



2012 Speedo Junior National Swimming Championships

August 13-17
Indianapolis, IN

Official Event Information

Entry Deadline is Monday, August 6, 2012, by 11:59 p.m. Mountain Time.



2012
Speedo Junior National Championships
Event Information

Important Facts About the Meet



- ◆ The qualifying period for this event is January 1, 2011, through the entry deadline.
- ◆ **Entry Deadline:** All entries must be made on-line at usaswimming.org/ome no later than Monday, August 6, 2012, by 11:59 p.m. Mountain Time. The entry system will open May 14, 2012.
- ◆ Bonus events will be permitted for this meet. All athletes who qualify for one or more individual events will be permitted to enter and swim in up to two bonus events, provided they have achieved the published Bonus Event Time Standards.
- ◆ All athletes at the meet must be 18 or under on the first day of the meet. College athletes who meet this age requirement are permitted to compete in the meet.
- ◆ Foreign national teams are not permitted to compete in this meet, however foreign athletes who are registered members of USA Swimming clubs will be permitted.
- ◆ Swimmers may qualify for the 800 and 1500 Freestyle events using either the 800 or 1500 qualifying standards (i.e. the conforming or non-conforming distance event standards).
- ◆ Time Trials will be conducted for all swimmers entered in the meet (individual or relay). Time Trial entries will only be taken on-site at the Clerk of Course. Relay-only swimmers may compete in Time Trials.
- ◆ At the discretion of the Meet Referee, the preliminary sessions may be conducted using “Flyover” starts, “chase” starts, or in an A/B flighted format. Details of any changes to normal meet operations protocol will be announced at the general meeting.
- ◆ All relays will be swum as timed finals in the evening sessions only. Relay qualifying times must be made by swimmers age 18 or under when the qualifying time is achieved.
- ◆ There will be no practice space available at the competition venue for Speedo Junior National participants prior to 6:00 a.m. on Sunday, August 12th. Please plan accordingly. Speedo Junior National participants will be allowed in the spectator areas of the venue on Saturday, August 11th by displaying their credential. Off-site training for Speedo Junior National participants will be available at the North Central High School Natatorium (1801 East 86th Street; Indianapolis, IN 46240) at the following times: Friday, August 10, from 4:00 PM – 8:00 PM and Saturday, August 11, from 11:00 AM – 6:00 PM.
- ◆ Swimmers’ and Coaches’ Responsibility – It shall be the swimmers’ and coaches’ responsibility to acquaint themselves with all of the information contained in this meet information book and any information or changes announced at the General meeting.

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2012 Speedo Junior National Championships
Order of Events
 Long Course Meters

Heats Begin at 9:00am

Finals Begin at 6:00pm

<u>Women's Events</u>	<u>Day 1– Monday, August 13</u>	<u>Men's Events</u>
1	200 Butterfly	2
3	200 Breaststroke	4
5	Women's 800 Freestyle	
	Men's 1500 Freestyle	6
	<u>Day 2 - Tuesday, August 14</u>	
7	400 IM	8
9	100 Freestyle	10
11	200 Backstroke	12
13	400 Free Relay	14
	<u>Day 3 - Wednesday, August 15</u>	
15	400 Freestyle	16
17	100 Butterfly	18
	Men's 800 Free Relay	19
	<u>Day 4 - Thursday, August 16</u>	
20	200 Freestyle	21
22	100 Breaststroke	23
24	100 Backstroke	25
26	Women's 800 Free Relay	
	<u>Day 5 - Friday, August 17</u>	
27	Women's 1500 Freestyle	
28	200 IM	29
30	50 Freestyle	31
	Men's 800 Freestyle	32
33	400 Medley Relay	34

In the morning session only, heats for events 27 and 32 will be swum after event 31

