



**2011
AT&T Winter
National Championships
December 1-3**

**Georgia Institute of Technology
Atlanta, GA**

Entry Deadline: Tuesday, November 22, 2011



**2011 AT&T Winter National Championships
Georgia Institute of Technology
Atlanta, GA**

Important Facts About the Meet



- ◆ There will be no relays at the meet per September 2011 Senior Swimming Committee decision.
- ◆ Time Trials will be offered on a time-available basis only.
- ◆ Prelims will begin at 9:00am, and finals will begin no earlier than 6:00pm.
- ◆ The qualification period for this event is November 1, 2010 through the entry deadline.
- ◆ Qualifying standards can be found at; usaswimming.org/nationals
- ◆ **Entry Deadline;** Register for the AT&T Winter National Championships on-line at usaswimming.org/nationals no later than Tuesday, November 22, 2011 by 11:59 p.m. Mountain Time.
- ◆ **E-Mail Entries;** Swims which achieve the qualifying time standards for the first time from Tuesday, November 22, 2011, through Sunday, November 27, 2011, may be sent by e-mail. These entries must be received no later than 11:59 p.m. Mountain Time on Sunday, November 27, 2011, and cannot be used to improve the seed time of a prior entry. See usaswimming.org/nationals for e-mail instructions. Email entry form will be available beginning on November 22, 2011.
- ◆ There will be no bonus swims at these championships.
- ◆ Ten lanes shall be used for preliminary and finals heats. All ten lanes will be eligible for team scoring.
- ◆ Team scores will be kept and awarded.
- ◆ At the discretion of the Meet Referee, the preliminary sessions may be conducted using “Flyover” starts or in an A/B format. Details of any changes to normal meet operations protocol will be announced at the general meeting.
- ◆ Foreign athletes (those who are ineligible to represent the USA in international competitions) will be allowed to swim at this competition, and will be permitted in the Championship (“A”) Finals, including timed final events, however, they cannot score team points in a USA Swimming National Championship.
- ◆ Swimmers may qualify for the 800 and 1500 Freestyle events using the 1500/1650 time standards or the 800/1000 time standards.

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**2011 AT&T Winter National Championships
Order of Events
Long Course Meters**

Heats Begin at 9:00

Finals Begin at 6:00*

<u>Women's Events</u>	<u>Day 1– Thursday, December 1</u>	<u>Men's Events</u>
1	400 Freestyle	2
3	200 Individual Medley	4
5	50 Freestyle	6
	 <u>Day 2 - Friday, December 2</u>	
7	400 Individual Medley	8
9	100 Butterfly	10
11	200 Freestyle	12
13	100 Breaststroke	14
15	100 Backstroke	16
	 <u>Day 3 - Saturday, December 3</u>	
17	Women's 800 Freestyle	
	Men's 1500 Freestyle	18
19	200 Backstroke	20
21	100 Freestyle	22
23	200 Breaststroke	24
25	200 Butterfly	26

Heats for events 17 and 18 will be swum after event 26

**Finals will not begin before 6:00pm each night. Depending on prelim timelines, the start time for finals may be adjusted for a later start. Details of any changes will be announced at the general meeting.*

General Information (Continued)



Facility Address

Campus Recreation Center
Georgia Tech Aquatics Center
750 Ferst Drive
Atlanta, GA 30332

Meet Referee

MaryJo Swalley
scsmj@earthlink.net

Meet Directors

Steve Hedenquist
shedenquist@dynamoswimclub.com

Dave Williams

dave.williams@crc.gatech.edu

USA Swimming Vice President, Program Operations

Jim Sheehan
Jim.Sheehan@marshpm.com

USA Swimming National Events Director

Dean Ekeren
dekeren@usaswimming.org

Meeting Schedule

Wednesday, November 30	5:30 PM	General Meeting	TBD
	6:30 – 9:00 PM	Coaches, Officials, and VIP Social Immediately following the General Meeting	Georgia Aquarium
Thursday, December 1	7:30 AM	Officials' Meeting	TBD

(All subsequent officials' briefings will be held one hour prior to the start of each session in Room 147)

