



2006 USA Swimming Spring Championships

March 28 - April 1, 2006

Federal Way, Washington

Event Information

2006 USA Swimming Spring Championships Event Information

March 28 - April 1, 2006
Weyerhaeuser King County Aquatic Center
Federal Way, Washington

Sanctioned by USA Swimming through Pacific Northwest Swimming

Important Facts About the Meet



- ◆ On-Line Entry Deadline: Monday, March 20, 2006 by 11:59 p.m. MT
- ◆ Paper Entry Deadline: If not registering on-line, paper entries must be received on or before Tuesday, March 21, 2006.
- ◆ Fax Entry Deadline: Only swimmers achieving the qualifying time standards for the first time from Monday, March 20, 2006, through Sunday, March 26, 2006, may be sent by FAX transmission. These faxed entries must be received no later than 11:00 a.m. (PST) on Monday, March 27, 2006. Fax entry cannot be used to improve the seed time of a prior entry.
- ◆ Time standards have been established to have between 900 and 1000 athletes in individual events at the meet. These time standards were developed by the Championship Time Standards Committee and then approved by the Senior Swimming Committee in 2005. In creating these standards a goal of at least 200 18 & under males entered at the meet was followed.
- ◆ All entries must meet the qualifying times, and all athletes must meet the time standards for their age (as of the first day of the meet). This means that if an athlete turns 19 on or before March 28, he/she must meet the qualifying times for athletes 19 and older.
- ◆ Relay time standards are the same for both age groups.
- ◆ The Women's 800 Free and Men's 1500 free will be swum as a heats/final event (not timed final).
- ◆ Bonus events will be permitted. There are no time standards for bonus events.
- ◆ Qualification Period: February 1, 2005 through the entry deadline.
- ◆ 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 USA Swimming Rules and Regulations. USA Swimming Rules and Regulations will govern the conduct of these championships.
- ◆ No swimmer will be issued credential without a coach member present. If 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.
- ◆ Dependent on the number of entries, and at the discretion of the Meet Referee and Program Operations, the preliminary sessions may be conducted in an "A/B" format. If adopted, details of this procedure, including the number of heats of each event to be swum in the "A" session, will be announced at the general meeting.
- ◆ The meet is open to all USA Swimming current member athletes.
- ◆ Foreign teams are not permitted to enter this meet. Foreign athletes who are USA Swimming current members will be permitted to compete, and will be permitted to score in individual events and in relay events.
- ◆ Accommodations for persons with disabilities may be arranged with advance notice.

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Meet Administration



Facility Address

Weyerhaeuser King County Aquatic Center
650 SW Campus Drive
Federal Way, WA 98023
206/296-4444

Meet Referee

Joel Black
7570 Brookfield road
Lewisville, NC 27023
336/765-5421
joelblack@mindspring.com

Meet Director

Deborah Keane
14910 66th Avenue West
Edmonds, WA 98026
425/745-8926
888/788-2764 Fax
Pnsmeetdirector@comcast.net

Local Officials' Coordinator

Richard Cox
POB 530
South Prarie, WA 98385
253/862-3629
NauticalRick@yahoo.com

USA Swimming Vice President, Program Operations

Mike Saltzstein
POB 2492
La Mesa, CA 91943
619/445-7660
mikesaltzstein@att.net

USA Swimming National Events Director

Dean Ekeren
USA Swimming
1 Olympic Plaza
Colorado Springs, CO 80909
(719) 866-4578
dekeren@usaswimming.org

Meeting Schedule

Tuesday, March 28	11:00 a.m.	General Meeting	Banquet Hall
Tuesday, March 28	2:30 p.m.	Officials' Meeting	Aquatic Center
<i>All subsequent officials' briefings will be held one hour prior to the start of each session</i>			
Thursday, March 30	Following Finals	Reception for Coaches, Officials and VIPs	TBD

General Information**Order of Events**

Long Course Meters

Federal Way is on Pacific Standard Time

Heats Begin at 9:00

Finals Begin at 5:30

Women's EventsDay 1– Tuesday, March 28 (4:00 p.m.)Men's Events

1

Women's 800 Meter Freestyle (all heats)

Men's 1500 Meter Freestyle (all heats)

2

Day 2 - Wednesday, March 29

1

Women's 800 Meter Freestyle (final)

Men's 1500 Meter Freestyle (final)

2

3

100 meter Freestyle

4

5

200 Meter Breaststroke

6

7

200 Meter Backstroke

8

9

200 Meter Butterfly

10

Day 3 - Thursday, March 30

11

200 Meter Freestyle

12

13

400 Meter Individual Medley

14

15

800 Meter Freestyle Relay

16

Day 4 - Friday, March 31

17

100 meter Backstroke

18

19

400 Meter Freestyle

20

21

100 Meter Breaststroke

22

23

100 Meter Butterfly

24

25

400 Meter Freestyle Relay

26

Day 5 - Saturday, April 1

27

Women's 1500 Meter Freestyle (Timed Final)

28

200 Meter Individual Medley

29

30

50 Meter Freestyle

31

Men's 800 Meter Freestyle (Timed Final)

32

33

400 Meter Medley Relay

34

In the morning session only, heats for events 27 and 32 will be swum after event 34

General Information (Continued)



Ticket Information

Ticket Information

All Session Pass:

Adults	\$40.00*
Students/Children	\$30.00*

*All-session passes include heat sheets.

Daily Single Event Tickets:

Prelims

Adults	\$5.00
Students/Children	\$3.00

Finals

Adults	\$7.00
Students/Children	\$5.00

Coaches' Packet

For coaches who plan to attend this meet without swimmers, there will be a special packet available for \$50.00, that will contain a general admission pass, heat sheets, a psych sheet, team roster and final results. The packet is available during regular registration hours. Current USA Swimming coach members purchasing this packet may receive a deck pass.

Tickets and/or Packets may be ordered by mail through:

Neil Beck
753 N Central Avenue
Kent, WA 98032
888/788-2764 Fax

Make checks for tickets payable to:

Pacific Northwest Swimming

Transportation

Airlines serving Federal Way, Washington

United	800/521-4041
Alaska	800/426-0333
America West	800/235-9292
American	800/433-7300
Continental	800/523-3273
Delta	800/221-1212
Frontier	800/432-1359
Hawaiian	800/367-5320
Horizon Air	800/547-9308
Jet Blue Airways	800/547-9308
Northwest Airlines	800/225-2525
Song	800/359-7664
Southwest Airlines	800/435-9792
Sun Country	800/359-6786
US Airways	800/428-4322

Car rental agencies serving Federal Way, Washington

Ace Extra Car Rentals	206/248-3452
Advantage	800/777-5500
Alamo	800/462-5266
Avis	800/331-1212
Budget Rent-A-Car	800/527-0700
Century/Rent Rite	206/246-5039
Dollar	206/433-5825
Enterprise	206/248-9013
Hertz	800/654-3131
National	800/328-4567
Thrifty	206/246-7566
U Save	206/242-9778

General Information (Continued)



Directions to the Pool from Airport

Start out going East on S 156th Street toward Air Cargo Rd. Turn Right onto Air Cargo Rd. Turn Left onto S 160th St. Turn Left onto International Blvd / Tukwila International Blvd / Pacific Hwy S / WA-99. Merge onto WA-518 E toward I-405 / Renton / I-5. Merge onto I-5 S toward Tacoma. Take Exit 142B toward WA-161 S / Puyallup. Merge onto S 348th St. S 348th St becomes SW Campus Dr. End at 650 SW Campus Drive, Federal Way, WA 98023-8425, US.

