



2011
Speedo Junior National
Championships

August 8-12
Avery Aquatic Center
Stanford University
Stanford, CA

Official Event Information



2011
Speedo Junior National Championships
Event Information

This information is available on-line at usaswimming.org

Important Facts About the Meet



- ◆ The qualifying period for this event is July 1, 2010 through the entry deadline.
- ◆ **Entry Deadline:** All entries must be made on-line at usaswimming.org/ome no later than Monday, August 1, 2011 by 11:59 p.m. Mountain Time.
- ◆ **E-Mail Entry Deadline:** Athletes achieving the qualifying time standards for the first time from Tuesday, August 2, 2011, through Saturday, August 6, 2011 may be sent by e-mail. These entries must be received no later than 11:59 p.m. Mountain Time on *Saturday, August 6 2011*, 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/irnationals beginning August 2, 2011.
- ◆ Bonus events will be permitted for this meet. All athletes who qualify for one or more individual events will be permitted to enter and swim in up to two bonus events, provided they have achieved the published Bonus Event Time Standards.
- ◆ 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, however foreign athletes who are registered members of USA Swimming clubs will be permitted.
- ◆ Swimmers may qualify for the 800 and 1500 Freestyle events using either the 800 or 1500 qualifying standards (i.e. the conforming or non-conforming distance event standards).
- ◆ Ten lanes may be used for preliminary and finals heats. All ten lanes will be eligible for team scoring.
- ◆ Time Trials will be conducted for swimmers entered in the meet with a proven qualifying time. Time Trial entries will only be taken on-site at the Clerk of Course.
- ◆ At the discretion of the Meet Referee, the preliminary sessions may be conducted using "Flyover" starts, "double-ended" starts, or in an A/B format. Details of any changes to normal meet operations protocol will be announced at the general meeting.
- ◆ 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.
- ◆ There will be no practice space available at the competition venue for Speedo Junior National participants prior to 6:00 a.m. on Sunday, August 7th. Please plan accordingly. Speedo Junior National participants will be allowed in the spectator areas of the venue on Saturday, August 6th by displaying their credential.
- ◆ 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.
- ◆ The Omega "OSB11" Track-Start starting platforms will be used for this competition.

Table of Contents



Order of Events	3
General Information.....	4
Site Information.....	6
Entering the Meet.....	7
Championship Procedures.....	8
Doping Control.....	11
Time Standards	12



2011 Speedo Junior National Championships
Order of Events
 Long Course Meters

Heats Begin at 9:00

Finals Begin at 6:00

<u>Women's Events</u>	<u>Day 1– Monday, August 8</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 - Tuesday, August 9</u>	
7	400 IM	8
9	100 Freestyle	10
11	200 Backstroke	12
13	400 Free Relay	14
	<u>Day 3 - Wednesday, August 10</u>	
15	400 Freestyle	16
17	100 Butterfly	18
	Men's 800 Free Relay	19
	<u>Day 4 - Thursday, August 11</u>	
20	200 Freestyle	21
22	100 Breaststroke	23
24	100 Backstroke	25
26	Women's 800 Free Relay	
	<u>Day 5 - Friday, August 12</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



Facility Address

Avery Aquatic Center
235 Sam McDonald Road
Stanford, CA 94305

Meet Director

Anne Warner Cribbs
Bay Area Sports Organizing Committee (BASOC)
81 Encina, Upper Floor
Palo Alto, CA 94301
cribsaw@pacbell.net
650-323-9400

Pacific Swimming Representative

John Bitter
Head Coach
Santa Clara Swim Club
jbitter@santaclaraswimclub.org
408-246-5050 x11

Meet Referee

Dan McAllen
d.mcalleniii@sbcglobal.net
214-316-9215

USA Swimming Vice President, Program Operations

Jim Sheehan
Jim.Sheehan@marshpm.com
908-239-9009

USA Swimming National Events Coordinator

Sandra Lopez
slopez@usaswimming.org
719-866-4578

Meeting Schedule

Sunday, August 7	5:00pm	General Meeting	Dallmar Court in the Arrillaga Family Athletic Department office building
Monday, August 8	7:30am	Official's Briefing	Aquatic Center

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

Directions to Pool from Airport

Directions from San Francisco to the Avery Aquatic Center - Follow signs to the US-101. Merge onto US-101 S via the ramp to San Jose. Travel for 19.4 miles. Take the Embarcadero Road exit west towards Stanford. At El Camino Real, Embarcadero turns into Galvez Street. Cross El Camino Real and continue on Galvez. Turn left onto Nelson Road and proceed into the Varsity Parking Lot. The Avery Aquatic Center entrance is off of the southwest corner of the Varsity Parking Lot.