Directions to Pool from Hartsfield-Jackson Atlanta International Airport (ATL)

- ◆ Take I-75/85 north
- ◆ Exit #250 10th St/14th St/Georgia Tech
- ◆ Merge onto Williams St NW
- ◆ Left at 10th St NW (stoplight top of exit ramp)
- ◆ Travel several lights down 10th street to Hemphill-small strip of stores at this intersection
- ◆ Left at Hemphill NW
- ◆ Right at Ferst Dr NW (where the road T's-turn right)
- ◆ Pool is on the right @1/4 mile up the road (Georgia Tech Aquatic Center inside the Campus Recreation Center)

MARTA (the rail system) runs from the Airport to many of the hotels in the downtown and midtown area as well as the Aquatic Center – To get to the Aquatic Center; exit MARTA at the Midtown station and a GT Trolley (free) makes regular rounds from MARTA to the Aquatic Center-cost one-way on MARTA is \$1.75 Additional trolley information can be found on [parking.gatech.edu/-Tech Trolley](http://parking.gatech.edu/-Tech-Trolley)

Broadcast Statement

Any photographs, videotape or other audio and/or visual recordings of the event created by a spectator may be used solely for such spectator's personal non-commercial use, and may not be broadcast, published or disseminated, or used for any commercial purposes, without the prior written consent of USA Swimming.

Image Authorization

All participants agree to be filmed and photographed by the official photographer(s) and network(s) of USA Swimming under the conditions authored by USA Swimming, and allow event organizers the right to use names, pictures, likenesses, and biographical information before, during or after the period of participation in USA Swimming competitions to promote such competitions. All participants agree not to use or authorize use of pictures in the uniforms and equipment provided by USA Swimming for the purpose of trade, without the consent of USA Swimming. All participants agree not to use medals or photos, or portraits or films with the medals, which are received for performances in this competition, for the purpose of trade. Furthermore, participants agree to return these uniforms and equipment, bearing USA Swimming logos and marks, if and when requested.

General Information (Continued)



Parking

- ◆ Coaches, Athletes, and Officials will be provided a pass for the duration of the meet allowing you to park adjacent to the Campus Recreation Center on Tech Parkway. Permit will be given at team check-in and must be displayed in your vehicle window at all times.
- ◆ All-Session parking passes may be purchased on-line at the same time you purchase event tickets. The all-session parking pass costs **\$21.00** and is valid Thursday through Saturday in the Area 3 parking lot and Student Center parking deck, both are located directly across the street from the Aquatic Center. Daily parking fee is \$14.00 per day or \$7.00 each entrance with "no" re-entry without paying again.
- ◆ Spectators will be directed via swim meet signage to either the parking deck or pay lot across the street from the Campus Recreation Center. The cost per vehicle for the parking deck is \$14.00 per day or \$7.00 each entrance with "no" re-entry without paying again.
- ◆ Volunteers will be provided a pass for the duration of the session allowing you to park adjacent to the Campus Recreation Center on Tech Parkway. Permit will be given at volunteer check-in and must be displayed in your vehicle window at all times.

Transportation

USA Swimming has negotiated rates with United Airlines if ticketed by Polk Majestic Travel Group. Discounts are based on class of service and availability. For more information, you may contact the PMTG Group Air Department at 303-302-2540 or 800-218-9481, or contact usaswimming@polkmajestic.com with your request.

Hotels

For complete, up-to-date hotel information please refer to usaswimming.org/nationals.

Ticket Information

All-Session Passes may be ordered on-line at usaswimming.org/nationals or by calling the Georgia Tech Ferst Center for the Arts at 404-94-9600. Tickets for individual sessions, preliminaries and finals, will be sold separately at the GT Aquatic Center during the event. Heat sheets are not included in ticket price and will be sold separately.

All Sessions	
Adult	\$50.00
Youth (ages 3-12 and students with ID)	\$35.00
GT Students	\$25.00
Daily Rate (Prelim and Finals)	
Adult	\$20.00
Youth (ages 3-12 and students with ID)	\$14.00
GT Students	\$10.00
Single Session (Prelim or Finals)	
Adult	\$12.00
Youth (ages 3-12 and students with ID)	\$ 8.00
GT Students	\$ 5.00

Admission is free for children under 3 years of age.

