



# 2023 NCAP Invitational

December 7-10, 2023

Sanction # PVI-24-35



<b>MEET DIRECTORS</b>	<b>MEET REFEREE</b>	<b>ENTRY CHAIR</b>
Karyn McCannon (716-868-6611) <a href="mailto:kmccannon@nationscapitalswimming.com">kmccannon@nationscapitalswimming.com</a> Tom Ugast	Bob Vincent <a href="mailto:RDV@vwi.com">RDV@vwi.com</a> <a href="#">Application to Officiate</a>	Karyn McCannon <a href="mailto:kmccannon@nationscapitalswimming.com">kmccannon@nationscapitalswimming.com</a>

<b>SANCTION</b>	<ul style="list-style-type: none"> <li>Held under the sanction of USA Swimming through Potomac Valley Swimming: <b>PVI-24-35</b>.</li> <li>In granting this sanction it is understood and agreed that USA Swimming, Potomac Valley Swimming, Nation's Capital Swim Club and the University of Maryland Eppley Recreation 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>University of Maryland College Park Campus</b> College Park, MD 20740 (301) 226-4400</p> <ul style="list-style-type: none"> <li>The competition pool at the University of Maryland is 50m x 25yd with two moveable bulkheads. Preliminary and Timed Finals competition will be held on two 25yd courses. The shallow course runs wall to bulkhead and is 8' deep at the starting end and 10'6" deep at the turning end. The deep course runs from bulkhead to wall and is 10'6" deep at the starting end and 14' deep at the turning end.</li> <li>Finals events will be held on the shallow course (wall to bulkhead).</li> <li>Eight lanes of continuous warm down will be available.</li> <li>Meet hosts shall ensure the required course dimensions.</li> </ul>																																													
<b>ENTRY DEADLINE</b>	<p style="text-align: center;"><b>Friday November 24th, 2023 at 7:00pm</b></p> <ul style="list-style-type: none"> <li><b>Entries will be accepted on a first-come, first-served basis. It is anticipated that this event will be fully entered.</b></li> </ul> <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 style="text-align: left;">TENTATIVE</th> <th style="text-align: center;">Warm Ups</th> <th style="text-align: center;">Events</th> </tr> </thead> <tbody> <tr> <td colspan="3"><b>Thursday, December 7</b></td> </tr> <tr> <td style="text-align: center;">Distance Events</td> <td style="text-align: center;">4:30 – 5:30 PM</td> <td style="text-align: center;">5:35 PM</td> </tr> <tr> <td colspan="3"><b>Friday, December 8</b></td> </tr> <tr> <td style="text-align: center;">13-14/Open Prelims</td> <td style="text-align: center;">7:15 – 8:25 AM</td> <td style="text-align: center;">8:30 AM</td> </tr> <tr> <td style="text-align: center;">11-12 Prelims/ 10&amp;Under Timed Finals</td> <td style="text-align: center;">12:15 – 1:30 PM</td> <td style="text-align: center;">1:35 PM</td> </tr> <tr> <td style="text-align: center;">Finals Session</td> <td style="text-align: center;">4:40 – 5:35 PM</td> <td style="text-align: center;">5:45 PM</td> </tr> <tr> <td colspan="3"><b>Saturday, December 9</b></td> </tr> <tr> <td style="text-align: center;">13-14/Open Prelims</td> <td style="text-align: center;">7:15 – 8:25 AM</td> <td style="text-align: center;">8:30 AM</td> </tr> <tr> <td style="text-align: center;">11-12 Prelims/ 10&amp;Under Timed Finals</td> <td style="text-align: center;">1:00 – 1:55 PM</td> <td style="text-align: center;">2:00 PM</td> </tr> <tr> <td style="text-align: center;">Finals Session</td> <td style="text-align: center;">4:40 – 5:35 PM</td> <td style="text-align: center;">5:45 PM</td> </tr> <tr> <td colspan="3"><b>Sunday, December 10</b></td> </tr> <tr> <td style="text-align: center;">13-14/Open Prelims</td> <td style="text-align: center;">7:15 – 8:25 AM</td> <td style="text-align: center;">8:30 AM</td> </tr> <tr> <td style="text-align: center;">11-12 Prelims/ 10&amp;Under Timed Finals</td> <td style="text-align: center;">1:00 – 1:55 PM</td> <td style="text-align: center;">2:00 PM</td> </tr> <tr> <td style="text-align: center;">Finals Session</td> <td style="text-align: center;">4:30 – 5:25 PM</td> <td style="text-align: center;">5:30 PM</td> </tr> </tbody> </table> <ul style="list-style-type: none"> <li>Two courses will be used during the Thursday session, 13 &amp; Over preliminary sessions and the 11-12/ 10 &amp; Under sessions. Athletes should consider this when selecting events.</li> <li>Meet Director reserves the right to adjust times/sessions after entries are received. Timelines will be posted when available.</li> </ul>	TENTATIVE	Warm Ups	Events	<b>Thursday, December 7</b>			Distance Events	4:30 – 5:30 PM	5:35 PM	<b>Friday, December 8</b>			13-14/Open Prelims	7:15 – 8:25 AM	8:30 AM	11-12 Prelims/ 10&Under Timed Finals	12:15 – 1:30 PM	1:35 PM	Finals Session	4:40 – 5:35 PM	5:45 PM	<b>Saturday, December 9</b>			13-14/Open Prelims	7:15 – 8:25 AM	8:30 AM	11-12 Prelims/ 10&Under Timed Finals	1:00 – 1:55 PM	2:00 PM	Finals Session	4:40 – 5:35 PM	5:45 PM	<b>Sunday, December 10</b>			13-14/Open Prelims	7:15 – 8:25 AM	8:30 AM	11-12 Prelims/ 10&Under Timed Finals	1:00 – 1:55 PM	2:00 PM	Finals Session	4:30 – 5:25 PM	5:30 PM
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<b>ELIGIBILITY</b>	<ul style="list-style-type: none"> <li>• Open to all <b>invited</b> Potomac Valley Swimming registered athletes and <b>invited</b> USA Swimming athletes that meet the event qualifying times.</li> <li>• NCAP reserves the right to fill events with its own athletes in the age group sessions, regardless of seed times.</li> <li>• 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 and 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>MEDICAL ASSISTANCE</b>	<ul style="list-style-type: none"> <li>• Medical assistance will be provided by the facility staff. If you require medical assistance, please notify a facility lifeguard or a member of the meet staff.</li> </ul>
<b>RULES</b>	<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 Swimming registration is permitted.</li> <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 without the use of a backstroke ledge. 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>• Dive-over starts will be used during preliminary sessions and distance sessions.</li> <li>• The Meet Director and the PVS Technical Committee reserve the right to limit events, heats, swimmers or adjust the format to conform with the 4-hour provision for sessions that include 12 &amp; U events per Rule 205.3.1F.</li> </ul>
<b>EVENT RULES</b>	<ul style="list-style-type: none"> <li>• A contestant may participate in only his or her own age group events or in open events which are open to all ages. Contestants must have equaled or bettered the applicable qualifying times listed.</li> <li>• 12&amp; Under athletes may only participate in one (1) session per day.</li> <li>• A contestant may enter a maximum of seven (7) individual events and no more than three (3) individual events per day.</li> <li>• Swimmers shall compete at the age attained on the first day of the meet.</li> <li>• It may be necessary to limit entries in certain events due to time constraints. If an event(s) is filled before the entry deadline, and time allows, swimmers/coaches may be able to choose an alternate event if they have a proper qualifying time.</li> <li>• Swimmers must provide their own timer and lap counter (if desired) for the Distance Events on Thursday, December 7, Saturday December 9, and Sunday, December 10.</li> <li>• College Swimmers – Be sure to un-attach from your NCAA team to keep your eligibility intact.</li> </ul>

