



# **2007 ConocoPhillips Short Course National Championships**

**November 29 - December 1  
Georgia Institute of Technology  
Atlanta**

**Official Event Information**

# 2007 ConocoPhillips Short Course National Championships Event Information

Sanctioned by USA Swimming through Georgia Swimming  
This information is available on-line at [usaswimming.org](http://usaswimming.org)

## Important Facts About the Meet



- ◆ **There will be no paper entries for this event. All entries must be made on-line.**
- ◆ **Entry Deadline:** Register on-line at [usaswimming.org/nationals](http://usaswimming.org/nationals) no later than *Thursday, November 15, 2007* by 11:59 p.m. Mountain Time.
- ◆ This event will serve as the selection event for the 2008 FINA Short Course World Championships. For complete selection criteria, please refer to [usaswimming.org](http://usaswimming.org).
- ◆ Swims which achieve the qualifying time standards for the first time from Friday, November 16, 2007, through Sunday, November 25, 2007, may be sent by e-mail. These entries must be received no later than 11:59 p.m. Mountain Time on *Sunday, November 25, 2007*, and cannot be used to improve the seed time of a prior entry. See [usaswimming.org/nationals](http://usaswimming.org/nationals) for e-mail instructions.
- ◆ There will be no bonus events at these championships.
- ◆ Two courses will be used for the preliminary heats, if necessary.
- ◆ There will be relays in this competition. All relays will be timed finals with all heats swum in the evening session. Relay-only swimmers will not be allowed to swim in time trials.
- ◆ Team scores will be kept and awarded.
- ◆ Foreign athletes will be allowed to swim at this competition, but will not be permitted in the Championship ("A") Finals.
- ◆ The qualification period for this event is November 1, 2006 through the entry deadline.
- ◆ As per USA Swimming rule 207.10.4D, Athletes who have qualified for the Olympic Trials within the current quad in a specific event may swim that event in all USA Swimming National Championships events preceding the next Olympic Trials, even if they have not re-qualified for the USA Swimming Championship.
- ◆ Swimmers may qualify for the 1650 Freestyle using the 1500/1650 time standards or the 800/1000 time standards.
- ◆ There will be a two session long course invitational on the day following the Short Course Nationals. (see page 12)
- ◆ Accommodations for persons with disabilities may be arranged with advance notice.

## Table of Contents



Meet Administration.....	3
General Information.....	4
Site Information.....	7
Entering the Meet.....	8
Championship Procedures.....	9
Long Course Invitational .....	12
Doping Control.....	13

## Meet Administration



### Facility Address

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

### Meet Referee

Dan McAllen  
9607 Shadydale Ln.  
Dallas, TX 75238  
Phone 214-341-7390  
[d.mcalleniii@sbcglobal.net](mailto:d.mcalleniii@sbcglobal.net)

### Meet Directors

Debbie Dorsey  
Campus Recreation  
750 Ferst Drive  
Atlanta, GA 30332  
Phone: 404-894-8825  
[debbie.dorsey@crc.gatech.edu](mailto:debbie.dorsey@crc.gatech.edu)

Ed Saltzman  
5060 Cameron Forest Pkwy  
Alpharetta, GA 30022  
Phone: 770-442-9075  
[es7204@att.com](mailto:es7204@att.com)

### USA Swimming Vice President, Program Operations

Pat Lunsford  
1 Holyoke Ct.  
Fairfield, OH 45014-5324  
513-874-3209  
[pat@wurkconcepts.com](mailto:pat@wurkconcepts.com)

### USA Swimming National Events Director

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

### Meeting Schedule

Wednesday, November 28	5:30 p.m.	General Meeting	GT Ferst Center for the Arts
<i>(Out the front doors of the Campus Recreation Center - across the street, follow the signs)</i>			
Thursday, November 29	8:00 a.m.	Officials' Meeting	CRC Room 249
<i>(All subsequent officials' briefings will be held one hour prior to the start of each session)</i>			
Friday, November 30	8:00 – 11:00 PM	Coaches, Officials, and VIP Social	TBD



