending this meet must follow all posted instructions while in attendance. An inherent risk of exposure to COVID-19 exists in any public place where people are present. By attending this meet, you acknowledge the contagious nature of COVID-19 and voluntarily assume all risks related to exposure to COVID-19.</li> <li>By choosing to attend this meet you agree to comply with all health and safety mandates and guidelines of USA Swimming, Potomac Valley Swimming, Virginia Swimming, Inc., the Commonwealth of Virginia, and Stafford County.</li> </ul>
<b>COVID-19 PROTOCOLS</b>	<ul style="list-style-type: none"> <li>Athletes must arrive and depart in their suits. Locker rooms are not available. Restrooms are available for emergency use only. Adults and dry personnel will use the restrooms in the lobby. Athletes will use the single stall bathrooms in the hallway.</li> <li><b>All individuals entering the facility will be expected to answer Virginia Department of Health screening questions to include temperature screening.</b></li> <li>All attendees (athletes, coaches, officials, and volunteers) shall enter and exit the facility through the northeast corner. There will be signs in the circle for drop offs. The remainder of the facility is off limits to the swim meet participants.</li> <li>All attendees (athletes, coaches, officials, volunteers) must wear masks to enter the facility and at all times when inside the facility, with the exception of athletes when warming up, cooling down, and competing. Masks must be affixed to the face without hands and must cover the nose and mouth.</li> </ul>

	<ul style="list-style-type: none"> <li>• Coaches, officials, volunteers, and athletes must wear masks at all times, except when actively eating/drinking, or in the water.</li> <li>• Due to facility protocols, spectators will not be permitted. Competition will be live streamed on the <a href="#">JRSSC Swim Meet Facebook page</a>.</li> <li>• Each session will be limited to 250 athletes plus 100 additional “dry” participants.</li> <li>• Swimmer seating will be located in the grandstands with social distancing in place.</li> <li>• Swimmers will line up for their heats on the scoreboard side of the pool. Only one heat will be behind the blocks. The next heat will enter the starting area once the previous heat has cleared the area. There will be a maximum of 2 heats lined up on the deck ready. There will be a meet marshal in place to assist the swimmers. There will be markings on the floor spaced out 10 feet apart for 8 swimmers for the 2nd heat waiting to move behind the blocks. There will be similar markings on the floor for heats that begin in the east end of the pool. We ask that swimmers maintain 10 feet social distancing at all times and come to the staging area in their suit with cap and goggles. No clothes behind the blocks.</li> <li>• The 50M events will start from the east end of the pool. For the 50M events, volunteers will collect the masks and move them to the finish end of the pool.</li> <li>• All athletes will enter the short course warmup pool from the bleacher side of the pool deck. No more than 6 athletes per lane in the short course warmup pool.</li> <li>• One way traffic will be maintained on the pool deck. All traffic will go around the entire pool unless the athlete is in a 50M event or an even number event (if chase starts are being used).</li> <li>• Athletes must remain in their place in the grandstand when not competing or warming up or cooling down.</li> <li>• Athletes shall wear their mask to the blocks. A PVC stand will be available to place the mask on during the event.</li> <li>• Swimmers shall wear their mask when receiving feedback from coaches.</li> <li>• Swimmers may not watch the meet from the deck, they must watch from their place in the grandstand.</li> <li>• Warm ups are limited to 12 athletes per lane in the long course pool, and 6 athletes per lane in the short course pool. Athletes will place their mask in a plastic bag (ziplock or similar style) and place them in the baskets located at the end of each lane.</li> <li>• Coaches must stay in the designated areas and may not stand in the walkway areas. These areas are designated with a black “X” on the attached map.</li> <li>• Meet Marshals will enforce masks, social distancing, swimmer safety in the warm-up/cool down pool and on deck.</li> <li>• Meet Director, Meet Referee, and/or Facility Management reserves the right to place additional restrictions as may become necessary.</li> <li>• We request that all attendees notify NCAP Director of Operations, <a href="#">KARYN MCCANNON</a>, as soon as possible if they have tested positive for COVID-19, shown symptoms or have been in contact with anyone exposed to COVID-19 after attending the meet.</li> </ul>
<p><b>RULES</b></p>	<ul style="list-style-type: none"> <li>• Current USA Swimming rules shall govern this meet.</li> <li>• All applicable adults participating in or associated with this meet acknowledge that they are subject to the provisions of the USA Swimming <a href="#">Minor Athlete Abuse Prevention Policy</a> ("MAAPP"), and that they understand that compliance with the MAAPP policy is a condition of participation in the conduct of this competition.</li> <li>• No on-deck USA-S registration is permitted.</li> </ul>

