

PLEASE CONTACT HEAD COACH ANN URSCHEL WITH ENTRIES AS DESCRIBED BELOW

SPRING JUNIOR NATIONAL CHAMPIONSHIPS - HOSTED BY NCSA				
DATES	Tuesday through Saturday, March 17-21, 2009			
MEET TYPE	Prelim-Final, elite national championship for swimmers 18/Under			
SPECIAL COURSE	25-Yard Short Course in Prelims, 50-Meter Long Course in Finals			
HOST	NCSA (National Club Swimming Association); endorsed and sanctioned by USA Swimming			
QUALIFICATION	Specific NCSA Junior National Standards (see event list)			
BONUS EVENTS	Every individual event qualifier is permitted two Bonus Events. Important note, Bonus Events also have time standards (but not as difficult as regular time standards). Relay-Only swimmers cannot swim Bonus Events.			
TIME TRIALS	All participants, including Relay-Only swimmers , are permitted two Time Trials. Time Trials are not subject to time standards (anyone can swim anything).			
EVENT LIMIT	3 individual events per day; relays do not count against that limit; Time Trials count against daily limit			
TIMED FINALS	All relays, 1000/800 and 1650/1500 are Timed Final (fastest heats swim long course during Finals)			
EVENING FINALS	Top 24 Prelim finishers advance to Evening Finals			
RELAYS	Subject to selection by the Head Coach, and subject to change during the meet			
SESSIONS	Tuesday PM	Timed Finals	Warm-Up 2:45 PM	Meet Start 4:00 PM
	Wed AM thru Sat AM	Morning Prelims	Warm-Up 7:45 AM	Meet Start 9:00 AM
	Wed PM thru Sat PM	Evening Finals	Warm-Up 4:45 PM	Meet Start 6:00 PM
POOL LOCATION	Orlando YMCA Aquatic Center 8422 International Drive Orlando, FL 32819			
ENTRIES WITH HEAD COACH	Please contact our Head Coach, Ann Urschel, to confirm your entry. On deck at practice, or via phone call is preferred. Please confirm travel plans (and availability for relays) during your entry discussion.			
LODGING	Hotel is adjacent to the pool - make your reservation under "TEAM FOXJET - TOWER" block			
RESERVATIONS DUE FEB 20	Radisson Orlando International 1-888-380-9696 (2 queen beds, \$129.00 per night + tax) 8444 International Drive Orlando, FL 32819			
FLIGHTS	Please book your flights as soon as possible. For athletes traveling without parent(s), flying with the coaching staff is recommended. Please consult with the coaching staff to get their flight schedule. Athletes can also travel with parents/families on the trip.			
ATHLETE GROUND TRANSPORTATION	Ground transportation will be available to the athletes (driven by coaching staff), because transporting athletes at a meet is covered by our USA Swimming insurance liability carrier. Parents are encouraged to rent vehicles (if desired). Please note, the pool is within a few hundred feet of the hotel.			
FEES	\$20.00 Foxjet Surcharge Per Swimmer \$45.00 Meet Surcharge Per Swimmer \$2.00 Per Individual Event (Time Trials also \$2.00) \$5.00 Per Relay (split four ways)			
MEET ENTRY DEADLINE TUESDAY, MARCH 3				
NEW QUALIFIERS AT STATE MEET ARE STILL ELIGIBLE!!				
HOTEL DEADLINE FRIDAY, FEBRUARY 20				

