

Meet/Location: NCSA Jr Nationals
March 18-22, 2014
Orlando YMCA Aquatic Center, Orlando, FL

Eligibility: Swimmers must have a qualifying time (See cuts below).
Qualifying times from Jan. 1, 2013 through March 17, 2014 can be used.
Times must be in USA Swimming's SWIMS database.

Entry Info: Swimmers can enter a maximum of 3 individual events per day.
Swimmers are allowed a maximum of 2 bonus swims that meet the bonus cut qualifying time.
Relays will be the 4 fastest available swimmers.
Swimmers need to commit to this meet as soon as possible so we can make travel arrangements.

Travel Information: Travel to this meet will be as a team with at least one other chaperone.
Team will leave on Monday, March 17. Time TBD
Team will return on Sunday, March 23. Time TBD
Swimmers will be expected to abide by all travel meet rules. Swimmers who violate rules may be subject to removal from the meet and/or being sent home at parent's expense.
Since swimmers will miss school, it will be their responsibility to get all homework and assignments.
Time will be set aside each day to work on school work. Parents will also need to get permission from school for missing.
Travel costs will be the responsibility of parents.

Other Information: Competition at this meet is at a very high level. Attendance at practice and meets prior to meet will be very important. This is a long way to go and not be prepared!
Michigan Swimming will help with some of the travel costs for this meet. A document will be provided by Brandon and is due to Michigan Swimming by May 1st for the short course season.
Swimmers will receive warm-ups, back pack and suit from Speedo for attending. All items will come in team colors.

Tuesday March 18	Wednesday March 19	Thursday March 20	Friday March 21	Saturday March 22
Afternoon Session Warm-Up: 2:30-3:50 Start Time: 4:00	Morning Session Warm-Up: 06:00-08:20 Start: 8:30	Morning Session Warm-Up: 06:00-08:20 Start: 8:30	Morning Session Warm-Up: 06:00-08:20 Start: 8:30	Morning Session Warm-Up: 06:00-08:20 Start: 8:30
SHORT COURSE DAY 1. W 1000 Freestyle TF 2. M 1000 Freestyle TF - TBA minute break 3. M 4 x 50 FR TF 4. M 4 x 50 FR TF - TBA min break 5. W 4 x 50 MR TF 6. M 4 x 50 MR TF	SHORT COURSE 7. W 200 Backstroke H 8. M 200 Backstroke H 9. W 100 Freestyle H 10. M 500 Freestyle H 11. W 100 Breaststroke H 12. M 100 Breaststroke H 13. W 200 Butterfly H 14. M 200 Butterfly H 15. W 4x200 FR TF	SHORT COURSE 16. W 200 Freestyle H 17. M 200 Freestyle H 18. W 50 Breaststroke H 19. M 50 Breaststroke H 20. W 400 IM H 21. M 400 IM H 22. W 50 Butterfly H 23. M 50 Butterfly H 24. 4x100 FR TF 25. 4x100 FR TF	SHORT COURSE 26. W 100 Backstroke H 27. M 100 Backstroke H 28. W 500 Freestyle H 29. M 100 Freestyle H 30. W 200 Breaststroke H 31. M 200 Breaststroke H 32. W 100 Butterfly H 33. M 100 Butterfly H 34. M 4 X 200 FR TF	SHORT COURSE 35. W 50 Backstroke H 36. M 50 Backstroke H 37. W 200 IM H 38. M 200 IM H 39. W 50 Freestyle H 40. M 50 Freestyle H 41. W 4 x 100 MR TF 42. M 4 x 100 MR YF 43. W 1650 Freestyle SH 44. M 1650 Freestyle SH
	Evening Session Warm-Up: 4:30-5:50 Start: 6:00	Evening Session Warm-Up: 4:30-5:50 Start: 6:00	Evening Session Warm-Up: 4:30-5:50 Start: 6:00	Evening Session Warm-Up: 4:30-5:50 Start: 6:00
Legend:	Bonus, Consolation & Finals	Bonus, Consolation & Finals	Bonus, Consolation & Finals	Bonus, Consolation & Finals
F = Finals FH = Fast Heats H = Heats SH = Slow Heats TF=Timed Finals TH=Top Seeded Heat	6. W 200 Backstroke H 7. M 200 Backstroke H 8. W 100 Freestyle F 9. M 500 Freestyle F 10. W 100 Breaststroke F 11. M 100 Breaststroke F 12. W 200 Butterfly F 13. M 200 Butterfly F 14. W 4x200 FR TF	15. W 200 Freestyle F 16. M 200 Freestyle F 17. W 50 Breaststroke F 18. M 50 Breaststroke F 19. W 50 Butterfly F 20. M 50 Butterfly F 21. W 400 IM F 22. M 400 IM F 23. 4x100 FR TF 24. 4x100 FR TF	25. W 100 Backstroke F 26. M 100 Backstroke F 27. W 500 Freestyle F 28. M 100 Freestyle F 29. W 200 Breaststroke F 30. M 200 Breaststroke F 31. W 100 Butterfly F 32. M 100 Butterfly F 33. M 4 X 200 FR TF	34. W 50 Backstroke F 35. M 50 Backstroke F 43. W 1650 Freestyle TH 37. W 200 IM F 38. M 200 IM F 39. W 50 Freestyle F 40. M 50 Freestyle F 44. M 1650 Freestyle TH 41. W 4 x 100 MR TF 42. M 4 x 100 MR TF

Bonus, Consolation, and Championship Finals for all individual events, except the Women's 800 & Men's 1500 Free, conducted as timed finals

All relays are timed finals and the top 32 will swim in finals (D, C, B, A). Preliminary session relays are fast to slow. Tuesday relays are timed finals and slow to fast.