	<ul style="list-style-type: none"> <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> <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>• No deck entries will be accepted.</li> </ul>
<b>EVENT RULES</b>	<ul style="list-style-type: none"> <li>• Elite Sessions: Friday and Saturday events are Prelims/Finals. Sunday events are Timed Finals.</li> <li>• Open Sessions: Friday, Saturday, and Sunday events are timed finals with events being swum slow to fast, with the exception of the 800/1500 Freestyle which will be swum fast to slow. The 800M events will be swum followed by the 1500M events. Distance heats may be combined by gender for timeline purposes.</li> <li>• For both the Elite and Open sessions, athletes may choose to swim either the 800 FR or the 1500 Free, not both.</li> <li>• Athletes swimming the 800 or 1500 Freestyle may have a counter, if desired. The counter must be an athlete who is already attending the Friday session. No outside person may be brought in to count for the distance event.</li> <li>• Friday and Saturday Finals: Top 16 athletes in each event (except 800/1500 FR) will swim in Finals: B-Final, then A-Final.</li> <li>• Athletes may swim in either the Elite session or the Open session, but may not swim in both sessions on the same day.</li> <li>• Sunday "Finals"- All Elite events on Sunday are Timed Finals, and swum in the morning.</li> <li>• Athletes swimming in Timed Finals Sessions can swim no more than 9 events - 3 per day.</li> <li>• Athletes swimming in Elite sessions can swim 3 events per day in Prelims/Finals events, and 3 events on Sunday. Athletes cannot enter more than 3 Time Trials (a max of 6 timed final events for that day).</li> </ul>
<b>WITHDRAWING FROM FINALS</b>	<ul style="list-style-type: none"> <li>• If you do not wish to swim in the Final, you may "scratch" from the event by emailing <a href="mailto:ncap.scratch@gmail.com">ncap.scratch@gmail.com</a> within 30 minutes of the completion of the last preliminary event of the session. <ul style="list-style-type: none"> <li>○ Subject of email: FINALS SCRATCH: &lt;event&gt;, &lt;swimmer name&gt;. <b>For example:</b> FINALS SCRATCH: Event 21, Girl's 200 Backstroke, Jane Smith.</li> <li>○ Body of email should include swimmer's first and last name, club, coach's name, and event being scratched. It is recommended that your coach is included on the email.</li> </ul> </li> </ul>
<b>BONUS EVENTS</b>	<ul style="list-style-type: none"> <li>• Athletes in all sessions are eligible for bonus entries.</li> <li>• Athletes who qualify for and enter one individual event may enter up to three bonus events. Athletes who qualify for and enter two individual events may enter up to two bonus events. Athletes who qualify for and enter three or more individual events may enter one bonus event. Athletes who qualify for and enter four or more individual events may not enter bonus events.</li> <li>• Athletes may not enter the 800 M Freestyle or the 1500 M as one of their bonus events.</li> <li>• ***Bonus entries may be limited or removed if timelines require***</li> </ul>