Headquarters Hotel

Best Western Peppertree
401 8th Street SW
Auburn, WA 98001
253-887-7600
\$79 1K, \$89.95 2Q
6 miles

LaQuinta Inn & Suites
32124 25th Ave. South
Federal Way, WA 98003
(253)529-4000/ 800 583-2272
\$92 - \$132
4.5 miles

Best Western Executel
31611 20th Avenue South
Federal Way, WA 98003
1-800-528-1234/(253) 941-6000
\$79.00
3.7 miles

Quality Inn & Suites
1400 S 348TH ST
Federal Way, WA 98003
253-835-4141
\$82.99 - \$92.99
1.5 miles

Comfort Inn Federal Way
31622 Pacific HWY South
Federal Way, WA 98003
253-529-0101
\$79.00 group #2139
3.6 miles

Holiday Inn
34827 Pacific Hwy S
Federal Way, WA 98003
253-833-3164
\$85.00
1.5 miles

Best Western Tacoma Dome
2611 East E Street
Tacoma, WA 98421
\$92.00 - \$159.00
11.3 miles

Best Western Plaza by the Green
24415 Russell Road
Kent, WA 98032
800-346-8357
\$79.00
11.5 miles

Courtyard by Marriott
31910 Gateway Circle
Federal Way, WA 98003
253-529-0200
3.1 miles

Extended Stay
1400 S 320th St
Federal Way, WA 98003
253-946-0553
3.3 miles

Economy Inn Federal Way
1505 S. 328th St,
Federal Way, WA 98003
2.8 miles

Super 8 Motel Federal Way
1688 So. 348th Street
Federal Way, WA 98003
1.7 miles

Auburn Val U Inn
9 14th St. NW,
Auburn, WA
7.5 miles

Comfort Inn Kent
22311 84th Ave. S,
Kent, WA 98032
12.5 miles

Holiday Inn Hotel & Suites
Kent
222318 84TH AVE SOUTH,
Kent, WA 98032
12.5 miles

Comfort Inn Auburn
One - 16th Street NE,
Auburn, WA98002
7.6 miles

Radisson Hotel Gateway Air-
port
18118 International Boulevard
Seattle, WA

Comfort Suites Tukwila
7200 Fun Center Way
Tukwila, WA 98188
15.8 miles

Comfort Inn & Suites SeaTac
19333 International Blvd,
SeaTac, WA
12.6 miles

Red Lion Hotel Seattle Airport
18220 International Blvd.
Seattle, WA
13.4 miles

Towne Place Suites South
Renton
300 Southwest 19th Street,
Renton, WA 98055
17.8 miles

Spring Hill Suites by Marriott
200 Southwest 19th Street,
Renton, WA 98055
17 miles

Clarion Hotel Seattle Airport
3000 S. 176th St.,
Seatac, WA98188
14 miles

Courtyard by Marriott Seatac
400 Andover Park West
Tukwila, WA98188
15 miles

Marriott Seatac Airport
3201 South 176th Street
Seatac, WA 98188
14.5 miles

Hilton Seatac Airport
17620 Pacific Highway South
Seattle, WA98188
13.7 miles

Doubletree Guest Suites
Southcenter
16500 Southcenter Parkway
Tukwila, WA 98188
14. miles

Best Value Inn – Royal Coach-
man
5805 Pacific Highway East
Fife, WA 98424
6.7 miles

Auburn Travelodge Suites
Nine 16th St North West
Auburn, WA98001
7.2 miles

Courtyard by Marriott Tacoma
1515 Commerce Street
Tacoma, WA 98401
253-591-9100
11.3 miles

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

An Information/Lost & Found booth will be available in the lobby.

Lockers

Day lockers will be available for use at the Aquatic Center for use by athletes, coaches and officials. The locker room area will be strictly for use by properly credentialed individuals (athletes, coaches, officials).

Medical Assistance

First Aid assistance will be provided at the facility.

Concessions

Concessions will be available for spectators in the lobby.

Hospitality

Coaches and Officials hospitality will be available throughout the meet in the room adjacent to the diving well.

Pool Hours

Sunday, March 26, 2006	8:00 a.m. – 10:00 p.m.
Monday, March 27, 2006	6:00 a.m. – 10:00 p.m.
Tuesday, March 28, 2006	6:00 a.m. – 9:00 p.m.
Wednesday, March 29, 2006	6:00 a.m. – 1 hour after finals
Thursday, March 30, 2006	6:00 a.m. – 1 hour after finals
Friday, March 31, 2006	6:00 a.m. – 1 hour after finals
Saturday, April 1, 2006	6:00 a.m. – 1 hour after finals

The dive tank will be available for practice during competition.

Credential Pick-Up

Credentials can be picked up in the Lobby of the Aquatic Center on the following schedule.

Sunday, March 26, 2006	8:00 a.m. – 12:00 noon and 1:00 p.m. – 6:00 p.m.
Monday, March 27, 2006	8:00 a.m. – 12:00 noon and 1:00 p.m. – 8:00 p.m.
Tuesday, March 28:00, 2006	8:00 a.m. – 12:00 noon and 1:00 p.m. – 8:00 p.m.
Wednesday, March 29, 2006	8:00 a.m. – 12:00 noon and 1:00 p.m. – 8:00 p.m.
Thursday, March 30, 2006	See Admin Ref
Friday, March 31, 2006	See Admin Ref
Saturday, April 1, 2006	See Admin Ref

Team Banners

All team banners must conform to the 5' x 8' size limitation. Commercial logos on banners must not exceed 96 square inches. USA Swimming and the meet host reserve the right to determine banner locations. Banners must be tied, not taped, to the railings and cannot obstruct the view of spectators. Neither the facility nor the meet hosts are responsible for lost or stolen team banners.

Credentials

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

Entering the Meet



Entering On-Line

Enter this meet on-line beginning Tuesday, February 21. It can save you time and money!

On-line entries will be accepted from Tuesday, February 21 until Monday, March 20 (at 11:59 p.m.). This deadline is one day earlier than the paper entry deadline.

For help with the on-line entries, contact Larry Herr or Susan Woessner at USA Swimming (719/866-4578).

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

You can modify your entry on-line by adding to the original entry. You may not delete an on-line entry.

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).

If you are entering on-line, please do NOT submit a paper entry to USA Swimming.

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. If you wish, you can speed your check-in process at the meet by having these forms signed (using either the form in this book or in the on-line meet info book) and mailing these, prior to March 14, 2006, to USA Swimming, National Events Department, 1 Olympic Plaza, Colorado Springs, CO 80909.

Bonus Events

Bonus events will be permitted. There will be no time standards for bonus events. The following formula will be used:

- ◆ Make 1 standard, swim 1 additional event.
- ◆ Make 2 standards, swim 2 additional events.
- ◆ Make 3 standards, swim 1 additional event.
- ◆ Make 4 or more standards, swim 0 additional events.

Paper Entries

If not entering on-line, send entry forms by overnight delivery no later than Monday, March 20, 2006. Entry forms must be received on or before Tuesday, March 21, 2006. Please send entries with an overnight service that has tracking capabilities.

Fax Entries

Only swims achieving the qualifying time standards for the first time from Monday, March 20, 2006, through Sunday, March 26, 2006, may be sent by FAX transmission. These faxed entries must be received no later than 11:00 a.m. (PST) on Monday, March 27, 2006. Fax entry cannot be used to improve the seed time of a prior entry. Fax these entries to 719/866-4761.

Qualifying Period

The qualifying period for this event is February 1, 2005 through the entry deadline.

Make checks payable to: USA Swimming

Entry Fees:

\$10.00 per individual event
\$25.00 per relay event

If you are not entering on-line, send entry forms to:

USA Swimming
National Events Department
1 Olympic Plaza
Colorado Springs, CO 80909
719/866-4578

Additional Entry Forms are available from Wendy Ethridge at the address listed above, or wendy@usa-swimming.org or on the website (www.usaswimming.org).

If not entering on-line, please type entry. If this is not possible, print legibly. If you print, use blue or black ink. Accurate entry times on the psych sheets depend on careful completion of the entry forms.

