

**2019 NCAP Invitational - 12/12/2019 to 12/15/2019****Session Report**

Session: 1 Thursday Distance (Finals Course)

Day of Meet: 1 Starts at 05:05 PM Heat Interval: 30 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	1 Girls 12 & Under 200 Backstroke	75	10 u	05:05 PM	_____
Finals	3 Girls 1650 Freestyle	54	7 u	05:39 PM	_____
Finals	5 Girls 12 & Under 500 Freestyle	17	3 u	07:48 PM	_____
	Swimmers Counts for Warm-ups: 138	=====	=====		
	Entry / Heat Totals:	146	20		
	Finish Time			08:07 PM	_____

Session: 2 Thursday Distance (Dive Course)

Day of Meet: 1 Starts at 05:05 PM Heat Interval: 30 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	2 Boys 12 & Under 200 Backstroke	41	6 u	05:05 PM	_____
Finals	4 Boys 1650 Freestyle	40	5 u	05:25 PM	_____
Finals	6 Boys 12 & Under 500 Freestyle	15	2 u	06:52 PM	_____
	Swimmers Counts for Warm-ups: 91	=====	=====		
	Entry / Heat Totals:	96	13		
	Finish Time			07:06 PM	_____

Session: 3 Friday 13&amp;Over (Finals Course)

Day of Meet: 2 Starts at 08:30 AM Heat Interval: 30 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	7 Mixed 13-14 200 Medley Relay	7	1 u	08:30 AM	_____
Finals	8 Mixed 200 Medley Relay	15	2 u	08:33 AM	_____
Prelims	10 Men 13-14 100 Breaststroke	72	9 u	08:39 AM	_____
Prelims	12 Men 100 Breaststroke	112	14 u	08:53 AM	_____
Prelims	20 Men 13-14 200 Freestyle	65	9 u	09:15 AM	_____
Prelims	22 Men 200 Freestyle	94	12 u	09:37 AM	_____
Prelims	28 Men 13-14 100 Butterfly	62	8 u	10:04 AM	_____
Prelims	30 Men 100 Butterfly	110	14 u	10:27 AM	_____
Prelims	38 Men 13-14 400 IM	42	6 u	10:46 AM	_____
Prelims	40 Men 400 IM	77	10 u	11:17 AM	_____
Finals-S	45 Mixed 13-14 200 Freestyle Relay	0	0	12:04 PM	_____
Finals-S	46 Mixed 200 Freestyle Relay	7	1 u	12:04 PM	_____
	Swimmers Counts for Warm-ups: 397	=====	=====		
	Entry / Heat Totals:	663	86		
	Finish Time			12:07 PM	_____

**2019 NCAP Invitational - 12/12/2019 to 12/15/2019****Session Report**

Session: 4 Friday 13&amp;Over (Dive Course)

Day of Meet: 2 Starts at 08:30 AM Heat Interval: 30 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Prelims	9 Women 13-14 100 Breaststroke	72	9 u	08:30 AM	_____
Prelims	11 Women 100 Breaststroke	111	14 u	08:46 AM	_____
Prelims	19 Women 13-14 200 Freestyle	81	11 u	09:09 AM	_____
Prelims	21 Women 200 Freestyle	102	13 u	09:37 AM	_____
Prelims	27 Women 13-14 100 Butterfly	67	9 u	10:09 AM	_____
Prelims	29 Women 100 Butterfly	136	17 u	10:23 AM	_____
Prelims	37 Women 13-14 400 IM	47	6 u	10:48 AM	_____
Prelims	39 Women 400 IM	65	9 u	11:20 AM	_____
	Swimmers Counts for Warm-ups: 393	=====	=====		
	Entry / Heat Totals:	681	88		
	Finish Time			12:05 PM	_____

Session: 5 Friday 12&amp;Under (Finals Course)

