

2019 NCAP Invitational - 12/12/2019 to 12/15/2019**Session Report**

Session: 1 Thursday Distance (Finals Course)

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

Round	Event	Entries	Heats	Starts at	
Finals	1 Girls 12 & Under 200 Backstroke	70	9 u	05:05 PM	_____
Finals	3 Girls 1650 Freestyle	51	7 u	05:36 PM	_____
	Swimmers Counts for Warm-ups: 120	=====	=====		
	Entry / Heat Totals:	121	16		
	Finish Time			07:46 PM	_____

Session: 2 Thursday Distance (Dive Course)

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

Round	Event	Entries	Heats	Starts at	
Finals	2 Boys 12 & Under 200 Backstroke	38	5 u	05:05 PM	_____
Finals	4 Boys 1650 Freestyle	40	5 u	05:22 PM	_____
Finals	6 Boys 12 & Under 500 Freestyle	15	2 u	06:49 PM	_____
Finals	5 Girls 12 & Under 500 Freestyle	17	3 u	07:01 PM	_____
	Swimmers Counts for Warm-ups: 106	=====	=====		
	Entry / Heat Totals:	110	15		
	Finish Time			07:20 PM	_____

Session: 3 Friday 13&Over (Finals Course)

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

Round	Event	Entries	Heats	Starts at	
Finals	7 Mixed 13-14 200 Medley Relay	15	2	08:30 AM	_____
Finals	8 Mixed 200 Medley Relay	22	3	08:36 AM	_____
Prelims	10 Men 13-14 100 Breaststroke	70	9	08:44 AM	_____
Prelims	12 Men 100 Breaststroke	115	15	08:59 AM	_____
Prelims	20 Men 13-14 200 Freestyle	67	9	09:22 AM	_____
Prelims	22 Men 200 Freestyle	96	12	09:44 AM	_____
Prelims	28 Men 13-14 100 Butterfly	62	8	10:12 AM	_____
Prelims	30 Men 100 Butterfly	112	14	10:24 AM	_____
Prelims	38 Men 13-14 400 IM	40	5 u	10:43 AM	_____
Prelims	40 Men 400 IM	77	10 u	11:09 AM	_____
Finals-S	45 Mixed 13-14 200 Freestyle Relay	10	2	11:56 AM	_____
Finals-S	46 Mixed 200 Freestyle Relay	14	2	12:01 PM	_____
	Swimmers Counts for Warm-ups: 400	=====	=====		
	Entry / Heat Totals:	700	91		
	Finish Time			12:05 PM	_____

2019 NCAP Invitational - 12/12/2019 to 12/15/2019**Session Report**

Session: 4 Friday 13&Over (Dive Course)

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

Round	Event	Entries	Heats	Starts at	
Prelims	9 Women 13-14 100 Breaststroke	72	9	08:30 AM	_____
Prelims	11 Women 100 Breaststroke	109	14	08:46 AM	_____
Prelims	19 Women 13-14 200 Freestyle	83	11	09:09 AM	_____
Prelims	21 Women 200 Freestyle	101	13	09:38 AM	_____
Prelims	27 Women 13-14 100 Butterfly	70	9	10:09 AM	_____
Prelims	29 Women 100 Butterfly	130	17	10:23 AM	_____
Prelims	37 Women 13-14 400 IM	48	6 u	10:49 AM	_____
Prelims	39 Women 400 IM	63	8 u	11:21 AM	_____
	Swimmers Counts for Warm-ups: 383	=====	=====		
	Entry / Heat Totals:	676	87		
	Finish Time			12:01 PM	_____

Session: 5 Friday 12&Under (Finals Course)