Master Entry Form

- A. Team Name/Code - Do not use your three or four (3 or 4) letter code (i.e. DAR). This is a national competition and there may be a half dozen DARs. Ex: Full team name may be Denver Aquatic Racers. You have sixteen (16) spaces for the program name, Denver Racers would be appropriate.
- B. Swimmers' Names - List all swimmers who will compete in the meet.
- C. Coaches'/Chaperones' Names - List all coaches, chaperones, managers and trainers entitled to deck passes. (Also see Championship Procedures)
- D. Entry Times - All entries must meet the qualifying times, and all athletes must meet the time standards for their age (as of the first day of the meet.) This means that if an athlete turns 19 on March 28, he/she must meet the qualifying times for athletes 19 and older. Entry times for individual events shall be achieved and submitted in accordance with article 207.11. The submitted times of all swimmers must be listed on the entry form and no changes in submitted times, corrections or changes of events entered or additional entries shall be allowed. Typographical or transcription errors that can be readily verified by NTV data may be corrected if attested to by the swimmer, coach or the swimmer's representative prior to the scratch deadline. All entry times shall be noted by (LC), (SY), or (SM) to the right of the seed time. LC = long course meters, SY = short course yards, SM = short course meters. For example: if the time for a 200 fly made in a long course meet is 2:04.66, the pool length would be marked to the right of that time in the appropriate box. Sample: 2:04.66 (LC). If the time is to be used for an aggregate relay only, enter that time only on the relay entry form. Relay teams may be entered at the listed provable time or at the lowest priority non-confirming time standard. This choice must be indicated on the relay entry form.

Entering the Meet

- E. Number of Events – There is no limitation on the number of events an athlete can enter in the meet. Athletes are limited to swimming three events per day by Rule 102.2. 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.
- F. Secondary Club Recognition - The 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 only have 16 characters for both their club and their secondary club. The club does not need to be a USA Swimming member club. It can 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.
- G. Relay Proof of Time Entry Form -(Master Entry Form)
- ◆ If you are using a relay entry time achieved as a relay (team time), you must list the four swimmers that actually achieved the time on the relay entry form. If your relay is using an aggregate entry time, you must list each swimmer and their time on the relay entry form. If any listed swimmers are not going to compete on a relay, they should not be entered on the Master Entry Form. Enter only those swimmers who may be competing in the meet.
 - ◆ 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 form.
 - ◆ 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.
 - ◆ Swimmers listed on the Relay Proof of Time Entry Forms are not considered entered. Names must be included on the master entry form to be officially entered.
 - ◆ Teams can only submit two relays per event.
- H. Waiver and Release Form - The USA Swimming Waiver and Release Form should be sent with the team entry form. Make copies as needed for each swimmer. Swimmers need not have achieved the qualifying time to complete this form. Having this completed will save time during check-in at the competition site. If they are under the age of majority in their home state, their parent or legal guardian must sign also.
- I. Mailing the Entry
- ◆ Reassure yourself that you have proof for all swims. You must be able to prove all entries, including the ones you will scratch.
 - ◆ Make copies for your own records of material sent.
 - ◆ Check to be sure the address is correct on the envelope.
- ◆ Enclose the following:
 - ✓ Entry Forms
 - ✓ USA Swimming Release Forms (duplicate if needed)
 - ✓ Check made out in the right amount and to correct entity(ies)
 - ✓ Copies of all proof of time, if available
 - ◆ Send overnight by service with tracking capability.



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 bring their 2006 USA Swimming membership cards in order to verify their membership. Deck passes for coaches, managers and officials will be issued only to members in good standing of USA Swimming. All meet directors, referees, starters, marshals and stroke and turn judges serving in an official capacity in a sanctioned event must be members of USA Swimming, and all persons acting in any coaching capacity in a sanctioned event must be coach members of USA Swimming.

Foreign Entries

The meet is open to all USA Swimming current member athletes. Foreign teams will not be permitted at this meet. Foreign athletes who are USA Swimming current member will be permitted to compete, and will be permitted to score in individual events and in relay events.

Verification of Entry Times

In order for times to be eligible for entry into USA Swimming Championships, coaches should ensure that each entry time used is from a "Sanctioned", "Approved", or "Observed" swim in accordance with USA Swimming Rules & Regulations. Coaches are encouraged to verify that the times used for entry are in the SWIMS database. Entry times for USA Swimming Championships which are not in the SWIMS database, must be verified by the LSC National Times Chair prior to the scratch deadline for that event.

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. No swimmer will be permitted to swim without a proven entry time. 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 relay form. 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 master entry form 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 form or on-line. A club may enter no more than two relay teams in each relay event.

Responsibility Clause (207.13.5)

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 National Times Coordinator or Board of Review. Additional action or penalty may be taken or levied as deemed appropriate by the Corporation.

Such penalty shall also be levied against any USA Swimming verification officer who issues a Times Verification Form attesting to such false or incorrect time(s).

Appeal of fines are to be made to the National Times Chairman and/or Board of Review. Any appeal of the decision of the National Times Chairman shall be in accordance with the provisions of Part Four, specifically Article 401.

Automatic NTVs

Times received by USA Swimming by March 1, 2006 will be in the database. 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. Times from the following meets, which achieve the time standards for this meet, are automatically entered into the database. This includes any time trials at those meets.

- ◆ 2005 World Cup, East Meadow, N.Y.
- ◆ 2005 World Championship Trials, Indianapolis, Ind.
- ◆ 2005 Speedo Champions Series (spring and summer seasonals)
- ◆ 2005 Women's and Men's NCAA Division I Championships
- ◆ 2005 Spring Nationals, Orlando, Fla.
- ◆ 2005 Grand Prix Events
- ◆ 2005 Speedo Champions Series Events
- ◆ 2005 World Championships, Montreal, Canada
- ◆ 2005 Mutual of Omaha Duel in the Pool, Irvine, Calif.
- ◆ 2005 Summer Nationals, Irvine, Calif.
- ◆ 2005 Junior National Championships, Irvine, Calif.
- ◆ 2005 World University Games, Izmir, Turkey
- ◆ 2005 U.S. Open, Auburn, Ala.
- ◆ 2006 FINA World Cup, East Meadow, N.Y.

Note: Relay lead offs or split times must be requested from the National Times Chair in the LSC where the time was achieved.

Registration

Credentials for this event will be provided at no charge for participating athletes and officials who are members of USA Swimming. Credentials for coaches, managers and chaperones to serve as admittance passes to this event shall be issued to those persons listed on the submitted team roster forms and according to the following schedule and is based upon the total size of the team. There shall be a surcharge of \$20 per person for spectator passes, which money shall become the property of the meet host. 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 members of USA Swimming in the Sports Medicine category.

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.

Championship Procedures



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

Plan to arrive in time for the General Meeting. You are responsible for all business conducted at this meeting. If, for any reason, you cannot attend the meeting, be sure to find out what occurred. You should arrive at least twenty-four (24) hours prior to the scratch deadline for your swimmer's first event to prove times if necessary. This is your responsibility.

- 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 (800 meter or 1500 meter), they 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 their best event because you failed to scratch an entry.
- G. Follow all proof of times, scratch and distance event entry procedures by the required deadlines as published. Assist with all warm-up procedures and/or requests.

Warm-Up and Safety

The meet host 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 jointly by the Meet Director and Meet Referee (or their 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)

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:

- ◆ Tuesday Events; Fifteen minutes following the adjournment of General Meeting.
- ◆ Wednesday - Saturday Events; 6:00 p.m. of the prior evening.

Ready Room

A Ready Room will be used at these Championships prior to each heat (prelims and finals). Each swimmer must report to the Ready Room five minutes preceding the event.

Awards Staging

The top eight swimmers in each event should report to the Awards Staging Area five minutes prior to the awards ceremony.

Relays and Relay Check-In Procedures

- A. All relays are conducted on a timed final basis with only the two fastest heats to be swum in the final session. All others to be swum in the preliminary session. 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, ages and order of swimming for each entered relay. Relay forms shall be returned to the Clerk of Course for tabulation approximately one (1) hour prior to the start of the relays. However, they may be changed up to the time of the swim.

Distance Freestyle

The Women's 800 Meter Freestyle and Men's 1500 Meter Freestyle will now be swum as a heats/final event (not timed final).

- 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 (207.11.8).
- 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. The swimmers will be listed in the psych sheet in the order of submitted times, beginning with the fastest (207.8.2).

C. All heats shall be swum as follows:

On Day 1, the distance event preliminary heats will be swum with the Women's heats, slowest to fastest, followed by the Men's heats, slowest to fastest.

On Day 5, the distance events (times finals) will be swum with the second fastest Men's heat last, second fastest Women's heat next to last, third fastest Men's heat third from last, third fastest Women's heat fourth from last and continuing until all heats are swum. Only the fastest (single) heat of each event will be swum in the final session. All other heats are to be held during prelims. The starting time for each preliminary heat shall be scheduled so that the second fastest heat of the Men's event is concluded 60 minutes before the evening finals session is scheduled to begin.

