



MINNEAPOLIS, MINNESOTA • 2008

2008 U.S. Open

July 29 - August 2

**The University of Minnesota Aquatics Center
Minneapolis, MN**

Event Information

U.S. Open Event Information

July 29 - August 2, 2008
The University of Minnesota Aquatics Center
Minneapolis, MN

Sanctioned by USA Swimming through Minnesota Swimming
This information is available on-line at usaswimming.org

Important Facts About the Meet



- ◆ **Qualification Period:** July 1, 2007 through the entry deadline.
- ◆ The 2008 U.S. Open will serve as the National Team selection event for the 2009 World University Games to be held July 2-7 in Belgrade, Serbia. For complete information, please refer to the National Team Selection criteria at usaswimming.org.
- ◆ **Entry Deadline:** U.S. Athletes must register on-line at usaswimming.org/usopen no later than *Monday, July 21, 2008* by 11:59 p.m. Mountain Time.
- ◆ **E-Mail Entry Deadline:** U.S. athletes achieving the qualifying time standards for the first time from Monday, July 21, 2008, through Sunday, July 27, may be sent by e-mail. These entries must be received no later than 11:59 p.m. Mountain Time on *Sunday, July 27, 2008*, and cannot be used to improve the seed time of a prior entry. Please use the official "E-Mail Entry Form" found at usaswimming.org/usopen.
- ◆ Foreign athletes cannot enter through the on-line system. Foreign federations and clubs may e-mail entries directly to Susan Woessner at USA Swimming (swoessner@usaswimming.org) no later than Friday, July 18, 2008. For questions, contact Susa Woessner at 719-332-0184.
- ◆ Foreign swimmers representing a club must meet the published time standards. Swimmers representing foreign federations do not need to meet the published standards, but must however, have written permission from their federation to compete.
- ◆ There will be no bonus events at these championships.
- ◆ 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 be allowed to swim in time trials.
- ◆ Team scores will be kept and awarded.
- ◆ The 10K Open Water National Championship will take place in Minneapolis on Sunday, August 3rd. For complete information on the Open Water Championships, please refer to usaswimming.org.
- ◆ Swimmers' and Coaches' Responsibility – It shall be the swimmers' and coaches' responsibility to acquaint themselves with all of the information contained in this meet information book. USA Swimming Rules and Regulations will govern the conduct of this championship.

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Meet Administration



Facility Address

University of Minnesota Aquatic Center
1910 University Ave. SE
Minneapolis, MN 55455
612-626-1352

Meet Referee

Ed Ruth
154 Magellan Street
Thousand Oaks, CA 91360-2628
805/492-2858
eruth@earthlink.net; ruth@seas.ucla.edu

Meet Directors

Duane J. Proell	Sarah Stallkamp
Aquatic Center	Aquatic Center
1910 University Ave. SE	1910 University Ave. SE
Minneapolis, MN 55455	Minneapolis, MN 55455
612-624-6349	612-625-5339
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Colorado Springs, CO 80909
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Meeting Schedule

Monday, July 28	5:00 p.m.	General Meeting	Radisson University Hotel
Tuesday, July 29	7:30 a.m.	Officials' Meeting	Aquatic Center

All subsequent officials' briefings will be held one hour prior to the start of each session

Directions to Pool from Airport

Exit Airport onto MN 55 West
Stay on MN 55 West
Take the 3rd St/U of M exit
Merge onto MN 122 towards U of M East Bank
Turn Left onto Harvard St. SE
Turn Right onto Union St. SE
Turn Right onto Church St. SE
Turn Right onto University Ave SE

General Information



2008 U.S. Open Order of Events Long Course Meters

Heats Begin at 9:00

Finals Begin at 6:00

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

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

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

General Information (Continued)



Ticket Orders

All-Session

Adult: \$50*

Youth (12 and Under): \$45*

*Subtract \$10 off each all-session ticket if purchased by May 1, 2008

Day Pass (Prelims & Finals of Same Day)

Adult: \$14

Youth (12 and Under): \$10

Single Session Passes

Adult: \$9

Youth (12 and Under): \$6

All tickets are general admission.