Day of Meet: 2 Starts at 01:15 PM Heat Interval: 30 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Prelims	14 Boys 11-12 400 IM	15	2 u	01:15 PM	_____
Prelims	16 Boys 11-12 50 Breaststroke	50	7 u	01:27 PM	_____
Finals	17 Girls 10 & Under 50 Breaststroke	39	5 u	01:35 PM	_____
Prelims	24 Boys 11-12 100 Freestyle	75	10 u	01:41 PM	_____
Finals	25 Girls 10 & Under 100 Freestyle	48	6 u	01:56 PM	_____
Prelims	32 Boys 11-12 50 Butterfly	77	10 u	02:07 PM	_____
Finals	33 Girls 10 & Under 50 Butterfly	49	7 u	02:17 PM	_____
Finals	36 Boys 12 & Under 200 Breaststroke	32	4 u	02:24 PM	_____
Prelims	42 Boys 11-12 100 Backstroke	62	8 u	02:38 PM	_____
Finals	43 Girls 10 & Under 100 Backstroke	60	8 u	02:53 PM	_____
Finals	47 Mixed 11-12 200 Freestyle Relay	16	2 u	03:10 PM	_____
	Swimmers Counts for Warm-ups: 261	=====	=====		
	Entry / Heat Totals:	523	69		
	Finish Time			03:15 PM	_____

**2019 NCAP Invitational - 12/12/2019 to 12/15/2019****Session Report**

Session: 6 Friday 12&amp;Under (Dive Course)

Day of Meet: 2 Starts at 01:15 PM Heat Interval: 30 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Prelims	13 Girls 11-12 400 IM	16	2 u	01:15 PM	_____
Prelims	15 Girls 11-12 50 Breaststroke	65	9 u	01:27 PM	_____
Finals	18 Boys 10 & Under 50 Breaststroke	33	5 u	01:37 PM	_____
Prelims	23 Girls 11-12 100 Freestyle	79	10 u	01:44 PM	_____
Finals	26 Boys 10 & Under 100 Freestyle	46	6 u	01:59 PM	_____
Prelims	31 Girls 11-12 50 Butterfly	68	9 u	02:09 PM	_____
Finals	34 Boys 10 & Under 50 Butterfly	74	10 u	02:18 PM	_____
Finals	35 Girls 12 & Under 200 Breaststroke	62	8 u	02:30 PM	_____
Prelims	41 Girls 11-12 100 Backstroke	82	11 u	02:57 PM	_____
Finals	44 Boys 10 & Under 100 Backstroke	65	9 u	03:18 PM	_____
	Swimmers Counts for Warm-ups: 278	=====	=====		
	Entry / Heat Totals:	590	79		
	Finish Time			03:37 PM	_____

Session: 8 Saturday 13&amp;Over (Finals Course)

Day of Meet: 3 Starts at 08:30 AM Heat Interval: 30 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Prelims	49 Women 13-14 200 Butterfly	47	6 u	08:30 AM	_____
Prelims	51 Women 200 Butterfly	93	12 u	08:47 AM	_____
Prelims	59 Women 13-14 50 Freestyle	113	15 u	09:19 AM	_____
Prelims	61 Women 50 Freestyle	160	20 u	09:34 AM	_____
Prelims	69 Women 13-14 200 Breaststroke	60	8 u	09:52 AM	_____
Prelims	71 Women 200 Breaststroke	102	13 u	10:17 AM	_____
Prelims	77 Women 13-14 100 Backstroke	89	12 u	10:56 AM	_____
Prelims	79 Women 100 Backstroke	126	16 u	11:18 AM	_____
Prelims	81 Women 13-14 500 Freestyle	37	5 u	11:46 AM	_____
Prelims	83 Women 500 Freestyle	78	10 u	12:15 PM	_____
Finals-S	89 Mixed 13-14 400 Medley Relay	0	0	01:11 PM	_____
Finals-S	90 Mixed 400 Medley Relay	7	1 u	01:11 PM	_____
	Swimmers Counts for Warm-ups: 483	=====	=====		
	Entry / Heat Totals:	912	118		
	Finish Time			01:16 PM	_____

**2019 NCAP Invitational - 12/12/2019 to 12/15/2019****Session Report**

Session: 9 Saturday 13&amp;Over (Dive Course)