**2007 USA Swimming Short Course National Championships**  
**Order of Events**  
 Short Course Yards

Heats Begin at 9:30

Finals Begin at 6:00

Women's Events

**Day 1– Thursday, November 29**

Men's Events

1	500 Freestyle	2
3	200 IM	4
5	50 Freestyle	6
7	400 Medley Relay	8

**Day 2 - Friday, November 30**

9	400 IM	10
11	100 Butterfly	12
13	200 Freestyle	14
15	100 Breaststroke	16
17	100 Backstroke	18
19	800 Freestyle Relay	20

**Day 3 - Saturday, December 1**

21	1650 Free	22
23	200 Backstroke	24
25	100 Freestyle	26
27	200 Breaststroke	28
29	200 Butterfly	30
31	400 Free Relay	32

*Heats for events 21 and 22 will be swum after event 32*

## General Information (Continued)



### Tickets Orders

Pre-sale tickets for All-Session Passes may be ordered on-line at [usaswimming.org/nationals](http://usaswimming.org/nationals). Tickets for individual sessions of preliminaries and finals will be sold separately at the GT Aquatic Center during the event.

#### All Sessions:

- Adult - \$25.00
- Student/Children - \$15.00

#### Prelims:

- Adults - \$4.00
- Students/Children - \$3.00

#### Finals:

- Adults - \$7.00
- Students/Children - \$5.00

Tickets ordered online via the internet will carry an additional \$1.50 service charge to cover Tech TIX services and mailing.

### Parking Passes

All session parking passes may be purchased on-line at the time you purchase event tickets. The all session parking pass for Thursday through Sunday is \$20.00. (Daily parking per session is \$5.00 no re-entry allowed without charge).

For questions or more information, contact:

Scott McLaren

GTAA Ticket Office

150 Bobby Dodd Way, NW

Atlanta, GA 30332

[smclaren@athletics.gatech.edu](mailto:smclaren@athletics.gatech.edu) or

[tickets@at.gtaa.gatech.edu](mailto:tickets@at.gtaa.gatech.edu)

Persons with accessibility or special seating needs should contact the GTAA Ticket Office at 888-TECH-TIX for assistance with ticket purchases.

### Coaches' Packet

For coaches who plan to attend this meet without swimmers, there will be a special packet available for \$75.00, that will contain a general admission pass, heat sheets, a psych sheet, and team roster. The packet is available during regular registration hours. Current USA Swimming coach members purchasing this packet may receive a deck pass which includes hospitality.

### 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](mailto:usaswimming@polkmajestic.com) with your request.

#### Airlines

United/United Express	800/864-8331
American/American Eagle	800/433-7300
Continental/Cont Express	800/523-3273
Delta/Delta Connection	800/221-1212
Northwest/KLM	800/225-2525
Southwest	800/435-9792
US Airways/America West	800/428-4322
Air Canada	888/247-2262
Air Tran	800/247-8726
Frontier	800/432-1359
Midwest Connect	800/452-2022

#### Car rental agencies

Alamo	800/327-9633
Avis	800/831-2847
Budget Rent-A-Car	800/527-0700
Dollar	800/800-3665
Enterprise	800/736-8222
Hertz	800/654-3131
National	800/227-7368
Thrifty	800/847-4389

## General Information (Continued)



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

- ◆ Take I-75/85 north
- ◆ Exit #250 10th St/14th St/Georgia Tech
- ◆ Merge onto Williams St NW
- ◆ Left at 10th St NW (stoplight top of exit ramp)
- ◆ Travel several lights down 10th street to Hemphill-small strip of stores at this intersection
- ◆ Left at Hemphill NW
- ◆ Right at Ferst Dr NW (where the road T's-turn right)
- ◆ Pool is on the right @ 1/4 mile up the road (Georgia Tech Aquatic Center inside the Campus Recreation Center)
- ◆ MARTA-the rail system runs from the Airport to the host hotel-GT Hotel and Conference Center-exit MARTA on 10th street and a GT Trolley (free) makes regular rounds from MARTA to the hotel-cost one-way on MARTA is \$1.75  
Additional trolley information can be found on <http://www.parking.gatech.edu/> - Tech Trolley