All relays will be timed finals with all heats swum in the evening session

General Information



<p>Facility Address Indiana University Natatorium on the Campus of IUPUI 901 West New York Street Indianapolis, IN 46202 317-274-3518</p> <p>Meet Referee Marilyn Duman <i>dumanswims@aol.com</i> 440-826-1448</p> <p>Event Directors Arlene McDonald Indiana Swimming Meet Operations 317-442-2166 <i>Arlenemcd@aol.com</i></p>	<p>Julie McKenney IU Natatorium Facility Operations 317-274-6785 <i>jmckenne@iupui.edu</i></p>	<p>Club Partner: Carmel Swim Club</p> <p>Club Coordinators Anne Brunory Bethany Burchill Jane Grout</p> <p>USA Swimming Vice President, Program Operations Jim Sheehan <i>Jim.Sheehan@marshpm.com</i> 908-239-9009</p> <p>USA Swimming National Events Manager Sandra Lopez <i>slopez@usaswimming.org</i> 719-866-4578</p>
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Meeting Schedule			
Sunday, August 12	5:00pm	General Meeting	University Place Hotel Auditorium
Monday, August 13	7:30am	Official's Briefing	Track Tunnel Lobby – NW Corner of the Natatorium; Deck Level
<i>All subsequent officials' briefings will be held one hour prior to the start of each session</i>			
Tuesday, August 14	8:30pm - 11:00pm	Coach/Official Social	Action & Atomic Duckpin Bowl

Directions to Pool from Airport

From the airport, follow signs onto I-70 E.
Continue on I-70 E. for approx. 4 miles, and take Exit 79A (West Street).
Turn North (left) onto West St. to Michigan Street.
Turn Left on Michigan Street.
Turn Left onto University Boulevard.
Turn Left onto New York Street.
Turn Right onto Blake Street and proceed into the garage attached to the IU Natatorium.

Hotels

Special rates for this event have been negotiated at numerous partner hotels which are all conveniently located and in close proximity to the Indiana University Natatorium. For complete, up-to-date hotel information and access to the host's convenient online hotel reservation system, visit the event website at usaswimming.org/jrnationals and click on the hotel link that appears on the home page. Please do not call the hotels directly as you will be unable to obtain the negotiated event rate and amenities.

When making reservations for ten or more hotel rooms, please call the Indianapolis Convention and Visitors Association housing office at 317-684-2573 between the hours of 8:30 AM and 5:00 PM (Eastern) for assistance. Housing agents there have the real-time hotel inventory and with one phone call, you can book your reservation at available hotels that meet your needs. When calling the ICVA Housing Department, please ask for the Indiana Swimming 2012 Junior Nationals block.

General Information (Continued)



Tickets Orders

Pre-sale tickets for all-session tickets can be purchased on-line at usaswimming.org/usopen. Both single session and all-session tickets will be sold at the IU Natatorium during the event.

All-Session Tickets (includes psych sheet and heat sheets)

Available on-line beginning May 4, 2012

- All-Session General Admission (Chair Back) \$75*
- All-Session General Admission Adult (Bleacher) \$65*
- All-Session General Admission Student (Bleacher) \$50*

*\$10 off All-Session Passes purchased online by June 1, 2012.

Single Session

Available at the IU Natatorium during the event.

- Single Session General Admission Adult (Chair Back) \$12
- Single Session General Admission Student (Chair Back) \$10
- Single Session General Admission Adult (Bleacher) \$10
- Single Session General Admission Student (Bleacher) \$5

Admission is free for children ages 3 and younger.

Prices are all inclusive. There are no additional fees or taxes. Price includes parking in designated lot identified prior to event. Parking details will be posted at www.allgreatracers.com

On competition days, the ticket office will open 90 minutes prior to the start of each session.

For questions or more information on tickets, contact Matt Reiswerg, Marketing/Ticket Manager, msreiswe@iupui.edu. There will be no refunds or exchanges.

Psyche Sheets and Heat Sheets

- Psyche Sheets \$10.00
- Prelims Heat Sheet \$5.00
- Finals Heat Sheet \$2.00

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.