Tickets ordered on-line via the internet will carry an additional fee of \$5.00 per all-session pass for handling fee. If you call in your order, the fee is \$3.50 per all-session pass.

Box Office Hours – to call in your order or purchase in person: Monday – Friday 8:00AM – 4:00PM (EST)

For additional information, please contact:

Ferst Center for the Arts
Georgia Tech
349 Ferst Drive, NW
Atlanta, GA 30332-0468
Phone: 404-894-9600

Coach's Packet

There will be a special coach's packet available for \$75.00, that will contain one general admission pass, one psych sheet and one team roster. The packet is available only during regular team registration hours.

- ◆ Current USA Swimming coach members who have swimmers in the meet (coach and swimmer(s) must be registered with the same team), will receive a deck pass which includes hospitality.
- ◆ USA Swimming coach members without swimmers in the meet will receive general admission tickets only (no deck access).

Television

The 2011 AT&T Winter National Championships will be broadcast on NBC Universal. Check local listings for times in your area.

Site Information



Information/Lost & Found

"Wet" lost and found items will be located in the Guard room off the pool deck (room 139). Anything of greater value such as camera's, cell phones, etc. will be taken to the Member Service desk located at the entrance of the Campus Recreation Center (CRC). Information and general directions can also be obtained at the Member Service desk or Information table at the front of the facility during posted hours.

Lockers

Men's and Women's Locker rooms are adjacent to the competition pool for the Athletes. Lockers are available on a first come/first serve basis as there are not enough lockers for all participants. Locker rooms for use by officials are located on the lower (pool) level in the main part of the CRC. Everyone must provide his/her own lock. The GT Campus Recreation Center and the meet hosts will not be held liable for lost or stolen items.

Medical Assistance

Medical personnel will be located on the pool deck by the medical/first aid room (room 139 A) Sick call will be available daily. The sick call schedule will be noted in the information provided in the coaches' packet. There will also be numbers to contact for 24-hour emergency assistance. Sports massage therapy services will not be provided.

Concessions

Concessions will be provided on the main concourse of the Georgia Tech Aquatic Center during competition hours by Sodexo, the official concessionaire of Georgia Tech.

Hospitality

Coaches and officials hospitality will be located just off the pool deck (Room 134), adjacent to the diving well and will be open on days of competition only (Thursday, Friday and Saturday).

Athlete Hospitality

The athlete hospitality area will be located on the pool deck along the south wall, half way between the Men's and Women's locker rooms on days of competition only (Thursday, Friday and Saturday).

About the Facility

Located in downtown Atlanta, on the campus of Georgia Tech, the Campus Recreation Center which houses the GT Aquatic Center, underwent a 45 million dollar renovation, expansion and new construction project re-opening in August, 2004. The GT Aquatic Center has three pools—50 m x 25 m competition pool, 25 yd. diving well with full towers and 5-1m and 3-3m springboards, and a separate recreational pool with an indoor water slide. The facility also seats 1950 spectators in individual chair-back seats. The Aquatic Center was the site of the 1996 Olympic Aquatic events where 4 world records were broken, and the campus also served as the Olympic Village and Boxing venue during the Games. Most recently the 2006 Men's NCAA Swimming and Diving championships were held at the facility where records were broken every night. Photos and additional information can be found at: campusrecreation.gatech.edu

Pool Hours

Tuesday, Nov 29	9:00AM - 9:00PM
Wednesday, Nov30	9:00AM - 9:00PM
Thursday, Dec 1	6:00AM - 1 hour after finals
Friday, Dec 2	6:00AM - 1 hour after finals
Saturday, Dec 3	6:00AM - 1 hour after finals

Credential Pick-Up (Coaches, Swimmers, Chaperones)

Credentials can be picked up at the GT Aquatic Center on the following schedule.

