

2017 NCAP Invitational - 12/7/2017 to 12/10/2017**Nation's Capital Swim Club, Sanction #: PVI - 18-32****University of Maryland, College Park****Session Report**

Session: 1 Thursday Night (Girls) Finals Course

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

Round	Event	Entries	Heats	Starts at	
Finals	7 Girls 12 & Under 200 Backstroke	42	6 u	05:30 PM	_____
Finals	5 Girls Open 1650 Freestyle	45	6 u	05:49 PM	_____
Finals	3 Girls 13-14 1650 Freestyle	15	2 u	07:46 PM	_____
Finals	1 Girls 12 & Under 500 Freestyle	27	4 u	08:23 PM	_____
	Swimmers Counts for Warm-ups: 119	=====	=====		
	Entry / Heat Totals:	129	18		
	Finish Time			08:47 PM	_____

Session: 2 Thursday Night (Boys) Diving End Course

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

Round	Event	Entries	Heats	Starts at	
Finals	8 Boys 12 & Under 200 Backstroke	35	5 u	05:30 PM	_____
Finals	6 Boys Open 1650 Freestyle	46	6 u	05:46 PM	_____
Finals	4 Boys 13-14 1650 Freestyle	5	1 u	07:31 PM	_____
Finals	2 Boys 12 & Under 500 Freestyle	14	2 u	07:48 PM	_____
	Swimmers Counts for Warm-ups: 96	=====	=====		
	Entry / Heat Totals:	100	14		
	Finish Time			08:00 PM	_____

Session: 3 13 & Up Girls Prelims (Friday) Diving End

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

Round	Event	Entries	Heats	Starts at	
Finals	101 Girls 13-14 200 Medley Relay	27	4	08:30 AM	_____
Finals	103 Girls Open 200 Medley Relay	29	4	08:41 AM	_____
Prelims	9 Girls 13-14 100 Breaststroke	102	13	08:50 AM	_____
Prelims	11 Girls Open 100 Breaststroke	109	14	09:09 AM	_____
Prelims	13 Girls 13-14 200 Freestyle	80	10	09:29 AM	_____
Prelims	15 Girls Open 200 Freestyle	91	12	09:52 AM	_____
Prelims	17 Girls 13-14 100 Butterfly	91	12	10:18 AM	_____
Prelims	19 Girls Open 100 Butterfly	127	16	10:33 AM	_____
Prelims	21 Girls 13-14 400 IM	46	6 u	10:53 AM	_____
Prelims	23 Girls Open 400 IM	62	8 u	11:23 AM	_____
Finals-S	51 Girls 13-14 200 Freestyle Relay	19	3	12:02 PM	_____
Finals-S	53 Girls Open 200 Freestyle Relay	22	3	12:08 PM	_____
	Swimmers Counts for Warm-ups: 451	=====	=====		
	Entry / Heat Totals:	805	105		
	Finish Time			12:14 PM	_____

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Session: 4 13 & Up Boys Prelims (Friday) Finals Course

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

Round	Event	Entries	Heats	Starts at	
Finals	102 Boys 13-14 200 Medley Relay	16	2	08:30 AM	_____
Finals	104 Boys Open 200 Medley Relay	27	4	08:35 AM	_____
Prelims	10 Boys 13-14 100 Breaststroke	80	10	08:44 AM	_____
Prelims	12 Boys Open 100 Breaststroke	91	12	08:58 AM	_____
Prelims	14 Boys 13-14 200 Freestyle	69	9	09:14 AM	_____
Prelims	16 Boys Open 200 Freestyle	90	12	09:33 AM	_____
Prelims	18 Boys 13-14 100 Butterfly	74	10	09:57 AM	_____
Prelims	20 Boys Open 100 Butterfly	82	11	10:10 AM	_____
Prelims	22 Boys 13-14 400 IM	48	6 u	10:23 AM	_____
Prelims	24 Boys Open 400 IM	77	10 u	10:52 AM	_____
Finals-S	52 Boys 13-14 200 Freestyle Relay	8	1	11:36 AM	_____
Finals-S	54 Boys Open 200 Freestyle Relay	20	3	11:38 AM	_____
	Swimmers Counts for Warm-ups: 385	=====	=====		
	Entry / Heat Totals:	682	90		
	Finish Time			11:44 AM	_____