Directions from San Jose to the Avery Aquatic Center - Follow signs to the US-101. Take exit 9B on the left to merge onto US-101 N toward San Francisco. Travel 11.9 miles. Take the Embarcadero Road exit west towards Stanford. At El Camino Real, Embarcadero turns into Galvez Street. Cross El Camino Real and continue on Galvez. Turn left onto Nelson Road and proceed into the Varsity Parking Lot. The Avery Aquatic Center entrance is off of the southwest corner of the Varsity Parking Lot.

Hotels

For updated hotel information, please refer to usaswimming.org/irnationals.

Broadcast

The 2011 Speedo Junior National Championships will be webcast live on usaswimming.org.

General Information (Continued)



Ticket Information

Tickets may be ordered by telephone at 1-800-STANFORD or www.GOSTANFORD.COM

Service charges are as follows:

All season pass - \$8 per order

Day pass and daily single event tickets - \$2 per ticket for phone or on line tickets

Delivery fees for phone orders are (per order) are \$4 for mail and \$6 for will call.

Delivery fees for on line orders are (per order) are \$3 for mail and \$5 for will call.

Ticket Pricing

All Session Pass – week (includes heat sheets)

Adults	\$75.00
Students/Senior (under 12 over 65)	\$55.00

Day Pass – prelim + final

Adults	\$20.00
Student/Senior	\$10.00

Daily Single Event Tickets:

Prelims	
Adult	\$10.00
Student/Senior	\$ 5.00

Finals	
Adult	\$15.00
Student/Senior	\$10.00

For additional ticket information, please contact:
1-800-STANFORD

Coaches' Packet

There will be a special coaches' 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 who have swimmers in the meet (coach and swimmer(s) must be registered with the same team), may receive a deck pass which includes hospitality.
- ◆ USA Swimming Member Coaches without swimmers in the meet will receive general admission tickets only (no deck access).

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.

Airlines

United	800/521-4041
America West	800/235-9292
American	800/433-7300
America Trans Air	800/225-2995
Continental	800/523-3273
Delta	800/221-1212
Northwest	800/225-2525
Southwest	800/435-9792
US Airways	800/428-4322

Car rental agencies

Alamo	800/327-9633
Avis	800/230-4898
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

Broadcast Statement

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.

Image Authorization

All participants agree to be filmed and photographed by the official photographer(s) and network(s) of USA Swimming under the conditions authored by USA Swimming, and allow event organizers the right to use names, pictures, likenesses, and biographical information before, during or after the period of participation in USA Swimming competitions to promote such competitions. All participants agree not to use or authorize use of pictures in the uniforms and equipment provided by USA Swimming for the purpose of trade, without the consent of USA Swimming. All participants agree not to use medals or photos, or portraits or films with the medals, which are received for performances in this competition, for the purpose of trade. Furthermore, participants agree to return these uniforms and equipment, bearing USA Swimming logos and marks, if and when requested.



Publicity

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

Information/Lost & Found

An Information/Lost & Found booth will be available at the life-guard office.

Lockers

Lockers will not be available at the pool.

Medical Assistance

Medical assistance will be provided at the facility.

Parking

Parking for athletes, coaches, and spectators will be available in Lot 2 between Stanford Stadium and El Camino Real. Parking for officials and media will be in Lot H off Nelson Road. Enter all parking off Galvez and Nelson Road on the Stanford campus.

There will be a drop off for athletes in the Varsity Lot in front of the Avery Aquatic Center by the Pac 10 flag poles.

Please see map on following page.

Concessions

Concessions will be available for spectators.

Hospitality

Hospitality: will be provided for Coaches and Swimmers. Officials hospitality will be available on upper deck of Avery Aquatic Center.

