



# **Official Event Information**

2008 U.S. Olympic Team Trials—Swimming  
Hosted by USA Swimming, The Omaha Sports Commission, and  
Midwestern Swimming, Inc.



June 29-July 6  
Qwest Center Omaha  
Omaha, Nebraska  
Sanctioned by USA Swimming through Midwestern Swimming  
This information is available on-line at [usaswimming.org](http://usaswimming.org)

## Important Dates



- ◆ The qualifying period is April 5, 2005 through the entry deadline. Qualifying standards are Long Course Meters (LCM) only.
- ◆ Entries will be accepted from Tuesday, January 15, 2008, through 11:59 p.m. (MT) Monday, June 16, 2008 through the On-Line Entry (OME) process at [usaswimming.org](http://usaswimming.org)
- ◆ Performances which achieve the qualifying time standards for the first time from Monday, June 16, 2008 through Friday, June 27, 2008, may be entered using the e-mail entry forms. These entries must be received no later than 11:00 a.m. (CT) Saturday, June 28, 2008, and cannot be used to improve the seed time of a prior entry. The e-mail entry forms can be found at [usaswimming.org/trials](http://usaswimming.org/trials).

## Important Information



- ◆ It shall be the swimmers' and coaches' responsibility to acquaint themselves with all of the information contained in this meet information document. USA Swimming Rules and Regulations will govern the conduct of these Trials, except where listed otherwise.
- ◆ Any photographs, videotape or other audio and/or visual recordings of the event created by a spectator may be used solely for such spectator's personal non-commercial use, and may not be broadcast, published or disseminated, or used for any commercial purposes, without the prior written consent of the USOC.
- ◆ This meet will be conducted in Long Course Meters
- ◆ Accommodations for persons with disabilities may be arranged with advance notice.
- ◆ In addition to the 2008 Olympic Team selection, this event will also serve as the selection meet for 2008 World Youth Championships. For complete selection criteria, please refer to [usaswimming.org](http://usaswimming.org).

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## Prior to Arriving at the Trials



- ♦ All athletes who compete at the Trials must have a U.S. passport valid through March 1, 2009 to be used for Olympic Team processing. Please plan accordingly.
- ♦ Only U.S. citizen athletes who are eligible to represent the U.S. in international competition and are registered members in good standing with USA Swimming will be permitted to compete in these Trials.
- ♦ The qualifying period for this event is April 1, 2005 through the entry deadline.
- ♦ Credential Photos

*Anyone* expecting a credential for the 2008 Olympic Trials in Omaha must submit passport-style photos. This includes athletes, coaches, officials, VIP's and volunteers.

Passport-style, front facing, full head and top of shoulders visible (can be taken with most digital cameras; need not be a professional photograph)

Color or black and white

Plain/light background only

Hats or dark glasses may not be worn

File size should be between 50kb and 1Mb

Save digital photographs in JPG format with the following naming convention:

LastName\_FirstName.JPG  
(e.g. Smith\_John.jpg)

E-mail photos to;

[2008credentials@usaswimming.org](mailto:2008credentials@usaswimming.org)

Include in the body of the e-mail;

- ✓ Team Name
- ✓ Position (Athlete, Coach, Volunteer, etc.)
- ✓ LSC
- ✓ Contact name and phone number

For additional information, contact  
Dean Ekeren at;  
[dekeren@usaswimming.org](mailto:dekeren@usaswimming.org)

- ♦ Credentials will be required in the Ready Room/Last Call Room for all athletes, as the credentials will be

used by USADA for doping control purposes.

- ♦ Teams and athletes should plan their arrival times at the venue during registration hours in order to obtain the necessary credentials for access to the venue. Credentials must be worn at all times while inside the venue.
- ♦ At the Trials, athletes will be allowed to enter an unlimited number of events for which they have the time standards. Each athlete may swim a maximum of three events per day, including time trials. There are no bonus events at the Trials.
- ♦ The Athlete Dining Village located in the Qwest Center Omaha Convention Center is being offered for all accredited team members and accredited support staff from 6:30 p.m. until 10:00 p.m. beginning Sunday, June 29, through Friday, July 4. Reservations for any or all days must be made online at [usaswimming.org](http://usaswimming.org) from January 15, - June 10, 2008. Menu offerings are all you can eat and are priced at \$24.00 per person per day including taxes and gratuities. The menus have been endorsed by both the USOC and USA Swimming nutritional staffs and can viewed at [h2omaha.com](http://h2omaha.com).
- ♦ Spectator passes will not be offered as part of team registration.
- ♦ All athletes who enter the Trials will be permitted to list a second USA Swimming club on the on-line entry blank for recognition purposes only. The second club will be listed in the heat and psych sheets provided there is enough space for the primary club.  
  
Example: Joe Swimmer represents the Spiffyville Swim Club. He is a sophomore at Whatsamatta U. Joe will represent the Spiffyville Swim Club at the Trials, but if he wishes, he may also list Whatsamatta U. as the secondary club for recognition purposes. If Joe does not wish to list Whatsamatta U., that space on the entry form would be left blank.
- ♦ There will be no relays at the Trials.
- ♦ Please be aware that the Olympic rings are not allowed on apparel or other items according to the Amateur Sports Act. This will be policed by USOC personnel at the Trials.
- ♦ Due to heightened security, all participants should be prepared for bag checks upon each entry to the venue. Please plan on some delays.