Session: 5 12 & Under Girls w 10 & Under Boys (Friday) Diving End

Day of Meet: 2 Starts at 01:35 PM Heat Interval: 15 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	29 Girls 11-12 400 IM	24	3 u	01:35 PM	_____
Prelims	31 Girls 11-12 50 Breaststroke	38	5	01:52 PM	_____
Finals	34 Boys 10 & Under 50 Breaststroke	38	5	01:56 PM	_____
Prelims	35 Girls 11-12 100 Freestyle	76	10	02:01 PM	_____
Finals	38 Boys 10 & Under 100 Freestyle	48	6	02:14 PM	_____
Prelims	39 Girls 11-12 50 Butterfly	51	7	02:22 PM	_____
Finals	42 Boys 10 & Under 50 Butterfly	59	8	02:28 PM	_____
Prelims	43 Girls 11-12 100 Backstroke	75	10	02:35 PM	_____
Finals	46 Boys 10 & Under 100 Backstroke	67	9	02:52 PM	_____
Finals	47 Girls 12 & Under 200 Breaststroke	37	5	03:08 PM	_____
Finals	49 Girls 11-12 400 Freestyle Relay	18	3 u	03:24 PM	_____
	Swimmers Counts for Warm-ups: 252	=====	=====		
	Entry / Heat Totals:	531	71		
	Finish Time			03:38 PM	_____

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Session: 6 12 & Under Boys w 10 & Under Girls (Friday) Finals Course
 Day of Meet: 2 Starts at 01:35 PM Heat Interval: 15 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	30 Boys 11-12 400 IM	15	2 u	01:35 PM	_____
Prelims	32 Boys 11-12 50 Breaststroke	47	6	01:46 PM	_____
Finals	33 Girls 10 & Under 50 Breaststroke	42	6	01:52 PM	_____
Prelims	36 Boys 11-12 100 Freestyle	62	8	01:57 PM	_____
Finals	37 Girls 10 & Under 100 Freestyle	59	8	02:08 PM	_____
Prelims	40 Boys 11-12 50 Butterfly	57	8	02:19 PM	_____
Finals	41 Girls 10 & Under 50 Butterfly	61	8	02:25 PM	_____
Prelims	44 Boys 11-12 100 Backstroke	60	8	02:32 PM	_____
Finals	45 Girls 10 & Under 100 Backstroke	71	9	02:46 PM	_____
Finals	48 Boys 12 & Under 200 Breaststroke	44	6	03:03 PM	_____
Finals	50 Boys 11-12 400 Freestyle Relay	18	3 u	03:21 PM	_____
	Swimmers Counts for Warm-ups: 255	=====	=====		
	Entry / Heat Totals:	536	72		
	Finish Time			03:35 PM	_____

Session: 8 13 & Up Girls Prelims (Saturday) Finals Course
 Day of Meet: 3 Starts at 08:30 AM Heat Interval: 15 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Prelims	55 Girls 13-14 200 Butterfly	66	9	08:30 AM	_____
Prelims	57 Girls Open 200 Butterfly	86	11	08:54 AM	_____
Prelims	59 Girls 13-14 50 Freestyle	128	16	09:20 AM	_____
Prelims	61 Girls Open 50 Freestyle	155	20	09:32 AM	_____
Prelims	63 Girls 13-14 200 Breaststroke	79	10	09:45 AM	_____
Prelims	65 Girls Open 200 Breaststroke	97	13	10:14 AM	_____
Prelims	67 Girls 13-14 100 Backstroke	82	11	10:50 AM	_____
Prelims	69 Girls Open 100 Backstroke	105	14	11:07 AM	_____
Prelims	71 Girls 13-14 500 Freestyle	41	6 u	11:28 AM	_____
Prelims	73 Girls Open 500 Freestyle	70	9 u	12:01 PM	_____
Finals-S	75 Girls 13-14 400 Medley Relay	16	2 u	12:49 PM	_____
Finals-S	77 Girls Open 400 Medley Relay	22	3 u	12:59 PM	_____
	Swimmers Counts for Warm-ups: 504	=====	=====		
	Entry / Heat Totals:	947	124		
	Finish Time			01:12 PM	_____

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Session: 9 13 & Up Boys Prelims (Saturday) Diving End

