

2018 NCAP Invitational - 12/6/2018 to 12/9/2018**Nation's Capital Swim Club, Sanction #: PVI - 19-29****University of Maryland, College Park****Session Report**

Session: 1 Thursday Night (Girls) Finals Course

Day of Meet: 1 Starts at 05:30 PM Heat Interval: 15 Seconds / Back +15 Seconds

| Round | Event | Entries | Heats | Starts at | |
|--------|-----------------------------------|---------|-------|-----------|-------|
| Finals | 7 Girls 12 & Under 200 Backstroke | 52 | 7 u | 05:30 PM | _____ |
| Finals | 5 Girls Open 1650 Freestyle | 34 | 5 u | 05:52 PM | _____ |
| Finals | 3 Girls 13-14 1650 Freestyle | 12 | 2 u | 07:27 PM | _____ |
| Finals | 1 Girls 12 & Under 500 Freestyle | 16 | 2 u | 08:04 PM | _____ |
| | Swimmers Counts for Warm-ups: 110 | ===== | ===== | | |
| | Entry / Heat Totals: | 114 | 16 | | |
| | Finish Time | | | 08:16 PM | _____ |

Session: 2 Thursday Night (Boys) Diving End Course

Day of Meet: 1 Starts at 05:30 PM Heat Interval: 15 Seconds / Back +15 Seconds

| Round | Event | Entries | Heats | Starts at | |
|--------|----------------------------------|---------|-------|-----------|-------|
| Finals | 8 Boys 12 & Under 200 Backstroke | 41 | 6 u | 05:30 PM | _____ |
| Finals | 6 Boys Open 1650 Freestyle | 27 | 4 u | 05:49 PM | _____ |
| Finals | 4 Boys 13-14 1650 Freestyle | 4 | 1 u | 06:59 PM | _____ |
| Finals | 2 Boys 12 & Under 500 Freestyle | 11 | 2 u | 07:17 PM | _____ |
| | Swimmers Counts for Warm-ups: 76 | ===== | ===== | | |
| | Entry / Heat Totals: | 83 | 13 | | |
| | Finish Time | | | 07:29 PM | _____ |

2018 NCAP Invitational - 12/6/2018 to 12/9/2018**Nation's Capital Swim Club, Sanction #: PVI - 19-29****University of Maryland, College Park****Session Report**

Session: 3 13 & Up Girls Prelims (Friday) Diving End

Day of Meet: 2 Starts at 08:30 AM Heat Interval: 15 Seconds / Back +15 Seconds

| Round | Event | Entries | Heats | Starts at | |
|---------|-----------------------------------|---------|-------|-----------|-------|
| Prelims | 9 Girls 13-14 100 Breaststroke | 69 | 9 | 08:30 AM | _____ |
| Prelims | 11 Girls Open 100 Breaststroke | 91 | 12 | 08:44 AM | _____ |
| Prelims | 13 Girls 13-14 200 Freestyle | 65 | 9 | 09:01 AM | _____ |
| Prelims | 15 Girls Open 200 Freestyle | 81 | 11 | 09:21 AM | _____ |
| Prelims | 17 Girls 13-14 100 Butterfly | 78 | 10 | 09:45 AM | _____ |
| Prelims | 19 Girls Open 100 Butterfly | 118 | 15 | 09:58 AM | _____ |
| Prelims | 21 Girls 13-14 400 IM | 48 | 6 u | 10:16 AM | _____ |
| Prelims | 23 Girls Open 400 IM | 50 | 7 u | 10:47 AM | _____ |
| | Swimmers Counts for Warm-ups: 358 | ===== | ===== | | |
| | Entry / Heat Totals: | 600 | 79 | | |
| | Finish Time | | | 11:20 AM | _____ |