About the Facility

Stanford's Avery Aquatic Center is the largest competitive swimming facility in the nation, and one of the fastest and finest facilities in the World. The newly renovated facility has four pools (Belardi, Baker, Avery and Maas) and over 2.2 million gallons of water. The Avery Aquatic Center is home to Stanford University's men's and women's swimming and diving, men's and women's water polo, and synchronized swimming teams. Avery Aquatic Center was proud to host the 2004 Nationals and the 2006 FINA Masters World Championships.

The Belardi Competition Pool is a ten-lane, 50 meter pool with depth ranging from 10-11 feet. The Baker Pool is an eight-lane, 50 meter pool, ranging from 4.5 to 8.5 feet deep. The Avery Stadium Pool is 37 meters long and 20 meters wide, and utilizes moveable bulkheads.

Pool Hours

Sunday, August 7	6:00 a.m. - 9:00 p.m.
Monday, August 8	6:00 a.m. - 1 hour after finals
Tuesday, August 9	6:00 a.m. - 1 hour after finals
Wednesday, August 10	6:00 a.m. - 1 hour after finals
Thursday, August 11	6:00 a.m. - 1 hour after finals
Friday, August 12	6:00 a.m. - 1 hour after finals

Credential Pick-Up

Credentials can be picked up at the Aquatics Center on the following schedule:

Saturday, August 6	8:00 a.m. - Noon and 1:00 p.m. - 7:00 p.m.
Sunday, August 7	8:00 a.m. - Noon and 1:00 p.m. - 7:00 p.m.
Monday, August 8	8:00 a.m. - Noon and 1:00 p.m. - 1 Hr after Finals
Tue, Aug 9 - Fri, Aug 12	See Admin Ref

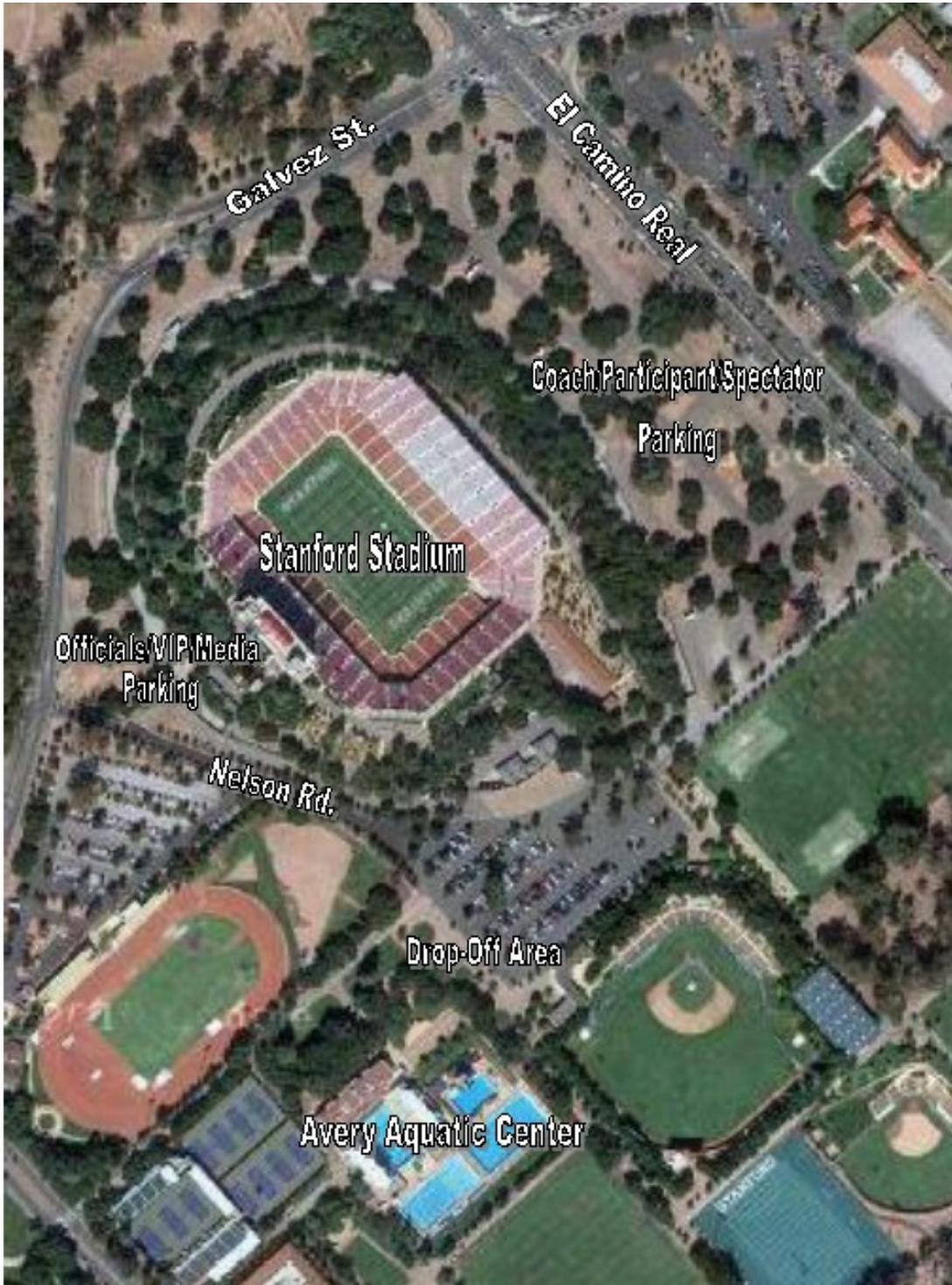
Participating athletes and coaches arriving for the Speedo Jr. National Championships on Sat. August 6, will be admitted to special designated seating free of charge for the Saturday sessions of the ConocoPhillips National Championships with their Speedo Junior National Credential. There will be no practice space available at the competition venue for Speedo Junior National participants prior to 6:00 a.m. on Sunday, August 7th.