- ◆ The Registration Area is located in Room 212 of the Qwest Center Convention Center (second level). Beginning at 3:00 PM on Wednesday, June 25, credentials must be worn at all times to enter the venue.
- ◆ Complimentary parking for teams, officials, and media will be in Lot A in the back of the Qwest Center. Parking passes for Lot A will be distributed at Registration.
- ◆ In order to avoid congestion in the public areas, a vehicle drop-off area for athletes will be available both in front and in the back of the venue.
- ◆ Credentials must be worn at all times while inside the venue. Athletes and coaches will not be allowed in the spectator seating area without spectator tickets.
- ◆ There are designated seating areas (sections 123, 125, 126, & 127—see enclosed venue map) exclusively reserved for team seating. Athletes and coaches will have appropriate credentials for access into these sections.
- ◆ Two rows in the team seating area will be reserved for coaches to view their swimmers during their races.
- ◆ A clean deck will be enforced during all competition sessions.
- ◆ All preliminary heats, semifinals, and finals heats will parade to the starting blocks from the Race Ready Area/Last Call Room.
- ◆ The fastest 16 athletes from the preliminaries in each event 200 meters and shorter will qualify for the semifinals. These athletes will be championship/ circle seeded in the semifinals. The eight fastest athletes from the semifinals will qualify for the final.
- ◆ The scratch deadline for each day's preliminaries will be at the conclusion of finals on the previous evening (see page 16). Scratches for athletes who qualify for semifinals will be handled in the normal manner. Scratches from semifinals to finals must be declared by the end of the session of that semifinal.
- ◆ There will be a semifinal contested for each event except the women's and men's 400 freestyle, the women's and men's 400 IM, the women's 800 free-style and the men's 1500 freestyle, in which only the fastest 8 qualifiers from prelims will compete in the "A" finals.
- ◆ USA Swimming will strictly enforce Rule 61 of the Olympic Charter, which states that no commercial identification of any product or service or any promotional matter of any kind may appear on the swim suits, caps or goggles of the competitors except for the standard manufacturer's equipment identification. The maximum size of this logo is 20 square centimeters.
- ◆ As the timelines allow, time trials will be offered each day at the Trials beginning approximately 30 minutes after the morning session. However, no time trials will be offered on Sunday, July 6. For your convenience, a Time Trial pre-registration form and order of events are available online at [usaswimming.org](http://usaswimming.org). Time Trial entries will also be accepted on-site at the venue.
- ◆ The competition pool will be closed periodically for required cleaning. Those times will be published and distributed at the General Meeting.
- ◆ Tentative timelines for the finals' sessions will be posted at [usaswimming.org](http://usaswimming.org) approximately three months prior to the start of the Trials.
- ◆ There will be a recognition ceremony shortly after each race for only those athletes who qualify for the U.S. Olympic Team. These athletes will be presented with their coach and must wear their team sweats during this ceremony.
- ◆ USA Swimming's travel agency will be on-site to provide assistance to families and personal coaches with Beijing travel accommodations.
- ◆ USA Swimming will host a fan experience area throughout the duration of the event. The USA Swimming AquaZone will be located in the Qwest Center Convention Center. More information will be posted at [usaswimming.org](http://usaswimming.org).
- ◆ Event apparel will be on sale in the main store located in the AquaZone, as well as smaller kiosks throughout the venue concourse.

## Order of Events



Omaha is on Central Daylight Time.

### Preliminaries - 11:00 a.m.

#### **June 29 - Sunday**

400 IM – men  
100 Fly – women  
400 Free – men  
400 IM – women  
100 Breast – men

#### **June 30 - Monday**

100 Back – women  
200 Free – men  
100 Breast – women  
100 Back – men  
400 Free – women

#### **July 1 - Tuesday**

200 Free – women  
200 Fly – men  
200 IM – women

#### **July 2 - Wednesday**

100 Free – men  
200 Fly – women  
200 Breast – men

#### **July 3 - Thursday**

100 Free – women  
200 Back – men  
200 Breast – women  
200 IM – men

#### **July 4 - Friday**

50 Free – men  
800 Free – women  
100 Fly – men  
200 Back – women

#### **July 5 - Saturday**

50 Free – women  
1500 Free – men

#### **July 6 - Sunday**

No Preliminaries

### Finals - 6:45 p.m. (actual start times may vary slightly each night due to television)

#### **June 29 - Sunday**

400 IM – men - FINAL  
100 Fly – women - semifinal  
400 Free – men - FINAL  
400 IM – women - FINAL  
100 Breast – men - semifinal

#### **June 30 - Monday**

100 Back – women - semifinal  
200 Free – men - semifinal  
100 Fly – women - FINAL  
100 Breast – men - FINAL  
100 Breast – women - semifinal  
100 Back – men - semifinal  
400 Free – women - FINAL

#### **July 1 - Tuesday**

200 Free – women - semifinal  
200 Free – men - FINAL  
100 Back – women - FINAL  
100 Back – men - FINAL  
100 Breast – women - FINAL  
200 Fly – men - semifinal  
200 IM – women - semifinal

#### **July 2 - Wednesday**

100 Free – men - semifinal  
200 Free – women - FINAL  
200 Fly – men - FINAL  
200 Fly – women - semifinal  
200 Breast – men - semifinal  
200 IM – women - FINAL

#### **July 3 - Thursday**

200 Breast – men - FINAL  
100 Free – women - semifinal  
200 Back – men - semifinal  
200 Fly – women - FINAL  
100 Free – men - FINAL  
200 Breast – women - semifinal  
200 IM – men - semifinal

#### **July 4 - Friday**

50 Free – men - semifinal  
200 Breast – women - FINAL  
200 Back – men - FINAL  
200 Back – women - semifinal  
200 IM – men - FINAL  
100 Free – women - FINAL  
100 Fly – men - semifinal

#### **July 5 - Saturday**

200 Back – women - FINAL  
100 Fly – men - FINAL  
800 Free – women - FINAL  
50 Free – men - FINAL  
50 Free – women - semifinal

#### **July 6 - Sunday**

50 Free – women - FINAL  
1500 Free – men - FINAL

## Warm-Up Schedule: Competition Pool



<u>Time</u>	<u>Lanes</u>	<u>Activity</u>
8:00 - 9:30 a.m.	All Lanes	General warm-up
9:30 - 10:00 a.m.	Lanes 0 & 9 Lanes 1 - 8	Pace lanes; push off only, circle swimming only General warm-up; circle swimming only
COMPETITION POOL LIMITED TO SWIMMERS COMPETING IN CURRENT MORNING'S HEATS		
10:00 - 10:15 a.m.	Lanes 0 & 9 Lanes 1 - 8	Pace lanes; push off only, circle swimming only General warm-up; circle swimming only
10:15 - 10:45 a.m.	Lanes 0 & 9 Lanes 1 & 8 Lanes 2 - 7	Pace lanes; push off only; circle swimming only Sprint lanes*; one way only General warm-up
*Note: Additional sprint lanes will be opened by meet officials as required, in the following order - 3, 6, 4, 5. On days where the 50 freestyle is contested, lane 7 will be open for starts from the turn-end of the pool.		
5:30 - 6:00 p.m.	Lanes 0 & 9 Lanes 1 - 8	Pace lanes; push off only, circle swimming only General warm-up; circle swimming only
COMPETITION POOL LIMITED TO SWIMMERS COMPETING IN CURRENT EVENING'S SEMIFINALS AND FINALS.		
6:00 - 6:15 p.m.	Lanes 0 & 9 Lanes 1 - 8	Pace lanes; push off only, circle swimming only General warm-up; circle swimming only
6:15 - 6:45 p.m.*	Lanes 0 & 9 Lanes 1 & 8 Lanes 2 - 7	Pace lanes; push off only; circle swimming only Sprint lanes*; one way only General warm-up
*Note: Additional sprint lanes will be opened by meet officials as required, in the following order - 2, 7, 4, 5. On days where the 50 freestyle is contested, lane 8 will be open for starts from the turn-end of the pool. Adjustments to the warm up times may be made by the Meet Referee.		
General Considerations:		
<ol style="list-style-type: none"> <li>1. During the last hour of warm-up prior to each session, only swimmers competing in that session may warm-up in the competition pool.</li> <li>2. Please follow the established schedule. If you believe special circumstances exist, or additional sprint lanes are needed, please contact the officials on deck.</li> <li>3. Coaches should maintain contact with their swimmers as much as practical - verbally &amp; visually - throughout the warm-up period.</li> <li>4. Swimmers and coaches, please cooperate with marshals regarding procedures.</li> <li>5. Swimmers should not step up on the blocks when a backstroke is preparing to start.</li> </ol>		

