



OLYMPIC TRIALS SWIMMING OMAHA NEBRASKA

June 25-July 2, 2012

Official Event Information

2012 U.S. Olympic Team Trials—Swimming

Entry Deadline is 1:00 p.m. (Central Daylight Time) Monday, June 18, 2012



OLYMPIC TRIALS
SWIMMING
OMAHA NEBRASKA

June 25-July 2, 2012
CenturyLink Center Omaha

Important Dates



- ◆ The qualifying period is October 1, 2009, through 1:00 p.m. (Central Time) Monday, June 18, 2012. Qualifying standards are Long Course Meters (LCM) only.
- ◆ Entries will be accepted from Wednesday, March 28, 2012, until 1:00 p.m. (Central Time) Monday, June 18, 2012, through the On-Line Entry (OME) process at usaswimming.org/trials

The Athlete Dining Village located in the CenturyLink Convention Center is being offered for all accredited team members and accredited support staff from 6:30 p.m. until 10:00 p.m. beginning Monday, June 25, through Sunday, July 1. Reservations for any or all days must be made online at usaswimming.org/trials no later than Monday, June 11, 2012. There will be no meal sales on-site. Menu offerings are all you can eat and are priced at \$24.00 per person per day including taxes and gratuities. The menus have been endorsed by both the USOC and USA Swimming nutritional staffs and can be viewed at usaswimming.org/trials.

Important Information



- ◆ It shall be the swimmers' and coaches' responsibility to acquaint themselves with all of the information contained in this meet information document. USA Swimming Rules and Regulations will govern the conduct of these Trials, except where listed otherwise.
- ◆ Any photographs, videotape or other audio and/or visual recordings of the event created by a spectator may be used solely for such spectator's personal non-commercial use and may not be broadcast, published or disseminated, or used for any commercial purposes, without the prior written consent of the USOC.
- ◆ This meet will be conducted in Long Course Meters (LCM).
- ◆ Accommodations for persons with disabilities may be arranged with advance notice.
- ◆ Please check the USA Swimming website frequently to read any updates to the information in this book (usaswimming.org/trials).
- ◆ Complete Olympic Team selection criteria can be found here; usaswimming.org/_Rainbow/Documents/6f2789b8-be5c-4432-a7df-5262f96762c5/2012_SOG_SWI_Pool_ATH.pdf

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Trials Administration



Venue

CenturyLink Center Omaha (formerly Qwest Center)
455 North 10th Street
Omaha, NE 68102
402-341-1500
centurylinkcenteromaha.com

Governing Body

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

Trials Administration

USA Swimming President

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Assistant Women's Coach

Dave Salo
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213-740-8450

Team Manager

Andy Kershaw
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214-768-2201

Prior to Arriving at the Trials



- ◆ All athletes who compete at the Trials must have a U.S. passport valid through March 1, 2013 to be used for Olympic Team processing. Please plan accordingly.
- ◆ Only U.S. citizen athletes who are eligible to represent the U.S. in international competition and are registered members in good standing with USA Swimming will be permitted to compete in these Trials.
- ◆ The qualifying period for this event is October 1, 2009, through the entry deadline.
- ◆ Credentialing Process
 - All participants in the 2012 Olympic Trials must be properly registered for credentials.
 - Coaches or team contacts should go the link below to submit credential information for athletes, coaches, therapists and other team support personnel.

<https://usaswimmingomaha2012.iworldreg.com/clubs/apply>
 - Photos are required for all credentials. Do not begin the application process unless you have a photo ready to attach to the application.
 - Photos should be:
 - Passport style, front facing
 - Plain background
 - No hats or sunglasses

For additional information contact Dean Ekeren at *dekeren@usaswimming.org*
- ◆ Credentials will be required in the Ready Room/Last Call Room for all athletes, as the credentials will be used by USADA for doping control purposes. This includes both preliminaries and semi/finals sessions.
- ◆ Teams and athletes should plan their arrival times at the venue during registration hours in order to obtain the necessary credentials for access to the venue. Credentials must be worn at all times while inside the venue.
- ◆ At the Trials, athletes may enter all events for which they have the time standards. Each athlete may swim a maximum of three events per day, including time trials. There are no bonus events at the Trials.
- ◆ The Athlete Dining Village located in the CenturyLink Convention Center is being offered for all accredited team members and accredited support staff from 6:30 p.m. until 10:00 p.m. beginning Monday, June 25, through Sunday, July 1. Reservations for any or all days must be made online at *usaswimming.org/trials* no later than Monday, June 11, 2012. There will be no meal sales on-site. Menu offerings are all you can eat and are priced at \$24.00 per person per day including taxes and gratuities. The menus have been endorsed by both the USOC and USA Swimming nutritional staffs and can viewed at *usaswimming.org/trials*.
- ◆ There will be no coaches' packets or spectator passes offered as part of team registration for this event
- ◆ All athletes who enter the Trials will be permitted to list a second USA Swimming club on the on-line entry blank for recognition purposes only. The second club will be listed in the heat and psych sheets provided there is enough space for the primary club.
- ◆ There will be no relays at the Trials.
- ◆ Please be aware that the Olympic rings are not allowed on apparel or other items according to the Amateur Sports Act. This will be policed by USOC personnel at the Trials.
- ◆ Due to heightened security, all participants should be prepared for bag checks upon each entry to the venue. Please plan on some delays.



