

# **CSCAA NATIONAL INVITATIONAL CHAMPIONSHIP**

**FLORIDA AQUATICS SWIMMING & TRAINING  
OCALA, FLORIDA**



**Myrtha  
Pools**

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**March 14-16, 2024  
March 17 LCM TT**



## CSCAA National Invitational Championship

### Date & Location

March 14-16, 2024  
Florida Aquatics Swimming & Training (FAST)  
4635 SW 67th Ave Rd Ocala, FL 34474

### Important Links

Entry Uploads: <https://www.swimcloud.com/team/10029307/results/>  
Scratches: [toptimes/scratches](#)  
Coaches Meeting [Zoom Link](#)

### Meet Personnel

#### Local Meet Director

Kevin Milak ([kevin\\_milak@floridafast.com](mailto:kevin_milak@floridafast.com), 832.233.0234)

#### Admin Referee

Marianne Walling ([nocando87-swim@yahoo.com](mailto:nocando87-swim@yahoo.com), 812.350.4371)

#### Meet Referee

Ellen Colket ([ECPenny@msn.com](mailto:ECPenny@msn.com), 301.606.0807)

#### Meet Committee

Greg Earhart (SwimCloud), Randy Horner (Florida International University), Steve Schaffer (Grand Canyon University), James Winchester (Texas Christian University)

#### CSCAA Staff:

Maureen Palchak ([mpalchak@cscaa.org](mailto:mpalchak@cscaa.org)), Michael Tubb ([tubb@cscaa.org](mailto:tubb@cscaa.org)), Edie Ashman ([edie@cscaa.org](mailto:edie@cscaa.org)), Samantha Barany ([sbarany@cscaa.org](mailto:sbarany@cscaa.org))

### Facility

The Florida Aquatics Swimming & Training (FAST) facility is the premier swimming, training, and competition venue in the Southeastern United States. Located in Ocala, the heart of Central Florida, FAST features an indoor 10-lane 50m/25-yd competition pool and an 8-lane 50m/25yd/25m Myrtha outdoor competition pool. The training facility also features a 2,475 sq. ft. dryland fitness center providing an excellent opportunity to train out of the pool as well.

FAST is equipped with the top-tier equipment to train, host, and engage in aquatic activities at the local, state, regional, and national levels. With seating for up to 2,000 spectators, everyone can enjoy the action while cheering on the competition.

### Invited Teams

All NCAA Division I programs and programs reclassifying from NCAA Division II or NCAA Division III to I. All programs must be current members of the CSCAA.



**Official Rules**

**The 2023-2024 NCAA rules will govern this meet.**

**Conduct of Events**

All individual events except the 1650 and 1000 yard free will be conducted as prelim/final events with places 1-10 qualifying for the A final and places 11-20 qualifying for the B final. The B final will precede the A final. All preliminary heats will be conducted slowest to fastest, with standard championship seeding of the fastest three heats. Flyover starts will be utilized in prelims.

**1650/1000 Freestyle**

Athletes may enter in the 1650 or 1000 freestyle with either qualifying time. Athletes will score in both events. The 1000 and 1650 are counted as separate events against the athletes entry limits. For seeding purposes, 1650-yard times will be seeded ahead of 1000-yard times.

The 1650 freestyle will be run as a timed final event with the fastest ten seeded swimmers competing in the Saturday finals session. All others will swim in a distance session, alternating women and men, slowest to fastest, with the last heat of the preliminaries ending at approximately 5:00 pm.

The 1000 freestyle is run as a part of the 1650 free. The 1000 yard split for each swimmer will be used as the final time for the 1000 freestyle. Any entrant in the 1000 freestyle must also be entered in the 1650 freestyle.

**Relays**

Relays will be conducted as timed final events. All 200 Freestyle and 200 Medley Relays will be contested at the start of the Finals Session. The twenty fastest-seeded 'A' relays in the 400 Freestyle Relay, 400 Medley Relay and 800 Freestyle Relay will be swum during the finals sessions with the remaining relays contested at the conclusion of preliminaries. All 'A' Relays will be seeded ahead of 'B' relays. Only 'A' relays may score.

