



**2013  
Speedo Winter Junior  
National Championships  
December 12-14**

**Greensboro Aquatic Center  
Greensboro, NC  
[www.greensboroaquaticcenter.com](http://www.greensboroaquaticcenter.com)**

**Entry Deadline  
Tuesday, December 3, 2013 at 11:59 p.m. Mountain Time**



Revised  
August 19, 2013

2013  
Speedo Winter Junior National Championships

**Important Facts About the Meet**



- ◆ 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.
- ◆ The qualification period for this event is November 1, 2012 through the entry deadline.
- ◆ **Winter Junior Nationals Entry Deadline:** Register for the Speedo Winter Junior National Championships on-line at [usaswimming.org/OME](http://usaswimming.org/OME) no later than Tuesday, December 3, 2013 by 11:59 p.m. Mountain Time.
- ◆ **New Qualifying Swims:** A meet will open in OME starting Tuesday, December 3, 2013 with the title *2013 Junior Nationals: New Qualifying Swims*. Only swims achieving the qualifying time standards for the first time from Tuesday, December 3, 2013, through Sunday, December 8, 2013, may be entered in this manner. These entries must be submitted no later than 11:59pm Mountain Time on Sunday, December 8, 2013, and cannot be used to improve the seed time of a prior entry. Normal entry fees apply.
- ◆ 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.
- ◆ Time Trials will be conducted for all swimmers entered in the meet (individual or relay) provided there is sufficient time between the end of the preliminary session and the start of warm-ups for the final session. Time Trial sessions shall be limited to one hour each day, and entries will only be taken on-site at the Clerk of Course.
- ◆ Two eight-lane courses may be used for preliminary heats. Eight lanes will be used for finals.
- ◆ 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 held at the beginning of the preliminary sessions, and the top 16 from preliminaries advancing to finals. All other relays will be timed finals with all heats swum in the evening session. Relay qualifying times must be made by swimmers age 18 or under when the qualifying time is achieved.
- ◆ Foreign national teams are not permitted to compete in this meet. Foreign athletes who are registered members of USA Swimming clubs will be permitted to swim in this meet.
- ◆ Swimmers may qualify for the 1650 Freestyle using the 1500/1650 time standards or the 800/1000 time standards.
- ◆ 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.
- ◆ 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

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**2013 Speedo Winter Junior National Championships**  
**Order of Events**  
 Short Course Yards

Heats Begin at 9:00

Finals Begin at 5:00

<u>Women's Events</u>	<u>Day 1– Thursday, December 12</u>	<u>Men's Events</u>
1	200 Freestyle Relay*	2
3	500 Freestyle	4
5	200 IM	6
7	50 Freestyle	8
9	400 Medley Relay	10
	<b><u>Day 2 - Friday, December 13</u></b>	
11	200 Medley Relay*	12
13	400 IM	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 14</u></b>	
25	1650 Free	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 morning sessions, and the top 16 from preliminaries advancing to finals. 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.*

*The 400 and 800 relays will be swum as timed finals, with all but the fastest three seeded heats swum fastest to slowest at the end of prelim session. All heats of the 400 and 800 relays may be swum in the finals pool. The three fastest seeded heats will be swum slowest to fastest during finals.*

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

## Meet Administration



### Facility Address

Greensboro Aquatic Center  
1921 West Lee Street  
Greensboro, NC 27403  
Phone: 336-315-8498

### Meet Referee

Robert Broyles  
208-669-2818  
[deepspace@prodiqy.net](mailto:deepspace@prodiqy.net)

### Meet Directors

Susan Braman  
336-315-8498  
[Susan.Braman@greensboro-nc.gov](mailto:Susan.Braman@greensboro-nc.gov)

Don Gilchrist  
336-508-5644  
[qsaswimdirector@qsaswim.org](mailto:qsaswimdirector@qsaswim.org)

### USA Swimming Vice President, Program Operations

Jim Sheehan  
732-494-5416  
[jim.sheehan@marshpm.com](mailto:jim.sheehan@marshpm.com)

### USA Swimming National Events & Marketing Director

Dean Ekeren  
719-866-4578  
[dekeren@usaswimming.org](mailto:dekeren@usaswimming.org)

### USA Swimming National Events Manager

Sandra Griffith  
719-866-4578  
[slopez@usaswimming.org](mailto:slopez@usaswimming.org)

### Meeting Schedule

Wednesday, December 11	5:00 p.m.	General Meeting (Special Events Center Meeting Room 1)
	6:00 p.m.	Reception ACC Hall of Champions (adjacent to Meeting Rooms)
Thursday, December 12	7:30 a.m.	Officials' Meeting (Special Events Center Meeting Room 1)