- No time trials will be conducted at this event.
- Deck entries are permitted and will only occur if there is an open lane in a pre-seeded heat. Deck entries will be \$20.00 each (cash or check only). There will be no deck entered relays. If an event is positive check-in, the check in will be completed per the schedule, then seeded. Any open lanes after this will be available for deck entry. **Swimmers will be required to prove current USA Swimming membership in good standing** if the swimmer is not already in the meet and vetted through the PVS meet recon procedure.
- Nation's Capital Swim Club reserves the right to add additional athletes regardless of qualifying time to allow for sufficient volunteers to host the meet.

#### **Individual Events**

- Entry times need to have been achieved since September 1, 2021.
- **NO entries with "NT" (No Time) will be accepted.**
- All individual events are preliminaries and finals except for the following which are timed finals:
  - 1000 Freestyle, 1650 Freestyle, 11-12 200 strokes (fly, back, and breast), the 11-12 500 Freestyle, the 11-12 400 IM, and all 10 & Under events.
- All 11-12 individual events will have two (2) heats ("A", "B") in the Finals sessions, except as noted above. The B final will be swum first.
- All Open individual events will have a "C" final, "B" final and an "A" final heat except for the 400 IM events and the 500 Freestyle events, where 2 heats will advance to finals. The order is C – B – A.
- All 13-14 events will have a "B" final and an "A" final – except for the 400 IM events and 500 Freestyle events, where 1 heat will advance to finals. The B final will be swum first.
- 11-12 400 IM, 12&U 200 Breaststroke and 12&U 200 Butterfly will be swum fastest to slowest. 12&U 200 Backstroke on Thursday will also be swum fastest to slowest.
- 13-14 and Open distance events (1000 and 1650 Freestyle) will be swum fastest to slowest, combined, age groups will be scored separately.
- 1000, 1650, 500 Free and 400 IM, and the 12 & Under 500 Freestyle will be swum fastest to slowest.
- 13-14 and Open 400 IM events and 500 Freestyles events may be limited to manage the timelines. Coaches should be prepared to select another event in case notified that the events are oversubscribed.
- All entry times requiring verification must be verified before 5:00 PM on Thursday, December 7<sup>th</sup> or they will be dropped from the meet.
- All swim-offs will be performed before the conclusion of the preliminary session they occur in, as noted in Rule 102.5.2.