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

Round	Event	Entries	Heats	Starts at	
Prelims	56 Boys 13-14 200 Butterfly	52	7	08:30 AM	_____
Prelims	58 Boys Open 200 Butterfly	82	11	08:48 AM	_____
Prelims	60 Boys 13-14 50 Freestyle	135	17	09:13 AM	_____
Prelims	62 Boys Open 50 Freestyle	156	20	09:24 AM	_____
Prelims	64 Boys 13-14 200 Breaststroke	80	10	09:37 AM	_____
Prelims	66 Boys Open 200 Breaststroke	82	11	10:04 AM	_____
Prelims	68 Boys 13-14 100 Backstroke	76	10	10:32 AM	_____
Prelims	70 Boys Open 100 Backstroke	93	12	10:47 AM	_____
Prelims	72 Boys 13-14 500 Freestyle	31	4 u	11:04 AM	_____
Prelims	74 Boys Open 500 Freestyle	78	10 u	11:25 AM	_____
Finals-S	76 Boys 13-14 400 Medley Relay	8	1 u	12:15 PM	_____
Finals-S	78 Boys Open 400 Medley Relay	19	3 u	12:20 PM	_____
	Swimmers Counts for Warm-ups: 467	=====	=====		
	Entry / Heat Totals:	892	116		
	Finish Time			12:33 PM	_____

Session: 10 12 & Under Girls w 10 & Under Boys (Saturday) Finals Course

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

Round	Event	Entries	Heats	Starts at	
Finals	79 Girls 11-12 200 Medley Relay	20	3	02:00 PM	_____
Finals	82 Boys 10 & Under 200 Medley Relay	12	2	02:09 PM	_____
Prelims	83 Girls 11-12 100 Breaststroke	47	6	02:15 PM	_____
Finals	86 Boys 10 & Under 100 Breaststroke	43	6	02:24 PM	_____
Prelims	87 Girls 11-12 50 Freestyle	62	8	02:35 PM	_____
Finals	90 Boys 10 & Under 50 Freestyle	64	8	02:41 PM	_____
Prelims	91 Girls 11-12 50 Backstroke	72	9	02:47 PM	_____
Finals	94 Boys 10 & Under 50 Backstroke	56	7	02:56 PM	_____
Prelims	95 Girls 11-12 200 IM	52	7	03:04 PM	_____
Finals	98 Boys 10 & Under 200 IM	42	6	03:24 PM	_____
Finals	99 Girls 12 & Under 200 Butterfly	32	4	03:43 PM	_____
	Swimmers Counts for Warm-ups: 255	=====	=====		
	Entry / Heat Totals:	502	66		
	Finish Time			03:54 PM	_____

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Session: 11 12 & Under Boys w 10 & Under Girls (Saturday) Diving End

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

Round	Event	Entries	Heats	Starts at	
Finals	80 Boys 11-12 200 Medley Relay	19	3	02:00 PM	_____
Finals	81 Girls 10 & Under 200 Medley Relay	14	2	02:09 PM	_____
Prelims	84 Boys 11-12 100 Breaststroke	50	7	02:15 PM	_____
Finals	85 Girls 10 & Under 100 Breaststroke	42	6	02:26 PM	_____
Prelims	88 Boys 11-12 50 Freestyle	71	9	02:37 PM	_____
Finals	89 Girls 10 & Under 50 Freestyle	62	8	02:43 PM	_____
Prelims	92 Boys 11-12 50 Backstroke	48	6	02:49 PM	_____
Finals	93 Girls 10 & Under 50 Backstroke	67	9	02:56 PM	_____
Prelims	96 Boys 11-12 200 IM	60	8	03:06 PM	_____
Finals	97 Girls 10 & Under 200 IM	47	6	03:29 PM	_____
Finals	100 Boys 12 & Under 200 Butterfly	29	4	03:47 PM	_____
	Swimmers Counts for Warm-ups: 264	=====	=====		
	Entry / Heat Totals:	509	68		
	Finish Time			03:59 PM	_____

