



**2008 Speedo  
Junior National Championships**

**August 4 - 8  
Minneapolis, MN**

**Official Event Information**

# 2008 Speedo Junior National Championships Event Information August 4-8, Minneapolis, MN

## Important Facts About the Meet



- ◆ The qualifying period for this event is July 1, 2007 through the entry deadline.
- ◆ Entry Deadline: Athletes must register on-line at [usaswimming.org/jnationals](http://usaswimming.org/jnationals) no later than Monday, July 28, 2008 by 11:59 p.m. Mountain Time.
- ◆ 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 these championships.
- ◆ 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.
- ◆ Bonus events will be permitted for this meet. For every "A" cut achieved, that swimmer may enter 1 "bonus" event.
- ◆ Event time standards and bonus standards are located in the back of this book.
- ◆ All athletes at the meet must be 18 or under on the first day of the meet. College athletes who meet this age requirement are permitted to compete in the meet.
- ◆ Foreign national teams are not permitted to compete in this meet.
- ◆ Foreign athletes who are registered members of USA Swimming clubs will be permitted to swim in this meet.
- ◆ Time trials will be offered for all swimmers according to Rule 207.11.
- ◆ Accommodations for persons with disabilities may be arranged with advance notice.
- ◆ All relays will be swum as timed finals in the evening sessions only. Relay qualifying times must be made by swimmers age 18 or under when the qualifying time is achieved. Relay-only swimmers will be allowed to swim in Time Trials.
- ◆ The Cooke Pool at the University of Minnesota (adjacent to the meet venue) will be used for Junior National participants practice on Saturday August 2, 2008. Junior National participants will not be permitted to use the competition pool before Sunday, August 3rd.

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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

Clark Hammond  
2729 Old Trce.  
Birmingham, AL 35243  
205-967-9727  
hamm5690@bellsouth.net

### Meet Directors

Duane J. Proell  
Aquatic Center  
1910 University Ave. SE  
Minneapolis, MN 55455  
612-624-6349  
proel001@umn.edu

Sarah Stallkamp  
Aquatic Center  
1910 University Ave. SE  
Minneapolis, MN 55455  
612-625-5339  
stal0053@umn.edu

### USA Swimming Vice President, Program Operations

Pat Lunsford  
1 Holyoke Ct.  
Fairfield, OH 45014-5324  
513-874-3209  
rplwurk@fuse.net

### USA Swimming National Events Director

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

### Meeting Schedule

Monday, August 4	11:00am	General Meeting	Radisson University Hotel
Monday, August 4	2:30pm	Official's Briefing	Aquatic Center
<i>All subsequent officials' briefings will be held one hour prior to the start of each session</i>			

## General Information



### Order of Events Long Course Meters

Heats Begin at  
9:00am

Finals Begin at  
6:00 pm

#### Women's Events

#### Day 1 – Monday, August 4 (4:00pm)

#### Men's Events

1

800 Freestyle

2

#### Day 2 – Tuesday, August 5

3

100 Freestyle

4

5

200 Breaststroke

6

7

200 Backstroke

8

9

200 Butterfly

10

#### Day 3 – Wednesday, August 6

11

200 Freestyle

12

13

400 IM

14

15

4 x 200 Freestyle Relay

16

#### Day 4 – Thursday, August 7

17

100 Backstroke

18

19

400 Freestyle

20

21

100 Breaststroke

22

23

100 Butterfly

24

25

4 x 100 Freestyle Relay

26

#### Day 5 – Friday, August 8

27

200 IM

28

29

50 Freestyle

30

31

1500 Freestyle

32

33

4 x 100 Medley Relay

34

## General Information (Continued)



### All Session Pass

General Admission

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)

General Admission

Adult: \$14

Youth (12 and Under): \$10

### Daily Single Session Passes

General Admission

Adult: \$9

Youth (12 and Under): \$6

For questions or more information, contact:

Sarah Stallkamp, [stal0053@umn.edu](mailto:stal0053@umn.edu)

Checks should be made payable to:  
Twin Cities Swim Team.