### Parking

- ◆ **Coaches, Athletes, and Officials** will be provided a pass for the duration of the meet allowing you to park adjacent to the Campus Recreation Center on Tech Parkway-Permit will be given at registration and must be displayed in your vehicle window at all times.
- ◆ **Volunteers** will be provided a pass for the duration of the meet allowing you to park adjacent to the Campus Recreation Center on Tech Parkway-Permit will be given at Volunteer Check-in and must be displayed in your vehicle window at all times.
- ◆ **Spectators** will be directed via swim meet signage to either the parking deck or pay lot across the street from the Campus Recreation Center. The cost per vehicle for the parking deck is \$5.00 each time-no re-entry without charge. The cost for the pay lot is .75 per half hour.

### Hotels

#### Georgia Tech Hotel & Conference Center

800 Spring Street  
Atlanta, GA 30308  
1-800-706-2899  
\$159.00 plus taxes & parking  
0.7 Miles from pool  
Reference: USA Short Course Championships

#### Renaissance - Marriott

590 Peachtree Street  
Atlanta, GA 30308  
1-800-468-3571  
\$139.00 plus taxes & parking  
0.8 miles from pool  
Reference: US Swimming Short Course Championships

#### Marriott Courtyard—Midtown

1132 Techwood Drive  
Atlanta, GA 30318  
1-800-228-9290/404-607-1112  
\$124.00 plus taxes  
0.9 miles from pool  
Reference: SWMS  
USA Swimming Short Course Nationals

#### Embassy Suites Hotel—Buckhead

3285 Peachtree Road NE  
Atlanta, GA 30305  
1-800-362-2779  
\$139.00 SK/\$159.00 DD plus taxes & parking  
9.18 miles from pool  
Reference: USA Short Course Championships

#### Marriott Suites

35 14th Street  
Atlanta, GA 30309  
404-876-8888  
\$139.00 plus taxes  
1.2 miles from pool  
Reference: Mike Mitchell

#### Hampton Inn - Georgia Tech Downtown

244 North Avenue NW  
Atlanta, GA 30313  
404-881-0881  
\$129.00 plus taxes & parking  
0.8 miles from pool  
Reference: USA Swimming Short Course Nationals

## 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

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

### Lockers

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

### Medical Assistance

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

### Parking

Coaches and Athletes will be issued, at registration, an all-session parking pass for the street adjacent to the Campus Recreation Center, Tech Parkway. This pass is only valid on this street; GT permits are required at all other locations or a fee charged in the pay lots. Officials will also receive an all-session parking pass for street parking upon request at registration.

Spectators will be directed via swim meet signage to either the parking deck or pay lot across the street from the Campus Recreation Center. The cost per vehicle for the parking deck is \$5.00 each time-no re-entry without charge. The cost for the pay lot is .75 per half hour.

### Concessions

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

### Hospitality

A hospitality room for the coaches and officials will be located just off the pool deck in room 134, adjacent to the diving well. Food and beverages will be offered throughout the day. The athlete hospitality area will be located on the pool deck along the south wall, half way between the Men's and Women's locker rooms.

### About the Facility

Located in downtown Atlanta, on the campus of Georgia Tech,

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

### Pool Hours

Tuesday, November 27	9:00 a.m. - 9:00 p.m.
Wednesday, November 28	9:00 a.m. - 9:00 p.m.
Thursday, November 29	6:00 a.m. - 1 hour after finals
Friday, November 30	6:00 a.m. - 1 hour after finals
Saturday, December 1	6:00 a.m. - 1 hour after finals
Sunday, December 2	6:00 a.m. - 1 hour after finals

### Credential Pick-Up

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

Tuesday, November 27	3:00 p.m. - 8:00 p.m.
Wednesday, November 28	8:00 a.m. - Noon and 1:00 p.m. - 8:00 p.m.
Thursday, November 29	8:00 a.m. - Noon and 1:00 p.m. - 8:00 p.m.
Friday, November 30	8:00 a.m. - Noon and 1:00 p.m. - 8:00 p.m.
Saturday, December 1	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

[usaswimming.org/ome](http://usaswimming.org/ome)

Enter this meet on-line beginning Tuesday, October 2, 2007.