**Scratches**

All swimmers entered in the meet must compete in all heats, finals, and swim-offs unless excused by the meet referee. Failure to compete in a preliminary heat for any reason other than medical cause, shall disqualify the competitor for that event. Failure to compete in a finals heat, unless excused by the meet referee, shall disqualify the competitor from their next individual event in finals or prelims.

All preliminary event scratches are to be made electronically. All entries not scratched will become official entries.

A swimmer that does not want to participate in a final based upon results of the preliminaries must scratch within thirty (30) minutes following the announcement of event qualifiers with the administrative referee.



**Time Trials**

Time trials will be offered approximately 15 minutes after the conclusion of preliminary sessions. Time trial sessions will be limited to a maximum of 30 minutes per day but may be shortened on Saturday based on the number of distance heats. Time trial entries are due via SwimCloud by 11:00 am each day. Event lists and entries can be accessed via the following links.

- [CSCAA Time Trials - Thursday](#)
- [CSCAA Time Trials - Friday](#)
- [CSCAA Time Trials - Saturday](#)

Co-ed time trials are not permitted. Entry fees for time trials are \$15 per event.

Please refer to page 11 for Sunday Long Course Time Trial Information.

**Scoring & Awards**

**Team Awards**

Trophies will be awarded to the winning team of each gender.

**Individual Awards**

Awards will be provided to the top three finishers in each individual and relay event. National Invitational Athlete-of-the-Year will be named in each gender. National Invitational Coach-of-the-Year will be named in each gender.

**Scoring**

Individual: 24-21-20-19-18-17-16-15-14-13-11-9-8-7-6-5-4-3-2-1

Relay:40-39-38-37-36-35-34-33-32-31-30-29-28-27-26-25-24-23-22-21-20-19-18-17-16-15-14-13-12-11-10-9-8-7-6-5-4-3-2-1

**Entries**

**Fees**

Fees are based on each entry, not actual swims, and due with the entry. Fees are as follows:

- Meet Entry Fee - \$125 per institution
- Individual swimming events - \$15
- Relay events - \$30
- Diving events - \$15
- Time Trial Fee - \$15/event

**Entry Procedures**

All entries will be uploaded via SwimCloud OME. **Entries must be received by 8:00 AM EST on Monday, March 11, 2024.** Once a team's entries have been received they will be provided a receipt for verification and invoice that must be paid prior to the competition. Any corrections to times **only** must be completed within 24 hours of the posting of the psych sheet.

**Entry Limits**

- **Team:** Each team may enter a maximum of twelve swimmers and two divers. There will be no exhibition-only swimmers.



- **Individuals:** Each athlete may enter a maximum of seven events of which no more than four may be individual events. Non-scoring swims are not permitted, except as noted below. Over entry is not permitted.
- **Permitted non-scoring event:**
  - All 'B' relays
- **Relay Only Swimmers:** Teams may bring relay-only swimmers, however any swimmer qualifying for the meet on a relay must compete on the relay they have been entered with. Relay-only swimmers will count against a team's roster number. Relay-only swimmers must be added to the relay to be entered into the meet. They may swim in time trial events.
- **Relays:** Each team may enter as many relays as they wish but ONLY 'A' RELAYS will be eligible to score. All "B" relays will be seeded after 'A' relays.

### Diving

Diving scores from the 2024 Zone Meets will be utilized in the team scoring and diving. Scores from preliminaries of each meet will be combined to determine order of finish. There will be no awards for diving events. Divers must be entered by the entry deadline.

## Qualification

### Automatic Qualifiers

Individuals and relays may qualify for the CSCAA National Invitational Championship by winning their respective event(s) at a bona-fide collegiate conference championship. In addition, any individual or relay team who equals or surpasses the CSCAA 'A' standard during the qualifying period shall be eligible to compete at the Championship.

### Relays

- Teams do NOT have to use their fastest relay time for meet entry. Actual or aggregate relay times may be used.
- Relay times, once achieved, belong to the team. Any swimmer may participate on a relay at the meet.
- Teams with four individual qualifiers may enter any relay with their best time if it does not meet the meet qualifying time.
- Teams may enter more than one relay, but only the "A" relay will be allowed to score.
- Any swimmer who qualifies for the meet via a relay must compete in at least one 'A' relay. Failure of the swimmer to compete in at least one 'A' relay for any reason other than medical cause shall disqualify the swimmer from all events (including those previously swum). Failure of the swimmer to compete shall also disqualify the team's final 'A' relay.
- Relay only swimmers must be named on at least one relay when entries are submitted. Coaches may make changes after the deadline.

