



**WELCOME**

#NHC2022



ELKHART HIGH SCHOOL

100 YARD FREESTYLE	100 YARD BACKSTROKE	100 YARD BREASTSTROKE	100 YARD BUTTERFLY
200 YARD FREESTYLE	200 YARD BACKSTROKE	200 YARD BREASTSTROKE	200 YARD BUTTERFLY
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1014120480182583521197362564300800 YARD FREESTYLE	10141204801825835211973625		



## CSCAA National Invitational Championship

### Date & Location

March 9-11, 2023  
Elkhart Health & Aquatics  
200 E Jackson Blvd, Elkhart, IN 46516

### Important Links

Entry Uploads: [www.cscaa.org/entries/](http://www.cscaa.org/entries/)  
Scratches: [toptim.es/scratches](http://toptim.es/scratches)  
Coaches Meeting: [toptim.es/NICMeeting](http://toptim.es/NICMeeting)

### Meet Personnel

#### Local Meet Director

Zach Benko

#### Admin Referee

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

#### Meet Referee

George Behrens

#### Meet Committee

TBD

### Facility

The Elkhart Aquatics is a collaboration between Beacon Health System, Elkhart Community Schools and the Community Foundation of Elkhart County. The facility is the result of visionary community leaders and donors as a place of health, wellness and growth for Elkhart County. The facility includes a state-of-the-art aquatics center with a 50+M main pool, all deep water with moveable bulkheads, and 2 additional warm-up pools.

### 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

2022-23 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 Freestyle

The 1650 freestyle will be run as a timed final event with the fastest ten seeded swimmers competing in Saturday finals session. All others will swim at the end of Saturday prelims, swimming fastest to slowest, alternating heats of men and women.

### 1000 Freestyle

The 1000 free will be 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 will automatically be entered in the 1650 freestyle, however, an entrant in the 1650 freestyle may opt to not enter the 1000 freestyle. For purposes of entry limits, these will be counted as separate events. For seeding purposes, 1650-yard times will be seeded ahead of 1000-yard times.

### 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 and only 'A' relays may score. When A and B relays are in the same heat the pool will be split with all A relays seeded together on one side of the pool and B relays on the other.

### Scratches

All swimmers entered in the meet must compete in all heats, finals, and swim-offs unless excused by the meet referee or trainer on duty for certified illness or injury. Failure to compete will disqualify the swimmer from further competition in the meet as per NCAA rules.

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

Unless declared within 30 minutes following the conclusion of the preliminary session, a swimmer or diver who scratches from the finals will be unable to swim/dive in the rest of the championship competition.

### Time Trials

At the discretion of the meet referee, time trials for events 200 yards and shorter will be provided following each preliminary session. Events longer than 200 yards will also be offered following Thursday's preliminary session and may, at the discretion of the meet referee, be offered on Friday. Time trial entries must be received and paid for by 11:00 am each day. Co-ed time trials are not permitted. Entry fees for time trials are \$15 per event and due upon entry.



## Entries

### Declaration

Teams interested in attending the 2023 CSCAA National Invitational Championships must complete a declaration of intent. This can be found at [www.cscaa.org/nic/](http://www.cscaa.org/nic/)

### 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\*

\*\* There is no entry fee for the 1000 freestyle

### Entry Procedures

All entries will be uploaded via [SwimCloud OME](#). Entries must be received by 8:00 AM EST on **Monday, March 6, 2023**. 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 must be completed within 24 hours of the posting of the psyche 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 score in a maximum of seven events of which no more than four may be individual events.
- **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 scoring competitors.
- **Relays:** Each team may enter as many relays as they wish but **ONLY A RELAYS** will be eligible to score. All exhibition relays will be seeded after 'A' relays.

### Diving

Diving scores from the 2023 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.

## Qualifying

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.

### Automatic Qualifiers

Individuals and relays may qualify for the CSCAA National Invitational Championship by winning their respective event(s) at an eligible 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.

