



**2012  
AT&T Winter  
National Championships  
November 29 - December 1**

**Lee and Joe Jamail  
Texas Swimming Center  
Austin, TX**

**Entry Deadline: Tuesday, November 20, 2012**



**2012 AT&T Winter National Championships  
Lee and Joe Jamail Texas Swimming Center  
Austin, TX**

**Important Facts About the Meet**



- ◆ Prelims will begin at 9:00am, and finals will begin at 5:00pm.
- ◆ The qualification period for this event is November 1, 2011 through the entry deadline.
- ◆ **Entry Deadline:** Register for the AT&T Winter National Championships on-line at [usaswimming.org/nationals](http://usaswimming.org/nationals) no later than Tuesday, November 20, 2012 by 11:59 p.m. Mountain Time.
- ◆ **E-Mail Entries:** Swimmers who achieve the qualifying time standards for the first time from Tuesday, November 20 2012, through Sunday, November 25, 2012, may send their entries by e-mail. These entries must be received no later than 11:59 p.m. Mountain Time on Sunday, November 25, 2012, and cannot be used to improve the seed time of a prior entry. See [usaswimming.org/nationals](http://usaswimming.org/nationals) for e-mail instructions. Email entry forms will be available beginning on November 20, 2012.
- ◆ There will be relays in this competition, including 4 x 50 events. Qualification for the 4 x 50 relays will be the corresponding 4 x 100 relay time standards. The 4 x 50 Relays will be swum as preliminaries and finals, with the preliminaries at the beginning of the preliminary sessions, and the top two heats advancing to finals at the beginning of the finals session. All other relays will be timed finals with all heats swum in the evening session.
- ◆ Relay-only swimmers will not be allowed to swim in time trials.
- ◆ There will be no bonus swims at these championships.
- ◆ Team scores will be kept and awarded.
- ◆ Two courses may be used for preliminary heats. Eight lanes will be used for preliminaries and finals.
- ◆ At the discretion of the Meet Referee, the preliminary sessions may be conducted using “Flyover” starts and/or in an A/B flighted format. Details of any changes to normal meet operations protocol will be announced at the general meeting.
- ◆ Foreign athletes (those who are ineligible to represent the USA in international competitions) will be allowed to swim at this competition, and will be permitted in the Championship (“A”) Finals, including timed final events, however, they cannot score team points (including relays) in a USA Swimming National Championship.
- ◆ Swimmers may qualify for the 1650 Freestyle events using the 1500/1650 time standards or the 800/1000 time standards.
- ◆ 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 and any information or changes announced at the General meeting.

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**2012 AT&T Winter National Championships**  
**Order of Events**  
 Short Course Yards

Heats Begin at 9:00

Finals Begin at 5:00

<u>Women's Events</u>	<b><u>Day 1– Thursday, November 29</u></b>	<u>Men's Events</u>
1	200 Freestyle Relay*	2
3	500 Freestyle	4
5	200 Individual Medley	6
7	50 Freestyle	8
9	400 Medley Relay	10
	<b><u>Day 2 - Friday, November 30</u></b>	
11	200 Medley Relay*	12
13	400 Individual Medley	14
15	100 Butterfly	16
17	200 Freestyle	18
19	100 Breaststroke	20
21	100 Backstroke	22
23	800 Freestyle Relay	24
	<b><u>Day 3 - Saturday, December 1</u></b>	
25	1650 Freestyle	26
27	200 Backstroke	28
29	100 Freestyle	30
31	200 Breaststroke	32
33	200 Butterfly	34
35	400 Free Relay	36

*Heats for events 25 and 26 will be swum after event 34*

*\*Qualification for the 4 x 50 relays will be the corresponding 4 x 100 relay time standards. The 200 Freestyle and 200 Medley Relays will be swum as preliminaries and finals, with the preliminaries at the beginning of the preliminary sessions, and the top two heats advancing to finals at the beginning of the finals session. All other relays will be timed finals with all heats swum in the evening session.*

## General Information (Continued)



### Facility Address

The University of Texas at Austin  
Lee and Joe Jamail Texas Swimming Center  
1900 Robert Dedman Drive  
Austin, TX 78712 - 0353

### Meet Referee

Ron Van Pool  
[ronvp@aol.com](mailto:ronvp@aol.com)

### Meet Directors

Ann Nellis  
[ann.nellis@austin.utexas.edu](mailto:ann.nellis@austin.utexas.edu)