## Schedule: Warm-Up Pool



- ◆ The warm-up pool will be available for all Trials athletes continuously throughout the day during the published venue hours.
- ◆ Two lanes (one 50m and one 25m) will be reserved for swimmer warm-down associated with lactate testing.
- ◆ At least two lanes (one 50m and one 25m) will be designated as pace lanes; push off only, circle swimming only.
- ◆ At least two lanes (one 50m and one 25m) will be designated as one-way sprint lanes
- ◆ All other lanes will be designated for general warm-up; circle swimming only.
- ◆ Upon request and at the discretion of meet officials, these lane designations may be altered.

## Site information



### About the Facility

This will be a temporary venue utilizing two Myrtha pools. The competition pool will be ten 50-meter lanes (eight used for competition), and the warm-up pool will be eight 50-meter lanes and five 25-meter lanes. Athlete amenities will be provided near the warm-up pool. Starting platforms will be the same size as those used in the Olympic Games. Omega timing and video back-up cameras will be used at this competition. Absolutely no glass or tobacco products will be allowed in the venue.

### Pool Hours

Wednesday, June 25: 4:00 p.m. - 8:00 p.m.  
Thursday, June 26 - Saturday, June 28: 6:30 a.m. - 8:00 p.m.  
Sunday, June 29 - Sunday, July 6: 6:30 a.m. until 1 hour after the conclusion of finals

### Team Banners

No team banners will be permitted at these Trials. This is due to television and logo restrictions.

### Registration/Credential Pickup

All credentials may be picked up according to the following schedule in Room 212 of the Qwest Center Convention Center (second level).

Wednesday, June 25: 3:00 p.m. - 8:00 p.m.  
Thursday, June 26 - Saturday, July 5: 6:30 a.m. - 11:30 a.m.  
1:00 p.m. - 8:00 p.m.  
Sunday, July 6: 6:30 a.m. - 11:30 a.m.

PLEASE WEAR YOUR CREDENTIAL AT ALL TIMES. Arrival times should be planned during registration hours so credentials can be obtained prior to entry into the venue.

\$75.00 WILL BE CHARGED FOR REPLACEMENTS.

Parking passes for complimentary team parking in Lot A will be distributed at registration.

### Ticket Information

Tickets went on sale beginning May 2007 and can be purchased at [usaswimming.org](http://usaswimming.org) or [h2omaha.com](http://h2omaha.com).

All-Session tickets will cost \$475, \$375, or \$275 depending on venue location.

THE ARENA WILL NOT OPEN FOR SPECTATORS UNTIL SUNDAY, JUNE 29, THE FIRST DAY OF COMPETITION. Spectator doors will open one hour before the designated start time for each session.

### Meet Program Information

Official Meet Program - \$10.  
Prelims Heat Sheets - \$3  
Finals Heat Sheets - \$5  
All-Program Pass (Official Meet Program and Heat Sheets for all 15 Sessions) - \$50

### Meeting Schedule

#### General Meeting

Saturday, June 28 - 4:00 p.m.  
Qwest Center Omaha, Room 213 (Second Level)

#### Officials' Briefing

Sunday, June 29 - 9:30 a.m.

Qwest Center Omaha, Officials' Meeting Room (Northwest Arena Corridor)

All subsequent officials' meetings will be held one hour prior to the start of each session. All officials are required to attend.

#### Personal Coaches of Olympians Meeting

A meeting for the personal coaches of all athletes qualifying for the 2008 Olympic Team will be held at 10:00 a.m. on Sunday, July 6, 2008. The meeting will be held in Meeting Room 212 in the Qwest Center Convention Center (in the room used for registration/accreditation).

### Information/Lost & Found

Lost and Found for participants will be located in the Athlete Services Area. Lost and Found for spectators will be in the Customer Services Area on the mezzanine level. An information desk will be located in the lobby of the facility.

### Lockers and Facilities

Lockers and facilities for athletes are located adjacent to the east corridor (facility lobby side) of the arena. Additional facilities will be in the Athlete Services area of the Qwest Center Convention Center next to the warm-up pool. Athletes must provide their own locks. The Qwest Center Omaha and the meet hosts will not be held liable for lost or stolen items.

### Medical Assistance

Physicians' services will be available in the venue during all hours the venue is open for team practice and competition. More information regarding these services will be distributed at the General Meeting.

### Parking

Please note that most downtown hotels are a short walk from the venue.

- ◆ Spectator parking will be in Lots B, C, D, and E at a cost of \$6 with no in and out privileges.
- ◆ Complimentary parking will be available for teams, officials, and media in Lot A behind the Qwest Center. Special passes distributed at registration will be used for access into Lot A.
- ◆ There will be a specially designated location for swimmer drop-off at the east entrance (team parking side) of the venue. Athletes may enter here to avoid the congestion of the spectator crowds at the main entrance. However, there will also be an athlete drop-off area on the west side (main entrance) of the venue in the semi-circular drive.

### Concessions

Concessions will be available at the venue during competition hours. Team meals will also be available for purchase on the second level of the convention center in the Athlete Dining Village in as described on page 4 of this document. All team meals must be preordered by June 10, 2008 at [usaswimming.org](http://usaswimming.org).

### Event Apparel

Event apparel will be available for purchase at designated areas both inside the arena and in the Aqua Zone.

### Hospitality Rooms

Hospitality for swimmers and coaches will be located in the Athlete Services area near the warm-up pool. Hospitality for the officials will be in the Officials' Meeting Room (northwest arena corridor). Food will not be allowed on the pool deck areas.





