



**2006 Spring Short Course
NCSA Junior National Swimming Championships
Orlando, FL – March 21-25, 2006**

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Orlando, FL – March 21-25, 2006**

SANCTIONED BY: USA Swimming & Florida Swimming

LOCAL HOST CLUB: Central Florida YMCA Racing

SPONSORED BY: National Club Swimming Association, Inc.

PRELIMS & FINALS

DATES OF MEET: March 21-26, 2006

ENTRIES DUE: Online Meet Entry Closes Midnight, Tuesday, March 14th, 2006

SESSION START TIMES: Monday. 4 PM; Tues.-Fri. Prelims 9 AM Finals: 6:00 PM

WARM-UP:

Monday: 7:00 AM to 3:00 PM and 5:00 PM to 9:00 PM

Tuesday: 7:00 AM to 3:45 PM

Wed. thru Sat.: 7:30 AM to 8:45 AM and 4:30 PM to 5:45 PM

Meet Days: Continuous Warm-ups in Diving Pool

FACILITY:

Orlando YMCA Aquatic Center

8422 International Drive

Orlando, FL 32819

407-363-1911 (phone)

407-352-1907 (fax)

ELIGIBILITY:

Participation is open to nationals of the United States of America. Non-US national are eligible to participate if they meet BOTH of the following two conditions:

Permanent resident alien status in the USA, or family accompanying status under a principal's temporary work visa (L, H, J). Possession of a student, business, or tourist visa is not sufficient to meet this condition.

Membership in USA Swimming or NCSA for a period of at least six months prior to the Junior Nationals Swimming Championship and participation in at least two USA/NCSA Swimming meets in representation of a USA or NCSA Swimming Club during the six months prior to the Junior National Swimming Championships. Open to USA Swimming, Inc. registered athletes 18 years of age and younger who are USA citizens. Membership in USA Swimming is required for this meet. Membership in NCSA is NOT required for this meet. Relay only swimmers must be included on the team entry form. Please designate unattached swimmers 'UN'

QUALIFYING TIMES:

Must be achieved between January 1, 2005 and March 20, 2006. Short Course Yards qualifying times will be seeded first, next Long Course Meters qualifying times, followed by Short Course

Meters qualifying times. Swimmers may compete in no more than three (3) individual events per day. Bonus entries are permitted if a swimmer has at least one event qualifying time and has achieved the minimum bonus standards. Any swimmer with one qualifying standard may swim up to two Bonus Events in which they have achieved the bonus standard. All qualifying individual and relay times must be provable at the meet. There are no Upper Time Limits for this meet. Times not provable will be subject to fine established by NCSA (National Club Swimming Association, Inc.).

TIME TRIALS:

Open to any swimmers who swims in any event (including relays), limited to two (2) for the meet.

ENTRY INTO THE MEET

TEAM ENTRY:

Completed through USA Swimming's OME (online meet entry) system, this is the only accepted way to enter this meet. Instructions and details are on the NCSA website: www.juniornationals.org

ENTRY FEES:

\$10.00 per Individual Event must accompany team entry form. Relays: \$20.00 per relay team entered. There are no refunds. Time Trials entry fee: \$10. Late Entries fee: \$15 and \$25.

ENTRIES CLOSE:

Entries must be ENTERED in the OME system by Tuesday, March 14, 2006.

Late Entries will be accepted until Monday, March 20 at 9:00 PM, EST Time. Online Entries from the NCSA web site individuals qualifying between March 15th and March 21st.

RULES AND PROCEDURES

1. MEET REFEREE and MEET COMMITTEE:

The Meet Referee will be in charge of the meet. Any questions regarding the conduct of the meet should be made directly to that person. The NCSA Junior National Meet Committee may find it necessary to change some meet variables in order to provide the best possible situations for the athletes; including start times, distance event procedures, weather related disruptions, time trial location, etc. A General Meeting will be held at Orlando YMCA Aquatic Center on Tuesday, March 21, 2006, 11:00 AM. All athletes must be represented by a coach or representative. Necessary coaches meetings will be called as needed during the competition.