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

Round	Event	Entries	Heats	Starts at	
Prelims	14 Boys 11-12 400 IM	15	2 u	01:15 PM	_____
Prelims	16 Boys 11-12 50 Breaststroke	49	7	01:27 PM	_____
Finals	17 Girls 10 & Under 50 Breaststroke	38	5	01:35 PM	_____
Prelims	24 Boys 11-12 100 Freestyle	75	10	01:41 PM	_____
Finals	25 Girls 10 & Under 100 Freestyle	47	6	01:56 PM	_____
Prelims	32 Boys 11-12 50 Butterfly	75	10	02:07 PM	_____
Finals	33 Girls 10 & Under 50 Butterfly	47	6	02:17 PM	_____
Finals	36 Boys 12 & Under 200 Breaststroke	31	4	02:24 PM	_____
Prelims	42 Boys 11-12 100 Backstroke	63	8	02:37 PM	_____
Finals	43 Girls 10 & Under 100 Backstroke	58	8	02:53 PM	_____
Finals	47 Mixed 11-12 200 Freestyle Relay	24	3	03:10 PM	_____
	Swimmers Counts for Warm-ups: 262	=====	=====		
	Entry / Heat Totals:	522	69		
	Finish Time			03:17 PM	_____

2019 NCAP Invitational - 12/12/2019 to 12/15/2019**Session Report**

Session: 6 Friday 12&Under (Dive Course)

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

Round	Event	Entries	Heats	Starts at	
Prelims	13 Girls 11-12 400 IM	17	3 u	01:15 PM	_____
Prelims	15 Girls 11-12 50 Breaststroke	60	8	01:33 PM	_____
Finals	18 Boys 10 & Under 50 Breaststroke	37	5	01:42 PM	_____
Prelims	23 Girls 11-12 100 Freestyle	79	10	01:48 PM	_____
Finals	26 Boys 10 & Under 100 Freestyle	44	6	02:04 PM	_____
Prelims	31 Girls 11-12 50 Butterfly	68	9	02:14 PM	_____
Finals	34 Boys 10 & Under 50 Butterfly	70	9	02:23 PM	_____
Finals	35 Girls 12 & Under 200 Breaststroke	61	8	02:34 PM	_____
Prelims	41 Girls 11-12 100 Backstroke	82	11	03:02 PM	_____
Finals	44 Boys 10 & Under 100 Backstroke	68	9	03:23 PM	_____
	Swimmers Counts for Warm-ups: 268	=====	=====		
	Entry / Heat Totals:	586	78		
	Finish Time			03:42 PM	_____

2019 NCAP Invitational - 12/12/2019 to 12/15/2019**Session Report**

Session: 7 Friday Finals

Day of Meet: 2 Starts at 05:45 PM Heat Interval: 30 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	9 Women 13-14 100 Breaststroke	16	2 u	05:45 PM	_____
Finals	10 Men 13-14 100 Breaststroke	16	2 u	05:49 PM	_____
Finals	11 Women 100 Breaststroke	24	3 u	05:52 PM	_____
Finals	12 Men 100 Breaststroke	24	3 u	05:57 PM	_____
Finals	13 Girls 11-12 400 IM	16	2 u	06:01 PM	_____
Finals	14 Boys 11-12 400 IM	15	2 u	06:12 PM	_____
Finals	15 Girls 11-12 50 Breaststroke	16	2 u	06:23 PM	_____
Finals	16 Boys 11-12 50 Breaststroke	16	2 u	06:25 PM	_____
Finals	19 Women 13-14 200 Freestyle	16	2 u	06:27 PM	_____
Finals	20 Men 13-14 200 Freestyle	16	2 u	06:32 PM	_____
Finals	21 Women 200 Freestyle	24	3 u	06:37 PM	_____
Finals	22 Men 200 Freestyle	24	3 u	06:44 PM	_____
Finals	23 Girls 11-12 100 Freestyle	16	2 u	06:50 PM	_____
Finals	24 Boys 11-12 100 Freestyle	16	2 u	06:53 PM	_____
Finals	27 Women 13-14 100 Butterfly	16	2 u	06:56 PM	_____
Finals	28 Men 13-14 100 Butterfly	16	2 u	06:59 PM	_____
Finals	29 Women 100 Butterfly	24	3 u	07:02 PM	_____
Finals	30 Men 100 Butterfly	24	3 u	07:06 PM	_____
Finals	31 Girls 11-12 50 Butterfly	16	2 u	07:10 PM	_____
Finals	32 Boys 11-12 50 Butterfly	16	2 u	07:12 PM	_____
Finals	37 Women 13-14 400 IM	16	2 u	07:14 PM	_____
Finals	38 Men 13-14 400 IM	16	2 u	07:24 PM	_____
Finals	39 Women 400 IM	16	2 u	07:34 PM	_____
Finals	40 Men 400 IM	16	2 u	07:44 PM	_____
Finals	41 Girls 11-12 100 Backstroke	16	2 u	07:53 PM	_____
Finals	42 Boys 11-12 100 Backstroke	16	2 u	07:56 PM	_____
Finals-1	45 Mixed 13-14 200 Freestyle Relay	8	1	08:00 PM	_____
Finals-1	46 Mixed 200 Freestyle Relay	8	1	08:02 PM	_____
	Swimmers Counts for Warm-ups: 318	=====	=====		
	Entry / Heat Totals:	479	60		
	Finish Time			08:04 PM	_____