Tuesday, Nov 29	3:00PM - 8:00PM
Wednesday, Nov 30	8:00AM - Noon and 1:00PM - 8:00PM
Thursday, Dec 1	7:00AM - Noon and 1:00PM - 8:00PM
Friday, Dec 2	7:00AM - Noon and 1:00PM - 8:00PM
Saturday, Dec 3	See Admin Ref

Credentials

Access to the facility will be strictly enforced. Please wear your credential at all times. There is a \$50 replacement charge for lost credentials.

Team Banners

Team banners will not be allowed at these championships.

Wireless Internet Access

If you have a WiFi card and it is turned on, it will automatically detect the FAST PASS network. You will then need to open your browser to see the FASTPASS home page, where you can purchase a daily pass to connect to wireless network in the CRC. For details, please go to: gatech.fastpass.net/index.php

Entering the Meet



Meet Entries

All Event Entry questions should be directed to: Susan Woessner at USA Swimming. (719-866-3589 or 719-332-0184)

Enter the Winter National Championships on-line at usaswimming.org/OME beginning Tuesday, October 4, 2011 and no later than 11:59 p.m. Mountain Time, Tuesday, November 22, 2011.

You will be required to pay for the on-line entries with a Visa, Mastercard, American Express or Discover.

OME is not an eligibility report; Coaches are responsible for knowing events for which their athletes are qualified.

You can modify your entry on-line by adding to the original entry. You cannot delete an on-line entry once it has been paid for.

Once you complete your on-line entry, you will be sent confirmations via e-mail. Please keep all of these and bring them with you to the meet (just in case).

Drug waiver forms will automatically be sent to you via e-mail after you submit your entry on-line. Please have these filled out and bring them with you to the meet (*i.e. do not mail to USA Swimming*).

E-Mail Entries

Swims which achieve the qualifying time standards for the first time from Tuesday, November 22, 2011, through Sunday, November 27, 2011, may be sent by e-mail. These entries must be received no later than 11:59 p.m. Mountain Time on Sunday, November 27, 2011, and cannot be used to improve the seed time of a prior entry. Email entry form will be available beginning on November 22, 2011. See usaswimming.org/nationals for e-mail instructions.

Foreign Entries

Foreign athletes (those who are ineligible to represent the USA in international competitions) will be allowed to swim at this competition, and will be permitted in the Championship ("A") Finals, including timed final events, however, they cannot score team points in a USA Swimming National Championship.

All foreign participants must be members in good standing of their country's FINA affiliated federation. Foreign entries must be proven with meet results and must be submitted by the entry deadline. Foreign athletes who are not members of USA Swimming, may e-mail entries directly to Susan Woessner (swoessner@usaswimming.org).

Late Entries

Any team or athlete missing the entry deadline will be permitted to enter late, subject to the following requirements:

- A. Late entries must be submitted through the On-Line Meet Entry system (OME);
- B. These entries must be received no later than 11:59 p.m. Mountain Time on Sunday, November 27, 2011;
- C. The team or athlete must pay a one-time processing fee of \$150.00, *and* pay entry fees of \$30 per individual event.

Qualifying Period

The qualification period for this event is November 1, 2010 through the entry deadline.

Entry Fees:

\$15.00 per individual event
\$20.00 per credentialed coach

Number of Events

A swimmer may only swim three (3) individual events per day (including time trials). A swimmer may enter any number of individual events in which the qualifying time standard has been met. All entry times must be proven.

Bonus Events

Bonus events will not be offered for this meet.

Secondary Club Recognition

The on-line entry form contains a space for secondary "club recognition." You may enter a second club for each of your athletes if you wish. The secondary club will be listed in the psych sheet, meet roster and heat sheets, if space is available. Each athlete will have only 16 characters for both his/her club and his/her secondary club. The club does not need to be a USA Swimming member club. It may be any club that your athlete wishes to recognize. Listing this club is for recognition purposes only. Listing this club has nothing to do with representation, team scoring or credentials.

Waiver and Release Form

The USA Swimming Waiver and Release Form will be automatically generated by the on-line system. These forms must be submitted at the registration desk. Make copies as needed for each swimmer. Having this completed will save time during check-in at the competition site. Additionally, a parent or legal guardian must sign form if swimmer is under the age of majority in his/her home state.