On-line entries will be accepted until Thursday, November 15 (at 11:59 p.m.). For help with the on-line entries, contact Susan Woessner at USA Swimming (719-332-0184).

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

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

You can modify your entry on-line by adding to the original entry. You 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).

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

### E-Mail Entries

Qualifying swims which achieve the time standards for the first time from Friday, November 16, 2007, through Sunday, November 25, 2007, may be sent by e-mail. These entries must be received no later than 11:59 p.m. Mountain Time on *Sunday, November 25, 2007*, and cannot be used to improve the seed time of a prior entry. See [usaswimming.org/nationals](http://usaswimming.org/nationals) for e-mail instructions.

### Foreign Entries

All foreign participants must be members in good standing of their country's FINA affiliated federation. Foreign entries must be proven with meet results. All foreign team entries must be submitted by the entry deadline. Foreign entries should NOT use the on-line entry feature.

Foreign athletes will not be permitted in the Championship ("A") Finals at this competition.

Foreign teams should use e-mail to submit their entries to USA Swimming so they arrive by the entry deadline. Complete e-mail instructions can be found at [usaswimming.org/nationals](http://usaswimming.org/nationals).

### Qualifying Period

The qualification period for this event is November 1, 2006 through the entry deadline.

### Entry Fees:

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

### Additional Entry Information

**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.

**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** - 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. If your relay is an aggregate, list all of the swimmers and their times. If any of the listed swimmers are not going to compete on a relay, they should not be entered. Enter only those swimmers who may be competing.

- 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.

**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 during the meet. Make copies as needed for each swimmer. 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.



### Rules

USA Swimming Rules and Regulations will govern the conduct of these Championships and will serve as the official guide for technical and procedural rules.

It shall be the swimmers' and coaches' responsibility to acquaint themselves with all of the information contained in this meet information book. USA Swimming Rules and Regulations will govern the conduct of these championships.

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

Dependent on the number of entries, and at the discretion of the Meet Referee, 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.

### Membership Requirement

All persons expecting to receive a deck pass should be prepared to show a current USA Swimming membership card. Non-members may join by completing the appropriate form and paying the required fee at a table adjacent to the registration desk. Coaches must provide proof of CPR, First Aid and Safety Training for Swimming Coaches or USA Swimming approved equivalents.

### 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.
  - ◆ 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 swim-

mer 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 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 (207.8.5)

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 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 entered such a false or incorrect time(s) into the SWIMS Database.

Appeal of fines are to be made to the Vice President of Program Operations or designee and/or Board of Review. Any appeal of the decision of the Vice President of Program Operations or designee shall be in accordance with the provisions of Part Four, specifically Article 406.

### Automatic Proven Times

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

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

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.

## Championship Procedures



### 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.

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

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

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

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

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

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

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

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

### Check-In

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

- A. Start with the person that is checking the swimmers' and coaches' membership in USA Swimming. Have your coach membership card with you. To avoid any problems with your swimmers, have their membership cards as well.
- B. After you have been cleared, move on to the individual giving out the Coaches' packets. One of the items you will receive is a psych sheet.
- C. Review the psych sheet posted by the Times desk and make sure your swimmers do not have an asterisk (\*) by their time.
- D. In the event of an asterisk, go to the Times desk immediately and clear the time. It is your responsibility to do this. If it is not cleared by the scratch deadline, the swimmer will be scratched from the event. If a time cannot be proven the coach is subject to a \$100 fine. You should make sure all your athletes' times are in the Swims database.
- E. If you have a distance swimmer (1650 freestyle), he/she must be checked in prior to the scratch deadline in order to be seeded.
- F. Check your scratches - make certain they are correct and submitted on time. Do not let your swimmer miss his/her best event because you failed to scratch an entry.
- G. Follow all proof of time, scratch and distance event entry procedures by the required deadlines as published. Assist

with all warm-up procedures and/or requests.