<b>TIME TRIALS</b>	<ul style="list-style-type: none"> <li>Time Trials will be held Sunday afternoon. Warmups begin at 4:00 PM. Events start at 5:00 PM and will be competed in the same order as original events. Events may be combined by gender/distance/stroke as needed.</li> <li>To be eligible for Time Trials, athletes must have either swum an event in the Sunday Elite Session OR the athlete is within 0.3 seconds/100 of an Olympic Trials Qualifying time (either Wave 1 or Wave 2.) Athletes who are not competing during this session can either leave the meet, or watch from the grandstand area- they may not cheer from the deck.</li> </ul>
<b>POSITIVE CHECK IN</b>	<ul style="list-style-type: none"> <li>All events will be pre-seeded. Scratches for each day can be emailed to KARYN MCCANNON (<a href="mailto:kmccannon@nationscapitalsswimming.com">kmccannon@nationscapitalsswimming.com</a>) as needed, but there is no penalty for a No Show. Each day will be seeded at 6pm the night prior and emailed out for review.</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 will determine the structure of warm-up, and will provide times and lane assignments.</li> <li>No more than 12 athletes per lane in the long course lanes and no more than 6 per lane in the short course lanes.</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 will be pre-seeded.</li> <li>LCM times are conforming times; SCY times will be seeded as non-conforming. Bonus entries will be seeded last, in the same order.</li> </ul>
<b>SCORING</b>	<ul style="list-style-type: none"> <li>This meet will not be scored.</li> </ul>
<b>AWARDS</b>	<ul style="list-style-type: none"> <li>There will be no awards.</li> </ul>
<b>PROGRAMS</b>	<ul style="list-style-type: none"> <li>Programs will be available on Meet Mobile for free.</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 at all times.</li> </ul>
<b>OFFICIALS</b>	<ul style="list-style-type: none"> <li>Officials will be identified in advance and coordinated by the Meet Referee, Tim Husson. Officials interested in volunteering should fill out the <a href="#">Officials Signup</a>.</li> <li>Officials who have volunteered for this meet should check in at the recording table prior to the start of warm-ups. Certified officials working this meet will need to wear a mask for the duration of the meet. A comprehensive official's briefing will be conducted the night prior to the meet via Zoom.</li> <li>Walk-on officials cannot be accommodated.</li> </ul>
<b>TIMERS</b>	<ul style="list-style-type: none"> <li>One timer per lane. If chase starts are used, there will be 1 timer per lane at each end of the pool. Each participating club will be responsible for providing its share of timers. Lane assignments will be made in advance.</li> </ul>

<b>ENTRY PROCEDURES</b>	<ul style="list-style-type: none"> <li>• Entries should be submitted by email to the ENTRY COORDINATOR, Karyn McCannon, <a href="mailto:kmccannon@nationscapitalswimming.com">kmccannon@nationscapitalswimming.com</a>.</li> <li>• Include in the subject of the email, "2021 NCAP Elite Qualifier - ****" with the club's initials in place of the asterisks. If your club submits multiple entry files include training site in the subject of the email.</li> <li>• Include in entry email: entry file, report of entries by name, report of entries by event.</li> <li>• In the body of your email provide entry numbers (girls, boys, totals), contact information (email, phone, officials contact).</li> <li>• Entries directly from individual team members will not be accepted.</li> <li>• Entries by phone or fax will not be accepted.</li> <li>• The Meet Director will acknowledge receipt by return email within 24 hours. If acknowledgement is not received in a timely manner, please contact the Meet Director.</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="width: 40%;">Per Swimmer Surcharge:</td> <td style="width: 20%;">\$15.00</td> <td style="width: 20%;">Individual event fee:</td> <td style="width: 20%;">\$20.00</td> </tr> <tr> <td></td> <td></td> <td>Time Trial Fee:</td> <td>\$25.00</td> </tr> </table> <ul style="list-style-type: none"> <li>• Make checks payable to NCAP. Checks may be mailed to: 8101 Wolftrap Rd Vienna VA 22182</li> <li>• Payment for entries from unattached swimmers not affiliated with a team must be received prior to the meet. Payment may be made by cash or check.</li> <li>• Entry fees for individual events are due with meet entry. Time Trial event fees will be billed to clubs after the meet.</li> </ul>	Per Swimmer Surcharge:	\$15.00	Individual event fee:	\$20.00			Time Trial Fee:	\$25.00
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		Time Trial Fee:	\$25.00						

# 2021 NCAP Elite Qualifier

May 14-16, 2021

## Elite Sessions

	Prelims	Finals
<b>Friday</b>	Warm up 7:30am Events 9:00am	Warm up 4:00pm Events 5:00pm
<b>Saturday</b>	Warm up 7:30am Events 9:00am	Warm up 4:00pm Events 5:00pm
<b>Sunday</b>	Warm up 7:30am Events 9:00am	<b>NO FINALS</b> <b>TIME TRIALS SESSION</b>