Bridgette Rhoades  
[bridgette.rhoades@austin.utexas.edu](mailto:bridgette.rhoades@austin.utexas.edu)

### USA Swimming Vice President, Program Operations

Jim Sheehan  
[jim.Sheehan@marshpm.com](mailto:jim.Sheehan@marshpm.com)

### USA Swimming National Events & Marketing Director

Dean Ekeren  
[dekeren@usaswimming.org](mailto:dekeren@usaswimming.org)

### Meeting Schedule

Wednesday, November 28	5:00 PM	General Meeting	TBD
Thursday, November 28	7:30 AM	Officials' Meeting	TBD

(All subsequent officials' briefings will be held one hour prior to the start of each session in Room 147)

### Directions to Pool from Austin Bergstrom International Airport (AUS)

- ◆ Turn left onto Bastrop highway TX-71E
- ◆ Merge onto Bastrop highway TX-71E
- ◆ Keep right and merge onto US-183N
- ◆ Merge onto Airport Blvd/TX-111 Loop N toward TX-343 Loop/1st 5th 7th Streets
- ◆ Turn left onto E Martin Luther King Jr Blvd
- ◆ Turn right onto Red River Street
- ◆ Turn left onto Robert Dedman Drive

Estimated travel time—20 minutes depending on traffic

### 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.

## General Information (Continued)



### Tickets

Tickets for individual sessions of preliminaries and finals will be available at the Texas Swimming Center main entrance (2nd level facing Red River Street) during the event.

All Session:  
\$42.00

Daily Ticket (includes both prelims and finals for each day):  
Adult - \$15.00  
Youth (12 and Under) and Seniors (60+) - \$10.00  
UT Student - \$5.00

Single Session (either prelims or finals each day):  
Adult - \$10.00  
Youth (12 and Under) and Seniors (60+) - \$5.00  
UT Student - \$3.00

### 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.

### Hotels

For up to date hotel information, please refer to [usaswimming.org/nationals](http://usaswimming.org/nationals).

### Parking

The University has established a parking program in the Trinity Garage using an event swipe card. This is the garage one block south of the TSC. Please see the map on next page. The swipe card will allow you to enter and exit the garage as often as you wish Tuesday, November 29th through Saturday, December 1st. The card is accepted ONLY in the Trinity Garage.

- ◆ As you drive into the garage, pull a ticket. You may purchase your card at the Cashier's window during the following times: Tuesday- 4 pm to 9 pm, Wednesday, Thursday, Friday, and Saturday- 8 am to 9 pm. You may also purchase the card at a table set up at the Swim Center on Tuesday from 5 pm to 8 pm, on Wednesday from 1 pm to 3 pm & 5 pm to 7 pm, and on Thursday from 8 am to 11 am. Doing this will alleviate long lines and traffic congestion at the end of the sessions. Payment may be made by cash, check, MasterCard, Visa, or Discover.
- ◆ Once you have purchased your swipe card, you will not have to go to the cashier's window and get a validation; you may go straight to your car and use the swipe card to exit the garage. The swipe cards must always be used in the RED machines!! The yellow machines will not return the swipe card to you.
- ◆ Upon entering the garage, use the swipe card in the RED machine to gain access to the garage. If you use the swipe card, do not pull a ticket. If you use your swipe card to enter the garage, you must use your swipe card to exit, even if the garage gates happen to be open. If you do not swipe, the card will not work when you try to enter the next time. The machine will think you are still in the garage.

### Swipe Card Prices:

\$50 Tuesday through Saturday (good for entire 5-day meet)  
\$40 Wednesday through Saturday (good for 4-day meet)  
\$30 Thursday through Saturday (good for remaining 3-day meet)  
\$20 Friday through Saturday (good for last 2 days)  
\$10 Saturday