2019 NCAP Invitational - 12/12/2019 to 12/15/2019**Session Report**

Session: 8 Saturday 13&Over (Finals Course)

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

Round	Event	Entries	Heats	Starts at	
Prelims	49 Women 13-14 200 Butterfly	47	6	08:30 AM	_____
Prelims	51 Women 200 Butterfly	93	12	08:48 AM	_____
Prelims	59 Women 13-14 50 Freestyle	115	15	09:20 AM	_____
Prelims	61 Women 50 Freestyle	156	20	09:34 AM	_____
Prelims	69 Women 13-14 200 Breaststroke	62	8	09:53 AM	_____
Prelims	71 Women 200 Breaststroke	97	13	10:18 AM	_____
Prelims	77 Women 13-14 100 Backstroke	89	12	10:57 AM	_____
Prelims	79 Women 100 Backstroke	120	16	11:19 AM	_____
Prelims	81 Women 13-14 500 Freestyle	37	5 u	11:47 AM	_____
Prelims	83 Women 500 Freestyle	74	10 u	12:16 PM	_____
Finals-S	89 Mixed 13-14 400 Medley Relay	11	2	01:12 PM	_____
	Swimmers Counts for Warm-ups: 468	=====	=====		
	Entry / Heat Totals:	901	119		
	Finish Time			01:22 PM	_____

Session: 9 Saturday 13&Over (Dive Course)

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

Round	Event	Entries	Heats	Starts at	
Prelims	50 Men 13-14 200 Butterfly	47	6	08:30 AM	_____
Prelims	52 Men 200 Butterfly	104	13	08:48 AM	_____
Prelims	60 Men 13-14 50 Freestyle	124	16	09:20 AM	_____
Prelims	62 Men 50 Freestyle	177	23	09:35 AM	_____
Prelims	70 Men 13-14 200 Breaststroke	74	10	09:55 AM	_____
Prelims	72 Men 200 Breaststroke	98	13	10:26 AM	_____
Prelims	78 Men 13-14 100 Backstroke	85	11	11:01 AM	_____
Prelims	80 Men 100 Backstroke	131	17	11:21 AM	_____
Prelims	82 Men 13-14 500 Freestyle	23	3 u	11:49 AM	_____
Prelims	84 Men 500 Freestyle	65	9 u	12:06 PM	_____
Finals-S	90 Mixed 400 Medley Relay	17	3	12:53 PM	_____
	Swimmers Counts for Warm-ups: 490	=====	=====		
	Entry / Heat Totals:	945	124		
	Finish Time			01:08 PM	_____

2019 NCAP Invitational - 12/12/2019 to 12/15/2019**Session Report**

Session: 10 Saturday 12&Under (Finals Course)