#### **Distance Events**

- Entries for the 500, 1000 and 1650 may be limited to keep manageable timelines on Thursday and Sunday. The top 32 fastest men and women (13-14 and Senior Open), entry times will be seeded. A psych sheet will be posted at [www.ncapswim.com](http://www.ncapswim.com) at the entry deadline for clubs to review with a final determination and notification from the meet director on the number of entries that will be accepted. Clubs will be notified if their athletes do not make the cut and will be offered a chance to select an alternate event or receive a refund on the entry fee for that event.
- The fastest heat of the men's and women's 1000 Freestyle will swim as the first event in finals on the final day of the meet. All other women's and men's 1000s will be swum at the conclusion of the preliminary session. All swimmers may request a morning swim instead of swimming in finals. All distance entries must be verified with the name & date of the meet where the qualifying time was achieved. This verification of entry times is to be provided with the entry. Entries failing to provide verification will not be accepted. Acceptable verification includes the Hy-Tek entry report.

<b>BONUS ENTRIES</b>	<ul style="list-style-type: none"> <li>THERE ARE NO BONUS ENTRIES FOR 13&amp;OVER ATHLETES.</li> <li>Bonus Entry rules for 12&amp; Under athletes: <table border="0" data-bbox="597 180 1252 296"> <thead> <tr> <th style="text-align: center;">Number of Qualifying Times</th> <th style="text-align: center;">Bonus Events Allowed</th> </tr> </thead> <tbody> <tr> <td style="text-align: center;">1 - 3</td> <td style="text-align: center;">1</td> </tr> <tr> <td style="text-align: center;">4 or more</td> <td style="text-align: center;">3</td> </tr> </tbody> </table> <p style="text-align: center;">NOTE: Events that are swum at Turkey Claus (hosted by Machine Aquatics) cannot be swum as bonus events.</p> </li> <li>NO BONUS ENTRIES FOR ANY AGE GROUP WILL BE ACCEPTED IN THE 400 IM, 500 Freestyle, 1000 Freestyle or 1650 Freestyle.</li> <li>If timelines become too unmanageable, the meet staff will reach out to athletes with bonus events <b>first</b> to reduce entries in oversubscribed sessions.</li> </ul>	Number of Qualifying Times	Bonus Events Allowed	1 - 3	1	4 or more	3
Number of Qualifying Times	Bonus Events Allowed						
1 - 3	1						
4 or more	3						
<b>RELAY EVENT RULES</b>	<ul style="list-style-type: none"> <li><b>All Relays are SINGLE GENDER.</b></li> <li>All Relays are Timed Finals.</li> <li>All 400yd Relays require positive check-in. All 200yd Relays will be pre-seeded.</li> <li>There is no limit on the number of relay entries per club. However, only two (2) relay teams per club per relay event may score, or swim in the top heat during finals. NO C RELAYS IN FINALS.</li> <li>Verification of entry time must be provided for all relay entries with the entry, composite time is acceptable.</li> <li>Relay entries with "no time (NT)" will not be accepted.</li> <li>All relay entry times requiring verification must be verified before 5:00 PM on Thursday, December 7th or they will be dropped from the meet.</li> <li>All heats of 11-12, and 10&amp;Under Relays will be swum fastest to slowest during the morning preliminary sessions.</li> <li>All heats of the 13-14 and Open 200 Medley Relay will be swum fastest to slowest during the morning preliminary session.</li> <li>All heats of the 13-14 400 Freestyle relay will be swum fastest to slowest during the morning preliminary session.</li> <li>The fastest heats of the 13-14 and Open 200 Freestyle and 400 Medley Relays will be swum during the Finals session. All other heats will be swum fastest to slowest during the morning preliminary sessions.</li> <li>The fastest heat of the Open 400 Freestyle Relay will be swum during the Finals session. All other heats will be swum fastest to slowest during the morning preliminary session. Teams may request a morning swim for the Open 400 Freestyle Relay.</li> </ul>						
<b>WITHDRAWING FROM FINALS</b>	<ul style="list-style-type: none"> <li>PVS Scratch Rules apply for swimmers scratching from finals.</li> <li>If an athlete does not want to swim in the Final, the athlete may "scratch" from the event by following this procedure: <ul style="list-style-type: none"> <li>The athlete must fill out and sign a Finals Scratch Slip within 30 minutes of the announcement of qualifiers for "A", "B" and "C" finals, if scheduled.</li> <li>The athlete may declare an intent to Scratch. The athlete must fill out and sign a Finals Scratch Slip within 30 minutes of the announcement of qualifiers, marking the appropriate space for "intent". If an athlete declares an "intent to scratch" and does not wish to swim finals, the athlete must confirm the scratch on the Finals Scratch Slip within 30 minutes after the conclusion of his/her last preliminary event of the day or the athlete will be automatically seeded into the event.</li> </ul> </li> <li>If an athlete fails to properly scratch from an event and does not appear for the "Final" event, they shall be barred from further competition of the remainder of the meet.</li> </ul>						

