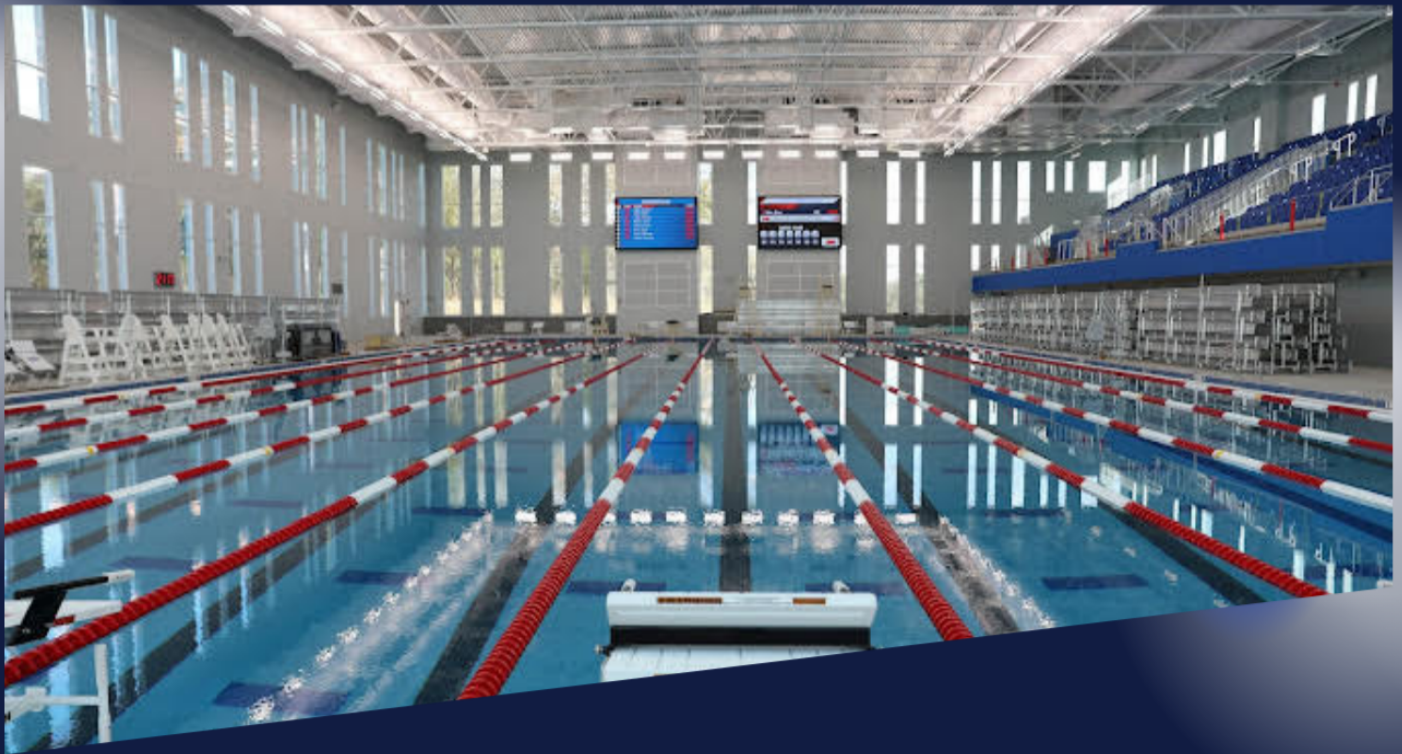




# NATIONAL INVITATIONAL CHAMPIONSHIP



HOSTED AT FAST FACILITY

**OCALA, FLORIDA**

**MARCH 12–14, 2026**





## CSCAA National Invitational Championship

### Date & Location

March 12-14, 2026  
Florida Aquatics Swimming & Training (FAST)  
4635 SW 67th Ave Rd Ocala, FL 34474

### Important Links

Entry Uploads: Link will be updated prior to the NIC  
Scratches: Link will be updated prior to the NIC  
Coaches Meeting: Monday, March 9, 2026 @ 12 p.m. ET  
[Zoom Link](#)