- ◆ The Registration Area is located in Room 212 of the CenturyLink Convention Center (second level). Beginning at 3:00 PM on Thursday, June 21, credentials must be worn at all times to enter the venue.
- ◆ Complimentary parking for teams, officials, and media will be in Lot A in the back of the CenturyLink Center. Parking passes for Lot A will be distributed at Registration.
- ◆ In order to avoid congestion in the public areas, a vehicle drop-off area for athletes will be available both in front and in the back of the venue.
- ◆ Credentials must be worn at all times while inside the venue. Athletes and coaches will not be allowed in the spectator seating area without spectator tickets.
- ◆ There are designated seating areas (sections 123, 125, 126, & 127—see enclosed venue map) exclusively reserved for athlete/coach/team seating. Athletes and coaches will have appropriate credentials for access into these sections.
- ◆ Two rows in the team seating area will be reserved for coaches to view their swimmers during their races.
- ◆ A clean deck will be enforced during all competition sessions.
- ◆ All preliminary heats, semifinals, and finals heats will parade to the starting blocks from the Ready Room/Last Call Room.
- ◆ The fastest 16 athletes from the preliminaries in each event 200 meters and shorter will qualify for the semifinals. These athletes will be championship/circle seeded in the semifinals. The eight fastest athletes from the semifinals will qualify for the final.
- ◆ The scratch deadline for each day's preliminaries will be the conclusion of finals on the previous evening (see page 17). Scratches for athletes who qualify for semifinals will be handled in the normal manner. Scratches from semifinals to finals must be declared by the end of the session of that semifinal.
- ◆ There will be a semifinal contested for each event except the women's and men's 400 freestyle, the women's and men's 400 IM, the women's 800 freestyle and the men's 1500 freestyle. Only the fastest 8 qualifiers from prelims will compete in the "A" finals.
- ◆ USA Swimming will strictly enforce Rule 50 of the Olympic Charter, which states that no commercial identification of any product or service or any promotional matter of any kind may appear on the swim suits, caps or goggles of the competitors except for the standard manufacturer's equipment identification. The maximum size of this logo is 20 square centimeters (3.1 square inches).
- ◆ As the timelines allow, time trials will be offered each day at the Trials beginning approximately 30 minutes after the morning session. However, no time trials will be offered on Monday, July 2. Time Trial entries will be accepted on-site at the Clerk of Course.
- ◆ The competition pool will be closed periodically for required cleaning. Those times will be published and distributed at the General Meeting.
- ◆ Tentative timelines for the finals' sessions will be posted at usaswimming.org/trials approximately three months prior to the start of the Trials.
- ◆ There will be a recognition ceremony shortly after each race for those athletes who qualify for the U.S. Olympic Team. These athletes will be presented with their coach and must wear their team uniform during this ceremony.
- ◆ USA Swimming's travel agency will be on-site to provide assistance to families and personal coaches with London travel accommodations.
- ◆ USA Swimming will host a fan experience area throughout the duration of the event. The USA Swimming AquaZone will be located in the CenturyLink Convention Center. More information will be posted at usaswimming.org/trials.
- ◆ Event apparel will be on sale in the main store located in the AquaZone, as well as smaller kiosks throughout the venue concourse.
- ◆ Any photographs, videotape or other audio and/or visual recordings of the event created by a spectator may be used solely for such spectator's personal non-commercial use, and may not be broadcast, published or disseminated, or used for any commercial purposes, without the prior written consent of the USOC.



- ◆ 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, received for performances in this competition for the purpose of trade. Furthermore, participants agree to return uniforms and equipment bearing USA Swimming logos and marks, if and when requested.

Order of Events



Omaha is on Central Daylight Time.

2012 U.S. Olympic Team Trials—Swimming

Heats 10:00am

June 25 - Monday

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

June 26 - Tuesday

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

June 27 - Wednesday

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

June 28 - Thursday

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

June 29 - Friday

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

June 30 - Saturday

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

July 1 - Sunday

50 Free – women
1500 Free – men

July 2 - Monday

No Preliminaries

Finals 6:45pm (actual start times may vary between 6:51pm and 7:03pm due to live television)