### Coaches' Packet

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

### Transportation

USA Swimming has negotiated rates with United Airlines if ticketed by Polk Majestic Travel Group. Discounts are based on class of service and availability. For more information, you may contact the PMTG Group Air department at (303) 302-2540 or (800) 218-9481, or contact [usaswimming@polkmajestic.com](mailto:usaswimming@polkmajestic.com) with your request.

### Additional Flight Info

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](http://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](mailto:stal0053@umn.edu) or 612-625-5339. Travel agents should go to [worldagentdirect.com](http://worldagentdirect.com)

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.

### 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

### Hotels

For complete, up-to-date hotel information please refer to [tc.umn.edu/~tcswim/majorevents.htm](http://tc.umn.edu/~tcswim/majorevents.htm).

## 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, from the meet announcer or can be found in the coaches' packet.

### 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 very 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 US 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 Stalkamp at [stal0053@umn.edu](mailto: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/jrnationals](http://usaswimming.org/jrnationals) 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. Athlete hospitality will also be poolside 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

Saturday, August 2 (Cooke*)	8:00 a.m. - 9:00 p.m.
Sunday, August 3	6:00 a.m. - 9:00 p.m.
Monday, August 4	6:00 a.m. - 1 hour after finals
Tuesday, August 5	6:00 a.m. - 1 hour after finals
Wednesday, August 6	6:00 a.m. - 1 hour after finals
Thursday, August 7	6:00 a.m. - 1 hour after finals
Friday, August 8	6:00 a.m. - 1 hour after finals

\*Cooke Pool is the only pool available on August 2

### Credential Pick-Up

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

Saturday, August 2	8:00 a.m. - Noon and 1:00 p.m. - 8:00 p.m.
Sunday, August 3	7:00 a.m. - Noon and 1:00 p.m. - 8:00 p.m.
Monday, August 4	7:00 a.m. - Noon and 1:00 p.m. - 30 min after Finals
Tuesday, August 5	7:00 a.m. - Noon and 1:00 p.m. - 30 min after Finals
Wednesday, August 6	7:00 a.m. - Noon and 1:00 p.m. - 30 min after Finals
Thursday, August 7	See Admin Ref
Friday, August 8	See Admin Ref

Participating athletes and coaches arriving for the Speedo Junior National Championships on Saturday, August 4, will be admitted to the spectator general admission seating areas free of charge for the Saturday sessions of the U.S. Open Swimming Championships. 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.

### 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.

### Team Banners

Team banners will not be allowed in the Aquatics Center.

## Entering the Meet



### Entering On-Line

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

Participants must enter this meet on-line.

Entries will be accepted from Tuesday, June 17 until Monday, July 28 (at 11:59 p.m.).

For help with OME, 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 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

Athletes achieving the qualifying time standards for the first time from Monday, July 28, 2008, through Saturday, August 2, may be sent by e-mail. These entries must be received no later than 11:59 p.m. Mountain Time on *Saturday, August 2, 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/jrnationals](http://usaswimming.org/jrnationals).

### 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.

### Bonus Events

For every "A" cut achieved by a swimmer, that swimmer may enter 1 "bonus" event.  
(Ex. If you have 3 Junior National time standards, you may enter 3 "bonus" events. See the back of this book for time standards and "bonus" time standards.)



USA Swimming Rules and Regulations will govern the conduct of these Championships and will serve as the official guide for technical and procedural rules. The championships are governed by the Senior Development Committee, which has approved this information. Changes will not be accepted at the General Meeting.

## Qualifying A Swimmer

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

## SWIMS Database—Proof of Time

Times from the following will be in SWIMS, the national times database. Times in the database are not automatic entries to meets.