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 at usaswimming.org/ome

All Entry questions should be directed to:
Susan Woessner at USA Swimming (719-332-0184, 719-866-3589, or swoessner@usaswimming.org)

Enter this meet through the On-line Meet Entry System (OME) beginning Monday, May 9 until no later than Monday, *August 1, 2011* by 11:59 p.m. Mountain Time.

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 coach's responsibility to know what events your athlete is qualified for.

You may modify the entry time of a purchased event within OME up to the normal entry deadline. You may not delete an on-line entry once it has been submitted.

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).

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 Tuesday, August 2, 2011, through Saturday, August 6, 2011 may be sent by e-mail. These entries must be received no later than 11:59 p.m. Mountain Time on *Saturday, August 6 2011*, 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 beginning August 2, 2011.

Foreign Entries

Foreign national teams are not permitted to compete in this meet, however foreign athletes who are registered members of USA Swimming clubs will be permitted.

Late Entries

Any team or athlete missing the entry deadline will be permitted to enter late, subject to the following requirements:

- A. Late entries must be submitted through the On-Line Meet Entry system (OME);
- B. Late entries must be submitted no later than 11:59 p.m. Mountain Time on *Saturday, August 6 2011*;
- C. The team or athlete must pay a one-time processing fee of \$150.00, *and* pay entry fees of \$30 per individual event and \$60 per relay event.

Qualifying Period

The qualifying period for this event is July 1, 2010 through the entry deadline.

Entry Fees:

\$15.00 per individual event
\$30.00 per relay event
\$20.00 per credentialed coach

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

Bonus events will be permitted for this meet. All athletes who qualify for one or more individual events will be permitted to enter and swim in up to two bonus events, provided they have achieved the published Bonus Event Time Standards.

Secondary Club Recognition

The on-line entry form contains a space for secondary "club recognition." You may enter a second club for each of your athletes if you wish. The secondary club will be listed in the psych sheet, meet roster and heat sheets, if space is available. Each athlete will have only 16 characters for both his/her club and his/her secondary club. The club does not need to be a USA Swimming member club. It may be any club that your athlete wishes to recognize. Listing this club is for recognition purposes only. Listing this club has nothing to do with representation, team scoring or credentials.

Relay Proof of Time

- A. Relay teams may be entered at the listed provable time or at the lowest priority non-conforming time standard.
- B. If you are entering an A and B relay, you must use eight (8) different swimmers. You cannot use the same swimmer twice in an event, or to prove a time.
- C. Teams can only submit two relays per event.
- D. Relay qualifying times must be made by swimmers age 18 or under when the qualifying time is achieved.