For ticket questions or more information, contact:
Sarah Stallkamp, stal0053@umn.edu

Checks should be made payable to Twin Cities Swim Team.

Participating athletes and coaches arriving for the Speedo Junior National Championships on Saturday, August 2, will be admitted to the spectator general admission seating areas free of charge for the Saturday sessions of the U.S. Open. Between 8:00AM – 9:30 AM and 5:00PM – 6:30 PM on Saturday, there will be a designated table on the upper concourse of the Natatorium for coaches and athletes with identification to pick up tickets for Saturday session(s). These complimentary tickets will be limited to athletes/coaches named on the team's official meet entry.

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 with your request.

Northwest Airlines is offering discounts on airline tickets for the event. Athletes, Coaches, Officials and Spectators may take advantage of this offer by calling 1-800-328-1111 or by going to nwa.com. Click on "NWA Discount Travel E-Cert Redemption" in the airfare search box. Complete the flight search options. On the lower right side of the page you will see the E-Cert section. Select Meeting agreement and then enter the agreement code NSDXG. Then hit the search for flights button. The code is good for flights from July 24, 2008-August 11, 2008. If you have questions please contact Sarah Stallkamp at stal0053@umn.edu or 612-625-5339. Travel agents should go to worldagentdirect.com

Hotels

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

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

Site information



Publicity

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

Information/Lost & Found

Lost and found will be located in the Lifeguard Office in the Southwest corner of the deck and at the South Ticket Booth on the spectator concourse.

Lockers

Two (2) locker rooms, one men's and one women's, exist adjacent to the competition pool with limited locker space. Separate changing rooms for use by officials are located in the Recreation Center adjacent to the Natatorium. The University of Minnesota and the meet hosts will not be held liable for lost or stolen items.

Medical Assistance

Medical personnel will be available in the training room located on the pool deck the entire time the facility is open for practice and competition. Sick call will be available daily. The sick call schedule will be noted in the information provided in the coaches' packet. There will also be pager numbers to contact for 24-hour emergency assistance. Sports massage therapy services will not be provided.

Parking

A limited amount of all-session parking passes to the University Ave Ramp (adjacent to Aquatic Center) will be available for purchase by coaches based on the number of athletes competing in the meet: 1-5 athletes, 1 pass; 6-10 athletes, 2 passes, 11-15 athletes, 3 passes, etc. Passes will be valid from July 28-Aug 2, 2008 for U.S. Open and August 3-8 for Speedo Junior National Championships. Passes will be \$90 each and include all in/out privileges. Passes must be purchased in advance by contacting Sarah Stallkamp at stal0053@umn.edu or 612-625-5339. Passes will not be sold on site.

General parking will be available in the University Ave Ramp, Washington Ave Ramp, Lot 37 off 5th St SE and the Maroon lot on Oak St. SE. The cost will be approximately \$8.00/entry. Prices are subject to change and rates may vary based on specific lots and other events on campus. For the most up-to-date parking information and maps please check usaswimming.org/usopen after July 1, 2008.

Concessions

Concessions will be provided by Aramark in the lobby of the Aquatic Center during competition hours.

Hospitality

A hospitality room for the coaches and officials will be located Adjacent to the pool deck. Food and beverages will be offered throughout the day. An athlete hospitality area will also be located pool-side with snacks and drinks.

About the Facility

The University of Minnesota Aquatic Center, located on the campus of the University of Minnesota is just minutes from downtown Minneapolis. The Aquatic Center has 4 pools (competition pool, diving well, 6 lane, 25 yd lap pool and an instructional pool). The main competition pool is one of the fastest pools in the country with numerous World, American and NCAA records having been broken here. The Aquatic Center is open nearly 5,000 hours each year and on an average day 950-1,500 people use the aquatic facilities and programs. The Aquatic Center has played host to 2 previous US Opens and 4 National Championships.