Finals Session Event Order

There will be a bonus 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).

Meet Scoring

- A. 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.
- B. After each evening's finals at these championships, the results will be available at www.usaswimming.org.

Awards

- A. Team Awards
- ◆ Women's Team Champion (high point women's team)
 - ◆ Women's Team Runner-up (2nd highest)
 - ◆ Women's Team Top Ten (third through tenth)
 - ◆ Men's Team Champion (high point men's team)
 - ◆ Men's Team Runner-up Champion (2nd highest)
 - ◆ Men's Team Top Ten (third through tenth)
 - ◆ Men's and Women's Combined Team Champion
 - ◆ Men's and Women's Combined Team Runner-up Champion (second highest)
 - ◆ Men's and Women's Combined Team Top 10 (3rd through 10th)
 - ◆ Men's and Women's Combined Team (11th - 25th)

- B. Individual High Point Awards - Male and Female Awards will be given at the Spring Championships. These awards are named after Robert J. Kiphuth, the great swimming coach from Yale University.

- C. 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. It is voted on by the attending media. The presentation ceremony takes place during the relay break on the final evening.

Time Trials

Time Trials will be conducted for swimmers entered in the meet with a proven individual or relay time, provided there is sufficient time between the end of the preliminary session and the start of warm-ups for the final session. These Time Trials shall be held under a separate sanction of the LSC where the meet is held and shall conform to the listed conditions and format, subject to the time limitations in 207.5 and 207.6;

- A. Time Trials will be conducted in long course meters each day.
- B. A Time Trial Pre-Registration form is provided for your

convenience.

- C. A swimmer is limited to a maximum of two Time Trials during the course of the Championships.
- D. A swimmer must be entered in the meet with a proven time (individual or relay) to participate in the Time Trials.
- E. Except as noted below, long course 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 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 day five when it is the first event in Time Trials.

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

Reimbursement Policy

Athletes participating in these Championships and ranked in the top 100 of the 2005 long course world rankings will receive travel expense reimbursement based on the schedule below.

World Rank	Reimbursement
1st - 8th	Round-trip Supersaver Airfare plus \$300 total per diem
9th - 16th	Round-trip Supersaver Airfare plus \$200 total per diem

The balance of the fund will be divided into equal shares and distributed as follows:

17th - 50th	Two shares of remaining funds
51st - 100th	One share of remaining funds

NOTE: Local athletes that qualify via the rankings are still eligible to apply for ConocoPhillips Grant Money.

Doping Control



Doping Control

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, USA Swimming Athlete Services Manager at (719) 866-4962.

ATHLETES SHOULD CHECK THE STATUS OF ALL MEDICATIONS (OVER THE COUNTER and PRESCRIPTION) PRIOR TO CONSUMPTION TO ENSURE THAT THEY ARE NOT CONSUMING A PROHIBITED SUBSTANCE.

Most medications fall into one of the following categories when it comes to drug testing: Permitted, Requires an Abbreviated Therapeutic Use Exemption, Prohibited, Prohibited In-Competition, or Prohibited—Threshold. Athletes should utilize one of the following resources to determine which category their medication falls under.

Drug Reference Line

Call the USADA Drug Reference Line at 1-800-233-0393. Hours of operation for the Drug Reference Line are 8:00 a.m.— 4:00 p.m. (Mountain Time), Monday through Friday. If a pharmacist doesn't answer your call, leave a message with a phone number, the name of the substance(s), and indicate that the athlete is a swimmer and he will return your call. You may call the line at any time after hours, and your call will be returned as soon as possible.

Drug Reference Online

Athletes, parents, coaches and sports medicine professionals may now check the status of a medication online at USADA's website: www.usantidoping.org/dro. This can be used at any time and is a simple way to check the status of most medications.

Medications Requiring an Abbreviated Therapeutic Use Exemption (ATUE) form:

Medications that fall under this category require an Abbreviated Therapeutic Use Exemption (ATUE) form to be on file PRIOR to testing. Examples are Asthma Inhalers (requires a diagnosis of asthma or exercise-induced asthma), and some forms of Glucocorticosteroids. ATUE forms should be submitted to USADA at least **THREE WEEKS BEFORE** the athlete competes and must include the signature of the prescribing physician. The ATUE form can be found on the perforated pages in this book. All forms should be sent a minimum of three weeks before to:

United States Anti-Doping Agency
1330 Quail Lake Loop, Suite 260
Colorado Springs, CO 80906
FAX: 719-785-2029

If a medication is classified as permitted, it is not necessary to submit an ATUE form.

Athletes should keep a copy of their forms for their records and take them to drug testing if selected for testing.

FORMS GENERALLY EXPIRE ONE YEAR FROM THE DATE THEY ARE SIGNED BY THE PHYSICIAN. (IN SOME CASES THE EXEMPTION IS FOR 2 YEARS).

Forms should be re-submitted immediately if there is a change in the medication, the dosage, or the prescribing physician.

2006 World Anti-Doping Agency (WADA) Prohibited Classes and Methods:

Substances and Methods Prohibited at All Times (In and Out of Competition):

1. Anabolic Agents,
 - A. Anabolic Androgenic Steroids
 - B. Other Anabolic Agents
2. Hormones and Related Substances
3. Beta-2 Agonists

According to the US Anti-Doping Agency 2006 Guide to Prohibited Substances:

All beta-2 agonists including their D- and L-isomers are prohibited.

As an exception, formoterol, salbutamol (albuterol), levalbuterol, salmeterol and terbutaline, when administered by inhalation, require an Abbreviated Therapeutic Use Exemption.

Despite the granting of any form of Therapeutic Use Exemption, a concentration of salbutamol (free plus glucuronide) greater than 1,000 ng/mL, this will be considered an Adverse Analytical Finding unless the athlete proves that the abnormal result was the consequence of the therapeutic use of inhaled salbutamol.

4. Agents with Anti-Estrogenic Activity
5. Diuretics and other masking agents

Doping Control



Substances and Methods Prohibited in Competition:

1. Stimulants
2. Narcotics
3. Cannabinoids
4. Glucocorticosteroids

According to the US Anti-Doping Agency 2006 Guide to Prohibited Substances:

All glucocorticosteroids are prohibited when administered orally, rectally, intravenously or intramuscularly. Their use requires a Therapeutic Use Exemption approval.

Administration by inhalation, iontophoresis, or local injection requires an Abbreviated Therapeutic Use Exemption.

Topical preparations when used for dermatological, otic, nasal, buccal cavity and ophthalmic disorders are not prohibited and do not require any form of Therapeutic Use Exemption.

Prohibited Methods include:

1. Enhancement of Oxygen Transfer
2. Chemical and Physical Manipulation
3. Gene Doping

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.

It is the role of USA Swimming to educate swimmers, coaches and parents on the issues of dietary supplements, including general and specific risks, normal values and toxicity, drug testing and drug interactions, stacking, and conventional dietary alternatives. It is also the role of USA Swimming to validate or repudiate via research review or sanctioned research the answers to the many questions that surround scientific and anecdotal evidence versus actual application. Any recommendations or opinions offered by USA Swimming regarding the use of dietary supplements are based on a yellow-orange-red light continuum Health & Contamination Risk Chart for Dietary Supplements and the most current publicly available scientific and consumer-specific information.

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

Sanctions

Sanctions for positive tests conform with the FINA rules. All parties should refer to the FINA website (www.fina.org) for specifics relating to sanctions for a positive drug test. Penalties may also apply to any individual assisting a swimmer taking prohibited substances.

Summary

The use of drugs to enhance performance is strictly forbidden in aquatic sports. It is the responsibility of the athlete to check the status of any substance he/she plans to consume and ensure that no prohibited substances are consumed.

DOPING CONTROL RULE FOR ATHLETES PREVIOUSLY ELIGIBLE FOR OUT OF COMPETITION DRUG TESTING:

Athletes who previously eligible for out of competition (no-advance-notice) drug testing 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. The athlete is not permitted to compete in ANY USA Swimming sanctioned or FINA sanctioned events. If you have an athlete in this situation, please email smichael@usaswimming.org immediately.