### Bonus Qualifiers

Swimmers who qualify for the meet automatically (individually or on a relay, via conference championship or time standard) may also enter individual



events if they have achieved the CSCAA 'B' standard during the qualifying period. These standards are published on page seven (7).

## Media

### Social Media

The official hashtag for the event is: #NIC2024

### Results

Results of each session will be posted on the CSCAA website as soon as possible after each session. Applications for media credentials will be made available at a later date.

## Facility

### Team Seating

Top 15 teams from 2023 will select seating in order of finish, alternating by gender beginning with the men's standings in 2023.

1. Queen's University of Charlotte
2. University Tennessee
3. Ohio State University
4. University Akron
5. Texas Christian University
6. Indiana
7. Oakland University
8. UC - San Diego
9. Lindenwood
10. Florida International
11. Grand Canyon University
12. University of Illinois
13. Brigham Young University
14. Rice University
15. Denver University

### Lockers

Teams will use the general locker rooms. The CSCAA and FAST are not responsible for lost or stolen articles. Valuables should not be kept in the locker rooms. Glass bottles are not permitted anywhere within the aquatic center.

### Banners

Official team banners are permitted to be displayed provided they are suspended from the installed wires on the north side of the pool (behind the blocks).

- Teams will be provided with zip ties for this purpose and will be responsible for removing their banners at the conclusion of the meet.
- Meet staff reserves discretion in the placement of banners based on size so as not to interfere with deck activities.
- Any other team posters or signs in the pool area will be removed.
- Helium balloons are prohibited from the pool area



## Spectators & Admission

Coaches, participants, managers, trainers, administrative staff, officials and meet personnel will receive credentials to gain access to the facility. Credentials will be issued by the CSCAA.

### Spectator Seating

The NIC will be a ticketed event by Florida Aquatics Swimming and Training. Group and individual ticket information can be found at:

<https://floridafast.com/tickets/>

## Automatic Qualifiers

All Division I conference champions (individual and relay) receive an automatic invitation to the NIC. Individuals and relays may also qualify by equaling or surpassing the automatic time standards listed below.

### Eligible Conferences

America East (M&W)	Metro Atlantic Athletic Conference (M&W)
American Athletic Conference (M&W)	Mid-American Conference (M&W)
Atlantic 10 Conference (M&W)	Missouri Valley Conference (W)
Atlantic Coast Conference (M&W)	Mountain Pacific Sports Federation (M&W)
Atlantic SUN Conference (M&W)	Mountain West Conference (W)
Big East Conference (M&W)	Northeast Conference (M&W)
Big Ten Conference (M&W)	Pacific Collegiate Swim Conference (W)
Big XII Conference (M&W)	Pacific-12 Conference (M&W)
Coastal Collegiate Sports Assn (M&W)	Patriot League (M&W)
Coastal Athletic Association (M&W)	Southeastern Conference (M&W)
Conference USA (W)	Summit League (M&W)
Horizon League (M&W)	SunBelt (W)
Ivy League (M&W)	Western Athletic Conference (M&W)



# Time Qualifiers

## Notes:

1. Times must have been achieved during the 2023-24 NCAA season.
2. Relay times may be actual time or aggregate of official individual times

\*\* Swimmers entering the 100 IM with a 200 IM time will be seeded behind those with a 100 time.