June 25 - Monday

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

June 26 - Tuesday

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

June 27 - Wednesday

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

June 28 - Thursday

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

June 29 - Friday

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

June 30 - Saturday

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

July 1 - Sunday

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

July 2 - Monday

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

Schedule: Competition Pool



<u>Time</u>	<u>Lanes</u>	<u>Activity</u>
7:00 - 8:30 a.m.	All Lanes	General warm-up
8:30 - 9:00 a.m.	Lanes 0 & 9 Lanes 1 - 8	Pace lanes; push off only, circle swimming only General warm-up; circle swimming only
COMPETITION POOL LIMITED TO SWIMMERS COMPETING IN CURRENT MORNING'S HEATS DURING FINAL 45 MINUTES OF WARM UPS		
9:00 - 9:15 a.m.	Lanes 0 & 9 Lanes 1 - 8	Pace lanes; push off only, circle swimming only General warm-up; circle swimming only
9:15 - 9:45 a.m.	Lanes 0 & 9 Lanes 1 & 8 Lanes 2 - 7	Pace lanes; push off only; circle swimming only Sprint lanes*; one way only General warm-up
*Note: Additional sprint lanes will be opened by meet officials as required, in the following order - 2, 7, 4, 5. On days where the 50 freestyle is contested, lane 8 will be open for starts from the turn-end of the pool. Adjustments to the warm up times may be made by the Meet Referee.		
5:30 - 6:00 p.m.	Lanes 0 & 9 Lanes 1 - 8	Pace lanes; push off only, circle swimming only General warm-up; circle swimming only
COMPETITION POOL LIMITED TO SWIMMERS COMPETING IN CURRENT EVENING'S SEMIFINALS AND FINALS DURING FINAL 45 MINUTES OF WARM UPS		
6:00 - 6:15 p.m.	Lanes 0 & 9 Lanes 1 - 8	Pace lanes; push off only, circle swimming only General warm-up; circle swimming only
6:15 - 6:45 p.m.*	Lanes 0 & 9 Lanes 1 & 8 Lanes 2 - 7	Pace lanes; push off only; circle swimming only Sprint lanes*; one way only General warm-up
*Note: Additional sprint lanes will be opened by meet officials as required, in the following order - 2, 7, 4, 5. On days where the 50 freestyle is contested, lane 8 will be open for starts from the turn-end of the pool. Adjustments to the warm up times may be made by the Meet Referee.		
General Considerations:		
<ol style="list-style-type: none"> 1. During the last hour prior to each session only swimmers competing in that session may warm-up in the competition pool. 2. Please follow the established schedule. If you believe special circumstances exist or additional sprint lanes are needed, please contact the officials on deck. 3. Coaches should maintain contact with their swimmers as much as practical - verbally & visually - throughout the warm-up period. 4. Swimmers and coaches, please cooperate with marshals regarding procedures. 5. Swimmers should not step up on the blocks when a backstroker is preparing to start. 6. No bungee cords will be allowed in the competition pool. 		

Schedule: Warm-Up Pool



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

Site information



About the Facility

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

Pool Hours

Thursday, June 21: 4:00 p.m. - 8:00 p.m.
Friday, June 22 - Sunday, June 24: 6:30 a.m. - 8:00 p.m.
Monday, June 25 - Monday, July 2: 6:30 a.m. until 1 hour after the conclusion of finals

Team Banners

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

Registration/Credential Pickup

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

Thursday, June 21: 3:00 p.m. - 8:00 p.m.
Friday, June 22 - Sunday, July 1: 7:00 a.m. - 7:00 p.m.
Monday, July 2: 7:00 a.m. - 11:00 a.m.

PLEASE WEAR YOUR CREDENTIAL AT ALL TIMES. Arrival times should be planned during registration hours so credentials can be obtained prior to entry into the venue. \$75.00 WILL BE CHARGED FOR REPLACEMENTS.

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

Ticket Information

Tickets are currently on sale and can be purchased at usaswimming.org/trials.

All-Session tickets cost \$525, \$425, or \$325 depending on venue location.

THE ARENA WILL NOT OPEN FOR SPECTATORS UNTIL MONDAY, JUNE 25, THE FIRST DAY OF COMPETITION. Spectator doors will open one hour before the designated start time for each session.

Meet Program & Heat Sheet Sales

Official Meet Program - \$10
Prelims Heat Sheets - \$3
Finals Heat Sheets - \$5
All-Session Heat Sheets - \$40

Meeting Schedule

General Meeting

Sunday, June 24 - 4:00 p.m.
CenturyLink Center Omaha, Room 213 (Second Level)

Officials' Briefing

Monday, June 25 - 8:30 a.m.
CenturyLink Center Omaha, Officials' Meeting Room (Northeast Arena Corridor)
All subsequent officials' meetings will be held one hour prior to the start of each session. All officials are required to attend.

Personal Coaches of Olympians Meeting

A meeting for the personal coaches of all athletes qualifying for the 2012 Olympic Team will be held at 10:00 a.m. on Monday, July 2, 2012. The meeting will be held in Meeting Room 214 in the CenturyLink Convention Center.

Olympic Team Athletes and Staff

There will be a mandatory meeting of all Olympic team athletes, coaches, and staff at 10:00 a.m. on Tuesday, July 3rd. The meeting will be held at the Hilton Hotel.