2006 Spring Championships

Official USA Swimming Master Entry Form

March 28 - April 1, 2006

Federal Way, Washington

--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--

Name of Team for
Program:

Official Team Name:

--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--

Official Club Address: _____ (City) _____ (State) _____ (Zip)

Coach: _____ Phone () _____ () _____

Office

Home

Home Address: (Street) _____ (City) _____ (State) _____ (Zip)

E-mail Address: _____

Is Head Coach attending meet? Yes No Your Local Swimming Committee: _____

LSC Code: ☐ ☐

LSC Assigned Team Code: ☐ ☐ ☐ ☐

ENTRY DEADLINE:

Send entry forms by trackable overnight delivery no later than Monday, March 20, 2006. Entry forms must be received on or before Tuesday, March 21, 2006. Do not use the U.S. Postal Service's registered, certified or regular mail.

SEND ENTRIES TO:

USA Swimming – National Events Department

1 Olympic Plaza

Colorado Summers, CO 80909

719/866-4578

Make Checks Payable to: USA Swimming

This entry blank is _____ of _____ entry blanks.

Women Individual events _____ x \$10.00 = _____ Women Relay events _____ x \$25.00 = _____

Men Individual events _____ x \$10.00 = _____ Men Relay events _____ x \$25.00 = _____

Entry Fee Total \$ _____

CREDENTIALS

We have entered a total of _____ swimmers in individual events in the meet. (All names and information must be listed for each swimmer on this entry blank.)

PASSES

Deck	Spectator		Deck	Spectator	
1	1	1-3 swimmers in individual events or 1 only relay team	5	2	21-30 swimmers in individual events
			6	3	31-40 swimmers in individual events
2	1	4-6 swimmers in individual events	7	3	41-50 swimmers in individual events
3	1	7-9 swimmers in individual events	9	5	51 or more swimmers in individual event
4	2	10-20 swimmers in individual events			

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

Unattached swimmers not with a team are permitted one deck pass and one spectator pass.

Deck passes are issued only to current members of USA Swimming.

Using the formula above, we wish to purchase _____ Spectator passes at \$10 each, and we request _____ deck passes.

Credentials Total: \$ _____

List names of coaches, chaperones, managers and/or trainers entitled to deck passes. Proof of appropriate USA Swimming membership is required for all deck passes. (See book for details)

1. _____ Position _____
2. _____ Position _____
3. _____ Position _____
4. _____ Position _____

Totals: Entry Fees \$ _____

Spectator Passes \$ _____

Total \$ _____ Please staple check to this entry blank.

The undersigned coach or team representative of all swimmers listed on this entry form hereby certifies that all times stated on this entry form are true and correct. The undersigned further assumes responsibility for any false or incorrect times, and acknowledges that a fine of \$100.00 will be paid to USA Swimming for each time that is false, incorrect, or unacceptable (207.11).

Coach/Team Representative Signature _____ 14 Digit Registration Number _____

(VERY IMPORTANT)

2006 USA Swimming Spring Championships

Official USA Swimming FAX Entry Form

March 28 - April 1, 2006

Federal Way, Washington

Only swims achieving the qualifying time standards for the first time from Monday, March 20, 2006, through Sunday, March 26, may be sent by FAX transmission. These faxed entries must be received no later than 11:00 a.m. (PST) on Monday, March 27, 2006. Fax entry cannot be used to improve the seed time of a prior entry. Duplicate this form as necessary.

Team Name for Program

--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--

Official Team Name

--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--

Official Club Address _____ (City) _____ (State) _____ (Zip) _____

Coach _____ Phone (_____) (_____)
office home

Home Address _____ (City) _____ (State) _____ (Zip) _____

We have entered the following events on this FAX entry form:

WOMEN Individual Events _____ x \$10.00 = _____

Relay Events _____ x \$25.00 = _____

MEN Individual Events _____ x \$10.00 = _____

Relay Events _____ x \$25.00 = _____

ENTRY FEE TOTAL \$ _____

FAX entries must be paid at the registration desk.

Credentials: We have entered a total of _____ swimmers in individual events in the meet. All names and information must be listed for each swimmer on this entry blank. It is recommended that a FAX transmittal confirmation is brought to the meet.

The undersigned coach or team representative of all swimmers listed on this entry form hereby certifies that all times stated on this entry form are true and correct. The undersigned further assumes responsibility for any false or incorrect times and acknowledges that a fine of \$100.00 will be paid to USA Swimming for each time that is false, incorrect or unacceptable.

Coach's Signature _____

Use separate page for each swimmer or relay team.

Copies of NTV's for individual and relay events may be submitted by FAX with this entry. The NTV must be hand carried to the meet.

Use this section for individual events

Print Name _____ Age _____ Team Name _____

Has your team previously sent entries to this meet? Yes No

Female _____ Male _____ Registration # _____ Swimmer previously entered in meet? Yes No

Event # _____ Event _____ Time: _____ Date Achieved: _____

Event # _____ Event _____ Time: _____ Date Achieved: _____

Event # _____ Event _____ Time: _____ Date Achieved: _____

Use this section for relay team entry

Team Name _____ A B Has your team previously sent entries to this meet? Yes No

Event # _____ 400 Free Relay 800 Free Relay 400 Medley Relay (circle one) Qualifying time: _____ Date Achieved _____

Enter at { } Qual. time or { } Lowest priority non-conforming qualifying time standard

Name Age Ind. Entry Time Name Age Ind. Entry Time

1. _____ ☐ * 2. _____ ☐ *

3. _____ ☐ * 4. _____ ☐ *

*Check which athletes above are attending the meet as relay only.

FAX ENTRIES ONLY

All swimmers must sign a separate Waiver and release form. Fax entered swimmers must sign the official team entry at registration on arrival.

Page _____ of _____

Fax this page directly to USA Swimming at 719/866-4761

2006 USA Swimming Spring Championships

Relay Proof of Time Entry Form – Men

Relay time standards are the same for both age groups.

Club: _____

NOTE: For each relay team entered, list the qualifying time that can be proven for that team, either as team time or aggregate time, and list the names of swimmers qualifying the relay. The named swimmers need not be entered in this meet or compete therein. Do not list the same swimmer on more than one relay team in the same event. Qualifying times must have been proven through the NTV system. Any swimmer listed on the Official Entry Form can compete on any entered relay team in the meet. Relay times belong to the TEAM. Individual times belong to the SWIMMER. 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 form.

All Times Must be Noted (LC), (SY), or (SM) and four names must be listed for ALL entries.

Event 16	Thursday, March 30	4 x 200 meter freestyle relay			
		SC Yards	7:01.59		
		SC Meters	7:47.89		
		LC Meters	7:59.59		
Team "A" Qualifying Time _____		Team "B" Qualifying Time _____			
Enter at { } Qualifying Time or { } lowest priority non-conforming time standard.		Enter at { } Qualifying Time or { } lowest priority non-conforming time standard.			
Name	Age	Individual Entry Time	Name	Age	Individual Entry Time
1. _____			1. _____		
2. _____			2. _____		
3. _____			3. _____		
4. _____			4. _____		

Event 26	Friday, March 31	4 x 100 meter freestyle relay			
		SC Yards	3:09.89		
		SC Meters	3:30.59		
		LC Meters	3:37.69		
Team "A" Qualifying Time _____		Team "B" Qualifying Time _____			
Enter at { } Qualifying Time or { } lowest priority non-conforming time standard.		Enter at { } Qualifying Time or { } lowest priority non-conforming time standard.			
Name	Age	Individual Entry Time	Name	Age	Individual Entry Time
1. _____			1. _____		
2. _____			2. _____		
3. _____			3. _____		
4. _____			4. _____		

Event 34	Saturday, April 1	4 x 100 meter medley relay			
		SC Yards	3:31.29		
		SC Meters	3:54.59		
		LC Meters	3:59.69		
Team "A" Qualifying Time _____		Team "B" Qualifying Time _____			
Enter at { } Qualifying Time or { } lowest priority non-conforming time standard.		Enter at { } Qualifying Time or { } lowest priority non-conforming time standard.			
Name	Age	Individual Entry Time	Name	Age	Individual Entry Time
1. _____			1. _____		
2. _____			2. _____		
3. _____			3. _____		
4. _____			4. _____		

A fine of \$100 will be imposed on the organization obtaining deck credentials for each relay-only swimmer who does not compete in a National Championship relay. No penalty shall apply if the Referee is notified prior to the event and accepts proof that failure to compete was due to the relay-only swimmer's illness or injury, or to circumstances beyond the swimmer's control.