2. RULES:

USA Swimming, Inc. Technical Rules and National Championship procedures will govern. Meet entry times must be designated 'SCY' for yards or 'LCM' for long course meters or 'SCM' for short course meters. The National Championship scratch procedures will be used for prelims

and finals. In order there will be a Consolation and Final for all events, 200 meters and above, except 1000 & 1650 free and relays. In 50 and 100 meter events, 3 heats of semi-finals and two heats (consolations and finals) will be swum. All entered swimmers (including relay only) must be on a team entry form. Positive check-in for the 1000 & 1650 free AND ALL Relays is required by the day's scratch deadline.

3. SCRATCH DEADLINES:

Tuesday, March 21nd at 3:00 PM for 1000 Free. Tuesday, March 21nd by 6:00 PM for Wednesday's events; Wednesday, Thursday, and Friday at 6:30 PM for the next day's events. A swimmer who fails to scratch and 'no shows' a prelim or timed final event, must positive check in for all subsequent individual events. A swimmer who fails to scratch and 'no shows' a final will be removed from the meet.

4. DISTANCE EVENTS:

1000 & 1650 Freestyle: The W 1000 free (#1) and M 1000 (#2) will be conducted on a timed finals basis as follows: Women's heats slowest to fastest then Men's heats slowest to fastest. The W 1650 and M 1650 (except fastest heat) will be swum alternating women's and men's heats with the fastest prelim heat of men scheduled to finish at 5:00 PM preceded by fastest prelim heat of women, etc. Fastest heat of women's 1650 (#) 41 will swim after the 'A' final of the men's 50 free (#36); fastest heat of men's 1650 (#42) will be swum after the 'A' final of the men's 100 butterfly (# 32).

5. RELAYS:

A team may enter no more than two relays in each relay event. Relays must be pre-entered; relay times must be provable by team or aggregate. A swimmer may be used only once to prove a relay in each relay event. Relays must check in by the scratch deadline for the day swum. Relay Only swimmers must be listed on the team entry form. Fastest two heats of checked in relays swim in finals, other heats in prelims

6. AWARDS:

Individual NCSA Junior National medals 1-8; Relay medals 1-8. Team scoring: 16 places, relays double.

7. WARM-UP:

From 7:30-8 am (4:30-5 PM): the competition courses will be open for general warm-up - NO DIVING. From 8-8:45 am (5-5:45 PM): Lanes 1 & 8 will be designated for push-pace work: Lanes 2 & 7 will be sprint lanes, one-way from the blocks under USA Swimming member coach supervision - Practice starts only in the sprint lanes. Additional pace or sprint lanes may be opened as needed by the referee. No paddles, boards or fins will be allowed in the competition course. Warm-up lanes will be available for warm-up/cool down at all times.

8. OFFICIATING:

Please note clubs and local LSC officials: Results will be provided and available on this NCSA Web Site for download.

9. TIMING ASSIGNMENTS:

Timers will be provided for finals, but during preliminaries, timers will be assigned based on teams entered in the meet.