Information/Lost & Found

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

Lockers and Facilities

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

Medical Assistance

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

Parking

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

- ◆ Complimentary parking for teams, officials, and media will be in Lot A behind the CenturyLink Center. Parking passes will be distributed at registration for access into Lot A.
- ◆ There will be an exclusive swimmer drop-off area at the east entrance to the venue (near Lot A). There will also be a designated athlete drop-off area on the west side of the venue in the semi-circular drive. From this location, athletes have direct access into the warm-up pool area.
- ◆ Spectator parking will be in Lots, B, D, E, G and H at cost of \$8; limited garage parking may be available for \$12. The fee for bus parking in surface lots is \$20. There are no in and out privileges in any parking location.
- ◆ Please see page 11 for a downtown area map with parking lots.

Concessions

Concessions will be available at the venue during competition hours.

Event Apparel

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

Hospitality Rooms

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

Site information (Continued)



Airport

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

Airlines Serving Omaha

American Airlines	800-433-7300
Continental	800-523-3273
Delta	800-221-1212
Frontier	800-432-1359
Southwest	800-435-9792
U.S. Airways	800-428-4322
United	800-864-8331

Rental Cars Serving Omaha

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

Directions from Airport to Century Center Omaha

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

Estimated Time: 10 Minutes

Estimated Distance: Less than 5 miles

Hotel Information

For complete and updated hotel information, please refer to usaswimming.org/trials. Marriott is an official sponsor of USA Swimming.

Television Broadcast Schedule

The Trials will be shown live on NBC and the NBC Sports Network (formerly Versus) according to the following schedule (all times Eastern):

	<u>Prelims</u>	<u>Time</u>	<u>Finals</u>	<u>Time</u>
Mon, June 25	NBCSN	6:30pm	NBC	7-8pm
Tue, June 26	NBCSN	6:30pm	NBC	7-8pm
Wed, June 27	NBCSN	7:00pm	NBC	7-8pm
Thu, June 28	NBCSN	4:30pm	NBC	7-8pm
Fri, June 29	NBCSN	4:30pm	NBC	7-8pm
Sat, June 30	NBCSN	6:30pm	NBC	7-8pm
Sun, July 1	NBCSN	6:00pm	NBC	7-8pm
Mon, July 2	No Prelims		NBC	7-8pm

ConocoPhillips Athlete Reimbursement Policy

Reimbursement is available for this competition

Eligibility Requirements

- ◆ Athletes must be U.S. citizens and eligible to represent the United States in International competition.
- ◆ Reimbursement will be awarded to those athletes who are ranked in Olympic events in the indicated Top 100 World Rankings from *FINA.org*.
- ◆ For the 2012 Olympic Trials, LCM World Rankings from July 1, 2011 through June 17, 2012 will be used.
- ◆ A time swum in the current competition that would have made the Top 100 World Rankings does not qualify an athlete for reimbursement.
- ◆ Local athletes who qualify via the rankings are eligible to receive funding.

Application Process

- ◆ USA Swimming Athlete Services staff will compile a list of all athletes eligible to receive funding and the amount of funding each athlete will receive.
- ◆ Coaches who have athletes on this list will be contacted following the competition to clearly designate if the funds should be sent to the Club or to the Athlete. Note: NCAA athletes may not receive funds directly; funds must be sent to the club.
- ◆ Following the competition, USA Swimming Athlete Services staff will notify, via email, all funding recipients and request a current W-9 form if needed and verify the appropriate address.
- ◆ The list of recipients/funding will be sent to the Times and Recognition Committee Chair for checks and balances.
- ◆ Swimmers not listed on the Top 100 World Rankings, but having achieved a time that earns them a place on the list may submit a time from the SWIMS database within the qualifying period to the Athletes Services staff member on