LIST OF EVENTS & STANDARDS - NCSA SPRING JUNIOR NATIONALS

Women				Days & Events	Men			
Event	SCM	LCM	SCY	Tuesday, March 17	SCY	LCM	SCM	Event
1	17:14.59	17:46.59	17:24.29	Women 1650Y Free				
				Men 1000Y Free	9:39.79	8:40.79	8:26.99	2
3	<i>400 Medley Relay Qualified</i>			200Y Medley Relay	<i>400 Medley Relay Qualified</i>			4
Event	SCM	LCM	SCY	Wednesday, March 18	SCY	LCM	SCM	Event
5	58.29	1:00.19	52.89	100 Free	47.09	53.99	52.09	6
7	1:14.69	1:16.79	1:06.89	100 Breast	59.49	1:08.29	1:06.09	8
9	2:20.79	2:25.99	2:06.99	200 Back	1:54.79	2:12.39	2:07.49	10
11	2:19.99	2:24.19	2:07.39	200 Fly	1:54.89	2:10.59	2:05.79	12
13	8:45.09	8:53.89	7:49.79	800 Free Relay	7:05.69	8:07.49	7:53.20	14
Event	SCM	LCM	SCY	Thursday, March 19	SCY	LCM	SCM	Event
15	<i>100 Fly Qualified</i>			50 Fly	<i>100 Fly Qualified</i>			16
17	<i>100 Breast Qualified</i>			50 Breast	<i>100 Breast Qualified</i>			18
19	2:05.89	2:09.09	1:54.19	200 Free	1:43.09	1:58.09	1:54.19	20
21	5:01.19	5:09.69	4:33.09	400 IM	4:08.09	4:43.89	4:34.69	22
23	4:02.79	4:06.99	3:39.99	400 Free Relay	3:12.79	3:41.89	3:24.29	24
Event	SCM	LCM	SCY	Friday, March 20	SCY	LCM	SCM	Event
25	1:04.89	1:07.89	59.09	100 Back	53.09	1:01.39	59.09	26
27	4:21.89	4:30.69	5:03.29	500Y/400M Free	4:39.59	4:09.79	4:02.09	28
29	2:41.39	2:44.99	2:24.29	200 Breast	2:09.79	2:29.79	2:25.59	30
31	1:04.29	1:05.79	58.49	100 Fly	51.89	58.89	56.89	32
33	<i>400 Free Relay Qualified</i>			200 Free Relay	<i>400 Free Relay Qualified</i>			34
Event	SCM	LCM	SCY	Saturday, March 21	SCY	LCM	SCM	Event
35	<i>100 Back Qualified</i>			50 Back	<i>100 Back Qualified</i>			36
37	2:22.89	2:27.59	2:09.49	200 IM	1:56.29	2:13.59	2:08.49	38
39	27.39	27.79	24.59	50 Free	21.69	24.79	23.99	40
43	4:28.89	4:36.39	4:01.29	400 Medley Relay	3:36.09	4:08.89	4:01.99	44
41	9:00.99	9:15.99	10:21.29	Women 800M Free				
				Men 1500M Free	16:13.69	16:41.69	15:55.79	42

WOMEN			BONUS TIME STANDARDS	MEN		
SCM	LCM	SCY		SCY	LCM	SCM
27.89	28.29	25.09	50 Free	22.19	25.29	24.49
59.29	1:01.19	53.89	100 Free	48.09	54.99	53.09
2:07.89	2:11.09	1:55.19	200 Free	1:45.09	2:00.09	1:56.19
4:25.89	4:34.69	5:05.29	500/400 Free	4:44.59	4:14.79	4:06.09
9:08.99	9:23.99	10:26.29	1000/800 Free	9:49.79	8:48.79	8:34.99
17:31.09	18:03.09	17:33.79	1650/1500 Free	16:30.19	16:56.69	16:10.79
<i>100 Back Qualified</i>			50 Back	<i>100 Back Qualified</i>		
1:05.89	1:08.89	1:00.09	100 Back	54.09	1:02.39	1:00.09
2:22.79	2:27.99	2:08.19	200 Back	1:56.79	2:14.39	2:09.49
<i>100 Breast Qualified</i>			50 Breast	<i>100 Breast Qualified</i>		
1:15.69	1:17.79	1:07.89	100 Breast	1:00.49	1:09.29	1:07.09
2:43.39	2:46.99	2:25.79	200 Breast	2:11.79	2:31.79	2:27.59
<i>100 Fly Qualified</i>			50 Fly	<i>100 Fly Qualified</i>		
1:05.29	1:06.79	59.49	100 Fly	52.89	59.89	57.89
2:21.99	2:26.19	2:08.79	200 Fly	1:56.89	2:12.59	2:07.79
2:24.89	2:29.59	2:09.99	200 IM	1:58.29	2:15.59	2:10.49
5:05.19	5:13.69	4:34.99	400 IM	4:12.09	4:47.89	4:38.69