Session: 4 13 & Up Boys Prelims (Friday) Finals Course

Day of Meet: 2 Starts at 08:30 AM Heat Interval: 15 Seconds / Back +15 Seconds

| Round | Event | Entries | Heats | Starts at | |
|----------|------------------------------------|---------|-------|-----------|-------|
| Finals | 101 Mixed 13-14 200 Medley Relay | 16 | 2 | 08:30 AM | _____ |
| Finals | 103 Mixed Open 200 Medley Relay | 34 | 5 | 08:35 AM | _____ |
| Prelims | 10 Boys 13-14 100 Breaststroke | 73 | 10 | 08:47 AM | _____ |
| Prelims | 12 Boys Open 100 Breaststroke | 88 | 12 | 09:01 AM | _____ |
| Prelims | 14 Boys 13-14 200 Freestyle | 56 | 7 | 09:16 AM | _____ |
| Prelims | 16 Boys Open 200 Freestyle | 70 | 9 | 09:32 AM | _____ |
| Prelims | 18 Boys 13-14 100 Butterfly | 64 | 8 | 09:50 AM | _____ |
| Prelims | 20 Boys Open 100 Butterfly | 88 | 11 | 10:00 AM | _____ |
| Prelims | 22 Boys 13-14 400 IM | 27 | 4 u | 10:12 AM | _____ |
| Prelims | 24 Boys Open 400 IM | 58 | 8 u | 10:32 AM | _____ |
| Finals-S | 51 Mixed 13-14 200 Freestyle Relay | 8 | 1 | 11:08 AM | _____ |
| Finals-S | 53 Mixed Open 200 Freestyle Relay | 27 | 4 | 11:10 AM | _____ |
| | Swimmers Counts for Warm-ups: 388 | ===== | ===== | | |
| | Entry / Heat Totals: | 609 | 81 | | |
| | Finish Time | | | 11:17 AM | _____ |

Mixed Relays will begin in the finals pool at the conclusion of all individual prelim events on both prelim courses.

2018 NCAP Invitational - 12/6/2018 to 12/9/2018**Nation's Capital Swim Club, Sanction #: PVI - 19-29****University of Maryland, College Park****Session Report**

Session: 5 12 & Under Girls w 10 & Under Boys (Friday) Diving End

Day of Meet: 2 Starts at 01:30 PM Heat Interval: 15 Seconds / Back +15 Seconds

| Round | Event | Entries | Heats | Starts at | |
|---------|--------------------------------------|---------|-------|-----------|-------|
| Finals | 29 Girls 11-12 400 IM | 14 | 2 u | 01:30 PM | _____ |
| Prelims | 31 Girls 11-12 50 Breaststroke | 48 | 6 | 01:42 PM | _____ |
| Finals | 34 Boys 10 & Under 50 Breaststroke | 25 | 4 | 01:47 PM | _____ |
| Prelims | 35 Girls 11-12 100 Freestyle | 65 | 9 | 01:51 PM | _____ |
| Finals | 38 Boys 10 & Under 100 Freestyle | 40 | 5 | 02:02 PM | _____ |
| Prelims | 39 Girls 11-12 50 Butterfly | 54 | 7 | 02:09 PM | _____ |
| Finals | 42 Boys 10 & Under 50 Butterfly | 56 | 7 | 02:15 PM | _____ |
| Prelims | 43 Girls 11-12 100 Backstroke | 65 | 9 | 02:21 PM | _____ |
| Finals | 46 Boys 10 & Under 100 Backstroke | 59 | 8 | 02:36 PM | _____ |
| Finals | 47 Girls 12 & Under 200 Breaststroke | 45 | 6 | 02:51 PM | _____ |
| | Swimmers Counts for Warm-ups: 228 | ===== | ===== | | |
| | Entry / Heat Totals: | 471 | 63 | | |
| | Finish Time | | | 03:10 PM | _____ |

Session: 6 12 & Under Boys w 10 & Under Girls (Friday) Finals Course

Day of Meet: 2 Starts at 01:30 PM Heat Interval: 15 Seconds / Back +15 Seconds

| Round | Event | Entries | Heats | Starts at | |
|---------|-------------------------------------|---------|-------|-----------|-------|
| Finals | 30 Boys 11-12 400 IM | 7 | 1 u | 01:30 PM | _____ |
| Prelims | 32 Boys 11-12 50 Breaststroke | 37 | 5 | 01:36 PM | _____ |
| Finals | 33 Girls 10 & Under 50 Breaststroke | 36 | 5 | 01:41 PM | _____ |
| Prelims | 36 Boys 11-12 100 Freestyle | 63 | 8 | 01:45 PM | _____ |
| Finals | 37 Girls 10 & Under 100 Freestyle | 31 | 4 | 01:56 PM | _____ |
| Prelims | 40 Boys 11-12 50 Butterfly | 53 | 7 | 02:01 PM | _____ |
| Finals | 41 Girls 10 & Under 50 Butterfly | 47 | 6 | 02:07 PM | _____ |
| Prelims | 44 Boys 11-12 100 Backstroke | 55 | 7 | 02:12 PM | _____ |
| Finals | 45 Girls 10 & Under 100 Backstroke | 51 | 7 | 02:24 PM | _____ |
| Finals | 48 Boys 12 & Under 200 Breaststroke | 36 | 5 | 02:37 PM | _____ |
| Finals | 49 Mixed 11-12 400 Freestyle Relay | 17 | 3 u | 02:53 PM | _____ |
| | Swimmers Counts for Warm-ups: 218 | ===== | ===== | | |
| | Entry / Heat Totals: | 433 | 58 | | |
| | Finish Time | | | 03:06 PM | _____ |

