

# NCSA Age Group Championships

## March 27 – 30, 2019

Meet Host: NCSA

Location: Rosen YMCA Aquatic Center  
8422 International Drive  
Orlando, FL 32819

Meet Format: 25-yard course  
Prelims/Finals\* (all 11-14-year-old swimmers)  
Timed Finals (all 10 & under swimmers)

\*The top 24 swimmers from each event will return for finals in the following format:

**Championship Heat**      **Top 8 Qualifiers**  
**Consolation 1**            **Next 8 fastest swimmers**  
**Consolation 2**            **Next 8 fastest swimmers at the bottom of their age group**  
**(11-year-old and 13-year-old swimmers in their respective age group)**

Eligibility: This is a USA Swimming sanctioned meet and is open to any YCF Competitive and National track swimmers **who have the qualifying time standards**. A swimmer's age will be determined by their age on the first day of the meet.

Finals Note: Please be aware per YCF team policy, all swimmers who qualify for Finals are expected to return in the evening session and compete for the team. We do not allow swimmers to scratch from Finals except for unexpected medical reasons with your coach's advance knowledge and permission. There are often penalties for scratching events in Finals which could include team fines and/or being removed from future events. Therefore all YCF swimmers who choose to sign up for this meet should be prepared to attend Finals.

Schedule: Wednesday-Saturday  
Prelims (11-14):            Warm up – 6:30 am      Meet Starts – 8:30 am  
Timed Finals (10 & U):      Warm up – 6:30 am      Meet Starts – 8:30 am  
Finals (11-14):            Warm up – 4:00 pm      Meet Starts – 5:30 pm

**PLEASE arrive on pool deck in your suit and ready to swim 10 minutes prior to the warm up start times listed above for check in and last minute instructions.**

Events: Please see the event list at the end of this announcement. One event qualifying time standard allows an athlete to swim five bonus events. The 400 IM, 500 Free and 1650 Free are not eligible bonus events.

Entry Limit: Swimmers are limited to a maximum of 10 individual events with no more than 3 events per day.

Entry Fees: The entry fees below include all individual, relay, facility and team fees:  
- \$50.00 NCSA membership fee (includes electronic heat sheet)  
- \$2.00 per individual event  
- \$5.00 per relay event (paid for by YCF)

- Payment Note: By signing up for this meet, you agree to pay all related entry fees as listed above. **Please do not attempt to pay for your entry fees at your YMCA family center.** Final entry fees will automatically be charged thru Active to your payment method on file AFTER the coaches select events for our swimmers. If you do not have a payment method on file with Active, then the balance will be billed to your Active account and require payment prior to your next meet entry. By signing up for this meet you also acknowledge that all entry fees are non-refundable regardless of illness, injury or any reason that may not allow you to participate in this meet. Swimmers who sign up but then fail to attend the meet for any reason will still be charged for their entry fees.
- Entry Deadline: All interested and eligible YCF swimmers must select which day(s) they can attend through your Active portal. **These selections must be completed no later than 11:59 pm on Sunday, February 17.** Late entries will not be accepted.
- Entry Deadline: All interested and eligible YCF swimmers must select which days they can attend and email their intentions to Coach Alan ([apfau@cfymca.org](mailto:apfau@cfymca.org)). **These selections must be completed no later than 9:00 pm on Monday, March 18.** Late entries will not be accepted.
- Awards: Individual: Medals - 1<sup>st</sup>-8<sup>th</sup> Ribbons - 9<sup>th</sup> - 24<sup>th</sup>  
Relay: Medals - 1<sup>st</sup>-8<sup>th</sup>
- Apparel: All attending swimmers and parents should wear their choice YCF Swimming t-shirt on Wednesday, their **black** YCF Swimming t-shirt on Thursday, their **gray** YCF Swimming t-shirt on Friday and their **red** YCF Swimming t-shirt on Saturday.
- Facility Note: As a USA Swimming approved event, this meet will operate with a closed pool deck per USA Swimming and Safe Sport rules. This means only swimmers, coaches, officials and assigned meet volunteers will be allowed inside the designated competition course for any given session. This rule is in place for both the safety of our swimmers and the efficiency of our meet operations. We appreciate your help and understanding with this policy.