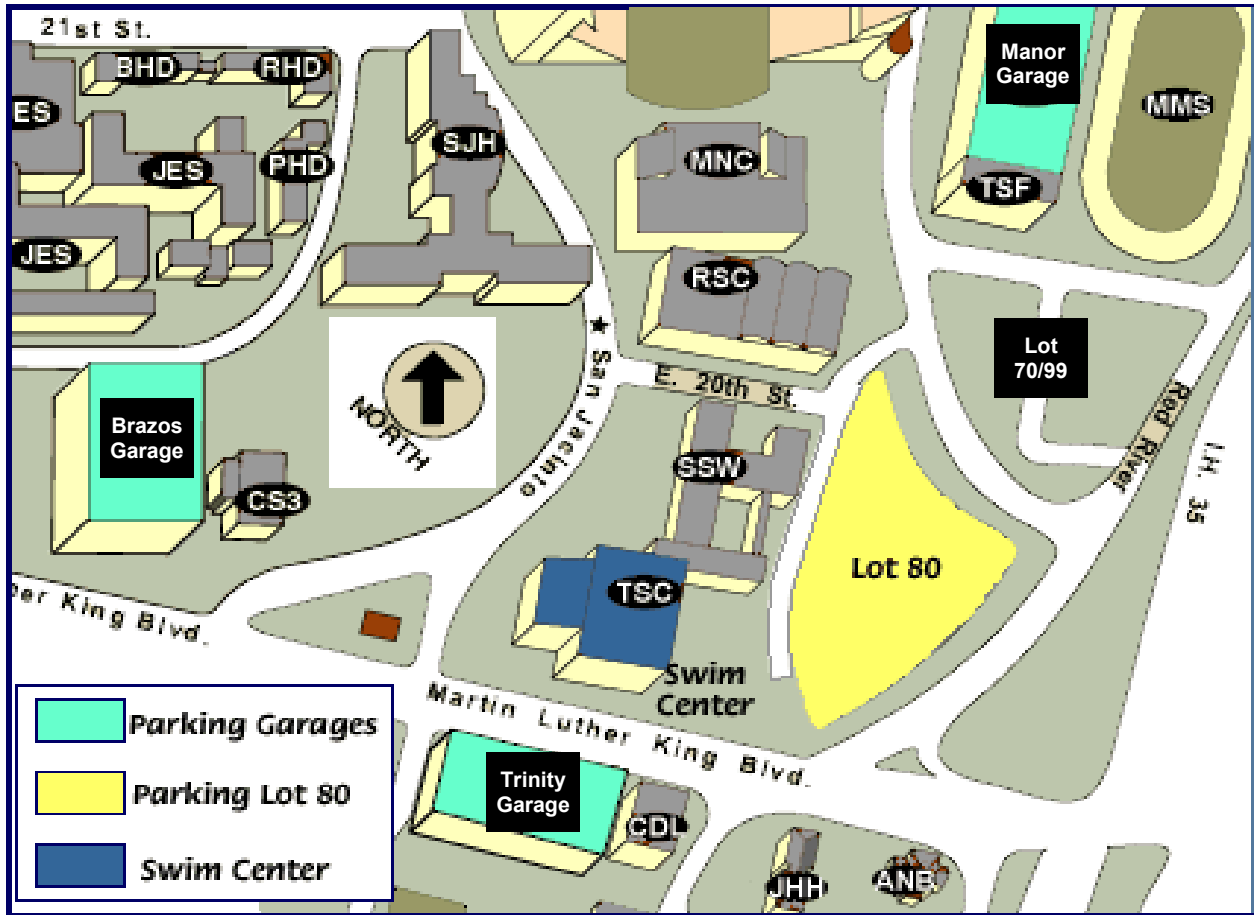
Other than Saturday, single day cards will not be sold. If you decide you do not want to purchase the event swipe card, parking will cost up to \$18 with no in/out privileges. Please be aware of all posted signs including the "at all times" designation.

Spectators can park in any of the University garages for \$18/day without in/out privileges.

Lot 70/99 & Lot 80 require a University Permit and if you park there, expect a minimum citation of \$35 for parking without the proper permit.



### University of Texas Parking Map





**About the Facility**

The Lee and Joe Jamail Texas Swimming Center (TSC) at The University of Texas at Austin is the premier competitive aquatic facility in the country and one of the top swimming and diving facilities in the world. Since its completion in 1977, there have been numerous American and world records set in its waters. The TSC serves more than 20 programs and hosts 35 special events every year. The spectator section provides approximately 2000 hard backed seats.

**Information/Lost & Found**

"Wet" lost and found items will be located in the large grey bin off the pool deck. Anything of greater value such as camera's, cell phones, etc. will be taken to the Entrance Monitor desk located at the entrance to the pool deck. Information and general directions can also be obtained at the Entrance Monitor Desk.

**Lockers**

Men's and Women's Locker rooms are adjacent to the competition pool for the Athletes. Lockers are available on a first come/first serve basis as there are not enough lockers for all participants. Lockers are for day use only and you must provide your own lock. The Texas Swimming Center and the meet host will not be held liable for lost or stolen items.

**Medical Assistance**

An Emergency Medical Technician (EMT) will be located on the pool deck in the medical/first aid room. Sports massage therapy services will not be provided.