Rules

USA Swimming Rules and Regulations will govern the conduct of these Championships and will serve as the official guide for technical and procedural rules. It shall be the swimmers' and coaches' responsibility to acquaint themselves with all of the information contained in this meet information book.

Membership Requirement

All persons expecting to receive a deck pass should be prepared to show a current USA Swimming membership card. Non-members who have successfully completed the Athlete Protection Training (APT) course and a USA Swimming background check may join on site at the registration check-in desk. Information regarding the APT course and the background check will be available at meet check-in and is also online at usaswimming.org/protect. Coaches must provide proof of CPR, First Aid and Safety Training for Swimming Coaches or USA Swimming approved equivalents, and must have successfully passed the required background check.

No swimmer will be issued credential without a coach member present. If the home club coach is not planning to attend event, swimmer must be assigned a supervising coach (per USA Swimming rule 202.3.2). Arriving with fellow LSC club/coach is preferred. However, if a swimmer arrives without a coach, he/she must find a willing coach at the facility to sign supervision form before a credential can be issued.

SWIMS Database—Proof of Time

Times from the following will be in SWIMS, the national times database. Times in the database are not automatic entries to meets.

- A. USA Swimming Sanctioned competition
- B. USA Swimming Approved competition
 - ◆ Check two weeks before the competition to assure the meet has been approved by the LSC, and prior to the start of the competition, ask the Meet Director for the procedure for getting a time into SWIMS.
- C. USA Swimming Observed swims
 - ◆ Be sure a proper request for an Observed Swim is made according to guidelines appearing in the USA Swimming SWIMS Time Module Policy Manual, and prior to the start of the meet, verify that proper procedures are in place for the Observed swim.

Entering Official Times

Individual Events - All individual entry times must be made prior to the entry deadline and must be proven prior to the scratch deadline for that event through the SWIMS Database. No swimmer will be permitted to swim without said proof. Program Operations reserves the right to challenge any submitted time. All scratches must be proven.

Responsibility Clause (207.8.3)

The coach, swimmer or swimmer representative who signs a USA Swimming Championship entry form attests that all times stated in the entry form are true and correct as achieved qualifying times for each event entered. He/she assumes all responsibility for false or incorrect times, or times which are unacceptable under USA Swimming rules, and shall be assessed a \$100 penalty payable to the Corporation for each such time entered, unless absolved of the fine by the Vice President of Program Operations or designee or Board of Review. Additional action or

penalty may be taken or levied as deemed appropriate by USA Swimming.

Such penalty shall also be levied against any USA Swimming verification officer who entered such a false or incorrect time(s) into the SWIMS Database.

Appeal of fines are to be made to the Vice President of Program Operations or designee and/or Board of Review. Any appeal of the decision of the Vice President of Program Operations or designee shall be in accordance with the provisions of Part Four, specifically Article 407.

Automatic Proven Times

If a time for a swimmer is visible in the public search feature on the USA Swimming website (Times/Time Standards) and it was swum in the appropriate qualifying period, it is considered a proven official time. Entry times not proven by the scratch deadline for the event will be considered as false or incorrect times and are subject to action under provisions of the USA Swimming Rules and Regulations.

SWIMS data entry from properly authorized and observed college meets must be requested. These times will not be automatically placed in the database. Times from all major international championships will be automatically entered in the database. Times from any other meets in which National time standards were met must be requested from the SWIMS Time Official in the LSC in which the meet was held. LSC officials may charge a fee for data entry requested after the meet ends.

Seeding

For these Championships, the seeding order is:

1. Long Course Meters (LCM)
2. Short Course Meters (SCM)
3. Short Course Yards (SCY)

Registration

Credentials for coaches, managers and chaperones shall be issued to those persons listed on the submitted team entry forms, according to the following formula, based upon the total size of the team, whether comprised of one or both sexes. Managers and trainers must be included in this formula and on the entry form to receive a deck pass. Athletes entered in the meet will receive a deck pass as part of their entry fee. There is a surcharge of \$20 per person for spectator passes. All others will be required to purchase individual tickets. For clubs that wish to bring one certified massage therapist with their teams, a \$50 surcharge will apply if the massage therapist exceeds the deck pass formula below. These funds shall become the property of the meet host. All massage therapists must be non-athlete members of USA Swimming.