<b>POSITIVE CHECK IN</b>	<ul style="list-style-type: none"> <li>Positive check in for individual and relay events 400 yards and longer. Athletes must check in by the check-in deadline in order to be seeded into the event. Athletes not checked-in will not be seeded into the event. When checking in for the 1000 yd Freestyle and 400 yd Freestyle Relay, swimmers/teams may indicate they want to swim in the preliminaries session.</li> <li>Athletes who check into a positive check-in event, have been seeded and fail to swim the event will be barred from their next scheduled individual event, unless excused by the Meet Referee.</li> <li>Meet Director reserves the right to check in additional events as needed to manage timelines. Finalized positive check in schedule will be made available once timelines are determined.</li> </ul> <p style="text-align: center;"><b>TENTATIVE POSITIVE CHECK-IN DEADLINES</b></p> <table border="1" data-bbox="407 449 1455 816"> <thead> <tr> <th>Events</th> <th colspan="2">Check-In Deadline</th> </tr> </thead> <tbody> <tr> <td>1 – 2 12&amp;U 200 Backstroke</td> <td>Thursday, December 7</td> <td>4:30 pm</td> </tr> <tr> <td>3 – 6 1650 Freestyle</td> <td>Thursday, December 7</td> <td>4:45 pm</td> </tr> <tr> <td>39 – 42 13-14, Open 400 IM</td> <td>Friday, December 8</td> <td>9:00 am</td> </tr> <tr> <td>15 – 16 11-12 400 IM</td> <td>Friday, December 8</td> <td>1:00 pm</td> </tr> <tr> <td>87 – 90 13-14, Open 500 Freestyle</td> <td>Saturday, December 9</td> <td>9:30 am</td> </tr> <tr> <td>91 – 94 13-14, Open 400 Medley Relay</td> <td>Saturday, December 9</td> <td>10:00 am</td> </tr> <tr> <td>57 – 60 11-12, 10&amp;U 400 Freestyle Relay</td> <td>Saturday, December 9</td> <td>12:30 pm</td> </tr> <tr> <td><b>99 – 100 1000 Freestyle</b></td> <td><b>Saturday, December 9</b></td> <td><b>6:45 pm</b></td> </tr> <tr> <td>129 – 132 13-14, Open 400 Freestyle Relay</td> <td>Sunday, December 10</td> <td>10:00 am</td> </tr> </tbody> </table>	Events	Check-In Deadline		1 – 2 12&U 200 Backstroke	Thursday, December 7	4:30 pm	3 – 6 1650 Freestyle	Thursday, December 7	4:45 pm	39 – 42 13-14, Open 400 IM	Friday, December 8	9:00 am	15 – 16 11-12 400 IM	Friday, December 8	1:00 pm	87 – 90 13-14, Open 500 Freestyle	Saturday, December 9	9:30 am	91 – 94 13-14, Open 400 Medley Relay	Saturday, December 9	10:00 am	57 – 60 11-12, 10&U 400 Freestyle Relay	Saturday, December 9	12:30 pm	<b>99 – 100 1000 Freestyle</b>	<b>Saturday, December 9</b>	<b>6:45 pm</b>	129 – 132 13-14, Open 400 Freestyle Relay	Sunday, December 10	10:00 am
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<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, including times/lane assignments.</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 less than 400 yards will be pre-seeded. (unless additional positive check in is needed)</li> </ul>																														
<b>SCORING</b>	<p>Individual: 20, 17, 16, 15, 14, 13, 12, 11, 9, 7, 6, 5, 4, 3, 2, 1</p> <p>Relays: 40, 34, 32, 30, 28, 26, 24, 22, 18, 14, 12, 10, 8, 6, 4, 2</p>																														
<b>AWARDS</b>	<ul style="list-style-type: none"> <li>Open Category will receive RIBBONS for places 1-3 only.</li> <li>All 14 &amp; Under individual events will receive custom medals for places 1-3 and ribbons for places 4-8.</li> <li>14 &amp; Under Relays will receive ribbons for places 1-3 only.</li> <li>High point awards will be presented to first place boys and girls in each age group and the open category.</li> <li><b>Fran Crippen Memorial Mile</b> Events 3, 4, 99, and 100 are dedicated to Fran Crippen and the Fran Crippen Elevation Foundation, (<a href="http://www.francrippen.com">www.francrippen.com</a>). Awards will be given for the top 3 places in each event. Additional donations will also be accepted for the foundation before and during the event. Please contact Karyn McCannon, (<a href="mailto:kmccannon@nationscapitalswimming.com">kmccannon@nationscapitalswimming.com</a>), for additional information.</li> </ul>																														
<b>PROGRAMS and LIVESTREAM</b>	<ul style="list-style-type: none"> <li>Programs will be made available on Meet Mobile prior to each session for a nominal fee.</li> </ul>																														
<b>PARKING</b>	<ul style="list-style-type: none"> <li>A SEPARATE PARKING DOCUMENT WILL BE provided to all participating teams and posted on the <a href="#">NCAP website</a> with specifics by day, and links for purchasing parking as needed.</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.</li> </ul>																														
<b>SPECTATOR ENTRY FEE</b>	<ul style="list-style-type: none"> <li>Spectator seating will be made available on a first come, first serve basis. Spectator Entry fees are as follows: <ul style="list-style-type: none"> <li>All session pass: \$25.00 - includes entry for all preliminary and finals sessions.</li> <li>Individual sessions: \$5.00 - includes entry for 1 session only.</li> <li>Thursday Timed Finals are free for spectators.</li> </ul> </li> <li>SPECTATOR SEATING AREAS WILL REMAIN CLOSED UNTIL ALL REQUIRED VOLUNTEER SLOTS ARE FILLED FOR EACH SESSION. Without volunteers, the meet will not run.</li> </ul>																														