### Airport

Eppley Airfield (OMA)  
4501 Abbott Drive  
Omaha, NE 68110

### Airlines Serving Omaha

AirTran	800-247-8726
America West	800-428-4322
American Airlines	800-433-7300
Comair	800-221-1212
Continental	800-523-3273
Delta	800-221-1212
Frontier	800-432-1359
Horizon	800-547-9308
Mesa Airlines	800-6372-247
Midwest Express	800-872-3608
Northwest	800-225-2525
Southwest	800-435-9792
U.S. Airways	800-428-4322
United	800-864-8331

### Rental Cars Serving Omaha

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

### Directions from Airport to Qwest Center Omaha

- ◆ Exit the airport on Abbott Drive
- ◆ Abbott Drive becomes Cumming Street
- ◆ Turn Left onto North 12th Street
- ◆ Turn Left onto Capitol Avenue
- ◆ Turn Left onto North 10th Street

Estimated Time: 10 Minutes

Estimated Distance: Less than 5 miles

### Hotel Information

For complete and updated hotel information, please refer to h2omaha.com. Hilton is an official sponsor of USA Swimming.

### Television Broadcast Schedule

The Trials will be shown live on NBC and the USA Network according to the following schedule:

Sunday, June 29	NBC	8-9 p.m. (ET)
Monday, June 30	USA	8-9 p.m.(ET)
Tuesday, July 1	USA	8-9 p.m. (ET)
Wednesday, July 2	USA	8-9 p.m. (ET)
Thursday, July 3	USA	8-9 p.m. (ET)
Friday, July 4	NBC	8-9 p.m. (ET)
Saturday, July 5	NBC	8-9 p.m. (ET)
Sunday, July 6	NBC	8-9 p.m. (ET)

### Athlete Reimbursement

The USA Swimming/ConocoPhillips travel reimbursement policy for athletes competing in the Trials is as follows:

Fill out reimbursement application forms and submit to the Reimbursement Chairman for verification at the meet for each athlete ranked in the top 100 of the combined world ranking from 2007 and Jan. 1 - May 31, 2008. Forms with airline ticket copies attached may be mailed to the Reimbursement Chairman before the deadline as noted on the bottom of the form. Forms are available at registration and at the reimbursement Desk in the Athlete Services Area.

For those contestants whose travel is determined to be within the mileage radius allowed for travel by automobile, Supersaver airfare reimbursement will be replaced by actual mileage at \$.36 1/2 per mile.

All checks for athlete reimbursement will be mailed directly to the swimmer's listed club. For unattached athletes, checks will be mailed to the address listed on the entry blank.

Athletes participating at the U.S. Olympic Trials ranked in the top 100 in the combined rankings will receive travel expense reimbursement based on the schedule below.

#### World Rank

1st - 8th  
9th - 16th  
17th - 50th  
51st - 100th

#### Reimbursement

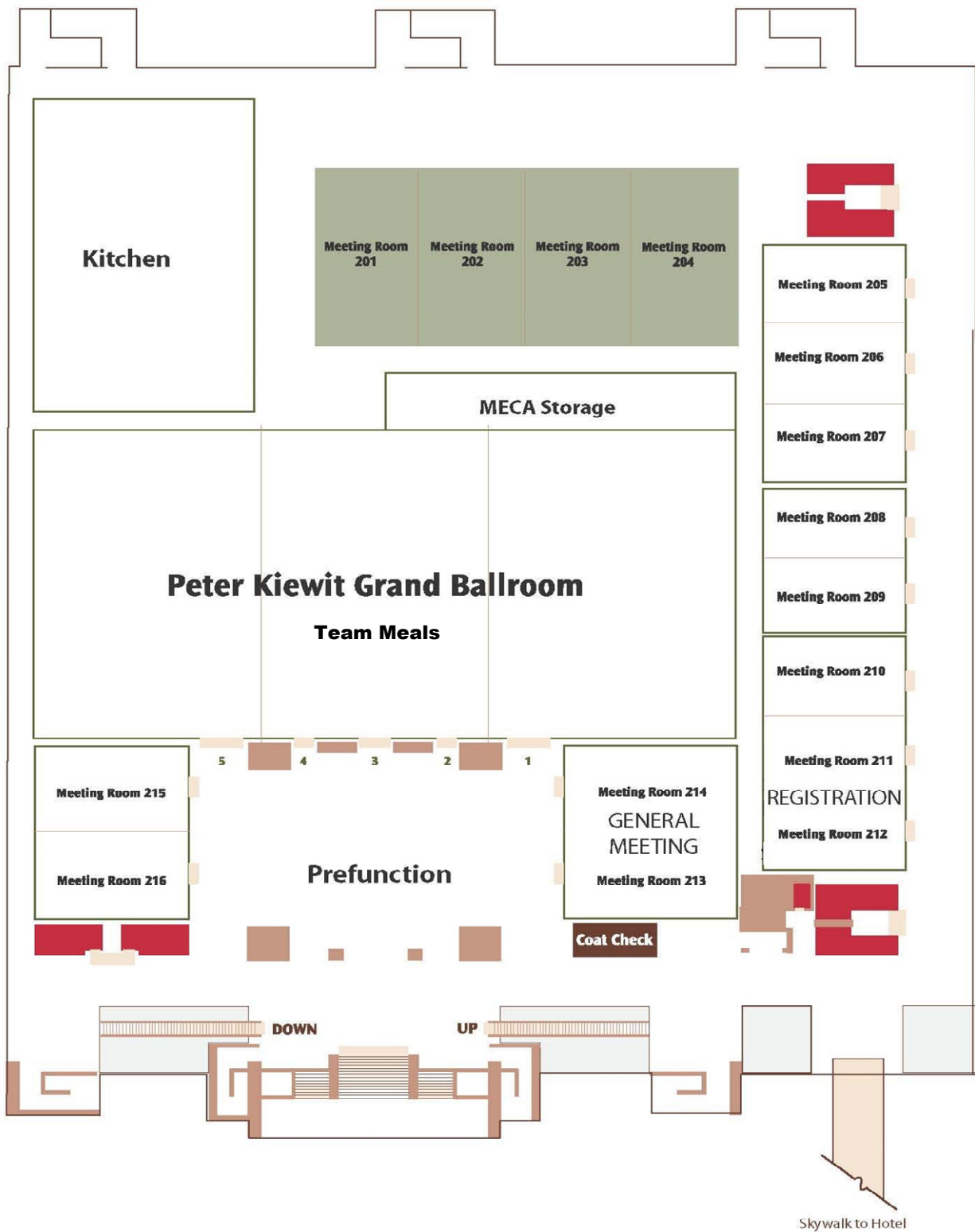
Round-trip Supersaver Airfare plus \$300  
Round-trip Supersaver Airfare plus \$200  
Two shares of remaining funds  
One share of remaining funds