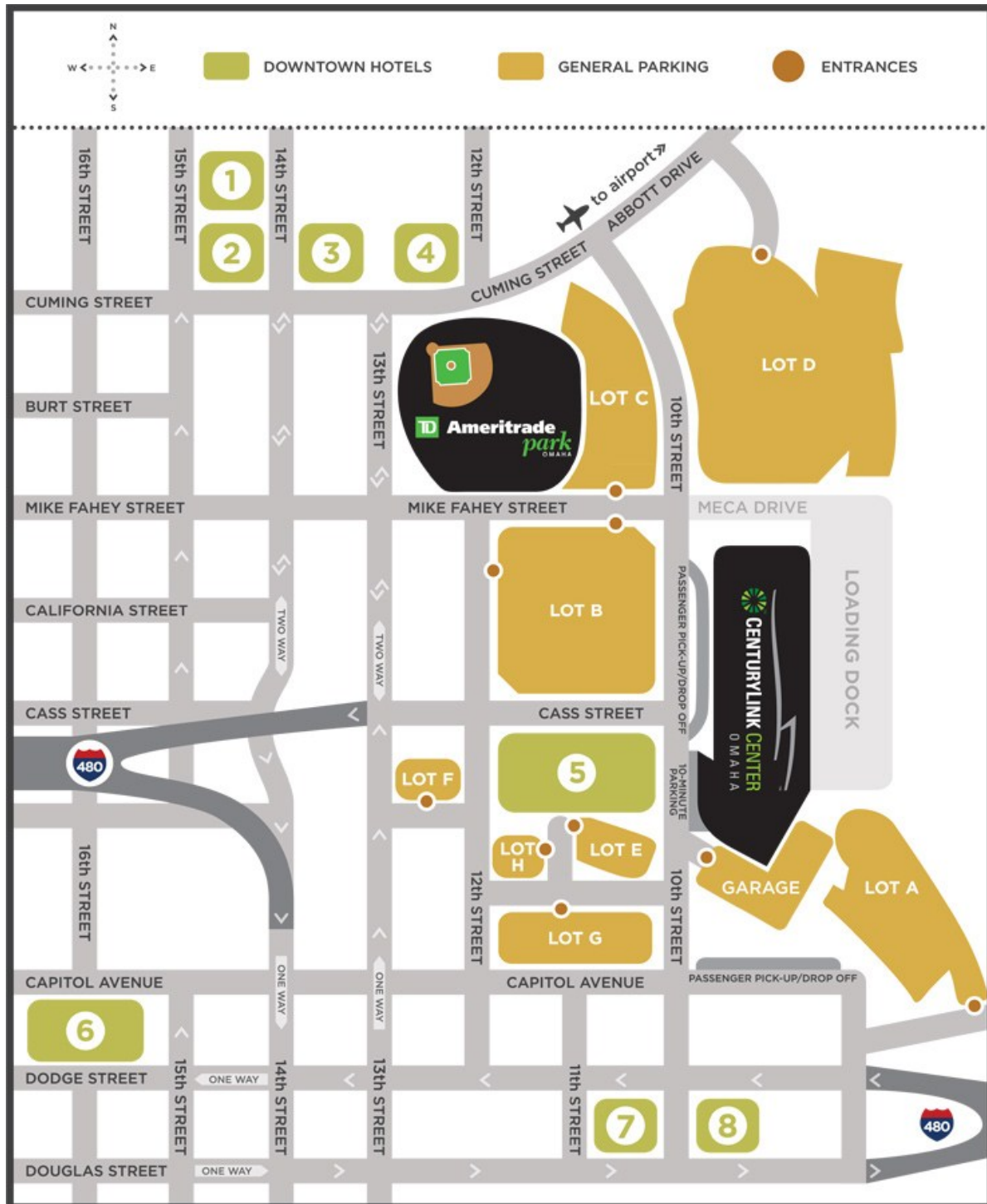
<u>Rank</u>	<u>Travel Expense</u>	<u>Per Diem</u>
1st-8th	\$400	\$300
9th-16th	\$400	\$200
17th-25th	\$400	\$100
26th-50th	\$400	
51st-100th	\$200	

site.

Reimbursement Procedure:

- ◆ Checks will be mailed directly to the address provided by the recipient. Coaches and Athletes must take the responsibility to make sure the funds are sent to the appropriate recipient. USA Swimming is not responsible for lost checks or checks mailed to the incorrect address.
- ◆ USA Swimming staff will endeavor to disburse funds two weeks from the final day of the competition.