### Meet Personnel

#### Local Meet Director

Kevin Milak [kevin\\_milak@floridafast.com](mailto:kevin_milak@floridafast.com), 832.233.0234

#### Admin Referee

Marianne Walling [nocando87-swim@yahoo.com](mailto:nocando87-swim@yahoo.com), 812.350.4371

#### Meet Referee

Ellen Colket [ECPenny@msn.com](mailto:ECPenny@msn.com), 301.606.0807

#### Meet Committee

Greg Earhart (SwimCloud), Steve Schaffer (Grand Canyon University), Tony Bruno (Towson University), Jessica Livsey (Old Dominion University)

#### CSCAA Staff:

Maureen Palchak ([mpalchak@cscaa.org](mailto:mpalchak@cscaa.org)), Michael Tubb ([tubb@cscaa.org](mailto:tubb@cscaa.org)), Edie Ashman ([edie@cscaa.org](mailto:edie@cscaa.org)), Samantha Barany ([sbarany@cscaa.org](mailto:sbarany@cscaa.org))

### Facility

The Florida Aquatics Swimming & Training (FAST) facility is the premier swimming, training, and competition venue in the Southeastern United States. Located in Ocala, the heart of Central Florida, FAST features an indoor 10-lane 50m/25-yd competition pool and an 8-lane 50m/25yd/25m Myrtha outdoor competition pool. The training facility also features a 2,475 sq. ft. dryland fitness center providing an excellent opportunity to train out of the pool as well.

FAST is equipped with the top-tier equipment to train, host, and engage in aquatic activities at the local, state, regional, and national levels. With seating for up to 2,000 spectators, everyone can enjoy the action while cheering on the competition.

No equipment is permitted in the competition pool during warm-ups, and all entries must be feet first.

### 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**

**The 2025-2026 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. Women compete first in even years, while men compete first in odd years; therefore, Women will go first in 2026.

**Warm-Up Schedule**

CSCAA will provide a complete schedule of warm-up procedures to include lane usage (pace/sprint/general warm-up) and times, which must be adhered to by all participants. The information will be reviewed at the Coaches Meeting and monitored by the Meet Referee. Please encourage your swimmers to cooperate with the marshals. Also, no equipment is permitted in the competition pool during warm-ups and swimmers must enter pool feet first.

**1650/1000 Freestyle**

All athletes entered in the 1650 freestyle will automatically be entered in the 1000 freestyle and will score in both events. This counts as two events toward the athlete's maximum of four individual events.

All athletes entered in the 1000 freestyle will automatically be entered in the 1650 freestyle and will score in both events. This also counts as two events toward the athlete's maximum of four individual events.

Athletes may qualify for entry in either the 1650 or 1000 freestyle using a qualifying time from either distance. For seeding purposes, 1650-yard times will be seeded ahead of 1000-yard times.

The 1650 freestyle will be conducted as a timed final event, with the top ten seeded swimmers competing in the Saturday finals session. All other heats will swim in the distance session, alternating women and men, slowest to fastest, with the final preliminary heat concluding at approximately 5:00 p.m.

The 1000 freestyle will be scored based on the 1000-yard split from each swimmer's 1650 freestyle swim. Any entrant in the 1000 freestyle must also be entered in the 1650 freestyle.

**100 IM/200 IM Qualifying**

Athletes may qualify for the 100 IM with a 200 IM time and will be seeded behind those with a 100 IM time.



### 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 by gender for 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. Only 'A' relays may score.

### Scratches

All swimmers entered in the meet must compete in all heats, finals, and swim-offs unless excused by the meet referee. Failure to compete in a preliminary heat for any reason other than medical cause, shall disqualify the competitor for that event. Failure to compete in a finals heat, unless excused by the meet referee, shall disqualify the competitor from their next individual event in finals or prelims.

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

A swimmer that does not want to participate in a final based upon results of the preliminaries must scratch within thirty (30) minutes following the announcement of event qualifiers with the administrative referee.