NOTE: Four swimmers and the proven relay time (team time) or four swimmers and individual provable times (aggregate time entries) must be listed.

** All relay swimmers who will be competing must be listed on the master entry form.

2006 USA Swimming Spring Championships

Relay Proof of Time Entry Form – Women

Relay time standards are the same for both age groups.

Club: _____

NOTE: For each relay team entered, list the qualifying time that can be proven for that team, either as team time or aggregate time, and list the names of swimmers qualifying the relay. The named swimmers need not be entered in this meet or compete therein. Do not list the same swimmer on more than one relay team in the same event. Qualifying times must have been proven through the NTV system. Any swimmer listed on the Official Entry Form can compete on any entered relay team in the meet. Relay times belong to the TEAM. Individual times belong to the SWIMMER. 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 form.

All Times Must be Noted (LC), (SY) or (SM) and four names must be listed for ALL entries.

Event 15	Thursday, March 30	4 x 200 meter freestyle relay			
		SC Yards	7:41.69		
		SC Meters	8:35.09		
		LC Meters	8:42.09		
Team "A" Qualifying Time _____		Team "B" Qualifying Time _____			
Enter at { } Qualifying Time or { } lowest priority non-conforming time standard.		Enter at { } Qualifying Time or { } lowest priority non-conforming time standard.			
Name	Age	Individual Entry Time	Name	Age	Individual Entry Time
1. _____			1. _____		
2. _____			2. _____		
3. _____			3. _____		
4. _____			4. _____		

Event 25	Friday, March 31	4 x 100 meter freestyle relay			
		SC Yards	3:35.99		
		SC Meters	4:01.19		
		LC Meters	4:02.39		
Team "A" Qualifying Time _____		Team "B" Qualifying Time _____			
Enter at { } Qualifying Time or { } lowest priority non-conforming time standard.		Enter at { } Qualifying Time or { } lowest priority non-conforming time standard.			
Name	Age	Individual Entry Time	Name	Age	Individual Entry Time
1. _____			1. _____		
2. _____			2. _____		
3. _____			3. _____		
4. _____			4. _____		

Event 33	Saturday, April 1	4 x 100 meter medley relay			
		SC Yards	4:00.49		
		SC Meters	4:28.39		
		LC Meters	4:29.49		
Team "A" Qualifying Time _____		Team "B" Qualifying Time _____			
Enter at { } Qualifying Time or { } lowest priority non-conforming time standard.		Enter at { } Qualifying Time or { } lowest priority non-conforming time standard.			
Name	Age	Individual Entry Time	Name	Age	Individual Entry Time
1. _____			1. _____		
2. _____			2. _____		
3. _____			3. _____		
4. _____			4. _____		

A fine of \$100 will be imposed on the organization obtaining deck credentials for each relay-only swimmer who does not compete in a National Championship relay. No penalty shall apply if the Referee is notified prior to the event and accepts proof that failure to compete was due to the relay-only swimmer's illness or injury, or to circumstances beyond the swimmer's control.

NOTE: Four swimmers and the proven relay time (team time) or four swimmers and individual provable times (aggregate time entries) must be listed.

** All relay swimmers who will be competing must be listed on the master entry form.

2006 USA Swimming Spring Championships

Entry Form – WOMEN – 19 & Over

Two Athletes Per Page, Duplicate Form As Needed -Form must be completed for all athletes (complete through signature)~ Please print clearly

Coach Name: _____ Team Name: _____ Club Code: _____ E-mail address: _____

		Athlete Name/Age					
		14 Digit Registration Number					
		Relay Only (Y/N)					
		Athlete Signature					
		Secondary Club Recognition (Optional)					
Entry Time (SY, SM or LC)	Event #	Event	Time Standards			Event #	Entry Time (SY, SM or LC)
			SY	SM	LC		
Tuesday, March 28							
	1	800 Free	10:03.09	8:55.19	8:57.89	1	
Wednesday, March 29							
	3	100 Free	51.19	56.39	58.09	3	
	5	200 Breast	2:18.69	2:35.09	2:38.49	5	
	7	200 Back	2:02.19	2:15.39	2:20.39	7	
	9	200 Fly	2:03.09	2:15.29	2:17.69	9	
Thursday, March 30							
	11	200 Free	1:50.29	2:01.59	2:05.29	11	
	13	400 IM	4:23.79	4:50.89	4:58.59	13	
Friday, March 31							
	17	100 Back	56.69	1:02.29	1:05.79	17	
	19	400 Free	4:52.49	4:12.59	4:22.49	19	
	21	100 Breast	1:04.19	1:11.69	1:13.49	21	
	23	100 Fly	56.19	1:01.79	1:03.29	23	
Saturday, April 1							
	27	1500 Free	16:50.19	16:39.29	17:09.69	27	
	28	200 IM	2:04.09	2:16.89	2:21.89	28	
	30	50 Free	23.59	26.29	26.89	30	

Coach Signature: _____ 14 Digit Registration Number (required) _____ Date: _____

2006 USA Swimming Spring Championships

Entry Form - MEN – 19 & Over

Two Athletes Per Page, Duplicate Form As Needed -Form must be completed for all athletes (complete through signature)~ Please print clearly

Coach Name: _____ Team Name: _____ Club Code: _____ E-mail address: _____

		Athlete Name/Age					
		14 Digit Registration Number					
		Relay Only (Y/N)					
		Athlete Signature					
		Secondary Club Recognition (Optional)					
Entry Time (SY, SM or LC)	Event #	Event	Time Standards			Event #	Entry Time (SY, SM or LC)
			SY	SM	LC		
Tuesday, March 28							
	2	1500 Free	15:41.59	15:24.29	16:09.49	2	
Wednesday, March 29							
	4	100 Free	45.29	49.99	52.39	4	
	6	200 Breast	2:03.39	2:18.39	2:23.19	6	
	8	200 Back	1:49.59	2:01.69	2:07.59	8	
	10	200 Fly	1:50.49	2:00.89	2:05.49	10	
Thursday, March 30							
	12	200 Free	1:39.69	1:50.39	1:54.49	12	
	14	400 IM	3:58.19	4:23.69	4:35.09	14	
Friday, March 31							
	18	100 Back	50.49	56.19	58.89	18	
	20	400 Free	4:29.19	3:53.09	4:03.79	20	
	22	100 Breast	56.69	1:02.19	1:05.79	22	
	24	100 Fly	49.49	54.29	56.39	24	
Saturday, April 1							
	29	200 IM	1:51.29	2:02.99	2:09.19	29	
	31	50 Free	20.69	22.89	23.89	31	
	32	800 Free	9:24.99	8:14.39	8:25.89	32	

Coach Signature: _____ 14 Digit Registration Number (required) _____ Date: _____

2006 USA Swimming Spring Championships

Entry Form – WOMEN – 18 & Under

Two Athletes Per Page, Duplicate Form As Needed -Form must be completed for all athletes (complete through signature)~ Please print clearly

Coach Name: _____ Team Name: _____ Club Code: _____ E-mail address: _____

		Athlete Name/Age					
		14 Digit Registration Number					
		Relay Only (Y/N)					
		Athlete Signature					
		Secondary Club Recognition (Optional)					
Entry Time (SY, SM or LC)	Event #	Event	Time Standards			Event #	Entry Time (SY, SM or LC)
			SY	SM	LC		
Tuesday, March 28							
	1	800 Free	10:07.09	8:48.59	9:01.09	1	
Wednesday, March 29							
	3	100 Free	51.59	56.79	58.49	3	
	5	200 Breast	2:19.49	2:35.99	2:39.29	5	
	7	200 Back	2:02.99	2:16.29	2:21.19	7	
	9	200 Fly	2:03.89	2:16.19	2:19.19	9	
Thursday, March 30							
	11	200 Free	1:51.09	2:02.39	2:06.09	11	
	13	400 IM	4:25.39	4:52.69	5:00.19	13	
Friday, March 31							
	17	100 Back	57.09	1:02.69	1:06.19	17	
	19	400 Free	4:54.49	4:14.29	4:24.09	19	
	21	100 Breast	1:04.59	1:12.09	1:13.89	21	
	23	100 Fly	56.59	1:02.19	1:03.69	23	
Saturday, April 1							
	27	1500 Free	16:56.79	16:45.89	17:15.69	27	
	28	200 IM	2:04.89	2:17.79	2:22.69	28	
	30	50 Free	23.79	26.49	27.09	30	