Airlines

Air Canada	800/247-2262
Air Tran	800/247-8726
American	800/433-7300
Continental	800/523-3273
Delta	800/221-1212
Frontier	800/432-1359
Southwest	800/435-9792
United	800/864-8331
US Airways	800/428-4322

Car rental agencies

Alamo	800/327-9633
Avis	800/230-4898
Budget	800/527-0700
Dollar	800/800-3665
Enterprise	800/736-8222
Hertz	800/654-3131
National	800/227-7368
Thrifty	800/847-4389

In addition to taxis, the Green Line Downtown/Airport Express delivers non-stop service from Indianapolis International Airport to Downtown Indianapolis daily from 5am – 9pm. Frequency is every 20 minutes (estimated travel time is 15 minutes). Downtown stops serve 17 major hotels and provide access to 30 local bus routes.

The Green Line is available from Ground Transportation in the terminal of the Indianapolis International Airport, located on the first floor of the parking garage (Zone 6). To access Ground Transportation, simply exit the Arrivals Level (baggage claim) and follow signs to Ground Transportation.

Bus fare is \$7.00 per trip. Half-fare is available for persons 65 and older, youth 18 and under, and persons with disabilities.

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.

Site information



Publicity

Any swimmer competing in the championship final of an event for the first time at this meet should be sure that his/her biographical information is on file in the Media Room. Biographical forms are available in the Media Room.

Information/Lost & Found

Lost and found will be located in the East Control Room on the deck level of the Natatorium and at the Ticket Booth on the spectator concourse. A guest services information desk will be located in the upper concourse area of the facility.

Lockers

Four (4) locker rooms, two (2) men's and two (2) women's, exist adjacent to the competition pool with ample locker space. Lockers for use by officials are located in the instructional pool area adjacent to and north of the competition pool. Athletes and officials must provide their own locks. The IU Natatorium and the meet hosts will not be held liable for lost or stolen items.

Medical Assistance

Medical personnel will be available in a designated room, located near the pool deck, the entire time the facility is open for practice and competition. 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 pager numbers to contact for 24-hour emergency assistance. Sports massage therapy services will not be provided.

Parking

All-session parking passes for the attached garage will be available to coaches based on the number of competing swimmers as follows: 1-5 swimmers: 1 pass; 6-10 swimmers: 2 passes; 11-15 swimmers: 3 passes, etc. Officials will also receive all-session parking passes for the attached garage upon request.

Spectator parking will be available on New York Street surface lots just northwest of the Natatorium. Details will follow at www.AllGreatRacers.com and sent with confirmation of online ticket purchases. There will be no parking fees for spectators using in these lots.

Concessions

Concessions will be provided by Chartwells, the official University caterer, on the main concourse of the IU Natatorium during competition hours.

Hospitality

A hospitality room for the coaches and officials will be located on the south pool deck level directly behind the diving towers. Food and beverages will be offered throughout the day. The athlete hospitality area will be in the northeast room on the deck level.

About the Facility

The IU Natatorium, located on the campus of IUPUI in downtown Indianapolis, was completed in 1982 at a cost of \$21.5 million. The IU Natatorium has three pools (competition pool, instructional pool, and diving well) which combined hold over 2.1 million gallons of water. The main competition pool has been proclaimed one of the fastest pools in the world, with 101 American and 15 World records having been broken here. Athletes from around the world have competed at the IU Natatorium, which is also open daily for lap swimming, instructional programs, and camps. The diving well boasts eight diving boards and five platforms. The US Olympic Team Trials-Swimming were held here in 1984, 1992, 1996 and 2000. The names of all the team members who have qualified for an Olympic Team here are inscribed on the south wall of the Natatorium.