Event	Women's Events		Men's Events	
	A	B	A	B
50 Freestyle	22.67	23.26	19.79	20.53
100 Freestyle	49.36	50.73	43.46	44.94
200 Freestyle	1:47.12	1:50.38	1:35.79	1:39.18
500 Freestyle	4:47.20	4:55.02	4:21.99	4:33.00
1000 Freestyle	10:02.99	10:20.99	9:19.99	9:43.99
1650 Freestyle	16:30.59	17:10.94	15:25.12	16:59.99
50 Backstroke	25.89	26.45	22.89	24.09
100 Backstroke	53.82	55.61	47.47	50.60
200 Backstroke	1:57.07	2:01.84	1:44.60	1:52.10
50 Breaststroke	29.09	29.64	25.49	26.15
100 Breaststroke	1:01.46	1:03.27	53.63	55.98
200 Breaststroke	2:13.86	2:18.57	1:57.44	2:04.17
50 Butterfly	25.19	25.52	22.21	22.57
100 Butterfly	53.63	55.20	47.08	48.99
200 Butterfly	1:59.23	2:04.89	1:45.89	1:52.48
100 IM**	57.99	58.58	51.99	54.03
200 IM	1:59.56	2:04.42	1:46.16	1:50.90
400 IM	4:17.30	4:29.99	3:50.68	4:09.69
	<b>A</b>		<b>A</b>	
200 Free Relay	1:33.99		1:21.49	
400 Medley Relay	3:45.99		3:21.19	
200 Medley Relay	1:42.69		1:29.89	
800 Free Relay	7:29.99		6:39.78	
400 Free Relay	3:25.99		2:59.99	





## Schedule

All times Eastern Standard Time (Daylight Savings Time Ends March 10)

### Monday, March 11

8:00 am	Entry Deadline
12:00 pm	<a href="#">Coaches Zoom Meeting</a>

### Wednesday, March 13

8:00 am	Warm up pool opens
10:00 am	Registration & Credential Pick up Open
5:00 pm	Registration & Credential Pick up Close
6:00 pm	Thursday Scratches Due
8:00 pm	Warm-up pool closes

### Thursday, March 14

7:00 am	Pool Opens for Warm-Up
9:15 am	Pool Closes for Warm-Up
9:30 am	Preliminaries Session Begins
	<ul style="list-style-type: none"> <li>● 50 Backstroke</li> <li>● 500 Freestyle</li> <li>● 50 Butterfly</li> <li>● 200 Individual Medley</li> <li>● 50 Breaststroke</li> <li>● 50 Freestyle</li> <li>  -- 5 Minute Break --</li> <li>● 400 Medley Relay</li> </ul>
3:00 pm	Pool Opens for Warm-Up
5:00 pm	Relay cards due
5:45 pm	Competition Pool Closes
6:00 pm	Scratches for next day due
6:00 pm	Finals Session Begins
	<ul style="list-style-type: none"> <li>● 200 Free Relay</li> <li>  -- 10 Minute Break --</li> <li>● 50 Backstroke</li> <li>● 500 Freestyle</li> <li>● 50 Butterfly</li> <li>● 200 Individual Medley</li> <li>● 50 Breaststroke</li> <li>● 50 Freestyle</li> <li>  -- 20 Minute Break --</li> <li>● 400 Medley Relay - twenty fastest seeded relays</li> </ul>



### Friday, March 15

7:00 am	Pool Opens for Warm-Up
9:15 am	Pool Closes for Warm-Up
9:30 am	Preliminaries Session Begins
	<ul style="list-style-type: none"> <li>● 400 Individual Medley</li> <li>● 100 Butterfly</li> <li>● 200 Freestyle</li> <li>● 100 Breaststroke</li> <li>● 100 Backstroke</li> <li>-- 5 Minute Break --</li> <li>● 800 Freestyle Relay</li> </ul>
3:00 pm	Pool Opens for Warm-Up
5:00 pm	Relay cards due
5:45 pm	Competition Pool Closes
6:00 pm	Scratches for next day due
6:00 pm	Finals Session Begins
	<ul style="list-style-type: none"> <li>● 200 Medley Relay</li> <li>-- 10 Minute Break --</li> <li>● 400 Individual Medley</li> <li>● 100 Butterfly</li> <li>● 200 Freestyle</li> <li>● 100 Breaststroke</li> <li>● 100 Backstroke</li> <li>-- 20 Minute Break --</li> <li>● 800 Freestyle Relay - twenty fastest seeded relays</li> </ul>