Day of Meet: 3 Starts at 08:30 AM Heat Interval: 30 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Prelims	50 Men 13-14 200 Butterfly	46	6 u	08:30 AM	_____
Prelims	52 Men 200 Butterfly	102	13 u	08:47 AM	_____
Prelims	60 Men 13-14 50 Freestyle	125	16 u	09:20 AM	_____
Prelims	62 Men 50 Freestyle	176	22 u	09:34 AM	_____
Prelims	70 Men 13-14 200 Breaststroke	73	10 u	09:54 AM	_____
Prelims	72 Men 200 Breaststroke	94	12 u	10:24 AM	_____
Prelims	78 Men 13-14 100 Backstroke	82	11 u	10:56 AM	_____
Prelims	80 Men 100 Backstroke	132	17 u	11:16 AM	_____
Prelims	82 Men 13-14 500 Freestyle	24	3 u	11:44 AM	_____
Prelims	84 Men 500 Freestyle	66	9 u	12:01 PM	_____
	Swimmers Counts for Warm-ups: 476	=====	=====		
	Entry / Heat Totals:	920	119		
	Finish Time			12:49 PM	_____

Session: 10 Saturday 12&amp;Under (Finals Course)

Day of Meet: 3 Starts at 02:00 PM Heat Interval: 30 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	53 Mixed 11-12 200 Freestyle Relay	16	2 u	02:00 PM	_____
Finals	54 Mixed 10 & Under 200 Freestyle Relay	12	2 u	02:05 PM	_____
Prelims	55 Girls 11-12 50 Freestyle	93	12 u	02:11 PM	_____
Finals	58 Boys 10 & Under 50 Freestyle	72	9 u	02:22 PM	_____
Prelims	63 Girls 11-12 100 Breaststroke	70	9 u	02:32 PM	_____
Finals	66 Boys 10 & Under 100 Breaststroke	38	5 u	02:48 PM	_____
Finals	67 Girls 12 & Under 200 Butterfly	26	4 u	02:59 PM	_____
Prelims	73 Girls 11-12 50 Backstroke	80	10 u	03:11 PM	_____
Finals	76 Boys 10 & Under 50 Backstroke	62	8 u	03:24 PM	_____
Prelims	85 Girls 11-12 200 IM	60	8 u	03:35 PM	_____
Finals	88 Boys 10 & Under 200 IM	35	5 u	04:00 PM	_____
	Swimmers Counts for Warm-ups: 312	=====	=====		
	Entry / Heat Totals:	564	74		
	Finish Time			04:17 PM	_____

**2019 NCAP Invitational - 12/12/2019 to 12/15/2019****Session Report**

Session: 11 Saturday 12&amp;Under (Dive Course)

Day of Meet: 3 Starts at 02:00 PM Heat Interval: 30 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Prelims	56 Boys 11-12 50 Freestyle	79	10 u	02:00 PM	_____
Finals	57 Girls 10 & Under 50 Freestyle	58	8 u	02:10 PM	_____
Prelims	64 Boys 11-12 100 Breaststroke	55	7 u	02:19 PM	_____
Finals	65 Girls 10 & Under 100 Breaststroke	38	5 u	02:31 PM	_____
Finals	68 Boys 12 & Under 200 Butterfly	16	2 u	02:42 PM	_____
Prelims	74 Boys 11-12 50 Backstroke	73	10 u	02:48 PM	_____
Finals	75 Girls 10 & Under 50 Backstroke	70	9 u	03:01 PM	_____
Prelims	86 Boys 11-12 200 IM	73	10 u	03:14 PM	_____
Finals	87 Girls 10 & Under 200 IM	34	5 u	03:44 PM	_____
	Swimmers Counts for Warm-ups: 232	=====	=====		
	Entry / Heat Totals:	496	66		
	Finish Time			04:02 PM	_____

Session: 13 Sunday 13&amp;Over (Finals Course)