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

### Directions to Pool from Piedmont Triad International Airport

Head northeast on S Triad Blvd (0.6 mi)  
Slight right onto Airport Pkwy (0.5 mi)  
Keep right at the fork and merge onto Joseph M Bryan Blvd (1.2 mi)  
Take the exit toward Winston – Salem (0.5 mi)  
Merge onto I-73 S (2.7 mi)  
Take exit 1 for I-40/US-421 toward Greensboro/Winston-Salem (0.2 mi)  
Keep left at the fork, follow signs for Interstate 40 E/Greensboro and merge onto I-40 E/US-421 S (3.2 mi)  
Take exit 216 toward Greensboro/Coliseum Area (0.6 mi)  
Merge onto Patterson St (2.1 mi)  
Turn left onto High Point Rd (0.2 mi)  
Continue straight onto W Lee St. Destination will be on the right (125 ft)

Estimated travel time - 15 minutes depending on traffic

### Broadcast Statement

All photographs, videotapes 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 Greensboro Aquatic Center main box office.

#### All Session:

Adult - \$50.00

Youth (12 and Under) and Seniors (60+) - \$30.00

#### Daily Ticket (includes both prelims and finals for each day):

Adult - \$20.00

Youth (12 and Under) and Seniors (60+) - \$15.00

#### Single Session (either prelims or finals each day):

Adult - \$15.00

Youth (12 and Under) and Seniors (60+) - \$5.00

### Parking

Four-day and three-day parking passes will be sold for the Greensboro Aquatic Center lots. They may be purchased at the Special Events Center main entrance on Tuesday. Passes will be sold Tuesday as well as at the Greensboro Aquatic Center on Wednesday. Parking will be free on Tuesday. The rates are listed below:

Free Parking—Tuesday only

Four-day \$24 – Wednesday through Saturday

Three-day \$20 – Thursday through Saturday

Single-day \$8— Daily Rate

### Transportation

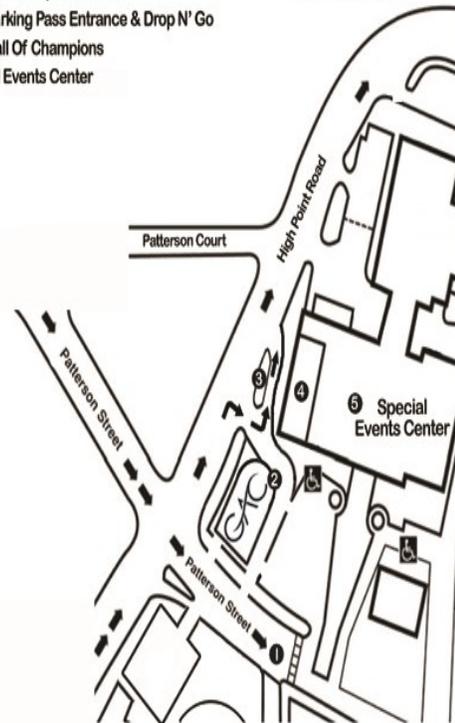
USA Swimming has negotiated rates with United Airlines if ticketed by Polk Majestic Travel Group. Discounts are based on class of service and availability. For more information, you may contact the PMTG Group Air department at (303) 302-2540 or (800) 218-9481, or contact [usaswimming@polkmajestic.com](mailto:usaswimming@polkmajestic.com)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

### Hotels

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



- 1 GAC Parking Entrance for Parents & Spectators
- 2 Greensboro Aquatic Center
- 3 GAC Parking Pass Entrance & Drop N' Go
- 4 ACC Hall Of Champions
- 5 Special Events Center





**Information/Lost & Found**

“Wet” lost and found items will be located in the green bin off the therapy/recreation pool deck. Anything of greater value such as cameras, cell phones, etc. will be taken to the GAC front desk located at the main entrance. Information and general directions can also be obtained at the GAC front 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. Lockers are for day use only and you must provide your own lock. The Greensboro Aquatic Center and USA Swimming 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 in the main corridor at the GAC during competition hours. Ovations Catering will be the provider offering fruits, vegetables, sandwiches, yogurt, bagels, pretzels, popcorn and a wide variety of soda and sport drinks.

**Hospitality**

A hospitality area for the coaches and officials where meals will be served will be located in Meeting Room 3 in the Special Events Center. Drinks and snacks will be provided at the pool in Classroom 1.

**Use of Audiovisual**

Use of audio or visual recording devices, including cell phones, is not permitted in changing areas, restrooms or locker rooms.

Deck changing: except where venue facilities require otherwise, changing into or out of swimsuits other than in locker rooms or designated changing areas is not appropriate and is prohibited.