1-3 swimmers in individual events; 1 deck pass; 1 spectator pass.

4-6 swimmers in individual events; 2 deck passes; 1 spectator pass.

7-9 swimmers in individual events; 3 deck passes; 1 spectator pass.

10-20 swimmers in individual events; 4 deck passes; 2 spectator passes.

21-30 swimmers in individual events; 5 deck passes; 2 spectator passes.

31-40 swimmers in individual events; 6 deck passes; 3 spectator passes.

41-50 swimmers in individual events; 7 deck passes, 3 spectator passes.



51 or more swimmers in individual events; 9 deck passes; 5 spectator passes.

Unattached swimmers with a team shall be included in above schedule even if listed on separate entry blank.

Unattached swimmers not with a team: 1 deck pass; 1 spectator pass.

Check-In

Coaches are responsible for all business conducted at the General Meeting. If, for any reason, you cannot attend the meeting, be sure to find out what occurred. You must arrive prior to the scratch deadline for your swimmer's first event to prove times if necessary.

- A. Start with the person that is checking the swimmers' and coaches' membership in USA Swimming. Have your coach membership card with you. To avoid any problems with your swimmers, have their membership cards as well.
- B. After you have been cleared, move on to the individual giving out the Coaches' packets. One of the items you will receive is a psych sheet.
- C. Review the psych sheet posted by the Times desk and make sure your swimmers do not have an asterisk (*) by their time.
- D. In the event of an asterisk, go to the Times desk immediately and clear the time. It is your responsibility to do this. If it is not cleared by the scratch deadline, the swimmer will be scratched from the event. If a time cannot be proven the coach is subject to a \$100 fine. You should make sure all your athletes' times are in the SWIMS database.
- E. If you have a distance swimmer, he/she must be checked in prior to the scratch deadline in order to be seeded.
- F. Check your scratches - make certain they are correct and submitted on time. Do not let your swimmer miss his/her best event because you failed to scratch an entry.
- G. Follow all proof of time, scratch and distance event entry procedures by the required deadlines as published.

Warm-Up and Safety

Program Operations will provide a complete schedule of warm-up procedures to include lane usage and times, which must be adhered to by all participants. This information will be distributed with the meet information at registration, posted throughout the venue, announced on a regular basis before and during the meet, and monitored by the Meet Referee (or his/her designees). Flagrant violation of these procedures may result in a disqualification from the meet for unsportsmanlike activity. Encourage your swimmers to cooperate with marshals. The main competition pool will be reserved the last 60 minutes for swimmers competing in that day's events.

Scratch Procedures

- A. Location of Scratch Box
 - ◆ The scratch box will be located at the Registration Desk prior to the start of the meet and until the General Meeting.
 - ◆ It will be at the General Meeting.
 - ◆ After the General Meeting, the scratch box will be located with the Clerk of Course for the remainder of the meet.
- B. Scratch Deadlines:
 - ◆ The scratch deadline for the first day's events shall be fifteen (15) minutes after the General Meeting is adjourned. The scratch deadline for all subsequent day's events shall be thirty (30) minutes after the time estab-

lished for the start of the finals sessions.

Ready Room

A Ready Room will be used at these Championships prior to each "A" finals heat. Each swimmer in the "A" final must report to the Ready Room five minutes preceding the event. Bonus and Consolation heats will report directly to their assigned starting block.

Awards Ceremonies

An awards ceremony will be conducted immediately after each event. The top three swimmers in each event should report to the Awards Staging Area following the "A" Final for their event, and immediately dress in official team apparel for the medal ceremony.