**Concessions**

Concessions will be provided on the second level of the Texas Swimming Center during competition hours. O's Campus Café is our concessions provider. They serve among other things: breakfast tacos, bagels, fruit, wraps, salads, smoothies, burgers, candy and drinks.

**Hospitality**

A hospitality area for the coaches and officials will be located in a tent just outside the Southwest doors of the pool deck.

**Pool Hours**

Tuesday, Nov 27	Noon - 9:00PM
Wednesday, Nov 28	8:00AM - 9:00PM
Thursday, Nov 29	6:00AM - 1 hour after finals
Friday, Nov 30	6:00AM - 1 hour after finals
Saturday, Dec 1	6:00AM - 1 hour after finals

**Credential Pick-Up (Coaches, Swimmers, Chaperones)**

Credentials can be picked up at the Swim Center on the following schedule.

Tuesday, Nov 27	Noon - 8:00PM
Wednesday, Nov 28	8:00AM - Noon and 1:00PM - 8:00PM
Thursday, Nov 29	8:00AM - Noon and 1:00PM - 8:00PM
Friday, Nov 30	8:00AM - Noon and 1:00PM - 5:00PM
Saturday, Dec 1	See Admin Ref

**Credentials**

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 at these championships.

**Wireless Internet Access**

Spectators can obtain wireless network on their wireless devices. Wireless is free on all AT&T devices.

**Television**

The 2012 AT&T Winter National Championships will be broadcast on NBC Universal. Check local listings for times in your area.

## Entering the Meet



### Meet Entries

All Event Entry questions should be directed to: Josh Fowler at [jfowler@usaswimming.org](mailto:jfowler@usaswimming.org) (719-866-3581 or 719-439-3088).

Enter the Winter National Championships on-line at [usaswimming.org/OME](http://usaswimming.org/OME) beginning Tuesday, October 2, 2012 and no later than 11:59 p.m. Mountain Time, Tuesday, November 20, 2012.

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; Coaches are responsible for knowing events for which their athletes are qualified.

You can modify your entry on-line by adding to the original entry. You cannot delete an on-line entry once it has been paid for.

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

Drug waiver forms will automatically be sent to you via e-mail after you submit your entry on-line. Please have these filled out and bring them with you to the meet (*i.e. do not mail to USA Swimming*).

### E-Mail Entries

Swimmers who achieve the qualifying time standards for the first time from Tuesday, November 20 2012, through Sunday, November 25, 2012, may send their entries by e-mail. These entries must be received no later than 11:59 p.m. Mountain Time on Sunday, November 25, 2012, and cannot be used to improve the seed time of a prior entry. See [usaswimming.org/nationals](http://usaswimming.org/nationals) for e-mail instructions. Email entry form will be available beginning on November 20, 2012.

### Foreign Entries

Foreign athletes (those who are ineligible to represent the USA in international competitions) will be allowed to swim at this competition, and will be permitted in the Championship ("A") Finals, including timed final events, however, they cannot score team points (including relays) in a USA Swimming National Championship.

All foreign participants must be members in good standing of their country's FINA affiliated federation. Foreign entries must be proven with meet results and must be submitted by the entry deadline. Foreign athletes who are not members of USA Swimming, may e-mail entries directly to Josh Fowler at [jfowler@usaswimming.org](mailto:jfowler@usaswimming.org)

### 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. These entries must be received no later than 11:59 p.m. Mountain Time on Sunday, November 25, 2012;
- 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 qualification period for this event is November 1, 2011 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 not be offered for this meet.

### 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.

### 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.

## 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](http://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.

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. 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.

## 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 - All individual entry times must be made prior to the entry deadline and must be proven prior to the scratch deadline for that event through the SWIMS Database. No swimmer will be permitted to swim without said proof. Program Operations reserves the right to challenge any submitted time. All scratches must be proven.

## Responsibility Clause

The coach, swimmer or swimmer representative who signs a USA Swimming Championship entry form 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 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 of Program Operations or designee shall be in accordance with USA Swimming Rules and Regulations.

## Automatic Proven Times

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.

## Seeding

For these Championships, the seeding order is:

1. Short Course Yards (SCY)
2. Non-conforming SCY (distance events)
3. Short Course Meters (SCM)
4. Long Course Meters (LCM)

## 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; 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, 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 designees). Flagrant violation of these procedures may result in a disqualification from the meet for unsportsmanlike activity. Encourage your swimmers to cooperate with marshals. The main competition pool will be reserved the last 60 minutes for swimmers competing in that day's events.