- A. USA Swimming Sanctioned competition
- B. USA Swimming Approved competition
  - ◆ Check two weeks before the competition to assure the meet has been approved by the LSC, and prior to the start of the competition, ask the Meet Director for the procedure for getting a time into SWIMS.
- C. USA Swimming Observed swims
  - ◆ Be sure a proper request for an Observed Swim is made according to guidelines appearing in the USA Swimming SWIMS Time Module Policy Manual, and prior to the start of the meet, verify that proper procedures are in place for the Observed swim.
  - ◆ 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 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.





## 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.

## Registration

Credentials for coaches, managers and chaperones shall be issued to those persons listed on the submitted team entry forms, according to the following formula, based upon the total size of the team, whether comprised of one or both sexes. Managers and trainers must be included in this formula and on the entry form to receive a deck pass. Athletes entered in the meet will receive a deck pass as part of their entry fee. There is a surcharge of \$20 per person for spectator passes. All others will be required to purchase individual tickets. For clubs that wish to bring one certified massage therapist with their teams, a \$50 surcharge will apply if the massage therapist exceeds the deck pass formula below. These funds shall become the property of the meet host. All massage therapists must be 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 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.

## 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 "A" final event. Each swimmer participating in the "A" finals must report to the Ready Room 10 minutes preceding the event.

## Awards Staging

The top eight swimmers in each individual event, and the top eight teams in each relay 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 his/her 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 - The 800m and 1500m freestyle events are conducted on a timed final basis. All heats shall be swum as follows:

800 Freestyle; Women's heats slowest to fastest, followed by Men's heats slowest to fastest

1500 Freestyle; second fastest Men's heat last, second fastest Women's heat next to last, third fastest Men's heat third from last, third fastest Women's heat fourth from last and continuing until all heats are swum. Only the fastest (single) heat will be swum in the final session. All other heats are to be held during prelims. The starting time for each preliminary heat shall be scheduled so that the second fastest heat of the men's 1500m freestyle is concluded 60 minutes before the evening finals session is scheduled to begin.

## Finals Session Event Order

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

Scoring at the USA Swimming Junior Championships is as follows.

- A. Scoring will be on a sixteen (16) place basis. Individual events: 20, 17, 16, 15, 14, 13, 12, 11, 9, 7, 6, 5, 4, 3, 2, 1. Relay events receive double these point values.
- B. Men's Team High Point (1-10)
- C. Women's Team High Point (1-10)
- D. Combined Team overall scoring (1-25)
- E. Foreign athletes who are registered members of USA Swimming clubs will be permitted to swim in this meet and score points for their club.

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

## Awards

- A. Awards will be presented to 1st - 8th place finishers in each individual event and 1st - 8th place finishers in each relay event. The awards procedure will be announced at the General Meeting.
- A. Individual High Point Awards - Awards will be presented for the individual male and female scoring the most points in individual events.
- B. Team awards will be given to the top 25 Combined Teams, the top 10 Women's Teams, and the top 10 Men's Teams. Only the top three teams in each category will be recognized during the final awards ceremony.

## 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. 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.



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.

**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](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.

## Time Standards

### 2008 SPEEDO JUNIOR NATIONAL TIME STANDARDS

Women		EVENT	Men	
LCM	SCY		LCM	SCY
27.29	23.69	50 Freestyle	24.59	21.19
58.79	51.29	100 Freestyle	53.49	46.29
2:06.49	1:50.39	200 Freestyle	1:56.59	1:41.39
4:24.89	4:53.19	400 Freestyle	4:07.19	4:33.79
9:03.49	10:05.99	800 Freestyle	8:32.29	9:29.39
17:20.49	16:48.49	1500 Freestyle	16:15.49	15:51.49
1:06.39	56.89	100 Backstroke	1:00.29	51.59
2:22.19	2:02.39	200 Backstroke	2:09.99	1:51.79
1:14.39	1:04.39	100 Breaststroke	1:07.89	57.99
2:40.79	2:18.79	200 Breaststroke	2:27.59	2:06.29
1:03.99	55.99	100 Butterfly	57.79	50.69
2:20.29	2:03.09	200 Butterfly	2:08.69	1:52.29
2:23.69	2:04.09	200 Individual Medley	2:11.59	1:52.99
5:03.69	4:22.39	400 Individual Medley	4:40.19	4:01.09
3:59.99	3:30.29	400 Freestyle Relay	3:38.29	3:08.89
8:36.99	7:42.99	800 Freestyle Relay	7:54.99	6:53.79
4:26.19	3:51.89	400 Medley Relay	4:01.99	3:29.59