### Eligible Conferences

America East	Big XII	MAAC	PCSC
American Athletic	CCSA	Mid-American	Pac-12
Atlantic 10	CAA	Missouri Valley	Patriot League
Atlantic Coast	C-USA	MPSF	SEC
Big East	Horizon League	Mountain West	Summit League
B1G	Ivy League	Northeast	WAC





## Time Qualifiers

Event	Women's Events		Men's Events	
	A	B	A	B
50 Freestyle	22.71	23.39	19.82	20.79
100 Freestyle	49.44	51.09	43.59	45.59
200 Freestyle	1:47.12	1:50.99	1:35.88	1:40.89
500 Freestyle	4:47.20	4:59.99	4:22.35	4:39.99
1000 Freestyle	10:02.99	10:20.99	9:19.99	9:43.99
1650 Freestyle	16:30.59	17:29.99	15:26.19	16:59.99
50 Backstroke	25.89	27.19	22.89	24.79
100 Backstroke	53.69	56.59	47.23	50.69
200 Backstroke	1:57.07	2:03.59	1:44.82	1:52.99
50 Breaststroke	29.09	29.99	25.49	26.99
100 Breaststroke	1:01.56	1:03.59	53.87	56.49
200 Breaststroke	2:13.89	2:19.99	1:57.95	2:05.99
50 Butterfly	25.19	25.59	22.79	23.49
100 Butterfly	53.69	55.39	47.23	49.99
200 Butterfly	1:59.23	2:04.89	1:46.31	1:52.99
100 IM**	58.49	59.99	51.99	55.99
200 IM	1:59.56	2:04.69	1:46.52	1:53.79
400 IM	4:17.30	4:29.99	3:51.31	4:09.99
200 Free Relay	1:34.89		1:23.49	
400 Medley Relay	3:47.89		3:21.19	
200 Medley Relay	1:43.89		1:32.19	
800 Free Relay	7:29.99		6:47.99	
400 Free Relay	3:27.89		3:05.19	

1. Times must have been achieved during the 2022-23 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.

## 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 be entered on a relay and must compete on that team's 'A' relay. Failure of the swimmer to compete on the relay they qualified for 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.

## 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.



## 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. Swimmer of-the-championship will be named in each gender. These will be selected on the basis of peer and public voting. Awards will be provided to teams at the conclusion of the meet.

### Scoring

Individual (20 places): 20-19-18-17-16-15-14-13-12-11-10-9-8-7-6-5-4-3-2-1

Relay (40 places):

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

## Facility

### Team Seating

A minimum of fifteen team seating selections will be available. Selections will be based on the order of finish beginning with the highest women's men's and then co-ed finishers from the 2022 Championships. The order of selections is listed on page ten.

### Lockers

Teams will use the general locker rooms. The CSCAA and Beacon Health Aquatic Center 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 spectator side of the pool.

- 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.



# Schedule

All times Eastern Standard Time (Daylight Savings Time Begins March 12)

## Monday

8:00 am Entry Deadline

## Tuesday

12:00 pm [Coaches Meeting \(Zoom\)](#)

## Wednesday

8:00 am - Warm-Up Pool Opens  
6:00 pm - Thursday Scratches Due  
8:00 pm - Warm-Up Pool Closes

## Thursday

7:00 am - Pool Opens for Warm-Up  
9:15 am - Pool Closes for Warm-Up  
9:30 am - Preliminaries Session Begins

- 50 Backstroke
- 500 Freestyle
- 50 Butterfly
- 200 Individual Medley
- 50 Breaststroke
- 50 Freestyle
- 5 Minute Break --
- 400 Medley Relay

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

- 200 Free Relay
- 5 Minute Break --
- 50 Backstroke
- 500 Freestyle
- 50 Butterfly
- 200 Individual Medley
- 50 Breaststroke
- 50 Freestyle
- 5 Minute Break --
- 400 Medley Relay (20 Fastest A Relays)



## Friday

- |         |   |
|---------|---|
| 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>-- 5 Minute Break --</li><li>• 800 Freestyle Relay (20 Fastest A Relays)</li></ul> |

## Saturday

- |         |  |
|---------|--|
| 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>• 1650 Freestyle*</li></ul>   |
| 4:30 pm | - Pool Opens 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 Freestyle*</li><li>• 1650 Freestyle* - last men's and women's heats of timed finals</li><li>• 100 Individual Medley</li><li>• 200 Backstroke</li><li>• 100 Freestyle</li><li>• 200 Breaststroke</li><li>• 200 Butterfly</li><li>-- 10 Minute Break --</li><li>• 400 Freestyle Relay</li></ul> |

\* The 1000/1650 free will be run as a timed final event with the fastest heat of each race swum during the evening session. The start time for the 1650 freestyle will begin at approximately 3:30 pm, alternating men and women, slowest to fastest, with the last heat of the men's and women's preliminaries to end at approximately 4:15.