### Time Trials

Time trials will be offered approximately 15 minutes after the conclusion of preliminary sessions. Time trial sessions will be limited to a maximum of 30 minutes per day but may be shortened on Saturday based on the number of distance heats. Event lists and entries can be accessed via SwimCloud closer to the start of the NIC and time trial entries are due via SwimCloud by 10:30 am for each day's events and will open at 6 a.m. each morning.

Co-ed time trials are not permitted. Entry fees for time trials are \$15 per event.

### Accommodations or Modifications

The coach or swimmer is responsible for contacting the meet referee in advance of the meet to notify her/him of any accommodations or modifications that are needed to support a swimmer's disability.

## 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. National Invitational Athlete-of-the-Year will be named in each gender. National Invitational Coach-of-the-Year will be named in each gender.

### Scoring

Individual: 24-21-20-19-18-17-16-15-14-13-11-9-8-7-6-5-4-3-2-1



Relay: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

## Entries

### 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
- Time Trial Fee - \$15/event

### Entry Procedures

All entries will be uploaded via SwimCloud OME. **Entries must be received by 10:00 AM EST on Monday, March 9, 2026.** 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. Edits may be made up to the entry deadline by un-submitting an entry, correcting and resubmitting. Any corrections to times **only** must be completed within 24 hours of the posting of the psych sheet.

Athletes omitted from an entry as of the entry deadline, 10:00 AM ET on Monday, March 9, 2026, will be permitted entry into the meet under the following conditions:

- The omitted athlete(s)
  - WILL NOT be permitted to enter individual events
  - May only be entered on relay
  - Will be eligible for Time Trials
- The team will be fined \$100 per athlete omitted
- Entry must be done by contacting the admin referee. An invoice will be sent through Swimcloud.

### Men's DI Championship Qualifier

The NCAA Men's DI Selection roster and announcement will be after the entry deadline for the CSCAA NIC meet. If you have an athlete who is on the bubble for DI selection, you may name one alternate for the NIC meet using the following procedure:

- Do **NOT** enter the alternate athlete into the online system.
- By the original entry deadline:
  - Send a pdf or word copy of the alternate's entry to [nocando87-swim@yahoo.com](mailto:nocando87-swim@yahoo.com) and include the following information:
    - Name of athlete who is on the bubble for Men's NCAA DI Championship selection
    - Name of Alternate
    - Team
    - Alternate's DOB
    - Alternate's USAS ID if applicable
    - Events in which Alternate would be entered



- Provable and qualifying times

If the original athlete is selected for DI Men's Championships, the CSCAA NIC admin referee must be notified by the Wednesday scratch deadline to scratch the original athlete and enter the alternate. This is a hard deadline. The alternate will not be published on the initial psych sheet.

You will also need to submit at the same time, documentation from the NCAA demonstrating selection of the original athlete for the DI Championship roster so we can remove him from the NIC meet and insert the Alternate.

### Entry Limits

- **Team:** Each team may enter a maximum of 12 swimmers and 2 divers, however, a team cannot enter 14 swimmers if no divers and vice versa. There will be no exhibition-only swimmers.
- **Individuals:** Each athlete may enter a maximum of seven events of which no more than four may be individual events. Non-scoring swims are not permitted, except as noted below. Over entry is not permitted.
- **Permitted non-scoring event:**
  - All 'B' relays
- **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 roster number. Relay-only swimmers must be added to the relay to be entered into the meet. They may swim in time trial events.
- **Relays:** Each team may enter as many relays as they wish but ONLY 'A' RELAYS will be eligible to score. All "B" relays will be seeded after 'A' relays.

### Diving

Diving scores from the 2026 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.

## Qualification

### Automatic Qualifiers

Individuals and relays may qualify for the CSCAA National Invitational Championship by winning their respective event(s) at a bona-fide collegiate 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.

### 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 compete in at least one 'A' relay. Failure of the swimmer to compete in at least one 'A' relay 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.
- Relay only swimmers must be named on at least one relay when entries are submitted. Coaches may make changes after the deadline.