Pool Hours

Sunday, August 12	6:00am - 9:00 p.m.
Monday, August 13	6:00 a.m. - 1 hour after finals
Tuesday, August 14	6:00 a.m. - 1 hour after finals
Wednesday, August 15	6:00 a.m. - 1 hour after finals
Thursday, August 16	6:00 a.m. - 1 hour after finals
Friday, August 17	6:00 a.m. - 1 hour after finals

Credential Pick-Up

Credentials can be picked up at the Natatorium on the following schedule:

Saturday, August 11	Noon - 5:00 p.m.
Sunday, August 12	6:00 a.m. - 8:00 p.m.
Monday, August 13	7:30 a.m. - Noon and 1:00 p.m. - 8:00 p.m.
Tuesday, August 14	7:30 a.m. - Noon and 1:00 p.m. - 8:00 p.m.
Wednesday, August 15	7:30 a.m. - Noon and 1:00 p.m. - 8:00 p.m.
Thur, Aug 16 -Fri, Aug 17	See Clerk of Course

Team Banners

Team banners will not be allowed at this competition.

Credentials

Restricted access to the facility will be strictly enforced. Please wear your credential at all times. There is a \$75 replacement charge for lost credentials.

Entering the Meet



Entering On-Line at usaswimming.org/ome

All entry questions should be directed to Sandra Lopez at entries@usaswimming.org or 719-866-3570.

Enter this meet through the On-line Meet Entry System (OME) beginning Monday, May 14, 2012 through Monday, August 6, 2012, by 11:59 p.m. Mountain Time.

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; It is the coach's responsibility to know what events your athlete is qualified for.

You may modify the entry time of a purchased event within OME up to the normal entry deadline. You may not delete an on-line entry once it has been submitted.

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).

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.

Foreign Entries

Foreign national teams are not permitted to compete in this meet, however foreign athletes who are registered members of USA Swimming clubs will be permitted.

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. Late entries must be submitted no later than 11:59 p.m. Mountain Time on *Saturday, August 11 2012*;
- C. The team or athlete must pay a one-time processing fee of \$150.00, *and* pay entry fees of \$30 per individual event and \$60 per relay event.

Qualifying Period

The qualifying period for this event is January 1, 2011 through the entry deadline.

Entry Fees:

- \$15.00 per individual event
- \$30.00 per relay 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 be permitted for this meet. All athletes who qualify for one or more individual events will be permitted to enter and swim in up to two bonus events, provided they have achieved the published Bonus Event Time Standards.

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.

Relay Proof of Time

- A. Relay teams may be entered at the listed provable time or at the lowest priority non-conforming time standard.
- B. If you are entering an A and B relay, you must use eight (8) different swimmers. You cannot use the same swimmer twice in an event, or to prove a time.
- C. Teams can only submit two relays per event.
- D. Relay qualifying times must be made by swimmers age 18 or under when the qualifying time is achieved.

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.

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 and APT Course.

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. 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.

Qualifying A Swimmer

These Championships are open to any registered USA Swimming swimmer, who is 18 or under as of the first day of the meet, and who has achieved the time standards as printed in this book during the qualifying period.

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.
- D. The time of any swimmer recorded while legally representing a USA Swimming club, secondary school, college or university within the appropriate time frame may be used in proving relay entry times and that swimmer does need to be entered in the championship in question or currently representing that club. Relay times belong to the team. Individual times belong to the swimmer.

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.

Relay Events - Times and names for each entered relay team must be submitted on the master entry. The entered time must be proven prior to the scratch deadline for each entered relay team, in aggregate or as a team. For the purpose of proving times, a club may name a swimmer on only one of its relay teams in each event. Once the relay team or teams have been proven, any swimmer listed by that organization on the entry is eligible to compete on that relay team. Relay teams may be entered at the listed provable time or at the lowest priority non-conforming time standard. This choice must be indicated on the relay entry on-line. A club may enter no more than two relay teams in each relay event.

Responsibility Clause

The coach, swimmer or swimmer representative who enters a USA Swimming Championship thereby attests that all times stated 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 USA Swimming 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 the USA Swimming.

Such penalty shall also be levied against any USA Swimming verification officer who knowingly entered such a false 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 405.