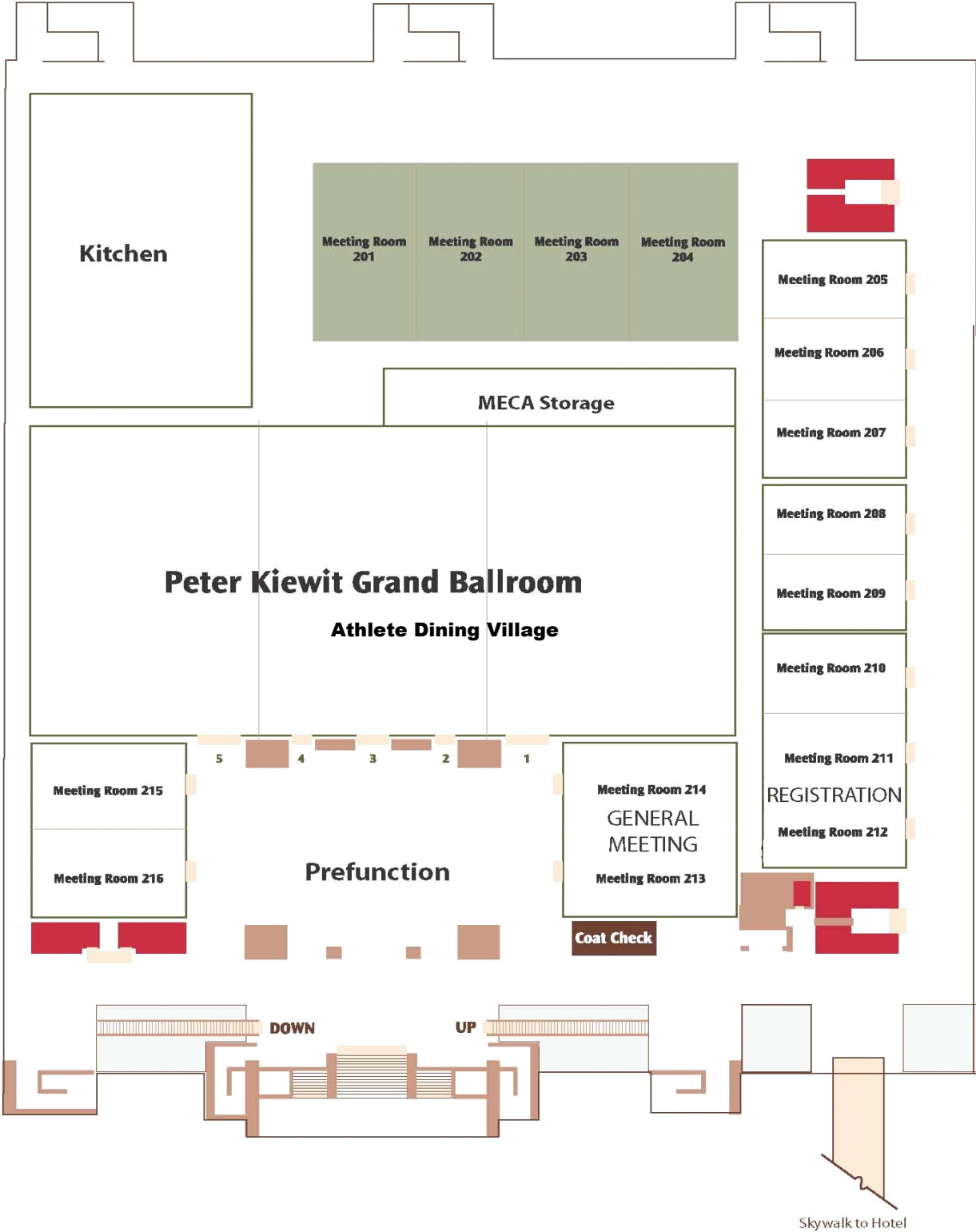
CENTURYLINK CENTER AND SURROUNDING AREA



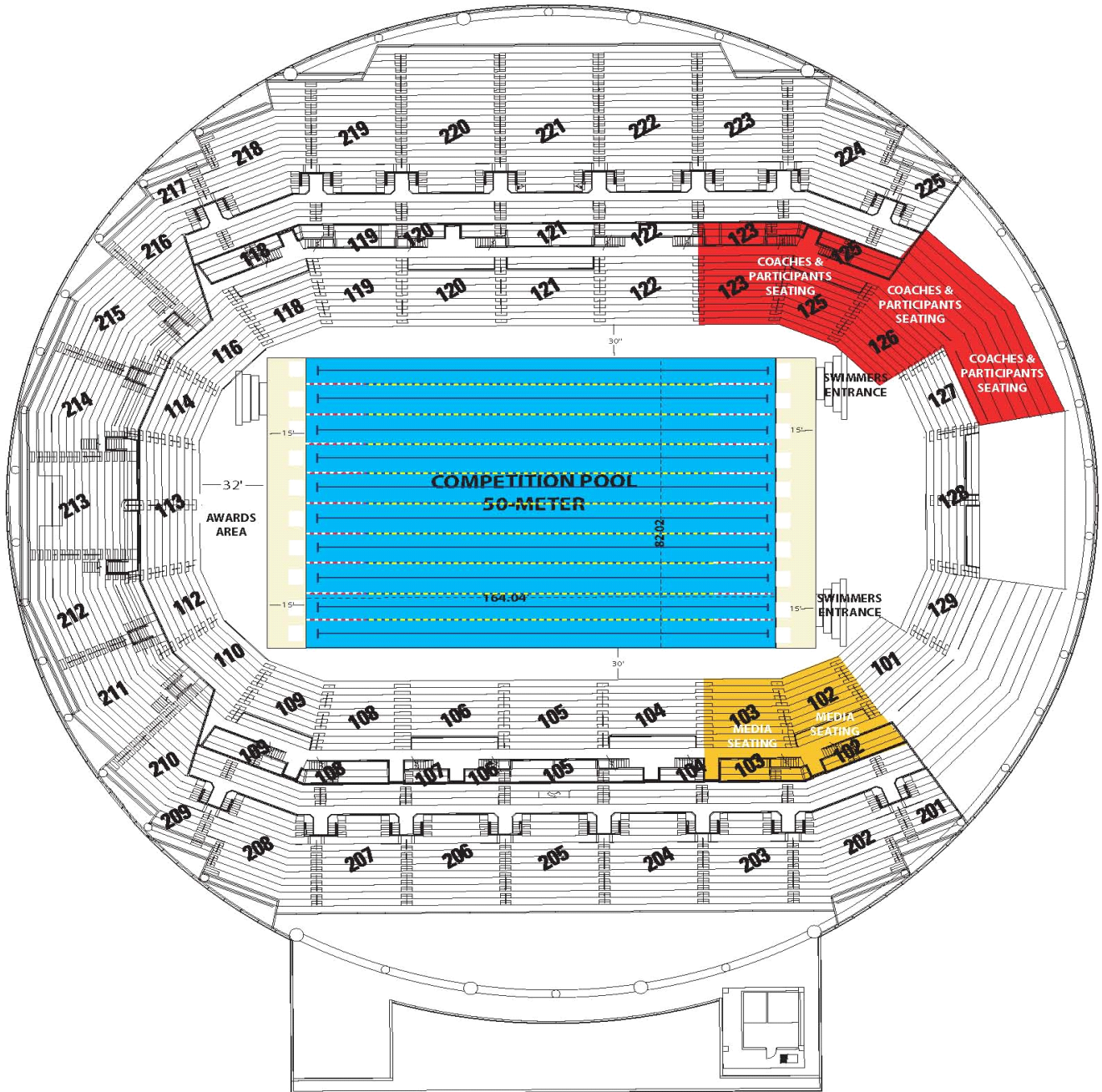
Downtown Area Hotels

1. Fairfield Inn and Suites Omaha Downtown
2. Holiday Inn Downtown Omaha
3. Homewood Suites by Hilton Omaha Downtown
4. Hampton Inn and Suites Omaha Downtown
5. Hilton Omaha
6. DoubleTree by Hilton Hotel Omaha Downtown
7. Hilton Garden Inn Omaha Downtown/Old Market

SECOND LEVEL CENTURYLINK CENTER CONVENTION CENTER



QWEST CENTER SEATING





Rules

FINA Technical Rules and USA Swimming Administrative Rules will govern the conduct of these Championships. The Trials are governed by the National Team Director and conducted by Program Operations. Changes will not be accepted at the General Meeting.

Qualifying A Swimmer

To compete in this meet, a swimmer must:

1. be a U.S. citizen who is eligible to represent the USA in the 2012 Olympic Games
2. be a currently registered member of USA Swimming in good standing.
3. have achieved a qualifying time standard as specified below;

Times achieved from October 1, 2009 through the entry deadline must be used to enter this meet. Refer to U.S. Olympic Trials qualifying time standards published in this Meet Information document. Qualifying time standards are long course only. All entry times must be proven through the USA Swimming SWIMS Database.

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

Membership Requirement

All persons expecting to receive a deck pass should be prepared to show a current USA Swimming membership card. Non-members who have successfully completed the Athlete Protection Training (APT) course and a USA Swimming background check may join on site at the registration check-in desk. Information regarding the APT course and the background check will be available at meet check-in and is also online at usaswimming.org/protect. Coaches must provide proof of CPR, First Aid and Safety Training for Swimming Coaches or USA Swimming approved equivalents, and must have successfully passed the required background check and APT Course.

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.

Entering Official Times

Individual Events - Individual entry times must be achieved 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 proof of time. Program Operations reserves the right to challenge any submitted time. All scratches must be proven.

Responsibility Clause

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

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

Appeal of fines are to be made to the Vice President of Program Operations or designee and/or Board of Review. Any appeal of the decision of the Vice President or Program Operations or designee shall be in accordance with the provisions of the USA Swimming Rules and Regulations.

Automatic Proven Times

Times submitted to the USA Swimming SWIMS database by June 10, 2012, 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.