**Wednesday March 27**

**Prelims: 6:30am - 8:20am Meet Start: 8:30am**

**Prelims: 4:30pm - 5:30pm Meet Start: 5:30pm**

<b>Women</b>			<b>Event</b>			<b>Men</b>
1			10 & Under 50 Free			2
3			13-14 100 Free			4
5			11-12 100 Free			6
7			10 & Under 200 IM			8
9			13-14 100 Back			10
11			11-12 50 Back			12
13			10 & Under 100 Breast			14
15			13-14 200 Breast			16
17			11-12 100 Breast			18
19			10 & Under 200 Medley Relay			20
21			13-14 200 Fly			22
23			11-12 400 IM			24
25			13-14 200 Medley Relay			26
27			11-12 200 Medley Relay			28

**\*All 10 & Under events are timed finals.**

**\*Bonus, consolation and championship finals for all 11-12 and 13-14 events except for events 23-24 (11-12 400 IM). These events require positive check-in and the top 8 seeded swimmers will swim with the finals session.**

**\*Relays are timed finals and the top 16 seeded teams will swim with the finals session.**

Thursday March 28

Prelims: 6:30am - 8:20am Meet Start: 8:30am

Prelims: 4:00pm - 5:30pm Meet Start: 5:30pm

Women			Event			Men
29			10 & Under 100 Free			30
31			11-12 50 Breast			32
33			13-14 100 Breast			34
35			10 & Under 100 Back			36
37			11-12 200 Free			38
39			13-14 500 Free			40
41			10 & Under 50 Fly			42
43			11-12 100 Back			44
45			13-14 200 Back			46
47			10 & Under 400 Free Relay			48
49			11-12 200 Fly			50
51			13-14 50 Fly			52
53			11-12 400 Free Relay			54
55			13-14 400 Free Relay			56

\*All 10 & Under events are timed finals.

\*Bonus, consolation and championship finals for all 11-12 and 13-14 events except for events 39-40 (13-14 500 FR). These events require positive check-in and the top 8 seeded swimmers will swim with the finals session.

\*Relays are timed finals and the top 16 seeded teams will swim with the finals session.

**Friday March 29**

**Prelims: 6:30am - 8:20am Meet Start: 8:30am**

**Prelims: 4:30pm - 5:30pm Meet Start: 5:30pm**

<b>Women</b>			<b>Event</b>			<b>Men</b>
57			10 & Under 500 Free			58
59			11 - 12 500 Free			60
61			13 - 14 200 Free			62
63			10 & Under 100 Fly			64
65			11 - 12 200 Breast			66
67			13 - 14 100 Fly			68
69			10 & Under 50 Back			70
71			11 - 12 50 Fly			72
73			13 - 14 50 Back			74
75			10 & Under 200 Free Relay			76
77			11 - 12 200 IM			78
79			13 - 14 400 IM			80
81			11 - 12 200 Free Relay			82
83			13 - 14 200 Medley Relay			84

**\*All 10 & Under events are timed finals.**

**\*Positive check-in is required for events 57-58 (10 & Under 500 FR)**

**\*Bonus, consolation and championship finals for all 11 - 12 and 13 - 14 events except for events 59-60 (11-12 500 FR) and events 79-80 (13-14 400 IM). These events require positive check-in and the top 8 seeded swimmers will swim with the finals session.**

**\*Relays are timed finals and the top 16 seeded teams will swim with the finals session.**

**Saturday March 30**

**Prelims: 6:30am - 8:20am Meet Start: 8:30am**

**Prelims: 4:30pm - 5:30pm Meet Start: 5:30pm**

<b>Women</b>			<b>Event</b>			<b>Men</b>
87			10 & Under 100 IM			88
89			11 - 12 100 IM			90
91			13 - 14 200 IM			92
93			10 & Under 50 Breast			94
95			11 - 12 100 Fly			96
97			13 - 14 50 Breast			98
99			10 & Under 200 Free			100
101			11 - 12 200 Back			102
103			13 - 14 50 Free			104
105			10 & Under 400 Medley Relay			106
107			11 - 12 50 Free			108
109			13 - 14 400 Medley Relay			110
111			11 - 12 400 Medley Relay			112
85			13 - 14 1650 Free			86

**\*All 10 & Under events are timed finals.**

**\*Bonus, consolation and championship finals for all 11-12 and 13-14 events except for events 85-86 (13-14 1650 FR). These events require positive check-in and the top 8 seeded swimmers will swim with the finals session.**

**\*Events 85-86 (1650 FR) may be entered if swimmer is faster than the 13-14 1000 FR standard and will be seeded after swimmers who are entered with the 1650 standard.**

**\*Relays are timed finals and the top 16 seeded teams will swim with the finals session**