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

### 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 finals heat. 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. Teams are limited to two relay entries in each relay event.
- B. All relays will be swum as timed finals at the end of that evening's finals sessions. The order shall be;

Women's 2<sup>nd</sup> Fastest Heat  
Women's Fastest Heat  
Men's 2<sup>nd</sup> Fastest Heat  
Men's Fastest Heat  
Women's 3<sup>rd</sup> Fastest Heat  
Men's 3<sup>rd</sup> Fastest Heat  
Women's 4<sup>th</sup> Fastest Heat  
Men's 4<sup>th</sup> Fastest Heat  
Etc.

- C. 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 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.

## Distance Freestyle

- A. Distance Entry - Any swimmer who qualifies for the 1650 yard 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 (207.10.8).
- B. Swimmers may qualify for the 1650 Freestyle using the 1500/1650 time standards or the 800/1000 time standards.
- C. Distance Check-in and Seeding - Entrants in the 1650 yard freestyle must check in and confirm their intention to compete before the scratch deadline in order to be seeded. Seeded heat sheets will be published at the end of finals the evening before. The swimmers will be listed in the psych sheet in the order of submitted times, beginning with the fastest (207.12.11).

## Finals Session Event Order

There will be a bonus final in each event at this Championship (except the 1650 yard freestyle events, which will have a championship final only). The order of the final events shall be C, B and A (bonus, consolation and championship).

## Meet Scoring

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.

## Results

After each evening's finals at these championships, the results will be available at [usaswimming.org/nationals](http://usaswimming.org/nationals).

## Awards

- A. Team Awards
  - ◆ Women's Team Champion (high point women's team)
  - ◆ Women's Team Runner-up (second highest)
  - ◆ Women's Team Top Ten (3rd through 10th)
  - ◆ Men's Team Champion (high point men's team)
  - ◆ Men's Team Runner-up (second highest)
  - ◆ Men's Team Top Ten (3rd through 10th)
  - ◆ Men's and Women's Combined Team Champion
  - ◆ Men's and Women's Combined Team Runner-up (second highest)
  - ◆ Men's and Women's Combined Team Top 25 (3rd through 25th)
- B. Individual Awards—Medals will be awarded to all place winners in the "A" final. An "18&Under" National Champion medal will be presented to the highest placing 18&under swimmer in each individual event.
- C. Individual High Point Awards - Male and Female Awards will be given at the ConocoPhillips National Swimming Championships. These awards are named after Robert J. Kiphuth, the great swimming coach from Yale University.

- D. ConocoPhillips Performance Award - This award, sponsored by USA Swimming corporate partner, ConocoPhillips, is presented to the swimmer who achieves the single most outstanding performance of the meet, based on the FINA power points system. 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 time, provided there is sufficient time between the end of the preliminary session and the start of warm-ups for the final session. Relay-only swimmers will not be allowed to swim in Time Trials. These Time Trials shall be held under a separate sanction of the LSC where the meet is held.

- A. Time Trials will be conducted in short course yards 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) to participate in the Time Trials.
- E. Except as noted below, Time Trials shall be swum in the order listed under the meet program as follows:

- ◆ First Day: that day's events, followed by the remaining events in the meet.
- ◆ Second Day and Third Day: that day's events, followed by the remaining events in the meet.
- ◆ The 1650 yard 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.

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

## Reimbursement Policy

Athletes participating in these Championships and ranked in the top 100 of the 2007 Long Course world rankings through November 1st 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.