Rules and Regulations (Continued)



Entering On-Line

usaswimming.org/trials

Enter this meet online beginning Tuesday, January 10, 2012.

Entries will be accepted from Wednesday, March 28, 2012, through 1:00 p.m. (Central Time) Monday, June 18, 2012 through the On-Line Entry (OME) process at usaswimming.org/trials

For help with the online entries, contact Josh Fowler at USA Swimming (719-866-4578 or jfowler@usaswimming.org).

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

OME is not an eligibility report. It is the coach's responsibility to know for which events and athlete is qualified.

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

Once you complete your online entry, you will be sent confirmations via email. Please keep all of these and bring them with you to the meet (just in case).

Drug waiver forms will automatically be sent to you via email after you submit your entry online. Please have these filled out and bring them with you to the meet.

Entry Fees

\$30.00 per individual event
\$20.00 per credentialed coach and team staff

Online Entry (OME) Process

- A. Swimmers' Names - List all swimmers who will compete in the meet.
- B. Coaches'/Chaperones' Names - List all coaches, chaperones, managers and trainers entitled to deck passes. (Also see Championship Procedures)
- C. Entry Times - Entry times for individual events shall be achieved and submitted in accordance with USA Swimming rules. The submitted times of all swimmers must be listed on the entry and no changes in submitted times, corrections or changes of events entered or additional entries shall be allowed. Typographical or transcription errors that can be readily verified in the SWIMS database may be corrected if attested to by the swimmer, coach or the swimmer's representative prior to the scratch deadline.
- D. Number of Events – For these Trials, a swimmer may enter any number of events, but may compete in only three events per day, including time trials. All entry times must meet the qualifying standard and be proven through the SWIMS system.
- E. Secondary Club Recognition - The entry contains a space for secondary "club recognition." You may enter a second club for each of your athletes if you wish. The secondary club will be listed in the psych sheet, meet roster and heat sheets, if space is available. The club does not need to be a USA Swimming member club. It may be any club that your athlete wishes to recognize. Listing this club is for recognition purposes only. Listing this club has nothing to do with representation, team scoring or credentials.
- F. Waiver and Release Form - The USA Swimming Waiver and Release Forms may be submitted on-site at registra-

tion. Make copies as needed for each swimmer. Having this completed will save time during check-in at the competition site. If they are under the age of majority in their home state, their parent or legal guardian must sign also.