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

# QWEST CENTER PARKING



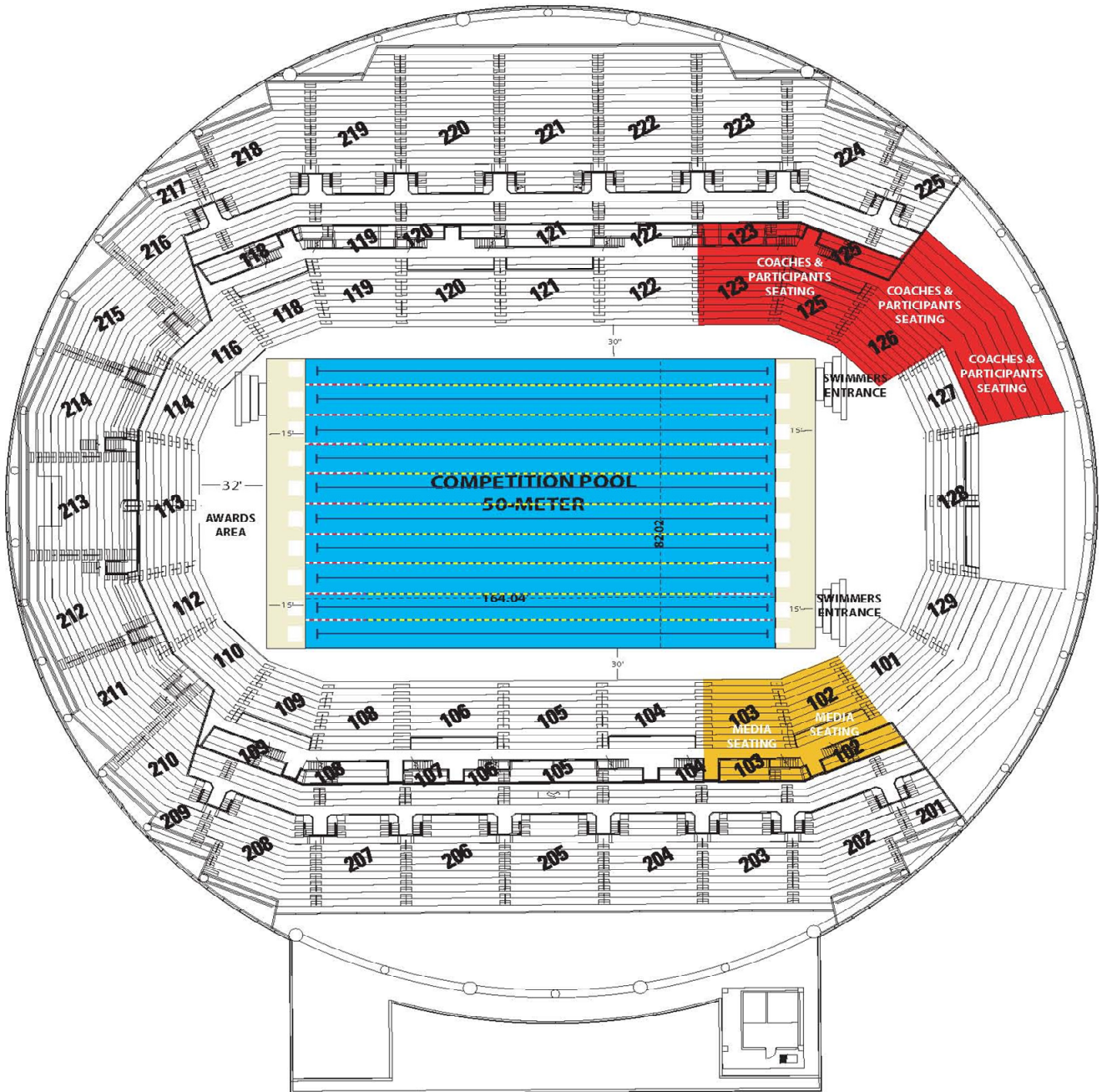
# SECOND LEVEL QWEST CENTER CONVENTION CENTER



[illegible]



# QWEST CENTER SEATING





## Rules

FINA Technical Rules and USA Swimming Administrative Rules will govern the conduct of these Championships and will serve as the official guides for technical and procedural rules. The Trials are governed by Program Operations. Changes will not be accepted at the General Meeting.

## Qualifying A Swimmer

To compete in this meet, a swimmer must:

1. be a U.S. citizen who is eligible to represent the USA in the 2008 Olympic Games
2. be a currently registered member of USA Swimming in good standing.
3. have achieved a qualifying time standard as specified below;

Times achieved from April 1, 2005 through the entry deadline must be used to enter this meet. Refer to U.S. Olympic Trials qualifying time standards published in this Meet Information document. Qualifying time standards are long course only. All entry times must be proven through the NTV/SWIMS system.

No swimmer will be issued credential without a coach member present. If the home club coach is not planning to attend the event, swimmers must be assigned a supervising coach (per USA Swimming rule 202.3.2). Arriving with a 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 the supervision form before a credential can be issued.

## 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 swimmer will be permitted to swim without said proof. Program Operations reserves the right to challenge any submitted time. All scratches must be proven.

## Responsibility Clause (207.8.5)

The coach, swimmer or swimmer representative who enters a USA Swimming Championship 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 or Program Operations or designee shall be in accordance with the provisions of Part Four, specifically Article 406.

## Automatic Proven Times

Times submitted to the USA Swimming SWIMS database by June 15, 2008, will be in the database. If a time for a swimmer is visible in the public search feature on the USA Swimming website (Times/Time Standards) and it was swum in the appropriate qualifying period, it is considered a proven official time. Entry times not proven by the scratch deadline for the event will be considered as false or incorrect times and are subject to action under provisions of the USA Swimming Rules and Regulations.

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

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



## Altitude Time Adjustment

Times achieved at an altitude of 3,000 feet or above may be adjusted as follows (207.10.5):

Event Distance	3000 to 4250 ft.	4251 to 6500 ft.	Above 6500 ft.
200	.50 sec.	1.20 sec.	1.60 sec.
400	2.50 sec.	5.00 sec.	7.00 sec.
800	5.00 sec.	10.00 sec.	15.00 sec.
1500	11.00 sec.	23.00 sec.	32.50 sec.

## Entering On-Line

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

Enter this meet online beginning Tuesday, January 15, 2008.

On-line entries will be accepted from Tuesday, January 15, 2008, through 11:59 p.m. (MT) Monday, June 16, 2008.

For help with the online entries, contact Larry Herr or Susan Woessner at USA Swimming (719-866-4578 or 719-332-0184).

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

OME is not an eligibility report; It is the coach's responsibility to know what events your athlete is qualified for.