Day of Meet: 4 Starts at 08:30 AM Heat Interval: 30 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Prelims	94 Men 13-14 200 Backstroke	84	11 u	08:30 AM	_____
Prelims	96 Men 200 Backstroke	98	13 u	09:03 AM	_____
Prelims	104 Men 13-14 100 Freestyle	73	10 u	09:38 AM	_____
Prelims	106 Men 100 Freestyle	154	20 u	09:52 AM	_____
Prelims	112 Men 13-14 200 IM	61	8 u	10:18 AM	_____
Prelims	114 Men 200 IM	118	15 u	10:40 AM	_____
Finals-S	119 Mixed 13-14 400 Freestyle Relay	0	0	11:17 AM	_____
Finals-S	120 Mixed 400 Freestyle Relay	7	1 u	11:17 AM	_____
	Break: 10 Minutes:				
Finals-S	92 Men 1000 Freestyle	37	5 u	11:31 AM	_____
	Swimmers Counts for Warm-ups: 393	=====	=====		
	Entry / Heat Totals:	632	83		
	Finish Time			12:24 PM	_____

**2019 NCAP Invitational - 12/12/2019 to 12/15/2019****Session Report**

Session: 14 Sunday 13&amp;Over (Dive Course)

Day of Meet: 4 Starts at 08:30 AM Heat Interval: 30 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Prelims	93 Women 13-14 200 Backstroke	66	9 u	08:30 AM	_____
Prelims	95 Women 200 Backstroke	108	14 u	08:57 AM	_____
Prelims	103 Women 13-14 100 Freestyle	78	10 u	09:38 AM	_____
Prelims	105 Women 100 Freestyle	137	18 u	09:52 AM	_____
Prelims	111 Women 13-14 200 IM	82	11 u	10:17 AM	_____
Prelims	113 Women 200 IM	103	13 u	10:48 AM	_____
	Break: 10 Minutes:				
Finals-S	91 Women 1000 Freestyle	64	8 u	11:33 AM	_____
	Swimmers Counts for Warm-ups: 369	=====	=====		
	Entry / Heat Totals:	638	83		
	Finish Time			01:02 PM	_____

Session: 15 Sunday 12&amp;Under (Finals Course)

Day of Meet: 4 Starts at 02:00 PM Heat Interval: 30 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	97 Mixed 11-12 200 Medley Relay	18	3 u	02:00 PM	_____
Finals	98 Mixed 10 & Under 200 Medley Relay	14	2 u	02:09 PM	_____
Prelims	100 Boys 11-12 100 Butterfly	64	8 u	02:16 PM	_____
Finals	101 Girls 10 & Under 100 Butterfly	44	6 u	02:29 PM	_____
Prelims	108 Boys 11-12 200 Freestyle	53	7 u	02:41 PM	_____
Finals	109 Girls 10 & Under 200 Freestyle	28	4 u	03:00 PM	_____
Prelims	116 Boys 11-12 100 IM	75	10 u	03:13 PM	_____
Finals	117 Girls 10 & Under 100 IM	57	8 u	03:29 PM	_____
	Swimmers Counts for Warm-ups: 255	=====	=====		
	Entry / Heat Totals:	353	48		
	Finish Time			03:45 PM	_____

Session: 16 Sunday 12&amp;Under (Dive Course)

Day of Meet: 4 Starts at 02:00 PM Heat Interval: 30 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Prelims	99 Girls 11-12 100 Butterfly	75	10 u	02:00 PM	_____
Finals	102 Boys 10 & Under 100 Butterfly	46	6 u	02:17 PM	_____
Prelims	107 Girls 11-12 200 Freestyle	57	8 u	02:29 PM	_____
Finals	110 Boys 10 & Under 200 Freestyle	43	6 u	02:52 PM	_____
Prelims	115 Girls 11-12 100 IM	84	11 u	03:11 PM	_____
Finals	118 Boys 10 & Under 100 IM	52	7 u	03:29 PM	_____
	Swimmers Counts for Warm-ups: 209	=====	=====		
	Entry / Heat Totals:	357	48		
	Finish Time			03:42 PM	_____
	Finish Time			08:00 PM	_____