<b>PHOTOGRAPHER AND MEET VENDOR</b>	<ul style="list-style-type: none"> <li>We anticipate a professional photographer and on-site Shirt and Speedo Gear sales. Details will be provided to all participating teams and posted on the <a href="#">NCAP website</a>.</li> </ul>
<b>OFFICIALS</b>	<ul style="list-style-type: none"> <li>It is anticipated that this meet will be an Officials' Qualifying Meet, under the USA Swimming National Certification Program.</li> <li>Please submit an <a href="#">Application to Officiate</a> or contact Meet Referee Bob Vincent at <a href="mailto:RDV@vwi.com">RDV@vwi.com</a> by November 24, 2023, if you are interested in being an official for this meet. Please include your club affiliation, certifications held, and sessions you wish to work. Those officials who learn of their availability subsequent to November 24th are encouraged to contact Bob Vincent as soon as possible.</li> <li>Those officials wishing to be evaluated at this meet must indicate their preferences in the Application to Officiate on or before <b>November 24, 2023</b>. You can review information about the National Certification Program on the <a href="#">USA Swimming Website</a>.</li> <li>Certified officials who have not previously volunteered should contact the referee upon arrival to make their services available. A comprehensive officials' briefing will precede each session during warm-up.</li> </ul>
<b>TIMERS and TEAM MARSHALS</b>	<ul style="list-style-type: none"> <li>All teams are expected to provide timers in proportion to their entries – Visiting teams from out of town as well. Participating clubs will need to submit a list of timers (<u>with names</u>) scheduled to volunteer: <b><u>TIMERS WILL BE ASSIGNED THIS YEAR FOR ALL PRELIMINARY SESSIONS. Teams not filling their assigned lanes will have coaches time until appropriate volunteers are found to fill your assigned place.</u></b></li> </ul>
<b>ENTRY PROCEDURES</b>	<ul style="list-style-type: none"> <li><u>Entries must be sent via e-mail.</u> <ol style="list-style-type: none"> <li>Entries must arrive by the due date and time.</li> <li>In the title of the email, please use the following format: "2023 NCAP Invitational Entry – [team name]"</li> <li>Payment is due by 7:00pm Friday December 1st. If the meet director has not received payment by then, or other arrangements have not been made in advance, then your swimmers will be removed from the meet.</li> <li>Relay only swimmers must be included in the team's entry roster.</li> <li>Include with your entry file one (1) report by <b>name</b> and one (1) by <b>event</b>. Create these reports in Team Manager/Team Unify. PDF is the preferred file format.</li> <li>In the body of your e-mail provide entry numbers (girls, boys, totals). Include contact information (club name, e-mail, phone, officials contact).</li> <li>Send e-mail to <a href="mailto:kmccannon@nationscapitalswimming.com">kmccannon@nationscapitalswimming.com</a></li> <li>The Meet Director will acknowledge receipt by return e-mail within 48 hours. Clubs submitting entries that do NOT receive an acknowledgement should contact the Meet Director by means other than e-mail to confirm receipt.</li> </ol> </li> <li>Coaches will be provided with relay cards at the meet. Relay card deadlines will be published prior to the meet.</li> <li>The meet director will not accept phone, fax, or paper entries.</li> <li>Entries that are incomplete, submitted on incorrect forms, or lacking the phone number of a responsible club official <u>will not be accepted</u>.</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>