You can modify your entry online by adding to the original entry. You may not delete an online entry.

Once you complete your online entry, you will be sent confirmations via email. 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 email after you submit your entry online. Please have these filled out and bring them with you to the meet.

## Email Entries

Performances which achieve the qualifying time standards for the first time from Monday, June 16, 2008, through Friday, June 27, 2008, may be entered through the email entry forms. These entries must be received no later than 11:00 a.m. (CT) Saturday, June 28, 2008, and cannot be used to improve the seed time of a prior entry. The email entry forms can be found at [usaswimming.org/trials](http://usaswimming.org/trials).

## Entry Fees

Entry Fees: \$10.00 per event

## Online Entry (OME) Process

- A. Swimmers' Names - List all swimmers who will compete in the meet.
- B. Coaches'/Chaperones' Names - List all coaches, chaperones, managers and trainers entitled to deck passes. (Also see Championship Procedures)
- D. Entry Times - Entry times for individual events shall be achieved and submitted in accordance with article 207.10. The submitted times of all swimmers must be listed on the entry 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 in the SWIMS database, and may be corrected if attested to by the swimmer, coach or the swimmer's representative prior to the scratch deadline.
- E. Number of Events - For these Trials, a swimmer may enter any number of events, and may compete in three events per day, including time trials. All entry times must meet the qualifying standard and be proven through the SWIMS system.
- F. Secondary Club Recognition - The entry 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. 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.
- G. Waiver and Release Form - The USA Swimming Waiver and Release Forms may be submitted on-site at registration. 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.

## 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 (see page 4 of this document for photo credential information). For clubs that wish to bring one certified massage therapist with their teams, a \$75 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 and will only have access to the athlete services area of the venue.



## Credential Formula

1-3 swimmers: 1 deck pass

4-6 swimmers: 2 deck passes

7-9 swimmers: 3 deck passes

10-20 swimmers: 4 deck passes

21-30 swimmers: 5 deck passes

31-40 swimmers: 6 deck passes

41-50 swimmers: 7 deck passes

51 or more swimmers: 9 deck 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

## 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 (800 meter or 1500 meter), 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.

## 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 at the conclusion of the previous day's Finals.

## Ready Room

A Ready Room will be used at this competition for all heats, including preliminaries. Each swimmer must report to the Ready Room 10 minutes preceding their event.

## Distance Freestyle

- A. Distance Entry - Any swimmer who qualifies for the 800m or 1500m freestyle events may enter at their fastest time or at the qualifying time standard, if entered in two or more events on the day of the distance freestyle (207.10.8).
- 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. 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).
- C. Distance events at this competition are conducted as prelims/finals events. See *order of events*.

## Meet Scoring

There will be no scoring at this competition.

## Results

Live results will be available at [usaswimming.org](http://usaswimming.org).

## Awards

Individual Awards will be given through 8th place, but the awards ceremony will only recognize those athletes achieving a place on the U.S. Olympic Team. Please see the timelines to see when the awards ceremonies will be held. Swimmers who are added to the U.S. Olympic team due to doubles will be honored at an appropriate time each evening.





## Time Trials

At this competition, long course Time Trials will be conducted for swimmers participating in the meet as the meet timeline allows. Time Trials will begin approximately 30 minutes after the morning session. However, there will be no Time Trials on Sunday, July 6. Teams will receive more information on Time Trials in their Coaches' Packets and at the General Meeting.

Swimmers may enter a maximum of two time trials during the meet. On a given day, time trial events must be included in the event limit of three. These Time Trials shall be held under a separate sanction of the LSC where the meet is held and shall conform to the following conditions and format, subject to the time limitations specified in 207.5 and 207.6.

1. Swimmers must be entered in the meet with a proven time to be eligible to participate in the Time Trials.
2. Entry fees for Time Trials shall be \$10.00 per event.
3. A Time Trial information and entry procedures are available online at [usaswimming.org](http://usaswimming.org). Time Trial entries will also be accepted at the venue.
4. The women's 800 and men's 1500 freestyle events will only be offered on day 5.

Entry Fees for time trials are \$10.00/event. Checks for time trials fees should be made payable to Midwestern Swimming, Inc.



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



### **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.



### Passports

All athletes who compete at the Trials should have a valid U.S. passport (must be valid through February 2009) to be used for Olympic Team processing. Please plan accordingly.

### 2008 U.S. Olympic Team Staff

National Team Director: Mark Schubert

Team Leader: Joke Schubert

Head Men's Coach: Eddie Reese

Head Women's Coach: Jack Bauerle

Men's Manager: Ted Knapp

Women's Manager: Jackie Yost

### 2008 U.S. Olympic Team Preparation Plan

Team Assembly and Domestic training Camp: July 7, 2008

Depart for International Training: July 25, 2008

Arrive Beijing: August 4, 2008

Opening Ceremonies: August 8, 2008

Swimming Competition: August 9-17, 2008

Closing Ceremonies: August 24, 2008

### 2008 Olympic Games Athlete Selection Procedures

For complete selection procedures, please refer to: [usaswimming.org/qualifyingcriteria](http://usaswimming.org/qualifyingcriteria)

## Omaha Information



Omaha is home to 414,500 residents with a total of more than 1.1 million people within a 50-mile radius. A model of diversity, the city is rapidly becoming a destination of choice for the nation and the world.

### **Omaha is a great place to work.**

Five Fortune 500 companies call Omaha home- Berkshire Hathaway, Mutual of Omaha, Union Pacific Railroad, Peter Kiewit Sons' Inc. and ConAgra Foods. The community is benefiting from more than \$3 billion in new capital investment and the strong public-private partnerships forged by the City of Omaha, the Greater Omaha Chamber of Commerce, Douglas County and other civic and academic organizations.

### **Omaha is a great place to visit.**

Visitors pump more than \$1 billion annually into the local economy. Omaha boasts world-class exhibits and research at the highly acclaimed Henry Doorly Zoo. In 2008, the city will host the U.S. Olympic Swimming Trials, first and second-round games in the NCAA Men's Basketball Championship and the NCAA Women's Volleyball Championship.

### **Omaha is a great place to live.**

The high quality of life, vast educational opportunities and friendly attitudes ensure a satisfying experience for natives and newcomers. The condos rising along the riverfront, rejuvenated Midtown, vibrant urban areas and new residential developments show Omahans appreciate style, quality and value. The costs of housing, consumer goods and services here are below the national average.

### **Omaha is a great place to enjoy.**

When it comes to entertainment and food, few cities match the variety and spice Omaha offers. The country's largest urban artist colony is nestled in the Old Market, a restored warehouse district full of unique shops, boutiques and restaurants. The Holland Performing Arts Center and Qwest Center Omaha are earning standing ovations. Did we mention 1,000 restaurants? Welcome to Omaha, the home of the College World Series since 1950!