Automatic Proven Times

Times submitted to the USA Swimming SWIMS database no later than 20 days prior to the Championships will be in the database. 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.



Note: Relay lead offs and/or intermediate split times must be requested from the SWIMS Time official in the LSC where the time was achieved. Requesting SWIMS data entry won't enter a swimmer into a competition nor place your club on the USA Swimming mailing list.

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 or 1 relay only team with any number of alternates: 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.
- B. Review the psych sheet posted by the Times desk and make sure your swimmers do not have an asterisk (*) by their time.
- C. 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 proved, the coach is subject to a \$100 fine. You should make sure all your athletes' times are in the SWIMS database.
- D. If you have a distance swimmer (800 meter or 1500 meter), he/she must be checked in prior to the scratch deadline in order to be seeded.
- E. 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.

- F. 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 special 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.

Seeding

For these Championships, the seeding order is:

- 1. long course meters (LC)
- 2. short course meters (SM)
- 3. short course yards (SY)

Alternate event qualifying for the distance freestyle events will be seeded after the normal event entry times.

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 established 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 must report to the Ready Room five minutes preceding the event.

Awards Staging

All medalists in each event should report to the Awards Staging Area in full team warm-up attire immediately following the "A" Finals for their event.

Relays and Relay Check-In Procedures

- A. Teams are limited to two relay entries in each relay event.
- B. Entries for all relays must be checked in prior to the scratch deadline in order to be seeded. Each coach shall pick up relay entry forms from the Clerk of Course on which he/she shall list the competing relay swimmers, their first and last names and order of swimming for each entered relay. Relay forms shall be returned to the Clerk



<p>of Course for tabulation approximately one (1) hour prior to the start of the relays. However, relay order may be changed up to the time of the swim.</p> <p>C. All relays will be timed finals with all heats swum in the evening session. The order shall be:</p> <p style="padding-left: 40px;">Women's 2nd Fastest Heat Women's Fastest Heat Men's 2nd Fastest Heat Men's Fastest Heat Women's 3rd Fastest Heat Men's 3rd Fastest Heat Women's 4th Fastest Heat Men's 4th Fastest Heat Etc.</p> <p>Distance Freestyle</p> <p>A. Swimmers may qualify for the 800 and 1500 Freestyle events using either the 800 or 1500 qualifying standards (i.e. the conforming <i>or</i> non-conforming distance event standards).</p> <p>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.</p> <p>C. Order of Distance Events - On Day 1 and Day 5, the 800m and 1500m freestyle events will be swum slowest to fastest, alternating women's and men's heats, with the fastest seeded heat of each race swum during the evening session. All other heats will be scheduled so the second-fastest seeded heat of the Men's event finishes approximately one hour prior to the start of the evening session.</p> <p>D. Swimmers may qualify for the 800 and 1500 Freestyle events using either the 800 or 1500 qualifying standards (i.e. the conforming <i>or</i> non-conforming distance event standards).</p> <p>Finals Session Event Order</p> <p>There will be a bonus, consolation, and championship final in each individual 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).</p> <p>Meet Scoring</p> <p>Scoring will be on a sixteen (16) place basis. Individual events: 20, 17, 16, 15, 14, 13, 12, 11, 9, 7, 6, 5, 4, 3, 2, 1. Relay events receive double these point values.</p> <p>Results</p> <p>After each evening's finals at these Championships, the results will be available at usaswimming.org/internationals.</p> <p>Awards</p> <p>A. Team Awards - Team awards will be presented to the top ten teams in Men's, Women's, and Combined categories. Places 1st - 3rd will be presented at the event, while places 4th-10th will be mailed following the conclusion of the event.</p> <p>B. Individual Awards - Medals will be awarded to all place winners in the "A" final.</p>	<p>C. Individual High Point Awards - Male and Female High Point Awards will be presented at this event.</p> <p>Time Trials</p> <p>Time Trials will be conducted for all swimmers entered in the meet (individual or relay). Time Trial entries will only be taken on-site at the Clerk of Course. Time Trials may be limited to approximately one hour each day, and all scheduled events cannot be guaranteed each day. These Time Trials shall be held under a separate sanction of the LSC where the meet is held. Only those events offered in the Championships will be offered in Time Trials.</p> <p>A. Time Trials will be conducted in long course meters each day.</p> <p>B. Time Trial entries will only be taken on-site at the Clerk of Course.</p> <p>C. A swimmer is limited to a maximum of two Time Trials during the course of the Championships.</p> <p>D. Except as noted below, long course Time Trials shall be swum in the order listed under the meet program as follows:</p> <ul style="list-style-type: none"> ◆ 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 and 1500 Freestyle 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. ◆ The 50 Freestyle is the last event swum in Time Trials, except on the day(s) it is contested in the meet, when it is the first event in Time Trials. ◆ Time Trials shall be limited to a maximum of one hour each day. <p>Entry fees for Time Trials are the same as those established for the meet.</p>
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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 2012 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 or 719-785-2000