Distance Freestyle

- A. Distance Entry - Any swimmer who qualifies for the 800m or 1500m freestyle events may enter at their fastest time or at the qualifying time standard, if entered in two or more events on the day of the distance freestyle.
- B. Distance Check-in and Seeding - Entrants in the 800m and 1500m freestyle must check in and confirm their intention to compete before the scratch deadline in order to be seeded. Seeded heat sheets will be published at the end of finals the evening before. The swimmers will be listed in the psych sheet in the order of submitted times, beginning with the fastest (207.12.7).
- C. Order of Distance Events - The preliminary heats of the 800m and 1500m freestyle events will be swum slowest to fastest, alternating women's and men's heats. The starting time for each heat held during the preliminary session shall be scheduled so that the second-fastest seeded heat of the Men's event is concluded 60 minutes before the evening finals session is scheduled to begin. Only the fastest seeded heat in each event will swim in the Finals session.
- D. The 800 and 1500 Freestyle events will be timed finals, with the single fastest-seeded heat in each event swum in the evening session. All other heats will be swum after the conclusion of prelims.

Finals Session Event Order

There will be a bonus final, consolation final, and championship final in each event at this Championship (except the 800m and 1500m freestyle events). The order of the final events shall be C, B and A (bonus, consolation and championship). For the 800 and 1500 Freestyle events, only the fastest-seeded heat will swim at night.

Meet Scoring

Scoring will be on a twenty (20) place basis. Individual events: 24, 21, 20, 19, 18, 17, 16, 15, 14, 13, 11, 9, 8, 7, 6, 5, 4, 3, 2, 1. Separate team scores will be kept for Club and College teams.

Results

After each evening's finals at these championships, the results will be available at usaswimming.org/nationals.

Awards

- A. Team Awards - Awards will be provided for the top ten team in Men's, Women's, and Combined categories. There will be no awards for college teams. The top three



teams in each category will be awarded following the conclusion of the championships. Fourth through tenth place awards will be mailed within two weeks after the championships.

- B. Medals - A medal ceremony will be conducted for the top three place winners in each event. An "18&Under" National Champion medal will also be presented to the highest placing American 18&under swimmer in each individual event. Fourth through tenth place medals may be picked up in the awards staging area.
- C. Individual High Point Awards - Male and Female Awards will be given at the National Championships. These awards are named after Robert J. Kiphuth, the great swimming coach from Yale University.
- D. ConocoPhillips Performance Award - This award, sponsored by USA Swimming corporate partner, ConocoPhillips, is presented to the swimmer who achieves the single most outstanding performance of the meet, based on the FINA power points system.

Time Trials

Time Trials will be conducted on a time-available basis, and may be limited to approximately one hour each day. These Time Trials shall be held under a separate sanction of the LSC where the meet is held.

- A. Time Trials will be conducted in long course meters each day.
- B. A swimmer is limited to a maximum of two Time Trials during the course of the Championships.
- C. A swimmer must be entered in the meet with a proven individual time to participate in the Time Trials
- D. The Time Trial entry deadline shall be one hour prior to the estimated/published conclusion of that days preliminary session.
- E. Except as noted below, Time Trials shall be swum in the order listed under the meet program as follows:
 - ◆ First Day: that day's events, followed by the remaining events in the meet.
 - ◆ Second Day and Third Day: that day's events, followed by the remaining events in the meet.
 - ◆ The 800 & 1500 yard Freestyle events will typically be offered on only one day of the meet. The day will be determined by the Meet Referee, depending on the size of the meet, time available, etc; and be announced at the General Meeting.

Entry fees for Time Trials are the same as those established for the Championships.



ConocoPhillips Athlete Reimbursement Policy

Reimbursement is available for the following USA Swimming competitions;

- A. ConocoPhillips National Championships/Trials
- B. Open Water National Championships
- C. AT&T Short Course National Championships
- D. U.S. Open Championships

Eligibility Requirements

- A. Athletes must be U.S. citizens and eligible to represent the United States in International competition.
- B. For pool competitions, reimbursement will be awarded to those athletes who are ranked in the indicated Top 100 World Rankings from swimnews.com.
- C. For the 2011 AT&T Winter National Championships, the 2011 LCM World Rankings from November 1, 2010 to November 1, 2011 will be used.
- D. A time swum in the current competition that would have made the Top 100 World Rankings does not qualify an athlete for reimbursement.
- E. Local athletes who qualify via the rankings are eligible to receive funding.