### **Omaha Convention and Visitors Bureau Information Center**

This Visitor Information Center is your key to what's happening in Omaha. Find hotels and restaurants. Look into shopping, sports, galleries, museums and recreational interests.

Open: Monday through Saturday 9 a.m. to 4:30 p.m.; Sunday 1:30 p.m. to 4:30 p.m.

Corner of 10th and Farnam 68102  
(866)Yes-Omaha  
[www.visitomaha.com](http://www.visitomaha.com)

## Omaha Sites



### **Bemis Center for Contemporary Arts**

Artist-in-residency program located in the historic Old Market Area. Artists from around the world live and work in the second-floor studios. Three galleries feature contemporary art exhibitions. Handicapped Accessible.

Open: Tuesday through Saturday 11 a.m. to 5 p.m.

Admission: Free/Donations

724 South 12th Street 68102  
(402)341-7130  
[www.bemiscenter.org](http://www.bemiscenter.org)

### **Durham Western Heritage Museum**

Located near the Old Market in the historic Union Station at 801 South 10th Street, Omaha. A Smithsonian Affiliate, the museum boasts more than 65,000 square feet of exhibits covering the history of Omaha, train cars, national traveling exhibits and more. Be sure to stop by the authentic 1930s Soda Fountain for an ice cream treat. Handicapped Accessible.

Open: Tuesday 10 a.m. to 8 p.m.; Wednesday through Satur-

day 10 a.m. to 5 p.m.; Sunday 1 p.m. to 5 p.m. Closed on Mondays and major holidays.

Admission: \$6 adults, \$5 seniors, \$4 children (ages 3-12)  
(402)444-5071  
[www.dwhm.org](http://www.dwhm.org)

### **El Museo Latino**

First Latino art and history museum, and cultural center in the Midwest. View permanent and traveling exhibitions featuring local, national and international Latino art and culture. Bilingual educational programs offered with exhibits, including workshops, lectures, demonstrations, and the resident dance company, "CHOMARI" Ballet Folklorico Mexicano. Handicapped Accessible.

Open: Monday, Wednesday, Friday 10 a.m. - 5 p.m.; Tue. 1 p.m. - 7 p.m.; Thursday 1-5 p.m.; Saturday 10 a.m. - 2 p.m.

Admission: \$5 adults; \$4 college students; \$3.50 seniors/K-12  
4701 S 25th St., 68107  
(402) 731-1137  
<http://www.elmuseolatino.org>

## Omaha Sites (Continued)



### Eugene T. Mahoney State Park

Enjoy an indoor theater with live performances, swimming pool with slides, indoor activity center, miniature golf, driving range, tennis, horseback trail rides, paddle boats, fishing and hiking.

Admission: \$3 daily, \$17 annually  
I-80, exit #426/28500 West Park Highway,  
Ashland, Nebraska 68003  
(402)994-2523  
[www.ngpc.state.ne.us](http://www.ngpc.state.ne.us)

### Fontenelle Forest

A unique outdoor experience that has fun for all ages. Fontenelle Forest offers a variety of nature opportunities, including walking and hiking trails, the opportunity for wildlife viewing, and a chance to get outside.

Open: Daily 8 a.m. to 5 p.m.

Admission: \$7 adults, \$6 seniors, \$5 children (ages 3-11), and free for FNA members.

1111 North Bellevue Boulevard,  
Bellevue, Nebraska  
(402)731-3140  
[www.fontenelleforest.org](http://www.fontenelleforest.org)

### Gene Leahy Mall

Ten-acre park against historic and modern architecture in the heart of downtown. Lagoon and waterfalls, walking paths, gardens, playground, horseshoes, amphitheater and sculpture; connects to Heartland of America Park. Handicapped Accessible.

Open: Daily 5 a.m. to 11 p.m.  
Admission: Free

1302 Farnam on the Mall 68102  
(402)444-5955 (weekdays)

### Gerald R. Ford Birth Site & Gardens

Memorial to the 38th President of the United States, born in Omaha. A kiosk modeled after the original house's turret contains birth site information and presidential mementos. A colonnade and Rose Garden modeled after the White House's complete the site. Handicapped Accessible.

Open: Daily 7:30 a.m. to 9 p.m.  
Admission: Free

32nd and Woolworth Avenue 68105  
(402)444-5955 (weekdays)

### Girls and Boys Town

(Father Flanagan's Boys Home)  
Get a first-hand look at the world-famous Father Flanagan's Boys Home. National Historic Landmark. Visit the Hall of History, Historic Father Flanagan House Museum and Visitors Center. Handicapped Accessible.

Open: Monday through Saturday 8 a.m. to 5 p.m.; Sunday noon to 5 p.m.

Admission: Free

137th and West Dodge Road,  
Boys Town, Nebraska 68010  
(800)625-1400 or (402)498-1140  
[www.girlsandboystown.org](http://www.girlsandboystown.org)

### Heartland of America Park & Fountain

Catch the spectacular Heartland of America Fountain, with its 300-foot water jet and light show. Gondola rides also available. Located across the street from the Old Market Area. Handicapped Accessible.

Park open all year 5 a.m. to midnight

Fountain open: 1st Friday in May – 1st Sunday in October;  
Daily 11 a.m. to 1 p.m. and 7 p.m. to midnight; Friday and Saturday until 1 a.m.

Admission to the park is free.

8th and Douglas Street 68102  
(402)444-PARK or (402)444-6362  
[www.co.douglas.ne.us](http://www.co.douglas.ne.us)

### Holland Performing Arts Center

Opened in October 2005, Holland Performing Arts Center is one of the latest additions to Omaha. It features a 2,000-seat concert hall, a 450-seat recital hall, and an outdoor performance and event area capable of holding up to 1,000 people.

Ticket office: (402)345-0606, Monday through Friday, 10 a.m. to 5 p.m.

Corner of 15th and Douglas, Downtown.  
[www.omahaperformingarts.org/opac.asp](http://www.omahaperformingarts.org/opac.asp)

### Joslyn Art Museum

Nebraska's premier center for the visual arts featuring works from ancient times to the present. See art from 19th and 20th-century Europe and America, along with an extensive collection of art of the American West and much more. Don't miss our special exhibition Spared from the Storm: Masterworks from the New Orleans Museum of Art, June 9 through October 7, featuring 75 exquisite works that have survived one of the most devastating natural disasters in history. Handicapped Accessible.

Open: Tuesday through Saturday 10 a.m. to 4 p.m. (open until 8 p.m. on Thursdays); Sunday noon to 4 p.m.