### 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. These standards are published on page seven (7).

## Media

### Social Media

The official hashtag for the event is: #NIC2026

### Results

Results of each session will be posted on the CSCAA website as soon as possible after each session. Applications for media credentials will be made available at a later date.

## Facility

### Team Seating

Top 15 teams from 2025 will select seating in order of finish, alternating by gender beginning with the men's standings in 2025.

1. Ohio State
2. Akron
3. Queens (NC)
4. Kentucky
5. Grand Canyon
6. Rice
7. Utah
8. George Washington
9. Florida International
10. Drexel
11. Illinois
12. Illinois-Chicago
13. Arkansas
14. Pacific
15. Indiana State

**Lockers**

Teams will use the general locker rooms. The CSCAA and FAST 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 north side of the pool (behind the blocks).

- 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. Credentials will be issued by the CSCAA.

**Spectator Seating**

The NIC will be a ticketed event by Florida Aquatics Swimming and Training. Group and individual ticket information can be found at:

<https://floridafast.com/tickets/>

**Automatic Qualifiers**

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.

**Eligible Conferences**

|                                    |                                          |
|------------------------------------|------------------------------------------|
| America East (M&W)                 | Metro Atlantic Athletic Conference (M&W) |
| American Athletic Conference (M&W) | Mid-American Conference (M&W)            |
| Atlantic 10 Conference (M&W)       | Missouri Valley Conference (W)           |
| Atlantic Coast Conference (M&W)    | Mountain Pacific Sports Federation (M&W) |
| Atlantic SUN Conference (M&W)      | Mountain West Conference (W)             |
| Big East Conference (M&W)          | Northeast Conference (M&W)               |
| Big Ten Conference (M&W)           | Patriot League (M&W)                     |
| Big XII Conference (M&W)           | Southeastern Conference (M&W)            |
| Big West Conference (W)            | Summit League (M&W)                      |
| Coastal Athletic Association (M&W) | SunBelt Conference (W)                   |
| Conference USA (W)                 | Western Athletic Conference (M&W)        |
| Horizon League (M&W)               |                                          |
| Ivy League (M&W)                   |                                          |



## Time Qualifiers

### Notes:

1. Times must have been achieved during the 2025-26 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.

| Event            | Women's Events |          | Men's Events |          |
|------------------|----------------|----------|--------------|----------|
|                  | A              | B        | A            | B        |
| 50 Freestyle     | 22.58          | 23.26    | 19.69        | 20.53    |
| 100 Freestyle    | 49.18          | 50.73    | 43.25        | 44.94    |
| 200 Freestyle    | 1:46.85        | 1:50.38  | 1:35.25      | 1:39.18  |
| 500 Freestyle    | 4:47.20        | 4:55.02  | 4:21.28      | 4:33.00  |
| 1000 Freestyle   | 10:02.99       | 10:20.99 | 9:19.99      | 9:43.99  |
| 1650 Freestyle   | 16:41.45       | 17:10.94 | 15:21.20     | 16:59.99 |
| 50 Backstroke    | 25.34          | 26.45    | 22.34        | 24.09    |
| 100 Backstroke   | 53.53          | 55.61    | 47.16        | 50.60    |
| 200 Backstroke   | 1:56.71        | 2:01.84  | 1:44.03      | 1:52.10  |
| 50 Breaststroke  | 28.73          | 29.64    | 25.17        | 26.15    |
| 100 Breaststroke | 1:01.22        | 1:03.27  | 53.43        | 55.98    |
| 200 Breaststroke | 2:13.28        | 2:18.57  | 1:56.96      | 2:04.17  |
| 50 Butterfly     | 25.11          | 25.52    | 21.99        | 22.57    |
| 100 Butterfly    | 53.34          | 55.20    | 46.80        | 48.99    |
| 200 Butterfly    | 1:58.93        | 2:04.89  | 1:45.34      | 1:52.48  |
| 100 IM**         | 57.54          | 58.58    | 51.19        | 54.03    |
| 200 IM           | 1:59.35        | 2:04.42  | 1:45.68      | 1:50.90  |
| 400 IM           | 4:16.78        | 4:29.99  | 3:49.53      | 4:09.69  |
|                  | A              |          | A            |          |
| 200 Free Relay   | 1:32.85        |          | 1:21.48      |          |
| 400 Medley Relay | 3:42.80        |          | 3:18.12      |          |
| 200 Medley Relay | 1:41.29        |          | 1:29.57      |          |
| 800 Free Relay   | 7:26.47        |          | 6:39.78      |          |
| 400 Free Relay   | 3:24.14        |          | 2:59.76      |          |