Mixed Relays will begin in the finals pool at the conclusion of all individual prelim events on both prelim courses.

2018 NCAP Invitational - 12/6/2018 to 12/9/2018**Nation's Capital Swim Club, Sanction #: PVI - 19-29****University of Maryland, College Park****Session Report**

Session: 7 Friday Finals

Day of Meet: 2 Starts at 05:45 PM Heat Interval: 40 Seconds / Back +15 Seconds

| Round | Event | Entries | Heats | Starts at | |
|----------|------------------------------------|---------|-------|-----------|-------|
| Finals | 9 Girls 13-14 100 Breaststroke | 16 | 2 u | 05:45 PM | _____ |
| Finals | 10 Boys 13-14 100 Breaststroke | 16 | 2 u | 05:49 PM | _____ |
| Finals | 11 Girls Open 100 Breaststroke | 24 | 3 u | 05:52 PM | _____ |
| Finals | 12 Boys Open 100 Breaststroke | 24 | 3 u | 05:58 PM | _____ |
| Finals | 31 Girls 11-12 50 Breaststroke | 8 | 1 u | 06:03 PM | _____ |
| Finals | 32 Boys 11-12 50 Breaststroke | 8 | 1 u | 06:04 PM | _____ |
| Finals | 13 Girls 13-14 200 Freestyle | 16 | 2 u | 06:05 PM | _____ |
| Finals | 14 Boys 13-14 200 Freestyle | 16 | 2 u | 06:10 PM | _____ |
| Finals | 15 Girls Open 200 Freestyle | 24 | 3 u | 06:15 PM | _____ |
| Finals | 16 Boys Open 200 Freestyle | 24 | 3 u | 06:23 PM | _____ |
| Finals | 35 Girls 11-12 100 Freestyle | 8 | 1 u | 06:30 PM | _____ |
| Finals | 36 Boys 11-12 100 Freestyle | 8 | 1 u | 06:31 PM | _____ |
| Finals | 17 Girls 13-14 100 Butterfly | 16 | 2 u | 06:33 PM | _____ |
| Finals | 18 Boys 13-14 100 Butterfly | 16 | 2 u | 06:36 PM | _____ |
| Finals | 19 Girls Open 100 Butterfly | 24 | 3 u | 06:39 PM | _____ |
| Finals | 20 Boys Open 100 Butterfly | 24 | 3 u | 06:44 PM | _____ |
| Finals | 39 Girls 11-12 50 Butterfly | 8 | 1 u | 06:49 PM | _____ |
| Finals | 40 Boys 11-12 50 Butterfly | 8 | 1 u | 06:50 PM | _____ |
| Finals | 21 Girls 13-14 400 IM | 8 | 1 u | 06:51 PM | _____ |
| Finals | 22 Boys 13-14 400 IM | 8 | 1 u | 06:56 PM | _____ |
| Finals | 23 Girls Open 400 IM | 16 | 2 u | 07:01 PM | _____ |
| Finals | 24 Boys Open 400 IM | 16 | 2 u | 07:11 PM | _____ |
| Finals | 43 Girls 11-12 100 Backstroke | 8 | 1 u | 07:21 PM | _____ |
| Finals | 44 Boys 11-12 100 Backstroke | 8 | 1 u | 07:23 PM | _____ |
| Finals-1 | 51 Mixed 13-14 200 Freestyle Relay | 8 | 1 | 07:24 PM | _____ |
| Finals-1 | 53 Mixed Open 200 Freestyle Relay | 7 | 1 | 07:27 PM | _____ |
| | Swimmers Counts for Warm-ups: 256 | ===== | ===== | | |
| | Entry / Heat Totals: | 367 | 46 | | |
| | Finish Time | | | 07:29 PM | _____ |