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.

Feb/01, rev: Jul/03, rev: Sep/11

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

Time Standards



Women (SCY)	Women (LCM)	2012 Speedo Junior Nationals Time Standards	Men (LCM)	Men (SCY)
23.09	26.89	50 Freestyle	24.29	20.69
50.29	58.19	100 Freestyle	52.59	44.99
1:48.59	2:05.49	200 Freestyle	1:55.49	1:39.49
4:51.09	4:23.79	400/500 Freestyle	4:05.19	4:30.19
10:02.79	9:03.49	800/1000 Freestyle	8:27.89	9:15.19
16:42.49	17:20.49	1500/1650 Freestyle	16:14.29	15:44.29
55.09	1:04.99	100 Backstroke	59.39	50.29
1:58.89	2:19.49	200 Backstroke	2:08.19	1:49.19
1:03.49	1:13.89	100 Breaststroke	1:06.69	56.39
2:16.69	2:39.49	200 Breaststroke	2:24.49	2:02.39
54.59	1:02.99	100 Butterfly	57.09	49.59
2:00.19	2:18.19	200 Butterfly	2:06.29	1:49.09
2:01.79	2:22.19	200 Individual Medley	2:09.49	1:50.09
4:16.79	4:59.69	400 Individual Medley	4:35.49	3:54.79
	3:56.49	4 x 100 Freestyle Relay	3:34.89	
	8:32.79	4 x 200 Freestyle Relay	7:47.69	
	4:23.69	4 x 100 Medley Relay	3:56.99	
Qualification period: January 1, 2011 to entry deadline				

Women (SCY)	Women (LCM)	2012 Speedo Junior Nationals Bonus Time Standards	Men (LCM)	Men (SCY)
23.79	27.49	50 Freestyle	24.79	21.39
51.39	58.89	100 Freestyle	53.49	45.99
1:50.59	2:06.89	200 Freestyle	1:57.69	1:41.29
4:55.19	4:26.29	400/500 Freestyle	4:07.89	4:33.09
10:11.19	9:09.89	800/1000 Freestyle	8:32.49	9:25.39
16:54.99	17:38.69	1500/1650 Freestyle	16:36.39	15:56.29
56.69	1:06.19	100 Backstroke	1:00.29	51.09
2:01.89	2:22.09	200 Backstroke	2:10.89	1:50.89
1:04.49	1:14.89	100 Breaststroke	1:07.69	57.19
2:20.09	2:41.69	200 Breaststroke	2:26.29	2:04.09
56.29	1:04.19	100 Butterfly	58.29	50.49
2:03.39	2:20.49	200 Butterfly	2:08.49	1:51.09
2:05.19	2:23.59	200 Individual Medley	2:11.29	1:51.89
4:24.49	5:02.89	400 Individual Medley	4:39.69	3:58.99
Qualification period: January 1, 2011 to entry deadline				