**Scratch Procedures**

- A. Location of Scratch Box
  - ◆ The scratch box will be located at the Registration Desk prior to the start of the meet and until the General Meeting.
  - ◆ It will be at the General Meeting.
  - ◆ After the General Meeting, the scratch box will be located with the Clerk of Course for the remainder of the meet.
- B. Scratch Deadlines:
  - ◆ The scratch deadline for the first day's events shall be fifteen (15) minutes after the General Meeting is adjourned. The scratch deadline for all subsequent day's events shall be thirty (30) minutes after the time estab-

lished 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 in the "A" final (including the fastest-seeded heats of the 1650 events) must report to the Ready Room five minutes preceding the event. Bonus and Consolation heats will report directly to their assigned starting block. No relay heats will report to the Ready Room.

**Awards Ceremonies**

An awards ceremony will be conducted immediately after each event. The top eight swimmers in each event should report to the Awards Staging Area following the "A" Final for their event, and immediately dress in official team apparel for the medal ceremony.

**Distance Freestyle**

- A. Distance Entry - Any swimmer who qualifies for the 1650 freestyle 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 1650 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 preliminary heats of the 1650 freestyle will be swum slowest to fastest, alternating women's and men's heats. The starting time for each heat held during the preliminary session shall be scheduled so that the second-fastest seeded heat of the Men's event is concluded 60 minutes before the evening finals session is scheduled to begin. Only the fastest seeded heat in each event will swim in the Finals session.
- D. The 1650 Freestyle events will be timed finals, with the single fastest-seeded heat in each event swum in the evening session. All other heats will be swum after the conclusion of prelims.

**Relays and Relay Check-In Procedures**

- A. Teams are limited to two relay entries in each relay event.
- B. Qualification for the 4 x 50 relays will be the corresponding 4 x 100 relay time standards. The 200 Freestyle and 200 Medley Relays will be swum as preliminaries and finals, with the preliminaries at the beginning of the morning sessions, and the top two heats advancing to finals at the beginning of the finals session. The preliminaries will be championship seeded, and men's and women's heats will be conducted simultaneously in their respective pools. If only one pool is used for the competition, all women's heats will be swum before the men's heats.
- C. All other relays will be swum as timed finals at the end of that evening's finals sessions. The order shall be;

- Women's 2<sup>nd</sup> Fastest Heat
- Women's Fastest Heat
- Men's 2<sup>nd</sup> Fastest Heat
- Men's Fastest Heat
- Women's 3<sup>rd</sup> Fastest Heat
- Men's 3<sup>rd</sup> Fastest Heat
- Women's 4<sup>th</sup> Fastest Heat



**Men's 4<sup>th</sup> Fastest Heat**  
Etc.

- D. Relay qualifying times must be made by swimmers age 18 or under when the qualifying time is achieved.
- E. 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.

**Finals Session Event Order**

There will be a bonus, consolation, and championship final in each individual event at this Championship (except the 1650 yard freestyle events, which will have only the fastest heat swimming in the finals session). The 200 Relays will have only an A Final and a B Final, and all other relays will be timed finals. The order of the final events shall be C, B and A (bonus, consolation and championship).

**Meet Scoring**

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. Separate team scores will be kept for Club and College teams.

**Results**

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

**Awards**

- A. Team Awards - Awards will be provided for the top ten team in Men's, Women's, and Combined categories. There will be no awards for college teams. The top three teams in each category will be awarded following the conclusion of the championships. Fourth through tenth place awards will be mailed within two weeks after the championships.
- B. Medals - A medal ceremony will be conducted for the top eight place winners in each event. An "18&Under" National Champion medal will also be presented to the highest placing American 18&under swimmer in each individual event.
- C. Individual High Point Awards - Male and Female Awards will be given at the National Championships. These awards are named after Robert J. Kiphuth, the great swimming coach from Yale University.
- D. ConocoPhillips Performance Award - This award, sponsored by USA Swimming corporate partner, ConocoPhillips, is presented to the swimmer who achieves the single most outstanding performance of the meet, based on the FINA power points system.

**Time Trials**

Time Trials will be conducted on a time-available basis, and may be limited to approximately one hour each day. 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 short course yards each day.