Coach Signature: _____ 14 Digit Registration Number (required) _____ Date: _____

2006 USA Swimming Spring Championships

Entry Form - MEN – 18 & Under

Two Athletes Per Page, Duplicate Form As Needed -Form must be completed for all athletes (complete through signature)~ Please print clearly

Coach Name: _____ Team Name: _____ Club Code: _____ E-mail address: _____

		Athlete Name/Age					
		14 Digit Registration Number					
		Relay Only (Y/N)					
		Athlete Signature					
		Secondary Club Recognition (Optional)					
Entry Time (SY, SM or LC)	Event #	Event	Time Standards			Event #	Entry Time (SY, SM or LC)
			SY	SM	LC		
Tuesday, March 28							
	2	1500 Free	15:51.49	15:33.99	16:18.49	2	
Wednesday, March 29							
	4	100 Free	45.89	50.69	52.99	4	
	6	200 Breast	2:04.59	2:19.69	2:28.59	6	
	8	200 Back	1:50.79	2:03.09	2:08.79	8	
	10	200 Fly	1:50.69	2:01.19	2:06.69	10	
Thursday, March 30							
	12	200 Free	1:40.89	1:51.69	1:55.69	12	
	14	400 IM	4:00.59	4:26.39	4:37.49	14	
Friday, March 31							
	18	100 Back	51.09	56.89	59.49	18	
	20	400 Free	4:32.19	3:55.69	4:06.19	20	
	22	100 Breast	57.29	1:03.69	1:08.39	22	
	24	100 Fly	50.09	54.89	56.99	24	
Saturday, April 1							
	29	200 IM	1:52.49	2:04.29	2:10.39	29	
	31	50 Free	20.99	23.19	24.69	31	
	32	800 Free	9:30.99	8:19.59	8:30.69	32	

Coach Signature: _____ 14 Digit Registration Number (required) _____ Date: _____

USA Swimming Waiver and Release Form
TO BE RETURNED TO USA SWIMMING PRIOR TO MARCH 14, 2006
(Duplicate as needed for each athlete.)

EACH COMPETITOR AND HIS/HER PARENT OR GUARDIAN, IF APPLICABLE, MUST COMPLETE THIS WAIVER AND RELEASE FORM.
THIS INCLUDES INDIVIDUAL AND RELAY ONLY SWIMMERS.

In signing below, the athlete affirms to have read the entry form and agrees to abide by the conditions herein. I verify the events in which I am entered and that I am a registered amateur athlete according to the USA Swimming Code of Regulations; that in consideration of your accepting this entry, I, intending to be legally bound, do hereby for ourselves, our heirs, executors and administrators, waive, release, and forever discharge any and all rights and claims for damages which we or either of us may hereafter have against USA Swimming, Inc., the host team, the Local Swimming Committee (LSC), and/or their respective officers, agents, representatives, successors and/or assigns, for any and all damages which may be sustained or suffered by me in connection with, or entry in and/or arising out of my traveling to, participating in and returning from said meet.

GENERAL ACKNOWLEDGEMENT & ACCEPTANCE

I hereby acknowledge that all information and signatures on this form are applicable to my participation in these USA Swimming Championships and I agree to abide by the regulations specified in these documents and in the Rules and Regulations of USA Swimming for the management and conduct of the USA Swimming program.

OATH OF ELIGIBILITY

I declare that I am eligible and in good standing with regulations laid down by USA Swimming, the International Federation for Amateur Swimming (FINA), and the International Olympic Committee (IOC). I also declare I am not under suspension or disciplinary action imposed for use of illegal drugs or other athlete regulation infractions. I agree to sign additional documents to this effect when required to do so by USA Swimming or the local organizing committee. I certify that, to the best of my knowledge and belief, I am in good physical condition and have no disease or injury that would impair my performance in competition and agree that while a participant in this competition, I will keep myself in top physical condition and retain my eligibility status.

DOPING

I understand that it is the policy of USA Swimming to discourage and prevent the use of prohibited doping substances and prohibited doping methods. The FINA Anti-Doping Rules are available on-line or from USA Swimming. I know that I should call the USADA Drug Reference Line (1-800-233-0393) to check the status of all medications and substances I am currently using, and to satisfy any questions or concerns that I may have about medications and prohibited substances and methods. **MANDATORY DEADLINE:** Declaration forms and medical necessity statements must be received by USA Swimming no later than one week prior to the first day of competition. If you are unable to meet this deadline please contact USA Swimming at 719-866-4962 before competition begins.

I do not currently engage in, nor do I intend to use any prohibited substances and methods. I acknowledge that the use of prohibited substances or prohibited methods may subject me to disqualification and other sanctions imposed by USA Swimming, USADA, FINA or IOC.

DRUG TESTING

I understand that USADA will conduct drug testing on athletes during and outside of competition. By registering for this competition, I hereby consent to and authorize USADA to test me for prohibited substances and prohibited methods at any time. I further acknowledge and agree that my refusal to participate in a drug test may subject me to disqualification and sanctions, the same as if I had tested positive for a prohibited substance.

I hereby authorize USA Swimming to include the results of any drug testing of me in the published statistics for drug testing and to include my name in the list of athletes who have been drug tested, which USA Swimming publishes on their website. In the event I refuse to submit to a drug test or a drug test has a positive result, I recognize that I am subject to the adjudication processes established by the US Anti-Doping Agency (USADA) and FINA, because of my refusal or positive test.

AUTHORIZATION AND EVENT PROMOTION

I 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 give the event organizers the right to use my name, picture, likeness, and biographical information before, during or after the period of my participation in these competitions to promote the competition in which I compete or to promote the success of the team on which I competed. I understand and agree not to use or authorize use of pictures of myself in the uniforms and equipment provided by USA Swimming for the purpose of trade, without the consent of USA Swimming. I agree not to use the medals or photos, portraits or films of myself with the medals, which I receive for my performance in this competition, for the purpose of trade. Furthermore, it is agreed that I shall return these uniforms and equipment, bearing USA Swimming logos and marks, if and when requested.

AUTHORIZATION FOR MEDICAL SERVICES

I hereby give consent for USA Swimming to provide me with medical care and treatment and emergency medical services associated with participation in this competition. Additionally, I hereby agree that, in the event I elect to obtain any of these services or treatments from any sources other than that provided or approved by USA Swimming, I shall accept full and complete responsibility. I further authorize the release of any medical information necessary to process a claim for accident/medical payment insurance for an injury or illness incurred while I am participating as a member of the USA Swimming delegation at this competition.

ASSUMPTION OF RISK OF SERIOUS INJURY

I Understand and Appreciate That My Participation in the Sport of Swimming Carries a Risk of Serious Injury, Including Permanent Paralysis or Death. I Voluntarily and Knowingly Recognize, Accept and Assume this Risk.

RELEASE

The Undersigned, Parent(s) and Natural Guardians(s) or Legal Guardians of _____, Does Thereby Represent He/She (They) Is (Are), in Fact, Acting in Such Capacity and Agrees to Save and Hold Harmless and Indemnify Each and All of the Parties Herein Referred to Above, as Releasees, from All Liability, Loss, Cost, Claim or Damage Whatsoever May Be Imposed upon Said Releasees Because of Any Defect in or Lack of Such Capacity to So Act and Release Said Releasees on Behalf of Both of the Undersigned.

MISCELLANEOUS

This Waiver and Release Form shall be construed in accordance with and subject to the laws of the State of Colorado. If any paragraph, section, sentence, clause or phrase contained in this Waiver and Release Form becomes or is held by any court of competent jurisdiction to be illegal, null or void or against public policy, the remaining paragraphs, sections, sentences, clauses or phrases contained in this Waiver and Release Form shall not be affected thereby.