Admission: \$7 adults, \$5 seniors/college students, \$4 ages 4-17, Free ages 4 and under and Joslyn members. Free admission Saturday 10 a.m. to noon.  
2200 Dodge Street, Omaha  
(402)342-3300  
[www.joslyn.org](http://www.joslyn.org)

### Lake Manawa State Park

From picnic and beach areas to camping and fishing, Lake Manawa offers recreational opportunities for all ages. Visit [www.reserveiaparks.com](http://www.reserveiaparks.com) to make a camping reservation.

1100 South Shore Drive  
Council Bluffs, IA 51501  
(712)366-0220

## Omaha Sites (Continued)



### Lewis and Clark Landing

The 23-acre landing provides a variety of options to relax and enjoy the Missouri River. A boardwalk on the eight-foot high river wall leads to a restaurant featuring indoor/outdoor dining and live jazz nightly. A circular stairway leads down to the colorful river-level plaza, filled with large umbrella tables and chairs. A walking trail winds along the river's edge and a bike trail runs west of 6th Street. Lewis and Clark Historical Marker on site.

6th Street on the Missouri River, north of Heartland of America Park  
(402)44-5900

### Mormon Trail Center at Historic Winter Quarters

Relive an 1846-47 pioneer adventure on the Mormon Trail while taking a guided tour through numerous artifacts, including a full-size covered wagon with ox team, log cabin, and handcart with electronic and fiber optic exhibits. Select from 18 DVD movies. Adjacent Winter Quarters cemetery and temple. Handicapped Accessible.

Open: Daily 5 a.m. to 11 p.m.  
Admission: Free

3215 State Street 68112  
(402)453-9372

### Neale Woods Nature Center

With Nebraska's largest observatory, the 550-acre nature center features nine miles of trails through hilltop forests, native prairies and woodlands along the Missouri River, offering an excellent opportunity to view wildlife and natural vegetation.

Open: Monday through Saturday 8 a.m. to 5 p.m.; Sunday noon to 5 p.m.

Admission: \$5 adults, \$4 seniors, \$3 ages 3-11

14323 Edith Marie Avenue 68112  
(402)453-5615  
[www.fontenelleforest.org](http://www.fontenelleforest.org)

### Old Market

Unique shops, boutiques, pubs, restaurants and entertainment in a historic neighborhood. Shop bookstores to bakeries, art galleries to antiques, clothing to collectibles, then dine in one of more than 30 restaurants. Handicapped Accessible.

Shops: Hours vary by store. Most open daily 11 a.m. to 9 p.m.  
Dining: Daily 11 a.m. to 11 p.m., some closed Sunday  
Pubs: Daily until 1 a.m.

Harney to Jackson Street,  
10th to 13th Street, 68102  
(402)341-1877  
[www.oldmarket.com](http://www.oldmarket.com)

### Omaha Children's Museum

Experience learning and fun, wrapped up in one! Enjoy hands-on exhibits in the sciences, arts and humanities. Changing exhibitions and daily programming offer something new and different each time you visit. Handicapped Accessible.

Open: Tuesday through Saturday 10 a.m. to 5 p.m. and Thursday until 8 p.m.; Sunday 1 p.m. to 5 p.m.

Closed Mondays and major holidays

Admission: Ages 2-59: \$5.50, Seniors 60+: \$4.50, Children under 24 months: Free.

500 South 20th Street 68102  
(402)342-6164  
[www.ocm.org](http://www.ocm.org)

### Omaha's Henry Doorly Zoo & Lozier IMAX® Theater

Explore the incredible Hubbard Gorilla Valley and Orangutan Forest, the world's largest indoor desert, the Desert Dome, located above the world's largest nocturnal exhibit, Kingdoms of the Night. Travel through an indoor rainforest at the Lied Jungle and under 70-foot underwater tunnel at the Scott Aquarium. Or, experience the IMAX, a screen as tall as four giraffes, as wide as seven rhinos, with 12,000 watts of sound. Handicapped Accessible.

Open: Year-Round, Daily 9:30 a.m. to 5 p.m.

Admission: \$10.75 adults, \$9.25 seniors, \$7 ages 3-11, Free 2 and under

Admission for IMAX, 3D Theater: \$8.25 adults, \$7.25 seniors, \$6.25 ages 3-11

3701 South 10th Street  
Omaha, NE 68107  
(402)733-8400  
[www.omahazoo.com](http://www.omahazoo.com)

### Strategic Air & Space Museum

See history come alive with 300,000 sq. ft. of space, including WWII and Cold War aircraft and artifacts, as well as traveling exhibits, library, theater, flight simulator, snack bar and more. Handicapped Accessible.

Open: Daily 9 a.m. to 5 p.m.

Admission: \$7 adults; \$6 seniors; \$3 ages 5-12

I-80, Exit #426, 28210 West Park Highway  
Ashland, 68003  
(800)358-5029 or (402)944-3100  
[www.strategicairandspace.com](http://www.strategicairandspace.com)

### Wildlife Safari (Operated by Henry Doorly Zoo)

Spot elk, deer, bison, cranes and many more wild animals on a North American drive-through adventure! Located west of Omaha's Zoo on Nebraska's I-80 Exit 426 near Eugene T. Mahoney State Park, Quarry Oaks Golf Club and Strategic Air and space Museum. Handicapped Accessible.

Open: April through October, Daily 9:30 a.m. to 5 p.m.

Admission: Adults: \$5, Seniors: \$4, Children ages 3-11: \$3, 2 and under: Free

I-80, Exit #426, Ashland 68003  
(402)944-WILD (9453) or (402)733-8401



**2008 U.S. Olympic Team Trials Qualifying Standards**  
 June 30-July 7, 2008 - Omaha, Nebraska

WOMEN	EVENT	MEN
26.39	50 FREESTYLE	23.49
57.19	100 FREESTYLE	51.59
2:03.39	200 FREESTYLE	1:52.89
4:19.39	400 FREESTYLE	3:59.99
8:50.49	800 FREESTYLE	x
x	1500 FREESTYLE	15:53.59
1:04.59	100 BACKSTROKE	57.99
2:17.99	200 BACKSTROKE	2:04.99
1:12.59	100 BREASTSTROKE	1:04.69
2:35.99	200 BREASTSTROKE	2:20.79
1:02.39	100 BUTTERFLY	55.59
2:16.69	200 BUTTERFLY	2:03.99
2:20.49	200 IM	2:07.39
4:55.89	400 IM	4:30.49

Qualifying period 4/1/2005 through entry deadline  
 Qualifying times in Long Course Meters