10. WEBSITE & OTHER INFO:

For Complete Information www.ncsa-usa.org



2006 NCSA JUNIOR NATIONAL SWIMMING CHAMPIONSHIPS

Meet Format

Short Course – 25Y – Orlando, FL
March 21-25, 2006

Tuesday March 21	Wednesday March 22	Thursday March 23	Friday March 24	Saturday March 25
Afternoon Session Warm-Up: 2:30-3:45 Start Time: 4:00	Morning Session Warm-Up: 07:30-08:45 Start: 9:00	Morning Session Warm-Up: 07:30-08:45 Start: 9:00	Morning Session Warm-Up: 07:30-08:45 Start: 9:00	Morning Session Warm-Up: 07:30-08:45 Start: 9:00
1. W 1000 freestyle TF 2. M 1000 freestyle TF 3. W 4 x 50 MR TF 4. M 4 x 50 MR TF	5. W 100 Freestyle H 6. M 100 Freestyle H 7. W 200 Breaststroke H 8. M 200 Breaststroke H 9. W 200 Backstroke H 10. M 200 Backstroke H 11. W 200 Butterfly H 12. M 200 Butterfly H 13. W 4x50 FR SH 14. M 4x50 FR SH	15. W 50 Butterfly H 16. M 50 Butterfly H 17. W 50 Breaststroke H 18. M 50 Breaststroke H 19. W 200 Freestyle H 20. M 200 Freestyle H 21. W 400 IM H 22. M 400 IM H 23. 4x200 FR SH 24. 4x200 FR SH	25. W 100 Backstroke H 26. M 100 Backstroke H 27. W 500 Freestyle H 28. M 500 Freestyle H 29. W 100 Breaststroke H 30. M 100 Breaststroke H 31. W 100 Butterfly H 32. M 100 Butterfly H 33. W 4 X 100 FR SH 34. M 4 X 100 FR SH	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 43. W 4 x 100 MR SH 44. M 4 x 100 MR SH 41. W 1650 Freestyle SH 42. M 1650 Freestyle SH
	Evening Session Warm-Up: 4:30-5:45 Start: 6:00	Evening Session Warm-Up: 4:30-5:45 Start: 6:00	Evening Session Warm-Up: 4:30-5:45 Start: 6:00	Evening Session Warm-Up: 4:30-5:45 Start: 6:00
Legend: F = Finals FH = Fast Heats H = Heats SH = Slow Heats TF=Timed Finals TH=Top Seeded Heat	Bonus, Consols. & Finals 5. W 100 Freestyle F 6. M 100 Freestyle F 7. W 200 Breaststroke F 8. M 200 Breaststroke F 9. W 200 Backstroke F 10. M 200 Backstroke F 11. W 200 Butterfly F 12. M 200 Butterfly F 13. W 4x50 FR FH 14. M 4x50 FR FH	Bonus, Consols. & Finals 15. W 50 Butterfly F 16. M 50 Butterfly F 17. W 50 Breaststroke F 18. M 50 Breaststroke F 19. W 200 Freestyle F 20. M 200 Freestyle F 21. W 400 IM F 22. M 400 IM F 23. 4x200 FR FH 24. 4x200 FR FH	Bonus, Consols. & Finals 25. W 100 Backstroke F 26. M 100 Backstroke F 27. W 500 Freestyle F 28. M 500 Freestyle F 29. W 100 Breaststroke F 30. M 100 Breaststroke F 31. W 100 Butterfly F 32. M 100 Butterfly F 33. W 4 X 100 FR FH 34. M 4 X 100 FR FH	Bonus, Consols. & Finals 35. W 50 Backstroke F 36. M 50 Backstroke F 41. W 1650 Freestyle TH 37. W 200 IM F 38. M 200 IM F 39. W 50 Freestyle F 40. M 50 Freestyle F 42. M 1650 Freestyle TH 43. W 4 x 100 MR FH 44. M 4 x 100 MR FH

Bonus, Consolation and Championship Finals in all events (except timed final events: 1000 & 1650 Free)