Participant's Signature

Date

Team Name

(If Applicant Is under Age of Majority in His/Her Home State, the Parent(s) or Guardian(s) must Execute the Following Waiver in Addition to the Above)

This is to certify on this date that I, as parent/guardian of _____, participating in this competition, give my consent to USA Swimming and its medical representatives to obtain medical care from any licensed physician, hospital or clinic for the above mentioned athlete for injury that could arise from activities in this competition. I further consent to the random drug testing of the above-mentioned athlete during the competition and for the twelve (12) month period following the competition, to the disclosure of test results, and to the other terms and conditions set forth in the paragraph above entitled USA Swimming DRUG TESTING.

Parent/Guardian Signature

Relationship

Parent/Guardian Name (please print)

Date

USA SWIMMING TIME TRIAL PRE-REGISTRATION FORM (See other side for rules & procedures)

Team Name:	LSC:	Coach:	Phone:
Meet Name:	Meet Dates:		Site:

This page is for Time Trials on Day 1 2 3 4 5 (Circle one; use a separate page for each day of the meet.)

Office Use Only	SWIMMERS' NAME (Last, First)	AGE	SEX (M/F)	Athlete Registration # 14 Characters	EVENT # See Schedule of events	Event Name (i.e - M 100 Back)	Seed Time

Enter conforming times only - i.e., if this is a long course meet, enter long course times.

Number of individual events on this page _____ X \$10.00 = _____

Page _____ of _____ Pages

Enclose a separate check payable USA Swimming for total number of pre-entered time trials.

USA SWIMMING SPRING CHAMPIONSHIPS TIME TRIAL RULES AND PROCEDURES

1. Use a separate form for each day of the meet. Entering time trials in advance will save time waiting in sign-up lines. Bring copies of completed forms to the meet for verification.
2. Swimmers may compete in a maximum of two time trials during the course of the Championships.
3. The combination of meet events and time trial events may not exceed three per day.
4. Time trials are conducted on a time available basis only. Refunds or rollovers will be allowed for time trials cancelled on any given day due to time limitations.
5. Time trials for the women's 800 Freestyle and men's 1500 Freestyle will only be offered Day One, immediately following the end of the Men's 1500 Freestyle. No other time trial events will be offered on this day.
6. The women's 800 and men's 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.
7. You may add, cancel, or change time trials upon arrival at the meet. Refunds, rollovers, or credit will be allowed, except for no-shows.

Typical Time Trial Order of Events for the Modified 4 Day Schedule

<u>Day One</u>	<u>Day Two</u>	<u>Day Three</u>	<u>Day Four</u>	<u>Day Five</u>
800 Free	100 Free	200 Free	100 Back	50 Free*
1500 Free***	200 Breast	400 IM	400 Free	200 IM
(These events are only offered on this day, and they are the only events offered on this day.)	200 Back	800 F.R.	100 Breast	400 M.R.
	200 Fly	100 Back	100 Fly	100 Free
	200 Free	400 Free	400 F.R.	200 Breast
	400 IM	100 Breast	200 IM	200 Back
	800 F.R.	100 Fly	400 M.R.	200 Fly
	100 Back	400 F.R.	100 Free	200 Free
	400 Free	200 IM	200 Breast	400 IM
	100 Breast	400 M.R.	200 Back	800 F.R.
	100 Fly	100 Free	200 Fly	100 Back
	400 F.R.	200 Breast	200 Free	400 Free
	200 IM	200 Back	400 IM	100 Breast
	400 M.R.	200 Fly	800 F.R.	100 Fly
	50 Free*	1500 Free**	50 Free*	400 F.R.
		800 Free***		
		50 Free*		

* The 50 Free is the last event swum in time trials, except on day five it is the first event in time trials.

**Depending on the size of the meet, 1500 may be offered on an alternate day or days, subject to the discretion of the Meet Referee.

*** Men's Event

2006 USA Swimming Spring Championships
March 28 – April 1
Federal Way, WA

19 – Over Standards

WOMEN			EVENT	MEN		
LCM	SCM	SCY		SCY	SCM	LCM
26.89	26.29	23.59	50 FREESTYLE	20.69	22.89	23.89
58.09	56.39	51.19	100 FREESTYLE	45.29	49.99	52.39
2:05.29	2:01.59	1:50.29	200 FREESTYLE	1:39.69	1:50.39	1:54.49
4:22.49	4:12.59	4:52.49	400/500 FREESTYLE	4:29.19	3:53.09	4:03.79
8:57.89	8:55.19	10:03.09	800 FREESTYLE	9:24.99	8:14.39	8:25.89
17:09.69	16:39.29	16:50.19	1500 FREESTYLE	15:41.59	15:24.29	16:09.49
1:05.79	1:02.29	56.69	100 BACKSTROKE	50.49	56.19	58.89
2:20.39	2:15.39	2:02.19	200 BACKSTROKE	1:49.59	2:01.69	2:07.59
1:13.49	1:11.69	1:04.19	100 BREASTSTROKE	56.69	1:02.19	1:05.79
2:38.49	2:35.09	2:18.69	200 BREASTSTROKE	2:03.39	2:18.39	2:23.19
1:03.29	1:01.79	56.19	100 BUTTERFLY	49.49	54.29	56.39
2:17.69	2:15.29	2:03.09	200 BUTTERFLY	1:50.49	2:00.89	2:05.49
2:21.89	2:16.89	2:04.09	200 IM	1:51.29	2:02.99	2:09.19
4:58.59	4:50.89	4:23.79	400 IM	3:58.19	4:23.69	4:35.09
4:02.39	4:01.19	3:35.99	400 FREE RELAY	3:09.89	3:30.59	3:37.69
8:42.09	8:35.09	7:41.69	800 FREE RELAY	7:01.59	7:47.89	7:59.59
4:29.49	4:28.39	4:00.49	400 MEDLEY RELAY	3:31.29	3:54.59	3:59.69

18 – Under Standards

WOMEN			EVENT	MEN		
LCM	SCM	SCY		SCY	SCM	LCM
27.09	26.49	23.79	50 FREESTYLE	20.99	23.19	24.69
58.49	56.79	51.59	100 FREESTYLE	45.89	50.69	52.99
2:06.09	2:02.39	1:51.09	200 FREESTYLE	1:40.89	1:51.69	1:55.69
4:24.09	4:14.29	4:54.49	400/500 FREESTYLE	4:32.19	3:55.69	4:06.19
9:01.09	8:48.59	10:07.09	800 FREESTYLE	9:30.99	8:19.59	8:30.69
17:15.69	16:45.89	16:56.79	1500 FREESTYLE	15:51.49	15:33.99	16:18.49
1:06.19	1:02.69	57.09	100 BACKSTROKE	51.09	56.89	59.49
2:21.19	2:16.29	2:02.99	200 BACKSTROKE	1:50.79	2:03.09	2:08.79
1:13.89	1:12.09	1:04.59	100 BREASTSTROKE	57.29	1:03.69	1:08.39
2:39.29	2:35.99	2:19.49	200 BREASTSTROKE	2:04.59	2:19.69	2:28.59
1:03.69	1:02.19	56.59	100 BUTTERFLY	50.09	54.89	56.99
2:19.19	2:16.19	2:03.89	200 BUTTERFLY	1:50.69	2:01.19	2:06.69
2:22.69	2:17.79	2:04.89	200 IM	1:52.49	2:04.29	2:10.39
5:00.19	4:52.69	4:25.39	400 IM	4:00.59	4:26.39	4:37.49
4:02.39	4:01.19	3:35.99	400 FREE RELAY	3:09.89	3:30.59	3:37.69
8:42.09	8:35.09	7:41.69	800 FREE RELAY	7:01.59	7:47.89	7:59.59
4:29.49	4:28.39	4:00.49	400 MEDLEY RELAY	3:31.29	3:54.59	3:59.69

Qualifying Period is Feb 1, 2005 through entry deadline

Age defined as of March 28, 2006

Bonus Events available according to formula; no time standards for bonus events