Waiver and Release Form

The USA Swimming Waiver and Release Form will be automatically generated by the on-line system. These forms must be submitted at the registration desk. Make copies as needed for each swimmer. Having this completed will save time during check-in at the competition site. Additionally, a parent or legal guardian must sign form if swimmer is under the age of majority in his/her home state.



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. Participating swimmers may join by completing the appropriate form and paying the required fee at a table adjacent to the registration desk. Non-Athletes must provide proof of CPR, First Aid, Safety Training for Swimming Coaches, and a valid USA Swimming approved criminal background check, before being issued a USA Swimming membership and deck pass.

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 - Times and names for each entered relay team must be submitted on the master entry. The entered time must be proven prior to the scratch deadline for each entered relay team, in aggregate or as a team. For the purpose of proving times, a club may name a swimmer on only one of its relay teams in each event. Once the relay team or teams have been proven, any swimmer listed by that organization on the 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 on the relay entry on-line. 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 no later than 20 days prior to the 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 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 non-athlete members of USA Swimming.

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.
- 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 proved, 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.

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 meters (SM)
3. short course yards (SY)

Alternate event qualifying for the distance freestyle events will be seeded after the normal event entry times.

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" finals heat. Each swimmer must report to the Ready Room five minutes preceding the event.

Awards Staging

All medalists in each event should report to the Awards Staging Area in full team warm-up attire immediately following the "A" Finals for their event.

Relays and Relay Check-In Procedures

- A. 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



<p>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.</p> <p>C. All relays will be timed finals with all heats swum in the evening session. The order shall be:</p> <p style="padding-left: 40px;">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.</p> <p>Distance Freestyle</p> <p>A. Swimmers may qualify for the 800 and 1500 Freestyle events using either the 800 or 1500 qualifying standards (i.e. the conforming <i>or</i> non-conforming distance event standards).</p> <p>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.</p> <p>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 seeded heat of each race swum during the evening session. All other heats will be scheduled so the second-fastest seeded heat of the Men's event finishes approximately one hour prior to the start of the evening session.</p> <p>D. Swimmers may qualify for the 800 and 1500 Freestyle events using either the 800 or 1500 qualifying standards (i.e. the conforming <i>or</i> non-conforming distance event standards).</p> <p>Finals Session Event Order</p> <p>There will be a bonus, consolation, and championship final in each individual event at this Championship (except the 800m and 1500m freestyle events). The order of the final events shall be C, B and A (bonus, consolation and championship).</p> <p>Meet Scoring</p> <p>If ten lanes are used, scoring will be on a twenty (20) place basis. Individual events: 24, 21, 20, 19, 18, 17, 16, 15, 14, 13, 11, 9, 8, 7, 6, 5, 4, 3, 2, 1. Relay events receive double these point values. If eight lanes are used, scoring will be on a sixteen (16) place basis.</p> <p>Results</p> <p>After each evening's finals at these championships, the results will be available at usaswimming.org/internationals.</p> <p>Awards</p> <p>A. Team Awards - Team awards will be presented to the top ten teams in Men's, Women's, and Combined categories. Places 1st - 3rd will be presented at the event, while places 4th-10th will be mailed following the conclusion of the event.</p>	<p>B. Individual Awards - Medals will be awarded to all place winners in the "A" final.</p> <p>C. Individual High Point Awards - Male and Female High Point Awards will be presented at this event.</p> <p>Time Trials</p> <p>Time Trials will be conducted for swimmers entered in the meet with a proven qualifying time. Time Trials may be limited to approximately one hour each day, and all scheduled events cannot be guaranteed each day. These Time Trials shall be held under a separate sanction of the LSC where the meet is held. Only those events offered in the Championships will be offered in Time Trials.</p> <p>A. Time Trials will be conducted in long course meters each day.</p> <p>B. Time Trial entries will only be taken on-site at the Clerk of Course.</p> <p>C. A swimmer is limited to a maximum of two Time Trials during the course of the Championships.</p> <p>D. Except as noted below, long course Time Trials shall be swum in the order listed under the meet program as follows:</p> <ul style="list-style-type: none"> ◆ 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. <p>Entry fees for Time Trials are the same as those established for the Trials.</p>
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Testing

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.