2018 NCAP Invitational - 12/6/2018 to 12/9/2018**Nation's Capital Swim Club, Sanction #: PVI - 19-29****University of Maryland, College Park****Session Report**

Session: 8 13 & Up Girls Prelims (Saturday) Finals Course

Day of Meet: 3 Starts at 08:30 AM Heat Interval: 15 Seconds / Back +15 Seconds

| Round | Event | Entries | Heats | Starts at | |
|----------|-----------------------------------|---------|-------|-----------|-------|
| Prelims | 55 Girls 13-14 200 Butterfly | 48 | 6 | 08:30 AM | _____ |
| Prelims | 57 Girls Open 200 Butterfly | 70 | 9 | 08:46 AM | _____ |
| Prelims | 59 Girls 13-14 50 Freestyle | 100 | 13 | 09:08 AM | _____ |
| Prelims | 61 Girls Open 50 Freestyle | 145 | 19 | 09:17 AM | _____ |
| Prelims | 63 Girls 13-14 200 Breaststroke | 55 | 7 | 09:30 AM | _____ |
| Prelims | 65 Girls Open 200 Breaststroke | 91 | 12 | 09:50 AM | _____ |
| Prelims | 67 Girls 13-14 100 Backstroke | 69 | 9 | 10:23 AM | _____ |
| Prelims | 69 Girls Open 100 Backstroke | 106 | 14 | 10:37 AM | _____ |
| Prelims | 71 Girls 13-14 500 Freestyle | 35 | 5 u | 10:58 AM | _____ |
| Prelims | 73 Girls Open 500 Freestyle | 53 | 7 u | 11:26 AM | _____ |
| Finals-S | 75 Mixed 13-14 400 Medley Relay | 8 | 1 u | 12:03 PM | _____ |
| Finals-S | 77 Mixed Open 400 Medley Relay | 27 | 4 u | 12:08 PM | _____ |
| | Swimmers Counts for Warm-ups: 484 | ===== | ===== | | |
| | Entry / Heat Totals: | 807 | 106 | | |
| | Finish Time | | | 12:25 PM | _____ |

Session: 9 13 & Up Boys Prelims (Saturday) Diving End

Day of Meet: 3 Starts at 08:30 AM Heat Interval: 15 Seconds / Back +15 Seconds

| Round | Event | Entries | Heats | Starts at | |
|---------|-----------------------------------|---------|-------|-----------|-------|
| Prelims | 56 Boys 13-14 200 Butterfly | 40 | 5 | 08:30 AM | _____ |
| Prelims | 58 Boys Open 200 Butterfly | 81 | 11 | 08:44 AM | _____ |
| Prelims | 60 Boys 13-14 50 Freestyle | 96 | 12 | 09:08 AM | _____ |
| Prelims | 62 Boys Open 50 Freestyle | 149 | 19 | 09:16 AM | _____ |
| Prelims | 64 Boys 13-14 200 Breaststroke | 67 | 9 | 09:28 AM | _____ |
| Prelims | 66 Boys Open 200 Breaststroke | 75 | 10 | 09:54 AM | _____ |
| Prelims | 68 Boys 13-14 100 Backstroke | 69 | 9 | 10:19 AM | _____ |
| Prelims | 70 Boys Open 100 Backstroke | 108 | 14 | 10:32 AM | _____ |
| Prelims | 72 Boys 13-14 500 Freestyle | 20 | 3 u | 10:52 AM | _____ |
| Prelims | 74 Boys Open 500 Freestyle | 57 | 8 u | 11:08 AM | _____ |
| | Swimmers Counts for Warm-ups: 411 | ===== | ===== | | |
| | Entry / Heat Totals: | 762 | 100 | | |
| | Finish Time | | | 11:48 AM | _____ |

Mixed Relays will begin in the finals pool at the conclusion of all individual prelim events on both prelim courses.