ENTRY FEES	Per Swimmer Surcharge:	\$18.00	Relay event fee:	\$20.00
	Individual event fee:	\$10.00	Deck Entries:	\$20.00
	<ul style="list-style-type: none"> <li>• Make checks payable to <b>Nation's Capital Swim Club</b>. Checks should be mailed to:  Nation's Capital Swim Club  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> </ul>			
ENTRY FILES, QUESTIONS	Karyn McCannon <a href="mailto:kmccannon@nationscapitalswimming.com">kmccannon@nationscapitalswimming.com</a> (716) 868 – 6611			

## Hotel Block Summary

**Start Date: Thursday, December 7, 2023**

**End Date: Sunday, December 10, 2023**

**Hotels offering a special group rate:**

### College Park Marriott Hotel & Conference Center

**Block Name: NATIONS CAPITAL INVITATIONAL SWIM MEET**

**Rate: 139 USD - 149 USD per night**

**Last Day to book: November 9, 2023**

**[Book your group rate for NATIONS CAPITAL INVITATIONAL SWIM MEET](#)**

**The Hotel at the University of Maryland**

**Block Name: 2023 NCAP INVITATIONAL**

**Rate: \$153.00 King or 2xQueen**

**Last Day to Book: Thursday, November 21, 2023**

**<https://reservations.travelclick.com/107316?groupID=3768785>**

### Home2 Suites by Hilton Silver Spring

**Block Name: NCAP Invitational 2023**

**Rate: \$132 1xQ Studio Suite**

**Last Day to Book: November 17, 2023**

**Phone: Call 301-965-8200 Option #2 to make a reservation by mentioning the " NCAP Invitational 2023 " and/or group code NCA at the Home2 Suites by Hilton Silver Spring OR Link: [Home2 Suites by Hilton link](#)**

# NCAP INVITATIONAL

December 7-10, 2023

University of Maryland

College Park, MD

Thursday, December 7, 2023

Warm-up 4:30 - 5:30 PM

Events 5:35 PM

Girls Event #	No slower than SCY	No slower than LCM		No slower than SCY	No slower than LCM	Boys Event #
1	2:40.99	3:01.09	<b>12 &amp; U 200 Backstroke</b>	2:39.19	3:06.19	2
3	18:55.99	18:46.09	<b>Open 1650 Freestyle</b>	16:59.99	17:26.99	4
	19:04.99	19:11.49	<b>13-14 1650 Freestyle</b>	18:18.99	18:11.39	
5	5:58.99	4:58.29	<b>12 &amp; U 500 Freestyle</b>	5:53.99	4:53.59	6

- All athletes who intend on swimming events 1 and 2 must check-in by 4:30 PM.
- Athletes swimming events 3 to 6 must check-in by 4:45 PM. 1650 Events swum fastest to slowest and combined age groups (Open and 13-14). The event will be scored separately based on age group.
- 12&U 200 Back and 500 Free will be swum fastest to slowest.



# NCAP INVITATIONAL

December 7-10, 2023

University of Maryland

College Park, MD

Friday, December 8, 2023

13 & Over / Open Prelims

Warm-up 7:15 – 8:25 AM

Events 8:30 AM

Girls Event #	No slower than SCY	No slower than LCM		No slower than SCY	No slower than LCM	Boys Event #
7			13-14 200 Medley Relay			8
9			Open 200 Medley Relay			10
11	1:16.59	1:22.99	13-14 100 Breaststroke	1:12.49	1:17.99	12
13	1:11.99	1:19.99	Open 100 Breaststroke	1:02.99	1:12.19	14
21	2:05.79	2:15.39	13-14 200 Freestyle	1:59.99	2:07.89	22
23	1:56.99	2:12.09	Open 200 Freestyle	1:47.19	1:58.99	24
29	1:04.59	1:10.99	13-14 100 Butterfly	1:01.99	1:06.19	30
31	1:00.79	1:07.99	Open 100 Butterfly	53.99	1:00.99	32
39	4:59.99	5:28.59	13-14 400 IM	4:49.79	5:10.69	40
41	4:41.99	5:20.99	Open 400 IM	4:19.99	4:55.99	42
47			13-14 200 Free Relay			48
49			Open 200 Free Relay			50

- All 200 Medley Relays will swim fastest to slowest, will be pre-seeded, and is a timed final. There are no qualifying times for this event.
- 400 IM check-in by 9:00 AM and will be swum fastest to slowest.
- 200 Free relay will swim fastest to slowest, will be pre-seeded, and is a timed final. The fastest heats of the 13-14 and Open 200 Free Relays will swim at the end of the finals session, all others will swim at the end of preliminaries.