Session: 13 13 & Up Girls Prelims (Sunday) Diving End

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

Round	Event	Entries	Heats	Starts at	
Prelims	105 Girls 13-14 200 Backstroke	75	10	08:30 AM	_____
Prelims	107 Girls Open 200 Backstroke	117	15	08:58 AM	_____
Prelims	109 Girls 13-14 100 Freestyle	101	13	09:38 AM	_____
Prelims	111 Girls Open 100 Freestyle	120	15	09:53 AM	_____
Prelims	113 Girls 13-14 200 IM	94	12	10:10 AM	_____
Prelims	115 Girls Open 200 IM	103	13	10:41 AM	_____
Finals	117 Girls 13-14 400 Freestyle Relay	23	3 u	11:13 AM	_____
Finals	119 Girls Open 400 Freestyle Relay	29	4 u	11:25 AM	_____
Finals-S	123 Girls Open 1000 Freestyle	43	6 u	11:41 AM	_____
Finals	121 Girls 13-14 1000 Freestyle	22	3 u	12:51 PM	_____
	Swimmers Counts for Warm-ups: 400	=====	=====		
	Entry / Heat Totals:	727	94		
	Finish Time			01:24 PM	_____

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Session: 14 13 & Up Boys Prelims (Sunday) Finals Course

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

Round	Event	Entries	Heats	Starts at	
Prelims	106 Boys 13-14 200 Backstroke	84	11	08:30 AM	_____
Prelims	108 Boys Open 200 Backstroke	77	10	09:00 AM	_____
Prelims	110 Boys 13-14 100 Freestyle	80	10	09:25 AM	_____
Prelims	112 Boys Open 100 Freestyle	138	18	09:36 AM	_____
Prelims	114 Boys 13-14 200 IM	78	10	09:55 AM	_____
Prelims	116 Boys Open 200 IM	81	11	10:20 AM	_____
Finals	118 Boys 13-14 400 Freestyle Relay	18	3 u	10:44 AM	_____
Finals	120 Boys Open 400 Freestyle Relay	24	3 u	10:56 AM	_____
Finals-S	124 Boys Open 1000 Freestyle	38	5 u	11:07 AM	_____
Finals	122 Boys 13-14 1000 Freestyle	12	2 u	12:01 PM	_____
	Swimmers Counts for Warm-ups: 376	=====	=====		
	Entry / Heat Totals:	630	83		
	Finish Time			12:23 PM	_____

Session: 15 12 & Under Girls w 10 & Under Boys (Sunday) Diving End

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

Round	Event	Entries	Heats	Starts at	
Finals	125 Girls 11-12 200 Freestyle Relay	17	3	02:00 PM	_____
Finals	128 Boys 10 & Under 200 Freestyle Relay	12	2	02:07 PM	_____
Prelims	129 Girls 11-12 100 IM	59	8	02:12 PM	_____
Finals	132 Boys 10 & Under 100 IM	46	6	02:23 PM	_____
Prelims	133 Girls 11-12 100 Butterfly	63	8	02:33 PM	_____
Finals	136 Boys 10 & Under 100 Butterfly	48	6	02:44 PM	_____
Prelims	137 Girls 11-12 200 Freestyle	55	7	02:55 PM	_____
Finals	140 Boys 10 & Under 200 Freestyle	42	6	03:12 PM	_____
Finals	141 Girls 11-12 400 Medley Relay	17	3 u	03:29 PM	_____
	Swimmers Counts for Warm-ups: 214	=====	=====		
	Entry / Heat Totals:	359	49		
	Finish Time			03:45 PM	_____

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Session: 16 12 & Under Boys w 10 & Under Girls (Sunday) Finals Course
 Day of Meet: 4 Starts at 02:00 PM Heat Interval: 15 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	126 Boys 11-12 200 Freestyle Relay	17	3	02:00 PM	_____
Finals	127 Girls 10 & Under 200 Freestyle Relay	13	2	02:07 PM	_____
Prelims	130 Boys 11-12 100 IM	41	6	02:12 PM	_____
Finals	131 Girls 10 & Under 100 IM	43	6	02:21 PM	_____
Prelims	134 Boys 11-12 100 Butterfly	62	8	02:30 PM	_____
Finals	135 Girls 10 & Under 100 Butterfly	59	8	02:42 PM	_____
Prelims	138 Boys 11-12 200 Freestyle	50	7	02:55 PM	_____
Finals	139 Girls 10 & Under 200 Freestyle	42	6	03:13 PM	_____
Finals	142 Boys 11-12 400 Medley Relay	17	3 u	03:30 PM	_____
	Swimmers Counts for Warm-ups: 215	=====	=====		
	Entry / Heat Totals:	344	49		
	Finish Time			03:46 PM	_____