Pool Hours

Sunday, July 27	9:00 a.m. - 10:00 p.m.
Monday, July 28	6:00 a.m. - 10:00 p.m.
Tuesday, July 29	6:00 a.m. - 1 hour after finals
Wednesday, July 30	6:00 a.m. - 1 hour after finals
Thursday, July 31	6:00 a.m. - 1 hour after finals
Friday, August 1	6:00 a.m. - 1 hour after finals
Saturday, August 2	6:00 a.m. - 1 hour after finals

Credential Pick-Up

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

Sunday, July 27	Noon - 8:00 p.m.
Monday, July 28	6:00 a.m. - Noon and 1:00 p.m. - 8:00 p.m.
Tuesday, July 29	6:00 a.m. - Noon and 1:00 p.m. - 1 Hr after Finals
Wednesday, July 30	6:00 a.m. - Noon and 1:00 p.m. - 1 Hr after Finals
Thursday, July 31	See Admin Ref
Friday, August 1	See Admin Ref
Saturday, August 2	See Admin Ref

Team Banners

Team banners will not be allowed in the Aquatics Center.

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

U.S. Teams/Athletes must enter this meet on-line.

On-line entries will be accepted from Tuesday, June 17 until Monday, July 21 (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; It is the coaches responsibility to know what events your athlete is qualified for.

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.

E-Mail Entries

U.S. athletes achieving the qualifying time standards for the first time from Monday, July 21, 2008, through Sunday, July 27, may be sent by e-mail. These entries must be received no later than 11:59 p.m. Mountain Time on *Sunday, July 27, 2008*, and cannot be used to improve the seed time of a prior entry.

Please use the official "E-Mail Entry Form" found at usaswimming.org/usopen

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. Foreign athletes cannot enter through the on-line system. Foreign federations and clubs must e-mail entries directly to Susan Woessner at USA Swimming (swoessner@usaswimming.org) no later than Friday, July 18, 2008. For questions, contact Susan Woessner at 719-332-0184.

Qualifying Period

The qualifying period for this event is July 1, 2007 through the entry deadline.

Entry Fees:

\$10.00 per individual event

\$25.00 per relay event

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.



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

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

Responsibility Clause

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

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

Appeal of fines are to be made to the Vice President of Program Operations or designee and/or Board of Review. Any appeal of the decision of the Vice President 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 July 9, 2008 for the ConocoPhillips National Championships will be in the database. If a time for a swimmer is visible in the public search feature on the USA Swimming website (Times/Time Standards) and it was swum in the appropriate qualifying period, it is considered a proven official time. Entry times not proven by the scratch deadline for the event will be considered as false or incorrect times and are subject to action under provisions of the USA Swimming Rules and Regulations.

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

Note: Relay lead offs and/or intermediate split times must be



requested from the SWIMS Time official in the LSC where the time was achieved. Requesting SWIMS data entry won't enter a swimmer into a competition nor place your club on the USA Swimming mailing list.

Registration

Credentials for 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 (800 meter or 1500 me-

ter), 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. long course meters (LC)
2. short course yards (SY)

Scratch Procedures

- A. Location of Scratch Box
 - ◆ The scratch box will be located at the Registration Desk prior to the start of the meet and until the General Meeting.
 - ◆ It will be at the General Meeting.
 - ◆ After the General Meeting, the scratch box will be located with the Clerk of Course for the remainder of the meet.
- B. Scratch Deadlines:
 - ◆ 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. Teams are limited to two relay entries in each relay event.
- B. Entries for all relays must be checked in prior to the scratch deadline in order to be seeded. Each coach shall pick up relay entry forms from the Clerk of Course on which he/she shall list the competing relay swimmers, their first and last names and order of swimming for each entered relay. Relay forms shall be returned to the Clerk 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.

- C. All relays will be timed finals with all heats swum in the evening session. The order shall be:

Women's 2nd Fastest Heat
 Women's Fastest Heat
 Men's 2nd Fastest Heat
 Men's Fastest Heat
 Women's 3rd Fastest Heat
 Men's 3rd Fastest Heat
 Women's 4th Fastest Heat
 Men's 4th Fastest Heat
 Etc.