Day of Meet: 3 Starts at 02:00 PM Heat Interval: 30 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	53 Mixed 11-12 400 Freestyle Relay	20	3	02:00 PM	_____
Finals	54 Mixed 10 & Under 400 Freestyle Relay	17	3	02:08 PM	_____
Prelims	55 Girls 11-12 50 Freestyle	91	12	02:16 PM	_____
Finals	58 Boys 10 & Under 50 Freestyle	73	10	02:27 PM	_____
Prelims	63 Girls 11-12 100 Breaststroke	68	9	02:38 PM	_____
Finals	66 Boys 10 & Under 100 Breaststroke	37	5	02:55 PM	_____
Finals	67 Girls 12 & Under 200 Butterfly	26	4	03:05 PM	_____
Prelims	73 Girls 11-12 50 Backstroke	77	10	03:18 PM	_____
Finals	76 Boys 10 & Under 50 Backstroke	57	8	03:31 PM	_____
Prelims	85 Girls 11-12 200 IM	60	8	03:42 PM	_____
Finals	88 Boys 10 & Under 200 IM	38	5	04:06 PM	_____
	Swimmers Counts for Warm-ups: 307	=====	=====		
	Entry / Heat Totals:	564	77		
	Finish Time			04:24 PM	_____

Session: 11 Saturday 12&Under (Dive Course)

Day of Meet: 3 Starts at 02:00 PM Heat Interval: 30 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Prelims	56 Boys 11-12 50 Freestyle	80	10	02:00 PM	_____
Finals	57 Girls 10 & Under 50 Freestyle	56	7	02:10 PM	_____
Prelims	64 Boys 11-12 100 Breaststroke	55	7	02:18 PM	_____
Finals	65 Girls 10 & Under 100 Breaststroke	37	5	02:31 PM	_____
Finals	68 Boys 12 & Under 200 Butterfly	17	3	02:41 PM	_____
Prelims	74 Boys 11-12 50 Backstroke	73	10	02:51 PM	_____
Finals	75 Girls 10 & Under 50 Backstroke	67	9	03:04 PM	_____
Prelims	86 Boys 11-12 200 IM	76	10	03:17 PM	_____
Finals	87 Girls 10 & Under 200 IM	32	4	03:47 PM	_____
	Swimmers Counts for Warm-ups: 229	=====	=====		
	Entry / Heat Totals:	493	65		
	Finish Time			04:01 PM	_____