Friday Elite Events						
WOMEN			EVENT	#	MEN	
SCY	LCM	#			LCM	SCY
1:52.99	2:08.09	1	200 FREE	2	1:58.09	1:43.09
57.99	1:07.09	3	100 BACK	4	1:01.39	52.89
4:29.99	5:05.99	5	400 IM	6	4:43.89	4:08.09
57.29	1:05.29	7	100 FLY	8	58.89	51.69
10:15.99	9:08.99	9	800 FR	10	8:40.79	9:39.79
17:12.89	17:34.59	11	1500 FR	12	16:41.69	16:13.69

Friday Information: All events except the 800 & 1500 FR are Prelims/Finals, with top 16 returning for finals. Athletes may select either the 800 FR OR the 1500 FR. Athletes may request initial splits as needed.

Saturday Elite Events						
WOMEN			EVENT	#	MEN	
SCY	LCM	#			LCM	SCY
1:06.39	1:16.29	13	100 BREAST	14	1:08.29	59.49
24.19	27.59	15	50 FREE	16	24.79	21.69
2:05.99	2:24.29	17	200 BACK	18	2:12.39	1:54.79
4:59.99	4:27.89	19	400 FR	20	4:09.79	4:39.59

Saturday: All events are Prelims/Finals, with top 16 returning for finals.

Sunday Elite Events						
Sunday Open Events			EVENT	#	MEN	
SCY	LCM	#			LCM	SCY
52.39	59.89	21	100 FREE	22	53.99	47.09
2:23.29	2:41.89	23	200 BREAST	24	2:29.79	2:09.79
2:06.39	2:23.19	25	200 FLY	26	2:10.59	1:54.89
2:07.99	2:26.59	27	200 IM	28	2:13.59	1:56.29

Sunday: ALL events are TIMED FINALS

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## TIMED FINAL AFTERNOON SESSIONS

Athletes must meet the NST qualifying time, but if qualified for the Open events, may elect to swim in the Afternoon TIMED FINAL Sessions by choice.

Athletes may not swim both the ELITE and TIMED FINAL SESSIONS ON THE SAME DAY

**FRIDAY SATURDAY SUNDAY: WARM UPS 11:30AM, EVENTS 1:00PM**

Friday TIMED FINAL Events						
WOMEN			EVENT	#	MEN	
SCY	LCM	#			LCM	SCY
1:58.99	2:15.19	101	200 FREE	102	2:04.49	1:48.59
1:00.99	1:10.19	103	100 BACK	104	1:05.79	55.59
4:47.99	5:26.09	105	400 IM	106	5:01.59	4:25.99
1:00.19	1:08.29	107	100 FLY	108	1:01.59	54.39
11:15.69	10:01.39	109	800 FR	110	9:24.19	10:27.99
19:08.99	19:37.19	111	1500 FR	112	17:58.49	17:35.09

Athletes may select either the 800 FR OR the 1500 FR. Athletes may request initial splits as needed.

Saturday TIMED FINAL Events						
WOMEN			EVENT	#	MEN	
SCY	LCM	#			LCM	SCY
1:10.49	1:22.59	113	100 BREAST	114	1:15.29	1:03.39
25.29	28.79	115	50 FREE	116	26.09	22.79
2:12.29	2:31.89	117	200 BACK	118	2:21.99	2:01.19
5:19.19	4:40.49	119	400 FR	120	4:24.79	4:55.89

Sunday TIMED FINAL Events						
Sunday Open Events			EVENT	#	MEN	
SCY	LCM	#			LCM	SCY
54.79	1:02.59	121	100 FREE	122	57.19	49.49
2:34.59	2:57.99	123	200 BREAST	124	2:44.59	2:19.49
2:18.19	2:35.79	125	200 FLY	126	2:21.19	2:02.59
2:14.49	2:34.79	127	200 IM	128	2:21.69	2:02.69