## Long Course Invitational



### Format

There will be a two session long course invitational on the day following the Short Course Nationals (Sunday, December 2, 2007). There will be no time standards for the Long Course Invitational, however only athletes entered in individual events at the 2007 Short Course National Championships will be permitted to enter the Long Course Invitational.

### Entries

Register for the Long Course Invitational on-line at [usaswimming.org/nationals](http://usaswimming.org/nationals) no later than *Sunday, November 25, 2007* by 11:59 p.m. Mountain Time.

### Entry Fees:

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

**2007 USA Swimming Long Course Invitational**  
**Georgia Tech Aquatic Center**  
**Sunday, December 2, 2007**  
Long Course Meters  
All Events Timed Finals

**Sessions 1 Begins at 9:00am**

Women's Events

1	400 IM
3	100 Butterfly
5	100 Breaststroke
7	100 Backstroke
9	100 Freestyle
11	400 Freestyle

Men's Events

2
4
6
8
10
12

**Sessions 2 Begins at 2:00pm**

13	200 IM
15	200 Backstroke
17	200 Breaststroke
19	50 freestyle
21	200 Freestyle
23	200 Butterfly
25	800 Freestyle (Women)
	1500 Freestyle (Men)

14
16
18
20
22
24
26



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.

**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.**

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 Online:**

Athletes, parents, coaches and sports medicine professionals may check the status of a medication online at USADA's website: [www.usantidoping.org/dro](http://www.usantidoping.org/dro). The website can be used at any time and is a simple way to check the status of most medications. You should print the status of the medication for your records.

**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 staff member 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 s/he will return your call. You may call the line at anytime after hours, leave a message, and your call will be returned as soon as possible.

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

Inhalers used for treatment of asthma and local injections of Glucocorticosteroids may be allowed if an abbreviated therapeutic use exemption (TUE) notification is filed (see the Prohibited List below). The Abbreviated TUE form is available on the USA Swimming Website and must be filed before either in- or out-of-competition testing for beta-2 agonists (for example, Albuterol) and must be filed before testing at a competition for inhaled or local injections of Glucocorticosteroids. The forms should be submitted 3 weeks prior to the time needed 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 a TUE form.

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

Forms should be re-submitted immediately if there is a change in the medication or the route of administration.

NOTE: These forms do expire. Athletes will receive an approval letter that indicates the date of expiration.

**2007 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 2007 Guide to Prohibited Substances:*

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

*As an exception, formoterol, salbutamol, 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, 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 (Continued)



### Substances and Methods Prohibited in Competition:

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

*According to the US Anti-Doping Agency 2007 Guide to Prohibited Substances:*

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

*Other routes of administration (intraarticular/periarticular/peritendinous/epidural/intradermal injections and inhalation) require an Abbreviated Therapeutic Use Exemption except as noted below.*

*Topical preparations when used for dermatological (including iontophoresis/phonophoresis), auricular, nasal, ophthalmic, buccal, gingival and perianal disorders are not prohibited and do not require any form of Therapeutic Use Exemption.*

### Prohibited Methods include:

1. Enhancement of Oxygen Transfer (for example, bottled oxygen or blood doping)
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 may contain substances that may appear on the Prohibited Substance list(s) of FINA and/or the WADA. 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](http://www.fina.org)) for specifics relating to sanctions for a positive drug test, or other anti-doping rules violation. Penalties may also apply to any individual assisting a swimmer in doping.

### 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 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 or FINA sanctioned events. If you have an athlete in this situation, please email [smichael-miller@usaswimming.org](mailto:smichael-miller@usaswimming.org) immediately.