2018 NCAP Invitational - 12/6/2018 to 12/9/2018**Nation's Capital Swim Club, Sanction #: PVI - 19-29****University of Maryland, College Park****Session Report**

Session: 10 12 & Under Girls w 10 & Under Boys (Saturday) Finals Course
 Day of Meet: 3 Starts at 01:45 PM Heat Interval: 15 Seconds / Back +15 Seconds

| Round | Event | Entries | Heats | Starts at | |
|---------|-------------------------------------|---------|-------|-----------|-------|
| Finals | 79 Girls 11-12 200 Medley Relay | 19 | 3 | 01:45 PM | _____ |
| Finals | 82 Boys 10 & Under 200 Medley Relay | 13 | 2 | 01:54 PM | _____ |
| Prelims | 83 Girls 11-12 50 Freestyle | 78 | 10 | 02:00 PM | _____ |
| Finals | 86 Boys 10 & Under 50 Freestyle | 66 | 9 | 02:07 PM | _____ |
| Prelims | 87 Girls 11-12 100 Breaststroke | 49 | 7 | 02:14 PM | _____ |
| Finals | 90 Boys 10 & Under 100 Breaststroke | 32 | 4 | 02:25 PM | _____ |
| Finals | 91 Girls 12 & Under 200 Butterfly | 19 | 3 | 02:33 PM | _____ |
| Prelims | 94 Boys 11-12 50 Backstroke | 55 | 7 | 02:41 PM | _____ |
| Finals | 95 Girls 10 & Under 50 Backstroke | 49 | 7 | 02:49 PM | _____ |
| Prelims | 98 Boys 11-12 200 IM | 55 | 7 | 02:57 PM | _____ |
| Finals | 99 Girls 10 & Under 200 IM | 19 | 3 | 03:16 PM | _____ |
| | Swimmers Counts for Warm-ups: 365 | ===== | ===== | | |
| | Entry / Heat Totals: | 454 | 62 | | |
| | Finish Time | | | 03:26 PM | _____ |

Session: 11 12 & Under Boys w 10 & Under Girls (Saturday) Diving End
 Day of Meet: 3 Starts at 01:45 PM Heat Interval: 15 Seconds / Back +15 Seconds

| Round | Event | Entries | Heats | Starts at | |
|---------|--------------------------------------|---------|-------|-----------|-------|
| Finals | 80 Boys 11-12 200 Medley Relay | 15 | 2 | 01:45 PM | _____ |
| Finals | 81 Girls 10 & Under 200 Medley Relay | 14 | 2 | 01:51 PM | _____ |
| Prelims | 84 Boys 11-12 50 Freestyle | 65 | 9 | 01:57 PM | _____ |
| Finals | 85 Girls 10 & Under 50 Freestyle | 48 | 6 | 02:03 PM | _____ |
| Prelims | 88 Boys 11-12 100 Breaststroke | 40 | 5 | 02:08 PM | _____ |
| Finals | 89 Girls 10 & Under 100 Breaststroke | 34 | 5 | 02:16 PM | _____ |
| Finals | 92 Boys 12 & Under 200 Butterfly | 21 | 3 | 02:25 PM | _____ |
| Prelims | 93 Girls 11-12 50 Backstroke | 78 | 10 | 02:34 PM | _____ |
| Finals | 96 Boys 10 & Under 50 Backstroke | 52 | 7 | 02:44 PM | _____ |
| Prelims | 97 Girls 11-12 200 IM | 35 | 5 | 02:52 PM | _____ |
| Finals | 100 Boys 10 & Under 200 IM | 29 | 4 | 03:06 PM | _____ |
| | Swimmers Counts for Warm-ups: 348 | ===== | ===== | | |
| | Entry / Heat Totals: | 431 | 58 | | |
| | Finish Time | | | 03:19 PM | _____ |

2018 NCAP Invitational - 12/6/2018 to 12/9/2018**Nation's Capital Swim Club, Sanction #: PVI - 19-29****University of Maryland, College Park****Session Report**

