



2022 NCSA SWIMMING CHAMPIONSHIPS

Order of Events
Orlando, FL
March 15-19, 2022

Tuesday March 15	Wednesday March 16	Thursday March 17	Friday March 18	Saturday March 19
Prelims Warm-Up: 6:00-8:20 Start: 8:30 1. W 200 Backstroke 2. M 200 Backstroke 5. W 50 Breaststroke 6. M 50 Breaststroke 7. W 100 Freestyle 8. M 100 Freestyle 9. W 4 x 50 MR 10. M 4 x 50 MR 3. W 1000 Freestyle 4. M 1650 Freestyle	Prelims Warm-Up: 6:00-8:20 Start: 8:30 11. W 200 Butterfly 12. M 200 Butterfly 13. W 50 Backstroke 14. M 50 Backstroke 15. W 200 Breaststroke 16. M 200 Breaststroke 17. W 4 x 200 FR 18. M 4 x 200 FR	Prelims Warm-Up: 6:00-8:20 Start: 8:30 19. W 200 Freestyle 20. M 200 Freestyle 21. W 400 IM 22. M 400 IM 23. W 100 Backstroke 24. M 100 Backstroke 25. W 4 x 50 FR 26. M 4 x 50 FR	Prelims Warm-Up: 6:00-8:20 Start: 8:30 27. W 500 Freestyle 28. M 500 Freestyle 29. W 100 Breaststroke 30. M 100 Breaststroke 31. W 100 Butterfly 32. M 100 Butterfly 33. W 4 X 100 FR 34. M 4 X 100 FR	Prelims Warm-Up: 6:00-8:20 Start: 8:30 35. W 50 Butterfly 36. M 50 Butterfly 39. W 200 IM 40. M 200 IM 41. W 50 Freestyle 42. M 50 Freestyle 43. W 4 x 100 MR 44. M 4 x 100 MR 37. W 1650 Freestyle 38. M 1000 Freestyle
Finals Warm-Up: 4:00-5:20 Start: 5:30 1. W 200 Backstroke 2. M 200 Backstroke 3. W 1000 Freestyle 4. M 1650 Freestyle 5. W 50 Breaststroke 6. M 50 Breaststroke 7. W 100 Freestyle 8. M 100 Freestyle 9. W 4 x 50 MR 10. M 4 x 50 MR	Finals Warm-Up: 4:00-5:20 Start: 5:30 11. W 200 Butterfly 12. M 200 Butterfly 13. W 50 Backstroke 14. M 50 Backstroke 15. W 200 Breaststroke 16. M 200 Breaststroke 17. W 4 x 200 FR 18. M 4 x 200 FR	Finals Warm-Up: 4:00-5:20 Start: 5:30 19. W 200 Freestyle 20. M 200 Freestyle 21. W 400 IM 22. M 400 IM 23. W 100 Backstroke 24. M 100 Backstroke 25. W 4 x 50 FR 26. M 4 x 50 FR	Finals Warm-Up: 4:00-5:20 Start: 5:30 27. W 500 Freestyle 28. M 500 Freestyle 29. W 100 Breaststroke 30. M 100 Breaststroke 31. W 100 Butterfly 32. M 100 Butterfly 33. W 4 x 100 FR 34. M 4 x 100 FR	Finals Warm-Up: 4:00-5:20 Start: 5:30 35. W 50 Butterfly 36. M 50 Butterfly 37. W 1650 Freestyle 38. M 1000 Freestyle 39. W 200 IM 40. M 200 IM 41. W 50 Freestyle 42. M 50 Freestyle 43. W 4 x 100 MR 44. M 4 x 100 MR

E-Final, D-Final, Bonus, Consolation, and Championship Finals for all individual events, except the Women's & Men's 1000 Free and 1650 Free, and all relays conducted as timed finals. The E final will be limited to the top swimmers, 16 years of age or younger, that do not qualify for the A, B, C, or D Final. The top heat of the 1000 and 1650 as well as the top 3 heats of relays will swim in finals. For the 1000 and 1650, swimmers must provide for their own timer and counter.

Relay cards will be due 30 minutes after the start of each session.



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TIME STANDARDS

Orlando, FL
March 15-19, 2022

WOMEN			EVENT DESCRIPTION	MEN		
SCY	SCM	LCM		SCY	SCM	LCM
24.19	27.19	27.59	50 FREE	21.69	23.99	24.79
52.39	57.99	59.89	100 FREE	47.09	52.09	53.99
1:52.99	2:04.89	2:08.09	200 FREE	1:43.09	1:54.19	1:58.09
4:59.99	4:18.89	4:27.89	400/500 FREE	4:39.59	4:02.09	4:09.79
10:15.99	8:54.99	9:08.99	800/1000 FREE	9:39.79	8:26.99	8:40.79
17:12.89	17:02.59	17:34.59	1500/1650 FREE	16:13.69	15:55.79	16:41.69
100 Back Qualifying Times			50 BACK	100 Back Qualifying Times		
57.99	1:04.39	1:07.19	100 BACK	52.89	59.09	1:01.39
2:05.99	2:19.79	2:24.29	200 BACK	1:54.79	2:07.49	2:12.39
100 Breast Qualifying Times			50 BREAST	100 Breast Qualifying Times		
1:06.39	1:14.19	1:16.29	100 BREAST	59.49	1:06.09	1:08.29
2:23.29	2:40.39	2:41.89	200 BREAST	2:09.79	2:25.59	2:29.79
100 Fly Qualifying Times			50 FLY	100 Fly Qualifying Times		
57.29	1:03.79	1:05.29	100 FLY	51.69	56.89	58.89
2:06.39	2:18.99	2:23.19	200 FLY	1:54.89	2:05.79	2:10.59
2:07.99	2:21.89	2:26.59	200 INDIV. MEDLEY	1:56.29	2:08.49	2:13.59
4:29.99	4:58.19	5:05.99	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		
3:32.09	3:57.79	4:00.99	400 FREE RELAY	3:12.79	3:24.29	3:41.89
7:40.79	8:36.09	8:44.89	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		
3:55.09	4:25.89	4:30.99	400 MEDLEY RELAY	3:36.09	4:01.99	4:08.89