### 2008 SPEEDO JUNIOR NATIONAL BONUS EVENT STANDARDS

Women		BONUS EVENT	Men	
Bonus LCM	Bonus SCY		Bonus LCM	Bonus SCY
27.79	24.59	50 Freestyle	24.79	21.69
1:00.19	52.89	100 Freestyle	53.99	47.09
2:09.09	1:54.19	200 Freestyle	1:58.09	1:43.09
4:30.69	5:03.29	400 Freestyle	4:09.79	4:39.59
9:15.99	10:21.29	800 Freestyle	8:40.79	9:39.29
17:46.69	17:24.29	1500 Freestyle	16:41.69	16:13.69
1:07.89	59.09	100 Backstroke	1:01.39	53.09
2:25.99	2:06.99	200 Backstroke	2:12.39	1:54.79
1:16.79	1:06.89	100 Breaststroke	1:10.09	59.49
2:44.99	2:24.29	200 Breaststroke	2:29.79	2:09.79
1:05.79	58.49	100 Butterfly	58.89	51.89
2:24.19	2:07.39	200 Butterfly	2:10.59	1:54.89
2:27.59	2:09.49	200 Individual Medley	2:13.59	1:56.29
5:09.69	4:33.09	400 Individual Medley	4:43.89	4:08.09

## 2008 Speedo Junior National Championships

### 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

# 2008 Speedo Junior National Championships

## USA SWIMMING CHAMPIONSHIPS TIME TRIAL RULES AND PROCEDURES

1. Use a separate form for each day of the meet. Entering time trials in advance will save time waiting in sign-up lines. Bring copies of completed forms to the meet for verification.
  2. Swimmers 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. In the modified four-day format, time trials for the 800 Freestyle will only be offered Day One, immediately following the end of the Men's 800 Freestyle. No other time trial events will be offered on this day.
  6. The 1500 Freestyle will typically be offered on only one day of the meet. The day will be determined by the Meet Referee, depending on the size of the meet, time available, etc; and be announced at the General Meeting.
  7. You may add, cancel, or change time trials upon arrival at the meet. Refunds, rollovers, or credit will be allowed, except for no-shows.
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### Typical Time Trial Order of Events

<u>Day One</u>	<u>Day Two</u>	<u>Day Three</u>	<u>Day Four</u>	<u>Day Five</u>
800 Free (800 Free only offered on this day.)	100 Free	200 Free	100 Back	50 Free*
	200 Breast	400 IM	400 Free	200 IM
	200 Back	4x200 FR	100 Breast	4x100 MR
	200 Fly	100 Back	100 Fly	100 Free
	200 Free	400 Free	4x100 FR	200 Breast
	400 IM	100 Breast	200 IM	200 Back
	4 x 200 FR	100 Fly	4x100 MR	200 Fly
	100 Back	4x100 FR	100 Free	200 Free
	400 Free	200 IM	200 Breast	400 IM
	100 Breast	4x100 MR	200 Back	4x200 FR
	100 Fly	100 Free	200 Fly	100 Back
	4x100 FR	200 Breast	200 Free	400 Free
	200 IM	200 Back	400 IM	100 Breast
	4x100 MR	200 Fly	4x200 FR	100 Fly
	50 Free*	1500 Free**	50 Free*	4x100 FR
		50 Free*		

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

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