### Saturday, March 16

7:00 am	Pool Opens for Warm-Up
9:15 am	Pool Closes for Warm-Up
9:30 am	Preliminaries Session Begins
	<ul style="list-style-type: none"> <li>● 100 Individual Medley</li> <li>● 200 Backstroke</li> <li>● 100 Freestyle</li> <li>● 200 Breaststroke</li> <li>● 200 Butterfly</li> <li>-- 5 Minute Break --</li> <li>● 400 Free Relay</li> </ul>
	TBA Distance Session concluding at 5 p.m.
	● 1000 / 1650 Freestyle*
3:00 pm	Pools Open for Warm-Up
5:00 pm	Relay cards due
5:45 pm	Competition Pool Closes
6:00 pm	Finals Session Begins
	<ul style="list-style-type: none"> <li>● 1000/1650 Freestyle* - ten fastest seeded individuals</li> <li>● 100 Individual Medley</li> <li>● 200 Backstroke</li> <li>● 100 Freestyle</li> <li>● 200 Breaststroke</li> <li>● 200 Butterfly</li> <li>-- 20 Minute Break --</li> <li>● 400 Freestyle Relay - twenty fastest seeded relays</li> <li>● AWARDS PRESENTATION</li> </ul>

\* The 1650 free will be run as a timed final event with the ten fastest seeded swimmers competing in Saturday finals session. All others will swim in a distance session that will conclude at approximately 5 p.m. swimming slowest to fastest, alternating heats of women and men.



## **Alternative Preliminary Schedule**

If necessary, the preliminary session will be divided into separate women's and men's sessions, taking place concurrently. The outdoor facility will remain open for all competitors to conduct warm up and warm down.

A split preliminary format will only be utilized if determined necessary by meet officials and the meet committee. This will be communicated during the Tuesday coaches' meeting.

## **Finals / Awards Protocol**

Consolation finalists will report directly to their lane while Championship finalists will be paraded out to the starting blocks. The finals will begin with a consolation final followed by the championship final. The meet will not conduct individual award presentations. All individual and relay awards will be made available for pick up by a staff member in the coach/staff hospitality area.



# Long Course Time Trials

This event is sanctioned by USA Swimming and will follow the approved format and seeding procedures. All entries must be made via [SwimCloud](#) at [CSCAA NIC LC Time Trials](#) Deadline for submission is no later than 1 pm on Saturday, March 16. The participation fee is \$15 for each event.

Session I will begin at 9:00 am with Session II beginning approximately 30 minutes after the conclusion of Session I and concluding no later than 1pm. Athletes will have the option of swimming in either or both sessions. Relays will not be offered.

Athletes are restricted to a maximum of six (6) events for this meet. Each event may be swum up to two times during the meet excluding distance events.

Distance will be swum during the 30-minute break between session I and session II.

## Sunday, March 17

7:00 am	Pool Opens for Warm-Up
8:45 am	Pool Closes for Warm-Up
9:00 am	Session I begins
	<ul style="list-style-type: none"> <li>● 400 Freestyle</li> <li>● 200 Individual Medley</li> <li>● 400 Individual Medley</li> <li>● 100 Butterfly</li> <li>● 200 Freestyle</li> <li>● 100 Breaststroke</li> <li>● 100 Backstroke</li> <li>● 200 Backstroke</li> <li>● 100 Freestyle</li> <li>● 200 Breaststroke</li> <li>● 200 Butterfly</li> <li>● 50 Butterfly</li> <li>● 50 Breaststroke</li> <li>● 50 Backstroke</li> <li>● 50 Freestyle</li> <li>— 30 minute break &amp; distance events</li> <li>● 800/1500 Freestyle (During 30-minute break)</li> </ul>
	Session II
	<ul style="list-style-type: none"> <li>● 400 Freestyle</li> <li>● 200 Individual Medley</li> <li>● 400 Individual Medley</li> <li>● 100 Butterfly</li> <li>● 200 Freestyle</li> <li>● 100 Breaststroke</li> <li>● 100 Backstroke</li> <li>● 200 Backstroke</li> <li>● 100 Freestyle</li> <li>● 200 Breaststroke</li> <li>● 200 Butterfly</li> <li>● 50 Butterfly</li> <li>● 50 Breaststroke</li> <li>● 50 Backstroke</li> <li>● 50 Freestyle</li> </ul>



**Revision History:**

January 26, 2024  
Time Trials Deadline & Entry Procedures Updated  
January 23, 2023  
Updated for 2024 Championship