- B. A swimmer is limited to a maximum of two Time Trials during the course of the Championships.
- C. A swimmer must be entered in the meet with a proven individual time to participate in the Time Trials
- D. The Time Trial entry deadline shall be one hour prior to the estimated/published conclusion of that days preliminary session.
- E. Except as noted below, 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 distance freestyle events will typically be offered on only one day of the meet. The day will be determined by the Meet Referee, depending on the size of the meet, time available, etc; and be announced at the General Meeting.

Entry fees for Time Trials are the same as those established for the Championships.

## Phillips 66 Athlete Reimbursement



### Phillips 66 Athlete Reimbursement Policy

Reimbursement is available for the following USA Swimming competitions;

- A. 2012 AT & T Winter National Championships
- B. 2013 Phillips 66 National Championships/World Championship Trials
- C. 2013 10K Open Water National Championships
- D. 2013 US Open

### Eligibility Requirements

- A. Athletes must be U.S citizens and eligible to represent the United States in International competition.
- B. For pool competitions, reimbursement will be awarded to those athletes who are ranked in Olympic events in the indicated Top 100 World Rankings from [www.fina.org](http://www.fina.org).
- C. For the 2012 AT& T Winter National Championships, the LCM World Rankings from November 25, 2011 through November 25, 2012 will be used.
- D. For the 2013 ConocoPhillips National Championships/ World Championship Trials, LCM World Rankings from June 17, 2012 through June 17, 2013 will be used.
- E. For the 2013 US Open, LCM World Ranking from July 22, 2012 through July 22, 2013 will be used.
- F. A time swum in the current competition that would have made the Top 100 World Rankings does not qualify an athlete for reimbursement.
- G. For 2013 10K Open Water Nationals, reimbursement is based on results from the current and previous year's Championships, rather than World Rankings.
- H. Local athletes who qualify via the rankings are eligible to receive funding.

### Application Process

- A. 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.
- B. Coaches who have athletes on this list will be contacted via email 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. For 10K Open Water Nationals, recipients will be contacted following the competition.
- C. 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.
- D. The list of recipients/funding will be sent to the Times and Recognition Committee Chair for checks and balances.
- E. 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 site.

### Reimbursement Structure: Pool (LCM National Championships/Trials, SC National Championships/ US Open)

<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	

- A. 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.
- B. USA Swimming staff will work for disbursement of funds 2 weeks from the final day of the competition.

## Doping Control



### 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](http://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](http://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.

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](mailto: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](http://usaswimming.org)



**2012 AT&T Winter National Championships  
Lee and Joe Jamail Texas Swimming Center  
Austin, TX**

LCM	Women		Event	Men		LCM
	SCM	SCY		SCY	SCM	
26.69	26.19	23.29	<b>50 Fr</b>	20.59	22.89	23.59
57.69	56.29	50.89	<b>100 Fr</b>	45.19	49.99	51.79
2:04.59	2:01.49	1:49.69	<b>200 Fr</b>	1:39.09	1:49.89	1:53.29
4:20.79	4:12.29	4:51.99	<b>400/500 Fr</b>	4:28.89	3:52.49	4:01.09
8:54.49	8:42.99	10:01.19	<b>800/1000 Fr</b>	9:20.59	8:10.09	8:21.49
17:06.69	16:34.79	16:45.19	<b>1500/1650 Fr</b>	15:34.89	15:17.79	15:59.99
1:05.49	1:02.59	56.49	<b>100 Bk</b>	50.49	55.89	58.59
2:19.89	2:15.39	2:01.19	<b>200 Bk</b>	1:49.39	2:01.59	2:06.69
1:13.79	1:11.99	1:04.09	<b>100 Br</b>	56.79	1:03.19	1:05.59
2:39.19	2:34.89	2:18.29	<b>200 Br</b>	2:03.39	2:17.79	2:22.89
1:03.19	1:01.99	55.89	<b>100 Fl</b>	49.79	54.49	55.99
2:17.89	2:15.89	2:02.69	<b>200 Fl</b>	1:50.19	2:00.69	2:04.59
2:21.89	2:17.59	2:03.69	<b>200 IM</b>	1:51.39	2:03.19	2:08.19
4:58.59	4:52.09	4:22.99	<b>400 IM</b>	3:57.79	4:23.59	4:32.59
3:52.69		3:23.39	<b>4X100 Fr-R</b>	3:00.69		3:29.29
8:22.19		7:18.99	<b>4x200 Fr-R</b>	6:41.29		7:42.79
4:18.29		3:44.19	<b>4x100 Med-R</b>	3:16.99		3:50.09

\*Qualifying period is November 1, 2011 through the entry deadline.

**No Bonus Standards**