WOMEN			EVENT DESCRIPTION	MEN		
SCY	SCM	LC		SCY	SCM	LC
24.39	27.19	27.59	50 FREE	21.69	23.99	24.79
52.39	57.99	59.89	100 FREE	47.09	52.09	53.99
1:53.19	2:04.89	2:08.09	200 FREE	1:43.09	1:54.19	1:58.09
4:59.99	4:18.89	4:27.89	400/500 FREE	4:39.59	4:02.09	4:09.79
10:15.99	8:54.99	9:08.99	800/1000 FREE	9:39.79	8:26.99	8:40.79
17:12.89	17:02.59	17:34.59	1500/1650 FREE	16:13.69	15:55.79	16:41.69
<i>100 Back Qualifying Times</i>			50 BACK	<i>100 Back Qualifying Times</i>		
58.59	1:04.39	1:07.19	100 BACK	53.09	59.09	1:01.39
2:05.99	2:19.79	2:24.99	200 BACK	1:54.79	2:07.49	2:12.39
<i>100 Breast Qualifying Times</i>			50 BREAST	<i>100 Breast Qualifying Times</i>		
1:06.39	1:14.19	1:16.29	100 BREAST	59.49	1:06.09	1:08.29
2:23.29	2:40.39	2:41.89	200 BREAST	2:09.79	2:25.59	2:29.79
<i>100 Fly Qualifying Times</i>			50 FLY	<i>100 Fly Qualifying Times</i>		
57.99	1:03.79	1:05.29	100 FLY	51.89	56.89	58.89
2:06.39	2:18.99	2:23.19	200 FLY	1:54.89	2:05.79	2:10.59
2:08.49	2:21.89	2:26.59	200 INDIV. MEDLEY	1:56.29	2:08.49	2:13.59
4:29.99	4:58.19	5:05.99	400 INDIV. MEDLEY	4:08.09	4:34.69	4:43.89
<i>400 Free Relay Qualifying Times</i>			200 FREE RELAY	<i>400 Free Relay Qualifying Times</i>		
3:32.09	3:57.79	4:00.99	400 FREE RELAY	3:12.79	3:24.29	3:41.89
7:40.79	8:36.09	8:44.89	800 FREE RELAY	7:05.69	7:53.20	8:07.49
<i>400 Medley Relay Qualifying Times</i>			200 MEDLEY RELAY	<i>400 Medley Relay Qualifying Times</i>		
3:55.09	4:25.89	4:30.99	400 MEDLEY RELAY	3:36.09	3:01.99	4:08.89

QUALIFYING PERIOD: January 1, 2013 THROUGH THE ENTRY DEADLINE.

BONUS EVENTS: Swimmers with one Individual cut are allowed up to 2 bonus cuts in which they have the bonus standard. The 50s of the strokes have no bonus standard (fly, back, breast) and may be added as bonus cuts if swimmers have additional bonus swims to use.

NO INDIVIDUAL EVENT LIMIT—TWO RELAY ENTRIES PER EVENT PER CLUB

WOMEN BONUS			EVENT DESCRIPTION	MEN BONUS		
SCY	SCM	LC		SCY	SCM	LC
24.69	27.49	27.99	50 FREE	21.99	24.49	25.29
52.89	58.89	1:00.69	100 FREE	47.49	53.09	54.99
1:54.59	2:07.89	2:10.09	200 FREE	1:43.99	1:56.19	2:00.09
5:02.59	4:25.89	4:31.69	400/500 FREE	4:41.59	4:06.09	4:14.79
n/a	n/a	n/a	800/1000 FREE	n/a	n/a	n/a
n/a	n/a	n/a	1500/1650 FREE	n/a	n/a	n/a
<i>NO BONUS CUT</i>			50 BACK	<i>NO BONUS CUT</i>		
59.59	1:05.89	1:08.89	100 BACK	54.09	1:00.09	1:02.39
2:06.99	2:21.79	2:26.99	200 BACK	1:56.39	2:09.49	2:14.39
<i>NO BONUS CUT</i>			50 BREAST	<i>NO BONUS CUT</i>		
1:07.39	1:15.19	1:17.29	100 BREAST	1:00.49	1:07.09	1:09.29
2:24.79	2:42.39	2:44.99	200 BREAST	2:11.79	2:27.59	2:31.79
<i>NO BONUS CUT</i>			50 FLY	<i>NO BONUS CUT</i>		
58.79	1:05.29	1:06.79	100 FLY	52.59	57.89	59.89
2:07.89	2:21.99	2:26.19	200 FLY	1:56.89	2:07.79	2:12.59
2:09.49	2:24.89	2:29.59	200 INDIV. MEDLEY	1:57.29	2:10.49	2:15.59
4:32.09	5:05.19	5:13.69	400 INDIV. MEDLEY	4:10.29	4:38.69	4:47.89
All relays must have the time standards to enter			200 FREE RELAY	All relays must have the time standards to enter		
			400 FREE RELAY			
			800 FREE RELAY			
			200 MEDLEY RELAY			
			400 MEDLEY RELAY			

QUALIFYING PERIOD: January 1, 2013 through March 11, 2014.

BONUS EVENTS: Swimmers with one Individual cut are allowed up to 2 bonus cuts in which they have the bonus standard. The 50s of the strokes have no bonus standard (fly, back, breast) and may be added as bonus cuts if swimmers have additional bonus swims to use.

BONUS STANDARDS ONLY – SEE TIME STANDARDS CHART FOR CUT TIMES