## Schedule

All times Eastern Standard Time (Daylight Savings Time Ends March 8, 2026)

### Monday, March 9

10:00 am Entry Deadline  
12:00 pm [Coaches Zoom Meeting](#)

### Wednesday, March 11

8:00 am Warm up pool opens  
10:00 am Registration & Credential Pick up Open  
5:00 pm Registration & Credential Pick up Close  
6:00 pm Thursday Scratches Due  
8:00 pm Warm-up pool closes

### Thursday, March 12

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
- -- 10 Minute Break --
- 50 Backstroke
- 500 Freestyle
- 50 Butterfly
- 200 Individual Medley
- 50 Breaststroke
- 50 Freestyle
- -- 20 Minute Break --
- 400 Medley Relay - twenty fastest seeded relays

**Friday, March 13**

|         |                                                                                                                                                                                                                                                                                                                                                       |
|---------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 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>-- 20 Minute Break --</li><li>• 800 Freestyle Relay - twenty fastest seeded relays</li></ul> |

**Saturday, March 14**

|         |                                                                                                                                                                                                                                                                                                                                                                      |
|---------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 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>-- 5 Minute Break --</li><li>• 400 Free Relay</li></ul>                                                                                                       |
|         | TBA Distance Session concluding at 5 p.m.                                                                                                                                                                                                                                                                                                                            |
|         | • 1000 / 1650 Freestyle*<br>Pools Open for Warm-Up                                                                                                                                                                                                                                                                                                                   |
| 3:00 pm | Relay cards due                                                                                                                                                                                                                                                                                                                                                      |
| 5:00 pm | Competition Pool Closes                                                                                                                                                                                                                                                                                                                                              |
| 5:45 pm | Finals Session Begins                                                                                                                                                                                                                                                                                                                                                |
| 6:00 pm | <ul style="list-style-type: none"><li>• 1000/1650 Freestyle* - ten fastest seeded individuals</li><li>• 100 Individual Medley</li><li>• 200 Backstroke</li><li>• 100 Freestyle</li><li>• 200 Breaststroke</li><li>• 200 Butterfly</li><li>-- 20 Minute Break --</li><li>• 400 Freestyle Relay - twenty fastest seeded relays</li><li>• AWARDS PRESENTATION</li></ul> |

\* The 1650 free will be run as a timed final event with the ten fastest seeded swimmers competing in Saturday finals session. All others will swim in a distance session that will conclude at approximately 5 p.m. swimming slowest to fastest, alternating heats of women and men.



## **Alternative Preliminary Schedule**

If necessary, the preliminary session will be divided into separate women's and men's sessions, taking place concurrently. The outdoor facility will remain open for all competitors to conduct warm up and warm down.

A split preliminary format will only be utilized if determined necessary by meet officials and the meet committee. This will be communicated during the Tuesday coaches' meeting.

## **Finals / Awards Protocol**

Consolation finalists will report directly to their lane while Championship finalists will be paraded out to the starting blocks. The finals will begin with a consolation final followed by the championship final. The meet will not conduct individual award presentations. All individual and relay awards will be made available for pick up by a staff member in the coach/staff hospitality area.

### **Revision History:**

August 6, 2025 Updated for 2026 Championship

October 11, 2024 Updated for 2025 Championship

January 26, 2024 Time Trials Deadline & Entry Procedures Updated

January 23, 2023 Updated for 2024 Championship