Session: 12 Saturday Finals

Day of Meet: 3 Starts at 05:45 PM Heat Interval: 60 Seconds / Back +15 Seconds

| Round | Event | Entries | Heats | Starts at | |
|----------|-----------------------------------|---------|-------|-----------|-------|
| Finals | 55 Girls 13-14 200 Butterfly | 16 | 2 u | 05:45 PM | _____ |
| Finals | 56 Boys 13-14 200 Butterfly | 16 | 2 u | 05:52 PM | _____ |
| Finals | 57 Girls Open 200 Butterfly | 24 | 3 u | 05:58 PM | _____ |
| Finals | 58 Boys Open 200 Butterfly | 24 | 3 u | 06:07 PM | _____ |
| Finals | 83 Girls 11-12 50 Freestyle | 8 | 1 u | 06:16 PM | _____ |
| Finals | 84 Boys 11-12 50 Freestyle | 8 | 1 u | 06:17 PM | _____ |
| Finals | 59 Girls 13-14 50 Freestyle | 16 | 2 u | 06:19 PM | _____ |
| Finals | 60 Boys 13-14 50 Freestyle | 16 | 2 u | 06:21 PM | _____ |
| Finals | 61 Girls Open 50 Freestyle | 24 | 3 u | 06:24 PM | _____ |
| Finals | 62 Boys Open 50 Freestyle | 24 | 3 u | 06:28 PM | _____ |
| Finals | 87 Girls 11-12 100 Breaststroke | 8 | 1 u | 06:32 PM | _____ |
| Finals | 88 Boys 11-12 100 Breaststroke | 8 | 1 u | 06:35 PM | _____ |
| Finals | 63 Girls 13-14 200 Breaststroke | 16 | 2 u | 06:37 PM | _____ |
| Finals | 64 Boys 13-14 200 Breaststroke | 16 | 2 u | 06:44 PM | _____ |
| Finals | 65 Girls Open 200 Breaststroke | 24 | 3 u | 06:50 PM | _____ |
| Finals | 66 Boys Open 200 Breaststroke | 24 | 3 u | 07:00 PM | _____ |
| Finals | 93 Girls 11-12 50 Backstroke | 8 | 1 u | 07:10 PM | _____ |
| Finals | 94 Boys 11-12 50 Backstroke | 8 | 1 u | 07:11 PM | _____ |
| Finals | 67 Girls 13-14 100 Backstroke | 16 | 2 u | 07:13 PM | _____ |
| Finals | 68 Boys 13-14 100 Backstroke | 16 | 2 u | 07:17 PM | _____ |
| Finals | 69 Girls Open 100 Backstroke | 24 | 3 u | 07:22 PM | _____ |
| Finals | 70 Boys Open 100 Backstroke | 24 | 3 u | 07:28 PM | _____ |
| Finals | 71 Girls 13-14 500 Freestyle | 8 | 1 u | 07:35 PM | _____ |
| Finals | 72 Boys 13-14 500 Freestyle | 8 | 1 u | 07:41 PM | _____ |
| Finals | 73 Girls Open 500 Freestyle | 16 | 2 u | 07:47 PM | _____ |
| Finals | 74 Boys Open 500 Freestyle | 16 | 2 u | 07:58 PM | _____ |
| Finals | 97 Girls 11-12 200 IM | 8 | 1 u | 08:10 PM | _____ |
| Finals | 98 Boys 11-12 200 IM | 8 | 1 u | 08:13 PM | _____ |
| Finals-1 | 75 Mixed 13-14 400 Medley Relay | 8 | 1 u | 08:16 PM | _____ |
| Finals-1 | 77 Mixed Open 400 Medley Relay | 8 | 1 u | 08:21 PM | _____ |
| | Swimmers Counts for Warm-ups: 374 | ===== | ===== | | |
| | Entry / Heat Totals: | 448 | 56 | | |
| | Finish Time | | | 08:27 PM | _____ |

2018 NCAP Invitational - 12/6/2018 to 12/9/2018**Nation's Capital Swim Club, Sanction #: PVI - 19-29****University of Maryland, College Park****Session Report**

Session: 13 13 & Up Girls Prelims (Sunday) Diving End

Day of Meet: 4 Starts at 08:30 AM Heat Interval: 15 Seconds / Back +15 Seconds

| Round | Event | Entries | Heats | Starts at | |
|----------|-----------------------------------|---------|-------|-----------|-------|
| Prelims | 105 Girls 13-14 200 Backstroke | 67 | 9 | 08:30 AM | _____ |
| Prelims | 107 Girls Open 200 Backstroke | 97 | 13 | 08:55 AM | _____ |
| Prelims | 109 Girls 13-14 100 Freestyle | 77 | 10 | 09:30 AM | _____ |
| Prelims | 111 Girls Open 100 Freestyle | 100 | 13 | 09:42 AM | _____ |
| Prelims | 113 Girls 13-14 200 IM | 80 | 10 | 09:56 AM | _____ |
| Prelims | 115 Girls Open 200 IM | 76 | 10 | 10:22 AM | _____ |
| Finals | 121 Girls 13-14 1000 Freestyle | 8 | 1 u | 10:46 AM | _____ |
| Finals-S | 123 Girls Open 1000 Freestyle | 46 | 6 u | 10:58 AM | _____ |
| | Swimmers Counts for Warm-ups: 316 | ===== | ===== | | |
| | Entry / Heat Totals: | 551 | 72 | | |
| | Finish Time | | | 12:05 PM | _____ |