**2007 Short Course Nationals**  
**Nov 29 – Dec 1**  
**Atlanta, GA**

WOMEN			EVENT	MEN		
LCM	SCM	SCY		SCY	SCM	LCM
27.29	26.59	23.89	<b>50 FREESTYLE</b>	20.99	23.29	24.19
58.89	57.09	51.89	<b>100 FREESTYLE</b>	45.99	50.79	52.99
2:06.99	2:03.09	1:51.69	<b>200 FREESTYLE</b>	1:40.69	1:51.49	1:55.69
4:25.59	4:15.49	4:55.89	<b>400/500 FREESTYLE</b>	4:32.29	3:55.69	4:05.89
9:04.09	8:49.39	10:07.99	<b>800 FREESTYLE</b>	9:27.39	8:16.49	8:29.79
17:21.39	16:47.39	16:58.29	<b>1500 FREESTYLE</b>	15:47.79	15:30.39	16:18.59
1:06.69	1:03.39	57.69	<b>100 BACKSTROKE</b>	51.29	57.09	59.79
2:22.29	2:16.99	2:03.59	<b>200 BACKSTROKE</b>	1:50.99	2:03.29	2:09.09
1:14.99	1:12.79	1:05.19	<b>100 BREASTSTROKE</b>	57.59	1:03.99	1:06.79
2:41.59	2:37.29	2:20.69	<b>200 BREASTSTROKE</b>	2:04.99	2:20.19	2:25.29
1:04.39	1:02.79	57.09	<b>100 BUTTERFLY</b>	50.49	55.29	57.19
2:20.29	2:17.49	2:05.09	<b>200 BUTTERFLY</b>	1:51.79	2:02.29	2:06.99
2:24.29	2:19.19	2:06.09	<b>200 IM</b>	1:52.99	2:04.79	2:10.59
5:03.39	4:55.29	4:27.79	<b>400 IM</b>	4:00.99	4:26.79	4:37.39
4:01.49	3:58.89	3:33.49	<b>400 FREE RELAY</b>	3:09.39	3:30.49	3:37.69
8:45.29	8:37.99	7:43.39	<b>800 FREE RELAY</b>	7:00.49	7:47.49	7:59.89
4:30.49	4:25.49	3:58.19	<b>400 MEDLEY RELAY</b>	3:31.09	3:55.79	4:01.19

Qualifying period is November 1, 2006 through the entry deadline.

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

<b>Team Name:</b>	<b>LSC:</b>	<b>Coach:</b>	<b>Phone:</b>
<b>Meet Name:</b>	<b>Meet Dates:</b>		<b>Site:</b>

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

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

**Enter conforming times only - i.e. SCY, SCM, LCM**


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

Page \_\_\_\_\_ of \_\_\_\_\_ Pages

Enclose a separate check payable to the meet host as listed below for total number of pre-entered time trials.

Make check payable to: Dynamo Swim Club

# USA SWIMMING 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 must be entered in the meet (individual event or relay only) with a proven time.*
3. *Swimmers may compete in a maximum of two time trials during the course of the Championships.*
4. *The combination of meet events and time trial events may not exceed three per day.*
5. *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.*
6. *The 1650 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 Three Day Schedule

### Day One

500 Freestyle  
200 Individual Medley  
50 Freestyle  
400 Medley Relay  
400 Individual Medley  
100 Butterfly  
200 Freestyle  
100 Breaststroke  
100 Backstroke  
800 Freestyle Relay  
1650 Freestyle\*  
200 Backstroke  
100 Freestyle  
200 Breaststroke  
200 Butterfly  
400 Freestyle Relay

### Day Two

400 Individual Medley  
100 Butterfly  
200 Freestyle  
100 Breaststroke  
100 Backstroke  
800 Freestyle Relay  
1650 Freestyle\*  
200 Backstroke  
100 Freestyle  
200 Breaststroke  
200 Butterfly  
400 Freestyle Relay  
500 Freestyle  
200 Individual Medley  
50 Freestyle  
400 Medley Relay

### Day Three

1650 Freestyle\*  
200 Backstroke  
100 Freestyle  
200 Breaststroke  
200 Butterfly  
400 Freestyle Relay  
500 Freestyle  
200 Individual Medley  
50 Freestyle  
400 Medley Relay  
400 Individual Medley  
100 Butterfly  
200 Freestyle  
100 Breaststroke  
100 Backstroke  
800 Freestyle Relay