For Complete Meet Information: www.ncsa-usa.org or
www.juniornationals.org



2006 NCSA JUNIOR NATIONAL SWIMMING CHAMPIONSHIPS

TIME STANDARDS

Short Course – 25Y – Orlando, FL
March 21-25, 2006



2006 NCSA JUNIOR NATIONAL SWIMMING CHAMPIONSHIPS

BONUS TIME STANDARDS

Short Course – 25Y – Orlando, FL
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WOMEN			EVENT DESCRIPTION	MEN		
SCY	SCM	LC		SCY	SCM	LC
24.59	27.39	27.79	50 FREE	21.69	23.99	24.79
52.89	58.29	1:00.19	100 FREE	47.09	52.09	53.99
1:54.19	2:05.89	2:09.09	200 FREE	1:43.09	1:54.19	1:58.09
5:03.29	4:21.89	4:30.69	400/500 FREE	4:39.59	4:02.09	4:09.79
10:21.29	9:00.99	9:15.99	800/1000 FREE	9:39.79	8:26.99	8:40.79
17:24.29	17:14.59	17:46.59	1500/1650 FREE	16:13.69	15:55.79	16:41.69
100 Back Qualifying Times			50 BACK	100 Back Qualifying Times		
59.09	1:04.89	1:07.89	100 BACK	53.09	59.09	1:01.39
2:06.99	2:20.79	2:25.99	200 BACK	1:54.79	2:07.49	2:12.39
100 Breast Qualifying Times			50 BREAST	100 Breast Qualifying Times		
1:06.89	1:14.69	1:16.79	100 BREAST	59.49	1:06.09	1:08.29
2:24.29	2:41.39	2:44.99	200 BREAST	2:09.79	2:25.59	2:29.79
100 Fly Qualifying Times			50 FLY	100 Fly Qualifying Times		
58.49	1:04.29	1:05.79	100 FLY	51.89	56.89	58.89
2:07.39	2:19.99	2:24.19	200 FLY	1:54.89	2:05.79	2:10.59
2:09.49	2:22.89	2:27.59	200 INDIV. MEDLEY	1:56.29	2:08.49	2:13.59
4:33.09	5:01.19	5:09.69	400 INDIV. MEDLEY	4:08.09	4:34.69	4:43.89
400 Free Relay Qualifying Times			200 FREE RELAY	400 Free Relay Qualifying Times		
3:36.99	4:02.79	4:06.99	400 FREE RELAY	3:12.79	3:24.29	3:41.89
7:49.79	8:45.09	8:53.89	800 FREE RELAY	7:05.69	7:53.20	8:07.49
400 Medley Relay Qualifying Times			200 MEDLEY RELAY	400 Medley Relay Qualifying Times		
4:01.29	4:28.89	4:36.39	400 MEDLEY RELAY	3:36.09	3:01.99	4:08.89

QUALIFYING PERIOD: January 1, 2005 THROUGH THE ENTRY DEADLINE.

BONUS EVENTS: MAKE 1 CUT, ADD 2 BONUS EVENTS Where bonus standard achieved

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

Revised: November 4, 2005

WOMEN BONUS			EVENT DESCRIPTION	MEN BONUS		
SCY	SCM	LC		SCY	SCM	LC
25.09	27.89	28.29	50 FREE	22.19	24.49	25.29
53.89	59.29	1:01.19	100 FREE	48.09	53.09	54.99
1:56.19	2:07.89	2:11.09	200 FREE	1:45.09	1:56.19	2:00.09
5:08.29	4:25.89	4:34.69	400/500 FREE	4:44.59	4:06.09	4:14.79
10:31.29	9:08.99	9:23.99	800/1000 FREE	9:49.79	8:34.99	8:48.79
17:40.79	17:31.09	18:03.09	1500/1650 FREE	16:30.19	16:10.79	16:56.69
100 Back Qualifying Times			50 BACK	100 Back Qualifying Times		
1:00.09	1:05.89	1:08.89	100 BACK	54.09	1:00.09	1:02.39
2:08.99	2:22.79	2:27.99	200 BACK	1:56.79	2:09.49	2:14.39
100 Breast Qualifying Times			50 BREAST	100 Breast Qualifying Times		
1:07.89	1:15.69	1:17.79	100 BREAST	1:00.49	1:07.09	1:09.29
2:26.29	2:43.39	2:46.99	200 BREAST	2:11.79	2:27.59	2:31.79
100 Fly Qualifying Times			50 FLY	100 Fly Qualifying Times		
59.49	1:05.29	1:06.79	100 FLY	52.89	57.89	59.89
2:09.39	2:21.99	2:26.19	200 FLY	1:56.89	2:07.79	2:12.59
2:11.49	2:24.89	2:29.59	200 INDIV. MEDLEY	1:58.29	2:10.49	2:15.59
4:37.09	5:05.19	5:13.69	400 INDIV. MEDLEY	4:12.09	4:38.69	4:47.89
400 Free Relay Qualifying Times			200 FREE RELAY	400 Free Relay Qualifying Times		
n/a	n/a	n/a	400 FREE RELAY	n/a	n/a	n/a
n/a	n/a	n/a	800 FREE RELAY	n/a	n/a	n/a
400 Medley Relay Qualifying Times			200 MEDLEY RELAY	400 Medley Relay Qualifying Times		
n/a	n/a	n/a	400 MEDLEY RELAY	n/a	n/a	n/a

QUALIFYING PERIOD: January 1, 2005 THROUGH THE ENTRY DEADLINE.

BONUS EVENTS: MAKE 1 CUT, ADD 2 BONUS EVENTS Where bonus standard achieved

BONUS STANDARDS ONLY – SEE TIME STANDARDS CHART FOR CUT TIMES