Session: 14 13 & Up Boys Prelims (Sunday) Finals Course

Day of Meet: 4 Starts at 08:30 AM Heat Interval: 15 Seconds / Back +15 Seconds

| Round | Event | Entries | Heats | Starts at | |
|----------|-------------------------------------|---------|-------|-----------|-------|
| Prelims | 106 Boys 13-14 200 Backstroke | 64 | 8 | 08:30 AM | _____ |
| Prelims | 108 Boys Open 200 Backstroke | 73 | 10 | 08:52 AM | _____ |
| Prelims | 110 Boys 13-14 100 Freestyle | 61 | 8 | 09:17 AM | _____ |
| Prelims | 112 Boys Open 100 Freestyle | 126 | 16 | 09:26 AM | _____ |
| Prelims | 114 Boys 13-14 200 IM | 55 | 7 | 09:43 AM | _____ |
| Prelims | 116 Boys Open 200 IM | 75 | 10 | 10:00 AM | _____ |
| Finals-S | 117 Mixed 13-14 400 Freestyle Relay | 8 | 1 u | 10:22 AM | _____ |
| Finals-S | 119 Mixed Open 400 Freestyle Relay | 27 | 4 u | 10:26 AM | _____ |
| Finals | 122 Boys 13-14 1000 Freestyle | 6 | 1 u | 10:41 AM | _____ |
| Finals-S | 124 Boys Open 1000 Freestyle | 32 | 4 u | 10:52 AM | _____ |
| | Swimmers Counts for Warm-ups: 373 | ===== | ===== | | |
| | Entry / Heat Totals: | 527 | 69 | | |
| | Finish Time | | | 11:35 AM | _____ |

Mixed Relays will begin in the finals pool at the conclusion of all individual prelim events on both prelim courses. May adjust for this session only due to 1000 free event.

2018 NCAP Invitational - 12/6/2018 to 12/9/2018**Nation's Capital Swim Club, Sanction #: PVI - 19-29****University of Maryland, College Park****Session Report**

Session: 15 12 & Under Girls w 10 & Under Boys (Sunday) Diving End
 Day of Meet: 4 Starts at 01:45 PM Heat Interval: 15 Seconds / Back +15 Seconds

| Round | Event | Entries | Heats | Starts at | |
|---------|---|---------|-------|-----------|-------|
| Finals | 125 Girls 11-12 200 Freestyle Relay | 17 | 3 | 01:45 PM | _____ |
| Finals | 128 Boys 10 & Under 200 Freestyle Relay | 12 | 2 | 01:52 PM | _____ |
| Prelims | 129 Girls 11-12 100 IM | 49 | 7 | 01:57 PM | _____ |
| Finals | 132 Boys 10 & Under 100 IM | 44 | 6 | 02:07 PM | _____ |
| Prelims | 133 Girls 11-12 100 Butterfly | 60 | 8 | 02:17 PM | _____ |
| Finals | 136 Boys 10 & Under 100 Butterfly | 53 | 7 | 02:28 PM | _____ |
| Prelims | 137 Girls 11-12 200 Freestyle | 55 | 7 | 02:40 PM | _____ |
| Finals | 140 Boys 10 & Under 200 Freestyle | 32 | 4 | 02:58 PM | _____ |
| | Swimmers Counts for Warm-ups: 189 | ===== | ===== | | |
| | Entry / Heat Totals: | 322 | 44 | | |
| | Finish Time | | | 03:09 PM | _____ |