## 11-12 Prelims, 10&Under Timed Finals

Warm-up 12:15 – 1:30 PM

Events 1:35 PM

Girls Event #	No slower than SCY	No slower than LCM		No slower than SCY	No slower than LCM	Boys Event #
15	5:36.09	6:23.99	11-12 400 IM	5:28.89	6:20.19	16
17	37.79	43.09	11-12 50 Breaststroke	37.99	43.39	18
19	43.39	50.69	10 & U 50 Breaststroke	43.39	50.49	20
25	1:03.59	1:10.99	11-12 100 Freestyle	1:03.59	1:12.19	26
27	1:13.59	1:22.19	10 & U 100 Freestyle	1:12.99	1:21.59	28
33	31.99	35.49	11-12 50 Butterfly	32.59	36.49	34
35	37.99	43.69	10 & U 50 Butterfly	38.59	43.89	36
37	3:02.19	3:25.59	12 & U 200 Breaststroke	3:02.19	3:25.59	38
43	1:12.99	1:23.99	11-12 100 Backstroke	1:13.59	1:25.59	44
45	1:26.59	1:39.19	10 & U 100 Backstroke	1:26.99	1:39.59	46
51			11-12 200 Free Relay			52

- 200 Freestyle relays will swim fastest to slowest, will be pre-seeded, and is a timed final. It will be swum as the final event of preliminaries. 400 IM Check-in by 1:00pm.
- 400 IM and 200 Breaststroke are timed finals and will be swum fastest to slowest.

# NCAP INVITATIONAL

December 7-10, 2023

University of Maryland

College Park, MD

Saturday, December 9, 2023

13 & Over / Open Prelims

Warm-up 7:15 – 8:25 AM

Events 8:30 AM

Girls Event #	No slower than SCY	No slower than LCM		No slower than SCY	No slower than LCM	Boys Event #
53	2:26.79	2:37.39	13-14 200 Butterfly	2:24.79	2:27.39	54
55	2:15.99	2:29.99	Open 200 Butterfly	2:03.79	2:16.99	56
65	27.19	29.49	13-14 50 Freestyle	25.89	27.59	66
67	25.79	28.89	Open 50 Freestyle	23.29	26.59	68
75	2:44.69	2:57.19	13-14 200 Breaststroke	2:39.09	2:47.59	76
77	2:37.59	2:56.29	Open 200 Breaststroke	2:17.99	2:40.79	78
83	1:04.99	1:12.99	13-14 100 Backstroke	1:02.99	1:08.99	84
85	1:00.99	1:10.99	Open 100 Backstroke	55.99	1:04.99	86
87	5:26.99	4:47.29	13-14 500 Freestyle	5:15.99	4:32.49	88
89	5:13.99	4:41.99	Open 500 Freestyle	4:48.99	4:24.99	90
91			13-14 400 Medley Relay			92
93			Open 400 Medley Relay			94

- 500 Freestyle check-in by 9:30 AM, and will be swum fastest to slowest.
- 400 Medley Relays check-in by 10:00 AM. Events swum fastest to slowest as timed finals. The fastest heats of the 13-14 and Open 400 Medley Relays will swim at the end of the finals session, all others will swim at the end of preliminaries.

11-12 Prelims, 10&Under Timed Finals

Warm-up 1:00 – 1:55 PM

Events 2:00 PM

Girls Event #	No slower than SCY	No slower than LCM		No slower than SCY	No slower than LCM	Boys Event #
57			11-12 400 Free Relay			58
59			10&Under 400 Free Relay			60
61	28.79	32.69	11-12 50 Freestyle	28.99	32.79	62
63	32.99	37.19	10 & U 50 Freestyle	32.99	37.09	64
69	1:22.79	1:34.69	11- 12 100 Breaststroke	1:22.39	1:34.69	70
71	1:35.49	1:53.69	10 & U 100 Breaststroke	1:36.39	1:53.99	72
73	2:51.99	3:14.09	12 & U 200 Butterfly	2:50.29	3:12.19	74
79	33.99	38.49	11-12 50 Backstroke	33.99	38.49	80
81	38.99	44.89	10 & U 50 Backstroke	38.79	44.79	82
95	2:34.19	2:58.99	11-12 200 IM	2:37.59	2:59.19	96
97	2:59.99	3:24.99	10 & U 200 IM	3:00.89	3:28.99	98

- 200 Butterfly is timed finals and will be swum fastest to slowest.
- 11-12 and 10& Under Relays are Timed Finals. Positive check-in by 12:30 pm, and will be swum fastest to slowest.