Distance Freestyle

- A. Distance Entry - Any swimmer who qualifies for the 800m or 1500m freestyle events may enter at their fastest time or at the qualifying time standard, if entered in two or more events on the day of the distance freestyle.
- B. Distance Check-in and Seeding - Entrants in the 800m and 1500m freestyle must check in and confirm their intention to compete before the scratch deadline in order to be seeded. Seeded heat sheets will be published at the end of finals the evening before. The swimmers will be listed in the psych sheet in the order of submitted times, beginning with the fastest.
- C. Order of Distance Events - On Day 1 and Day 5, the 800m and 1500m freestyle events will be swum slowest to fastest, alternating women's and men's heats, with the fastest heat of each race swum during the evening session.

Finals Session Event Order

There will be a bonus and consolation final in each individual event at this Championship (except the 800m and 1500m 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

- A. Scoring will be on a sixteen (16) place basis. Individual events: 20, 17, 16, 15, 14, 13, 12, 11, 9, 7, 6, 5, 4, 3, 2, 1. Relay events receive double these point values.

Results

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

Awards

- A. Team Awards - Team awards will be presented to the top three teams in Men's, Women's, and Combined categories.
- B. Individual Awards - Medals will be awarded to all place winners in the "A" final.
- C. Individual High Point Awards - Male and Female High Point Awards will be presented at this event.
- 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.

Time Trials

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

- A. Time Trials will be conducted in long course meters each day.
- B. A Time Trial Pre-Registration form is provided for your convenience.
- C. A swimmer is limited to a maximum of two Time Trials during the course of the Championships.
- D. A swimmer must be entered in the meet with a proven time (individual) to participate in the Time Trials.
- E. Except as noted below, long course Time Trials shall be swum in the order listed under the meet program as follows:

- ◆ First Day: that day's events, followed by the remaining events in the meet.
- ◆ Second Day and Third Day: that day's events, followed by the remaining events in the meet.
- ◆ The 800 and 1500 Freestyle will typically be offered on only one day of the meet. The day will be determined by the Meet Referee, depending on the size of the meet, time available, etc; and be announced at the General Meeting.
- ◆ The 50 Freestyle is the last event swum in Time Trials, except on 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 Trials.

Reimbursement Policy

U.S. Athletes participating in this event and ranked in the top 100 of the combined 2006 and 2007 (through May 31) world rankings will receive travel expense reimbursement based on the schedule below.

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

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

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

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



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. 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.

2008 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 2008 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. Hormone Antagonists and Modulators
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 2008 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) 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 immediately.



U.S. Open

July 29 - August 2, 2008

The University of Minnesota Aquatics Center
Minneapolis, MN

WOMEN			MEN	
SCY	LCM	EVENT	LCM	SCY
22.99	26.59	50 Freestyle	23.59	20.29
50.19	57.29	100 Freestyle	51.79	44.49
1:48.29	2:03.69	200 Freestyle	1:53.39	1:38.09
4:47.79	4:19.49	400 Freestyle	4:01.29	4:25.29
9:58.89	8:55.19	800 Freestyle	8:23.09	9:16.89
16:30.59	17:06.69	1500 Freestyle	16:02.49	15:30.69
55.79	1:04.69	100 Backstroke	58.29	49.59
2:00.09	2:19.09	200 Backstroke	2:06.29	1:47.89
1:03.19	1:12.79	100 Breaststroke	1:05.29	55.89
2:16.69	2:37.19	200 Breaststroke	2:22.09	2:01.69
54.99	1:02.49	100 Butterfly	55.69	48.59
2:00.69	2:16.89	200 Butterfly	2:04.09	1:48.59
2:01.79	2:20.69	200 Individual Medley	2:07.99	1:49.69
4:19.79	4:56.99	400 Individual Medley	4:33.09	4:00.49
3:28.39	3:54.79	400 Freestyle Relay	3:29.89	3:02.19
7:25.49	8:25.89	800 Freestyle Relay	7:44.99	6:46.99
3:50.39	4:19.39	400 Medley Relay	3:52.49	3:24.09

Qualification Period; July 1, 2007 through the entry deadline.