Session: 16 12 & Under Boys w 10 & Under Girls (Sunday) Finals Course
 Day of Meet: 4 Starts at 01:45 PM Heat Interval: 15 Seconds / Back +15 Seconds

| Round | Event | Entries | Heats | Starts at | |
|---------|--|---------|-------|-----------|-------|
| Finals | 126 Boys 11-12 200 Freestyle Relay | 14 | 2 | 01:45 PM | _____ |
| Finals | 127 Girls 10 & Under 200 Freestyle Relay | 12 | 2 | 01:50 PM | _____ |
| Prelims | 130 Boys 11-12 100 IM | 49 | 7 | 01:55 PM | _____ |
| Finals | 131 Girls 10 & Under 100 IM | 32 | 4 | 02:05 PM | _____ |
| Prelims | 134 Boys 11-12 100 Butterfly | 53 | 7 | 02:11 PM | _____ |
| Finals | 135 Girls 10 & Under 100 Butterfly | 54 | 7 | 02:21 PM | _____ |
| Prelims | 138 Boys 11-12 200 Freestyle | 51 | 7 | 02:33 PM | _____ |
| Finals | 139 Girls 10 & Under 200 Freestyle | 17 | 3 | 02:51 PM | _____ |
| Finals | 141 Mixed 11-12 200 Medley Relay | 18 | 3 | 02:59 PM | _____ |
| | Swimmers Counts for Warm-ups: 197 | ===== | ===== | | |
| | Entry / Heat Totals: | 300 | 42 | | |
| | Finish Time | | | 03:07 PM | _____ |

Mixed Relays will begin in the finals pool at the conclusion of all individual prelim events on both prelim courses.

2018 NCAP Invitational - 12/6/2018 to 12/9/2018**Nation's Capital Swim Club, Sanction #: PVI - 19-29****University of Maryland, College Park****Session Report**

Session: 17 Sunday Finals

Day of Meet: 4 Starts at 05:30 PM Heat Interval: 60 Seconds / Back +15 Seconds

| Round | Event | Entries | Heats | Starts at | |
|----------|-------------------------------------|---------|-------|-----------|-------|
| Finals-1 | 123 Girls Open 1000 Freestyle | 8 | 1 u | 05:30 PM | _____ |
| Finals-1 | 124 Boys Open 1000 Freestyle | 8 | 1 u | 05:42 PM | _____ |
| Finals | 105 Girls 13-14 200 Backstroke | 16 | 2 u | 05:54 PM | _____ |
| Finals | 106 Boys 13-14 200 Backstroke | 16 | 2 u | 06:00 PM | _____ |
| Finals | 107 Girls Open 200 Backstroke | 24 | 3 u | 06:07 PM | _____ |
| Finals | 108 Boys Open 200 Backstroke | 24 | 3 u | 06:17 PM | _____ |
| Finals | 129 Girls 11-12 100 IM | 8 | 1 u | 06:26 PM | _____ |
| Finals | 130 Boys 11-12 100 IM | 8 | 1 u | 06:28 PM | _____ |
| Finals | 109 Girls 13-14 100 Freestyle | 16 | 2 u | 06:30 PM | _____ |
| Finals | 110 Boys 13-14 100 Freestyle | 16 | 2 u | 06:34 PM | _____ |
| Finals | 111 Girls Open 100 Freestyle | 24 | 3 u | 06:38 PM | _____ |
| Finals | 112 Boys Open 100 Freestyle | 24 | 3 u | 06:43 PM | _____ |
| Finals | 133 Girls 11-12 100 Butterfly | 8 | 1 u | 06:49 PM | _____ |
| Finals | 134 Boys 11-12 100 Butterfly | 8 | 1 u | 06:51 PM | _____ |
| Finals | 113 Girls 13-14 200 IM | 16 | 2 u | 06:53 PM | _____ |
| Finals | 114 Boys 13-14 200 IM | 16 | 2 u | 06:59 PM | _____ |
| Finals | 115 Girls Open 200 IM | 24 | 3 u | 07:05 PM | _____ |
| Finals | 116 Boys Open 200 IM | 24 | 3 u | 07:14 PM | _____ |
| Finals | 137 Girls 11-12 200 Freestyle | 8 | 1 u | 07:23 PM | _____ |
| Finals | 138 Boys 11-12 200 Freestyle | 8 | 1 u | 07:26 PM | _____ |
| Finals-1 | 117 Mixed 13-14 400 Freestyle Relay | 8 | 1 u | 07:29 PM | _____ |
| Finals-1 | 119 Mixed Open 400 Freestyle Relay | 8 | 1 u | 07:34 PM | _____ |
| | Swimmers Counts for Warm-ups: 362 | ===== | ===== | | |
| | Entry / Heat Totals: | 320 | 40 | | |
| | Finish Time | | | 07:38 PM | _____ |