# NCAP INVITATIONAL

December 7-10, 2023

University of Maryland

College Park, MD

Sunday, December 10, 2023

13 & Over / Open Prelims

Warm-up 7:15 – 8:25 AM

Events 8:30 AM

Girls Event #	No slower than SCY	No slower than LCM		No slower than SCY	No slower than LCM	Boys Event #
101	2:19.99	2:33.99	13-14 200 Backstroke	2:17.79	2:25.99	102
103	2:12.99	2:21.99	Open 200 Backstroke	2:00.79	2:17.99	104
113	57.99	1:03.29	13-14 100 Freestyle	54.49	59.79	114
115	54.69	1:01.19	Open 100 Freestyle	49.99	55.99	116
121	2:22.19	2:34.59	13-14 200 IM	2:13.99	2:25.59	122
123	2:12.59	2:26.99	Open 200 IM	1:59.99	2:15.99	124
129			13-14 400 Free Relay			130
131			Open 400 Free Relay			132
99	10:59.99	9:48.39	Open 1000 Freestyle	9:59.99	9:14.29	100
	11:19.99	9:54.59	13-14 1000 Freestyle Qualifying Times	10:59.99	9:25.19	

- 400 Freestyle Relays check-in by 10:00 AM. Events swum fastest to slowest as timed finals. All heats of the 13-14 400 Freestyle Relay will swim with preliminaries. The fastest heat of the Open 400 Freestyle Relay will swim at the end of the finals session, all others swim at the end of preliminaries (prior to the distance events). Teams may request a morning swim for the Open 400 Freestyle Relay.
- Men's & Women's 1000 Freestyle check-in closes by 6:45 PM Saturday (check-in to begin Saturday AM or earlier).*** Events will be swum fastest to slowest and combined age groups. The events will be scored separately. The fastest heat will swim as the first event of finals. Swimmers may request a morning swim on Sunday.

11-12 Prelims, 10&Under Timed Finals

Warm-up 1:00 – 1:55 PM

Events 2:00 PM

Girls Event #	No slower than SCY	No slower than LCM		No slower than SCY	No slower than LCM	Boys Event #
105			11-12 200 Medley Relay			106
107			10 & U 200 Medley Relay			108
109	1:14.99	1:24.49	11-12 100 Butterfly	1:14.99	1:25.19	110
111	1:34.99	1:47.19	10 & U 100 Butterfly	1:35.99	1:47.19	112
117	2:18.29	2:36.99	11-12 200 Freestyle	2:18.79	2:34.99	118
119	2:38.99	3:08.99	10 & U 200 Freestyle	2:42.99	3:08.99	120
125	1:12.59		11-12 100 IM	1:12.39		126
127	1:22.79		10 & U 100 IM	1:23.99		128

- 11-12 and 10& Under Relays are Timed Finals and will be swum fastest to slowest.

# NCAP INVITATIONAL

December 7-10, 2023

University of Maryland

College Park, MD

## FINALS EVENT ORDER

Friday, December 8, 2023

Warm-up 4:40 – 5:35 PM

Events 5:45 PM

Girls Event #		Boys Event #
11	13-14 100 Breaststroke	12
13	Open 100 Breaststroke	14
17	11-12 50 Breaststroke	18
21	13-14 200 Freestyle	22
23	Open 200 Freestyle	24
25	11-12 100 Freestyle	26
29	13-14 100 Butterfly	30
31	Open 100 Butterfly	32
33	11-12 50 Butterfly	34
39	13-14 400 IM	40
41	Open 400 IM	42
43	11-12 100 Backstroke	44
47	13-14 200 Free Relay	48
49	Open 200 Free Relay	50

Saturday, December 9, 2023

Warm-up 4:40 – 5:35 PM

Events 5:45 PM

Girls Event #		Boys Event #
53	13-14 200 Butterfly	54
55	Open 200 Butterfly	56
61	11-12 50 Freestyle	62
65	13-14 50 Freestyle	66
67	Open 50 Freestyle	68
69	11-12 100 Breaststroke	70
75	13-14 200 Breaststroke	76
77	Open 200 Breaststroke	78
79	11-12 50 Backstroke	80
83	13-14 100 Backstroke	84
85	Open 100 Backstroke	86
87	13-14 500 Freestyle	88
89	Open 500 Freestyle	90
95	11-12 200 IM	96
91	13-14 400 Medley Relay	92
93	Open 400 Medley Relay	94

# NCAP INVITATIONAL

December 7-10, 2023

University of Maryland

College Park, MD

## FINALS EVENT ORDER

Sunday, December 10, 2023

Warm-up 4:30 – 5:25 PM

Events 5:30 PM

Girls Event #		Boys Event #
99	Open 1000 Freestyle	100
101	13-14 200 Backstroke	102
103	Open 200 Backstroke	104
109	11-12 100 Butterfly	110
113	13-14 100 Freestyle	114
115	Open 100 Freestyle	116
117	11-12 200 Freestyle	118
121	13-14 200 IM	122
123	Open 200 IM	124
125	11-12 100 IM	126
131	Open 400 Free Relay	132