2019 NCAP Invitational - 12/12/2019 to 12/15/2019**Session Report**

Session: 12 Saturday Finals

Day of Meet: 3 Starts at 05:45 PM Heat Interval: 30 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	49 Women 13-14 200 Butterfly	16	2 u	05:45 PM	_____
Finals	50 Men 13-14 200 Butterfly	16	2 u	05:51 PM	_____
Finals	51 Women 200 Butterfly	24	3 u	05:56 PM	_____
Finals	52 Men 200 Butterfly	24	3 u	06:04 PM	_____
Finals	55 Girls 11-12 50 Freestyle	16	2 u	06:11 PM	_____
Finals	56 Boys 11-12 50 Freestyle	16	2 u	06:12 PM	_____
Finals	59 Women 13-14 50 Freestyle	16	2 u	06:14 PM	_____
Finals	60 Men 13-14 50 Freestyle	16	2 u	06:16 PM	_____
Finals	61 Women 50 Freestyle	24	3 u	06:18 PM	_____
Finals	62 Men 50 Freestyle	24	3 u	06:21 PM	_____
Finals	63 Girls 11-12 100 Breaststroke	16	2 u	06:23 PM	_____
Finals	64 Boys 11-12 100 Breaststroke	16	2 u	06:27 PM	_____
Finals	69 Women 13-14 200 Breaststroke	16	2 u	06:30 PM	_____
Finals	70 Men 13-14 200 Breaststroke	16	2 u	06:36 PM	_____
Finals	71 Women 200 Breaststroke	24	3 u	06:41 PM	_____
Finals	72 Men 200 Breaststroke	24	3 u	06:50 PM	_____
Finals	73 Girls 11-12 50 Backstroke	16	2 u	06:58 PM	_____
Finals	74 Boys 11-12 50 Backstroke	16	2 u	07:00 PM	_____
Finals	77 Women 13-14 100 Backstroke	16	2 u	07:03 PM	_____
Finals	78 Men 13-14 100 Backstroke	16	2 u	07:06 PM	_____
Finals	79 Women 100 Backstroke	24	3 u	07:10 PM	_____
Finals	80 Men 100 Backstroke	24	3 u	07:15 PM	_____
Finals	81 Women 13-14 500 Freestyle	8	1 u	07:19 PM	_____
Finals	82 Men 13-14 500 Freestyle	8	1 u	07:25 PM	_____
Finals	83 Women 500 Freestyle	16	2 u	07:30 PM	_____
Finals	84 Men 500 Freestyle	16	2 u	07:41 PM	_____
Finals	85 Girls 11-12 200 IM	16	2 u	07:51 PM	_____
Finals	86 Boys 11-12 200 IM	16	2 u	07:57 PM	_____
Finals-1	89 Mixed 13-14 400 Medley Relay	8	1	08:02 PM	_____
Finals-1	90 Mixed 400 Medley Relay	8	1	08:07 PM	_____
	Swimmers Counts for Warm-ups: 352	=====	=====		
	Entry / Heat Totals:	512	64		
	Finish Time			08:11 PM	_____

2019 NCAP Invitational - 12/12/2019 to 12/15/2019**Session Report**

Session: 13 Sunday 13&Over (Finals Course)

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

Round	Event	Entries	Heats	Starts at	
Prelims	94 Men 13-14 200 Backstroke	84	11	08:30 AM	_____
Prelims	96 Men 200 Backstroke	96	12	09:03 AM	_____
Prelims	104 Men 13-14 100 Freestyle	77	10	09:36 AM	_____
Prelims	106 Men 100 Freestyle	159	20	09:50 AM	_____
Prelims	112 Men 13-14 200 IM	64	8	10:16 AM	_____
Prelims	114 Men 200 IM	119	15	10:38 AM	_____
Finals-S	119 Mixed 13-14 400 Freestyle Relay	10	2	11:15 AM	_____
Finals-S	120 Mixed 400 Freestyle Relay	14	2	11:24 AM	_____
	Break: 10 Minutes:				
Finals-S	92 Men 1000 Freestyle	37	5 u	11:42 AM	_____
	Swimmers Counts for Warm-ups: 405	=====	=====		
	Entry / Heat Totals:	660	85		
	Finish Time			12:35 PM	_____

Session: 14 Sunday 13&Over (Dive Course)

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

Round	Event	Entries	Heats	Starts at	
Prelims	93 Women 13-14 200 Backstroke	66	9	08:30 AM	_____
Prelims	95 Women 200 Backstroke	105	14	08:58 AM	_____
Prelims	103 Women 13-14 100 Freestyle	81	11	09:38 AM	_____
Prelims	105 Women 100 Freestyle	134	17	09:54 AM	_____
Prelims	111 Women 13-14 200 IM	85	11	10:18 AM	_____
Prelims	113 Women 200 IM	104	13	10:49 AM	_____
	Break: 10 Minutes:				
Finals-S	91 Women 1000 Freestyle	58	8 u	11:34 AM	_____
	Swimmers Counts for Warm-ups: 363	=====	=====		
	Entry / Heat Totals:	633	83		
	Finish Time			01:04 PM	_____

2019 NCAP Invitational - 12/12/2019 to 12/15/2019**Session Report**

Session: 15 Sunday 12&Under (Finals Course)