Application Process

- A. USA Swimming Athlete Services staff will compile a list of all athletes eligible to receive funding and the amount of funding each athlete will receive.
- B. Coaches who have athletes on this list will be contacted following the competition to clearly designate if the funds should be sent to the Club or to the Athlete. Note: NCAA athletes may not receive funds directly, funds must be sent to the club. For Open Water Nationals, recipients will be contacted following the competition.
- C. Following the competition, USA Swimming Athlete Services staff will notify, via email, all funding recipients and request a current w-9 form if needed and verify the appropriate address.
- D. The list of recipients/funding will be sent to the Times and Recognition Committee Chair for checks and balances.
- E. Swimmers not listed on the Top 100 World Rankings, but having achieved a time that earns them a place on the list may submit a time from the SWIMS database within the qualifying period to the Athletes Services staff member on site.

Reimbursement Structure: Pool (LCM National Championships/Trials, SC National Championships/US Open)

<u>Rank</u>	<u>Travel Expense</u>	<u>Per Diem</u>
1st-8th	\$400	\$300
9th-16th	\$400	\$200
17th-25th	\$400	\$100
26th-50th	\$400	
51st-100th	\$200	

- A. Checks will be mailed directly to the address provided by the recipient. Coaches and Athletes must take the responsibility to make sure the funds are sent to the appropriate recipient. USA Swimming is not responsible for lost checks or checks mailed to the incorrect address.
- B. USA Swimming staff will work for disbursement of funds 2 weeks from the final day of the competition.

Doping Control



Testing

The athletes at this competition are subject to drug testing conducted by the United States Anti-Doping Agency (USADA) and FINA under the In-Competition Testing program. This section is intended to give an overview of the key points relevant to this program and the testing which will be conducted at the competitions governed by this booklet. For a more detailed explanation of the program please contact Stacy Michael-Miller, USA Swimming Athlete Services Manager at 719-866-4962.

Medications: The 2011 Prohibited List is in effect for this competition and may be found at usada.org

Athletes should check the status of all medications (over the counter and prescription) and substances prior to consumption to ensure that they do not contain a prohibited substance. This should be done well in advance of the competition, as certain medications may require reporting in advance.

Check the status of all medications at one of the following locations:

Drug Reference Online: globaldro.com

Drug Reference Line: 800-233-0393

The athlete is responsible for ensuring that no prohibited substance enters his/her system.

Supplements

In an effort to maintain the integrity of our sport and the safety of our athletes, USA Swimming has taken a proactive role in making athletes and coaches more aware of the risks involved in the use of commercially available dietary supplements that have been linked to enhancing performance. Along with the US Anti-Doping Agency (USADA), USA Swimming considers dietary supplements "take at your own risk," placing full responsibility for any effects and repercussions on the athlete.

Claims made by the manufacturers/ distributors of dietary supplements regarding the effectiveness of their products are not strictly regulated by the US Food and Drug Administration. Any commercial dietary supplement is susceptible to containing substances that may appear on the Prohibited Substance list(s) of FINA and/or the IOC. The potential exists for commercial supplements to contain substances that do not appear on the product's list of ingredients (see Dietary Supplement Health and Education Act for more information). Statistics indicate that in some cases, the use of legal dietary supplements has been linked to positive test results for prohibited substances in athletics.

The choice to use a dietary supplement is the sole responsibility of the athlete and one that should not be made in haste. An athlete is advised to weigh the options heavily, consider the consequences, and take responsibility for his/her actions.

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Doping Control rule for athletes previously eligible for out of competition drug testing:

Athletes who were previously eligible for out of competition (no-advance-notice) doping control and officially retired have a 9 month waiting period before they can compete (should they choose to return to competition) and must again be subject to out-of-competition testing during this reinstatement period. The athlete is not permitted to compete in any USA Swimming sanctioned events (local competitions all the way up through National competitions including meets with a dual sanction from Masters and USA Swimming) or FINA sanctioned events. If you have an athlete in this situation, please email smichael@usaswimming.org immediately.

More Information

For information regarding medication status, the reporting of medications and the requirements in place for reporting, please contact the US Anti-Doping Agency (USADA) at 800-233-0393.

For more information about the doping control process please visit the USA Swimming website at usaswimming.org