## Team Seating Selection Order

2022 Finish	Women's	Men's	Combined
1	Ohio State (1st Choice)	Tennessee (2nd)	Ohio State (Already Selected)
2	Florida International (3rd)	Ohio State (Already Selected)	Tennessee (Already Selected)
3	Tennessee (Already Selected)	Texas Christian (4th)	Texas Christian (Already Selected)
4	Akron (5th)	Grand Canyon (6th)	UC San Diego (7th)
5	Rice (8th)	UC San Diego (Already Selected)	Grand Canyon (Already Selected)
6	UC San Diego (Already Selected)	Oakland (9th)	Indiana (10th)
7	Texas Christian (Already Selected)	California Baptist (11th)	Oakland (Already Selected)
8	Indiana (Already Selected)	Cincinnati (12th)	California Baptist (Already Selected)
9	Grand Canyon (Already Selected)	Indiana (Already Selected)	West Virginia (13th)
10	West Virginia (Already Selected)	Delaware (14th)	Cincinnati (Already Selected)
11	Northern Colorado (15th)	Drexel (16th)	Drexel (Already Selected)
12	Washington State (17th)	CSU Bakersfield (18th)	Delaware (Already Selected)
13	San Jose State (19th)	West Virginia (Already Selected)	CSU Bakersfield (Already Selected)
14	Drexel (Already Selected)	Youngstown State (20th)	Virginia Tech (21st)
15	Ohio (22nd)	Evansville (23rd)	UNLV (24th)



## Hotels & Transportation & Food

Elkhart, Indiana is located near the Michigan border halfway between Chicago and Toledo. The nearest major airports are:

25 Miles	South Bend International Airport ( <a href="#">SBN</a> )
55 Miles	Kalamazoo/Battle Creek International (AZO)
71 miles	Fort Wayne International (FWA)
117 miles	Chicago Midway (MDW)
128 miles	Chicago O'Hare International (ORD)

### **Hotels: Book directly for CSCAA NIC exclusive rates.**

Click the links below or call directly and ask for the CSCAA block.

[Courtyard by Marriott - Elkhart](#) - \$139/night

3445 Plaza Ct., Elkhart, IN 46514  
574-993-4993

[Hilton Garden Inn Elkhart](#) - \$129/night

3401 Plaza Court, Elkhart, IN 46514  
574-970-4444

[Home 2 Suites Elkhart](#) - \$129/night

3521 Plaza Ct., Elkhart, IN 46514  
574-993-3900

[Fairfield Inn & Suites - Elkhart](#) - \$129/night

3501 Plaza Ct., Elkhart, IN 46514  
574-970-1688

[Four Points by Sheraton Elkhart](#) - \$159/night

3254 Cassopolis St., Elkhart, IN 46514  
574-333-3707

[Tru - by Hilton](#) - \$122/night (King) & \$142/night (2 Queens)

3500 Cassopolis St., Elkhart, IN 46514  
574-266-2900

[Hotel Elkhart. Tapestry Collection by Hilton](#) - \$129/night

500 South Main Street Elkhart, IN 46516  
574-389-7900

[Comfort Suites North](#) - \$109/night

404 Northpointe Blvd, Elkhart, IN 46514  
574-206-1555

[Comfort Inn Goshen](#) - \$124/night

2309 Lincolnway East Goshen, IN 46526  
574-533-0200





### Updates

- June 30 - Updated multiple items from 6/29 meeting
- July 7 - Updated Qualifying Standards
- July 21 - Updated items from 7/20 meeting
- July 27 - Updated Time Standards, flyovers, 1650 start time
- September 3 - Updated Hotel information