Day of Meet: 4 Starts at 02:00 PM Heat Interval: 30 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	97 Mixed 11-12 200 Medley Relay	26	4	02:00 PM	_____
Finals	98 Mixed 10 & Under 200 Medley Relay	19	3	02:12 PM	_____
Prelims	100 Boys 11-12 100 Butterfly	67	9	02:22 PM	_____
Finals	101 Girls 10 & Under 100 Butterfly	42	6	02:37 PM	_____
Prelims	108 Boys 11-12 200 Freestyle	56	7	02:49 PM	_____
Finals	109 Girls 10 & Under 200 Freestyle	28	4	03:08 PM	_____
Prelims	116 Boys 11-12 100 IM	74	10	03:20 PM	_____
Finals	117 Girls 10 & Under 100 IM	55	7	03:37 PM	_____
	Swimmers Counts for Warm-ups: 254	=====	=====		
	Entry / Heat Totals:	367	50		
	Finish Time			03:51 PM	_____

Session: 16 Sunday 12&Under (Dive Course)

Day of Meet: 4 Starts at 02:00 PM Heat Interval: 30 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Prelims	99 Girls 11-12 100 Butterfly	74	10	02:00 PM	_____
Finals	102 Boys 10 & Under 100 Butterfly	49	7	02:18 PM	_____
Prelims	107 Girls 11-12 200 Freestyle	60	8	02:31 PM	_____
Finals	110 Boys 10 & Under 200 Freestyle	43	6	02:54 PM	_____
Prelims	115 Girls 11-12 100 IM	85	11	03:13 PM	_____
Finals	118 Boys 10 & Under 100 IM	53	7	03:32 PM	_____
	Swimmers Counts for Warm-ups: 207	=====	=====		
	Entry / Heat Totals:	364	49		
	Finish Time			03:45 PM	_____

2019 NCAP Invitational - 12/12/2019 to 12/15/2019**Session Report**

Session: 17 Sunday Finals

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

Round	Event	Entries	Heats	Starts at	
Finals-1	91 Women 1000 Freestyle	8	1 u	05:30 PM	_____
Finals-1	92 Men 1000 Freestyle	8	1 u	05:42 PM	_____
Finals	93 Women 13-14 200 Backstroke	24	3 u	05:52 PM	_____
Finals	94 Men 13-14 200 Backstroke	24	3 u	06:01 PM	_____
Finals	95 Women 200 Backstroke	24	3 u	06:09 PM	_____
Finals	96 Men 200 Backstroke	24	3 u	06:17 PM	_____
Finals	99 Girls 11-12 100 Butterfly	24	3 u	06:25 PM	_____
Finals	100 Boys 11-12 100 Butterfly	24	3 u	06:30 PM	_____
Finals	103 Women 13-14 100 Freestyle	16	2 u	06:35 PM	_____
Finals	104 Men 13-14 100 Freestyle	16	2 u	06:38 PM	_____
Finals	105 Women 100 Freestyle	24	3 u	06:40 PM	_____
Finals	106 Men 100 Freestyle	24	3 u	06:44 PM	_____
Finals	107 Girls 11-12 200 Freestyle	16	2 u	06:48 PM	_____
Finals	108 Boys 11-12 200 Freestyle	16	2 u	06:53 PM	_____
Finals	111 Women 13-14 200 IM	16	2 u	06:58 PM	_____
Finals	112 Men 13-14 200 IM	16	2 u	07:04 PM	_____
Finals	113 Women 200 IM	24	3 u	07:09 PM	_____
Finals	114 Men 200 IM	24	3 u	07:16 PM	_____
Finals	115 Girls 11-12 100 IM	16	2 u	07:23 PM	_____
Finals	116 Boys 11-12 100 IM	16	2 u	07:27 PM	_____
Finals-1	119 Mixed 13-14 400 Freestyle Relay	8	1	07:30 PM	_____
Finals-1	120 Mixed 400 Freestyle Relay	8	1	07:34 PM	_____
	Swimmers Counts for Warm-ups: 353	=====	=====		
	Entry / Heat Totals:	400	50		
	Finish Time			07:38 PM	_____
	Finish Time			08:00 PM	_____