Medications: The current Prohibited List is in effect for this competition and may be found at www.usada.org.

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. This should be done well in advance of the competition, as certain medications may require reporting in advance.

Check the status of all medications at one of the following locations:

Drug Reference Online: globaldro.com

Drug Reference Line: 800-233-0393

The athlete is responsible for ensuring that no prohibited substance enters his/her system.

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

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@usaswimming.org immediately.

More Information

For information regarding medication status, the reporting of medications and the requirements in place for reporting, please contact the US Anti-Doping Agency (USADA) at 800-233-0393.

For more information about the doping control process please visit the USA Swimming website at usaswimming.org

Time Standards



2011 Speedo Long Course Junior Nationals Time Standards						
Women			Event	Men		
LCM	SCM	SCY		SCY	SCM	LCM
26.99	26.29	23.39	50 Freestyle	20.89	23.49	24.29
58.59	56.99	51.09	100 Freestyle	45.89	51.89	53.09
2:06.19	2:02.99	1:50.09	200 Freestyle	1:40.69	1:53.39	1:55.89
4:24.69	4:18.29	4:52.99	400 Freestyle	4:33.69	4:00.79	4:07.09
9:03.49	8:50.69	10:05.99	800 Freestyle	9:26.09	8:19.49	8:35.59
17:20.49	16:58.49	16:48.49	1500 Freestyle	15:51.49	15:51.49	16:15.49
1:05.69	1:04.49	56.19	100 Backstroke	51.39	55.99	1:00.09
2:20.99	2:18.59	2:01.19	200 Backstroke	1:51.39	2:01.99	2:09.59
1:14.29	1:12.29	1:04.29	100 Breaststroke	57.89	1:05.09	1:07.79
2:39.99	2:34.99	2:17.99	200 Breaststroke	2:06.29	2:18.09	2:27.59
1:03.59	1:02.19	55.59	100 Butterfly	50.29	55.99	57.39
2:19.69	2:16.89	2:02.49	200 Butterfly	1:51.99	2:05.59	2:08.39
2:23.09	2:19.89	2:03.49	200 IM	1:52.79	2:08.19	2:11.39
5:02.09	4:55.69	4:20.79	400 IM	3:59.89	4:32.59	4:38.99
3:59.99			400 Free Relay			3:38.29
8:36.99			800 Free Relay			7:54.99
4:26.19			400 Medley Relay			4:01.99

Qualifying Period July 1, 2010 to entry deadline

2011 Speedo Long Course Junior Nationals Bonus Time Standards						
Women			Bonus Event	Men		
LCM	SCM	SCY		SCY	SCM	LCM
27.59	26.79	24.09	50 Freestyle	21.59	23.99	24.79
59.29	57.69	52.19	100 Freestyle	46.89	52.39	53.99
2:07.59	2:04.39	1:52.09	200 Freestyle	1:42.49	1:54.89	1:58.09
4:26.59	4:20.19	4:57.09	400 Freestyle	4:36.59	4:03.39	4:09.79
9:09.89	8:57.09	10:14.39	800 Freestyle	9:36.29	8:27.39	8:40.19
17:38.69	17:14.69	17:00.99	1500 Freestyle	16:03.49	16:13.59	16:37.59
1:06.89	1:05.69	57.79	100 Backstroke	52.19	57.89	1:00.99
2:23.59	2:21.19	2:04.19	200 Backstroke	1:53.09	2:05.79	2:12.29
1:15.29	1:13.29	1:05.29	100 Breaststroke	58.69	1:06.79	1:08.79
2:42.19	2:38.19	2:21.39	200 Breaststroke	2:07.99	2:25.39	2:29.39
1:04.79	1:03.39	57.29	100 Butterfly	51.19	57.19	58.59
2:21.99	2:19.19	2:05.69	200 Butterfly	1:53.99	2:07.79	2:10.59
2:24.49	2:21.29	2:06.89	200 IM	1:54.59	2:09.99	2:13.19
5:05.29	4:59.89	4:28.49	400 IM	4:04.09	4:36.79	4:43.19

Qualifying Period July 1, 2010 to entry deadline