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

Team Name:

LSC:

Coach:

Phone:

Meet Name:

Meet Dates:

Site:

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

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

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

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

Page _____ of _____ Pages

USA SWIMMING CHAMPIONSHIPS TIME TRIAL RULES AND PROCEDURES

1. Use a separate form for each day of the meet. Completing time trial entries in advance will save time waiting in sign-up lines.
 2. Swimmers may compete in a maximum of two time trials during the course of the Championships.
 3. The combination of meet events and time trial events may not exceed three per day.
 4. Time trials are conducted on a time available basis only. Refunds or rollovers will be allowed for time trials cancelled on any given day due to time limitations.
 5. The 800 and 1500 Freestyle events will typically be offered on only one day of the meet. The day will be determined by the Meet Referee, depending on the size of the meet, time available, etc; and be announced at the General Meeting.
 6. You may add, cancel, or change time trials at the meet. Refunds, rollovers, or credit will be allowed, except for no-shows.
- * The 50 Free 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.

<u>Day One</u>	<u>Day Two</u>	<u>Day Three</u>	<u>Day Four</u>	<u>Day Five</u>
W 200 Fly	W 400 IM	W 400 Free	W 200 Free	W 50 Free
M 200 Fly	M 400 IM	M 400 Free	M 200 Free	M 50 Free
W 200 Breast	W 100 Free	W 100 Fly	W 100 Breast	W 1500 Free
M 200 Breast	M 100 Free	W 100 Fly	M 100 Breast	W 200 IM
W 800 Free	W 200 Back	M 800 FR	W 100 Back	M 200 IM
M 1500 Free	M 200 Back	W 200 Free	M 100 Back	M 800 Free
W 400 IM	W 400 FR	M 200 Free	W 800 FR	W 400 MR
M 400 IM	M 400 FR	W 100 Breast	W 1500 Free	M 400 MR
W 100 Free	W 400 Free	M 100 Breast	W 200 IM	W 200 Fly
M 100 Free	M 400 Free	W 100 Back	M 200 IM	M 200 Fly
W 200 Back	W 100 Fly	M 100 Back	M 800 Free	W 200 Breast
M 200 Back	W 100 Fly	W 800 FR	W 400 MR	M 200 Breast
W 400 FR	M 800 FR	W 1500 Free	M 400 MR	W 800 Free
M 400 FR	W 200 Free	W 200 IM	W 200 Fly	M 1500 Free
W 400 Free	M 200 Free	M 200 IM	M 200 Fly	W 400 IM
M 400 Free	W 100 Breast	M 800 Free	W 200 Breast	M 400 IM
W 100 Fly	M 100 Breast	W 400 MR	M 200 Breast	W 100 Free
W 100 Fly	W 100 Back	M 400 MR	W 800 Free	M 100 Free
M 800 FR	M 100 Back	W 200 Fly	M 1500 Free	W 200 Back
W 200 Free	W 800 FR	M 200 Fly	W 400 IM	M 200 Back
M 200 Free	W 1500 Free	W 200 Breast	M 400 IM	W 400 FR
W 100 Breast	W 200 IM	M 200 Breast	W 100 Free	M 400 FR
M 100 Breast	M 200 IM	W 800 Free	M 100 Free	W 400 Free
W 100 Back	M 800 Free	M 1500 Free	W 200 Back	M 400 Free
M 100 Back	W 400 MR	W 400 IM	M 200 Back	W 100 Fly
W 800 FR	M 400 MR	M 400 IM	W 400 FR	W 100 Fly
W 1500 Free	W 200 Fly	W 100 Free	M 400 FR	M 800 FR
W 200 IM	M 200 Fly	M 100 Free	W 400 Free	W 200 Free
M 200 IM	W 200 Breast	W 200 Back	M 400 Free	M 200 Free
M 800 Free	M 200 Breast	M 200 Back	W 100 Fly	W 100 Breast
W 400 MR	W 800 Free	W 400 FR	W 100 Fly	M 100 Breast
M 400 MR	M 1500 Free	M 400 FR	M 800 FR	W 100 Back
W 50 Free	W 50 Free	W 50 Free	W 50 Free	M 100 Back
M 50 Free	M 50 Free	M 50 Free	M 50 Free	W 800 FR