Registration

Credentials for this event will be provided at no charge for participating athletes and officials who are members of USA Swimming. Credentials for coaches, managers and chaperones to serve as admittance passes to this event shall be issued to those persons listed on the submitted team roster forms and according to the following schedule and is based upon the total size of the team (see page 4 of this document for photo credential information). For clubs that wish to bring one certified massage therapist with their teams, a \$75 surcharge will apply if the massage therapist exceeds the deck pass formula below. All massage therapists must be members of USA Swimming and will only have access to the athlete services area of the venue.

Credential Formula (\$20/each)

- 1-3 swimmers: 1 deck pass
 - 4-6 swimmers: 2 deck passes
 - 7-9 swimmers: 3 deck passes
 - 10-20 swimmers: 4 deck passes
 - 21-30 swimmers: 5 deck passes
 - 31-40 swimmers: 6 deck passes
 - 41-50 swimmers: 7 deck passes
 - 51 or more swimmers: 9 deck passes
- Unattached swimmers with a team shall be included in above schedule even if listed on separate entry blank.
- Unattached swimmers not with a team: 1 deck pass

Check-In

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

- A. Start with the person that is checking the swimmers' and coaches' USA Swimming membership. 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 registration 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 for swimmers competing in that day's events for 60 minutes prior to the start of the session .

Scratch Procedures

As provided in section 207.11.6F of the 2012 USA Swimming Rules and Regulations, the Steering Committee and the Vice President of Program Operations have established the scratch rules for these Trials. The procedures defined in section 207.11.6 shall be used for this competition with the following exception as respects failure to compete in a preliminary event.

In place of section 207.11.6C, the following shall apply:

In all events where preliminary heats are necessary, after the heats have been seeded, any swimmer who fails to compete in an individual event heat in which such swimmer is entered and has not been scratched in accordance with sub-paragraphs 207.11.6A & B must pay a penalty fee of \$200 in order to swim in any further individual events that day. If the penalty fee is not paid, the swimmer shall be barred from all further individual events of that day. The application of this penalty shall pertain to the order in which the event/heats are swum, not the numerical order of the events.

Additionally that swimmer shall not be seeded in any individual events on succeeding days unless that swimmer declares an intent to swim prior to the close of the scratch box for that day's events.

A. Location of Scratch Box

- ◆ The scratch box will be located at the Registration Desk prior to the start of the meet and until the General Meeting.
- ◆ It will be at the General Meeting.
- ◆ After the General Meeting, the scratch box will be located with the Clerk of Course for the remainder of the meet.

B. Scratch Deadlines:

- ◆ The scratch deadline for the first day's events shall be fifteen (15) minutes after the General Meeting is adjourned.

- ◆ The scratch deadline for all subsequent day's events shall be at the conclusion of the previous day's Finals.

Ready Room

A Ready Room will be used at this competition for all heats, including preliminaries. Swimmers must report to the Ready Room ten minutes before their events with their credential.

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. Distance events at this competition are conducted as prelims/finals events. See *order of events*.

Meet Scoring

There will be no scoring at this competition.

Results

Live results will be available at usaswimming.org.

Awards

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

Time Trials

At this competition, long course Time Trials will be conducted for swimmers participating in the meet as time allows. Time Trials will begin approximately 30 minutes after the morning session. However, there will be no Time Trials on Monday, July 2. Teams will receive more information on Time Trials in their registration packets and at the General Meeting. Time Trials will last a maximum of one hour each day.

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

1. Swimmers must be entered in the meet with a proven time to be eligible to participate in the Time Trials.
2. Entry fees for Time Trials shall be \$30.00 per event.
3. Time Trial entries will be accepted at the Clerk of Course.
4. The women's 800 and men's 1500 freestyle events will only be offered on day 5.



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 2012 Prohibited List is in effect for this competition and may be found at 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 or 719-785-2000

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.

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 is susceptible to containing substances that may appear on the Prohibited Substance list(s) of FINA and/or the IOC. 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, rev: Sep/11

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 events (local competitions all the way up through National competitions including meets with a dual sanction from Masters and USA Swimming) 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



2012 Olympic Trials Standards

Men		Women
LCM	Event	LCM
23.49	50 Fr	26.39
51.49	100 Fr	57.19
1:52.89	200 Fr	2:03.19
3:59.99	400 Fr	4:19.39
	800 Fr	8:50.49
15:53.59	1500 Fr	
57.59	100 Bk	1:03.99
2:04.99	200 Bk	2:17.99
1:04.69	100 Br	1:12.19
2:20.79	200 Br	2:35.99
55.29	100 FI	1:01.99
2:03.99	200 FI	2:16.49
2:06.59	200 IM	2:19.49
4:30.49	400 IM	4:55.89

Qualifying Period Oct 1, 2009 to entry deadline



OLYMPIC TRIALS SWIMMING OMAHA NEBRASKA