**About the Facility**

The Greensboro Aquatic Center (GAC) is a state-of-the-art facility featuring leading edge concepts in aquatic design. The GAC is located on the campus of the Greensboro Coliseum Complex, the premier sports and entertainment facility in the Southeast. The placement of the GAC at the Coliseum Complex creates numerous advantages including the adjacent Coliseum Complex’s Special Events Center that provides accommodations for meet registration, coaches’ meetings and hospitality and vendor displays. The GAC brings together all major aquatic sports – competitive swimming and diving, water polo, synchronized swimming and other unique sports all in one venue. The GAC fully meets NCAA and FINA standards and offers Greensboro the opportunity to host high school and collegiate events, USA Swimming meets, Master’s swimming and U.S. Water Polo events as well as a myriad of local, regional, national and international competitions.

**Pool Hours**

Tuesday, December 10	Noon - 9:00 p.m.
Wednesday, December 11	8:00 a.m. - 9:00 p.m.
Thursday, December 12	6:00 a.m. - 1 hour after finals
Friday, December 13	6:00 a.m. - 1 hour after finals
Saturday, December 14	6:00 a.m. - 1 hour after finals

**Credential Pick-Up**

Credentials can be picked up at the Special Events Center, located adjacent to the Aquatic Center:

Tuesday, December 10	Noon - 8:00 p.m.
Wednesday, December 11	8:00 a.m. - Noon and 1:00 p.m. - 8:00 p.m.
Thursday, December 12	8:00 a.m. - Noon and 1:00 p.m. - 6:00 p.m.
Friday, December 13	8:00 a.m. - Noon and 1:00 p.m. - 6:00 p.m.
Saturday, December 14	Contact Admin Ref

**Team Banners**

Team banners will not be allowed at these Championships.

**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.

**Wireless Internet Access**

Wireless access will be for Coaches and Officials on deck only.

## Entering the Meet



### Meet Entries

All entry questions should be directed to: Anthony Buhr at USA Swimming (+1-719-866-4578, [abuhr@usawimming.org](mailto:abuhr@usawimming.org)).

Enter the Speedo Winter Junior National Championships on-line at [usaswimming.org/OME](http://usaswimming.org/OME) beginning Tuesday, October 15, 2013 and no later than Tuesday, December 3, 2013 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; 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).

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

### Qualifying Period

The qualification period for this event is November 1, 2012 through the entry deadline.

### 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

There will be bonus swims at these Championships. Each athlete entered in at least one individual event, may swim up to two bonus events during the Championships, provided they have achieved the Bonus Time Standards.

### Entry Fees:

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

### Foreign Entries

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

### New Qualifying Swims

A meet will open in OME starting Tuesday, December 3, 2013 with the title 2013 Junior Nationals: New Qualifying Swims. Only swims achieving the qualifying time standards for the first time from Tuesday, December 3, 2013, through Sunday, December 8, 2013, may be entered in this manner. These entries must be submitted no later than 11:59pm Mountain Time on Sunday, December 8, 2013, and cannot be used to improve the seed time of a prior entry. Normal entry fees apply.

### 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, December 8, 2013;
- 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.

### 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 may not use the same swimmer twice in an event, or to prove a time.
- C. Teams may 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.

## 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.
  - ◆ 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 relay form. 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 master entry form 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 form or 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 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 the provisions of Part Four, specifically Article 407.

## 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.

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.

## Seeding

For these Championships, the seeding order is:

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



## 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. Have your coach membership card with you. To avoid any problems with your swimmers, have their membership cards as well.
- B. Review the psych sheet posted by the Times desk and make sure your swimmers do not have an asterisk (\*) by their time.
- C. 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.
- D. If you have a distance swimmer, he/she must be checked in prior to the scratch deadline in order to be seeded.
- E. 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.
- F. Follow all proof of time, scratch and distance event entry procedures by the required deadlines as published. Assist with all warm-up procedures and/or requests.

## Warm-Up and Safety

Program Operations will provide a complete schedule of warm-up procedures to include lane usage and times, which must be

adhered to by all participants. This information will be distributed with the meet information at registration, posted throughout the venue, announced on a regular basis before and during the meet, and monitored by the Meet Referee (or his/her special designees). Flagrant violation of these procedures may result in a disqualification from the meet for unsportsmanlike activity. Encourage your swimmers to cooperate with marshals. The main competition pool will be reserved the last 60 minutes for swimmers competing in that day's events.

## 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. It will be located on the pool deck by the dive well. 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, Consolation, and all Relay heats will report directly to their assigned starting block. No relay heats will report to the Ready Room.

## 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 16 from preliminaries advancing to finals. 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. The 400 and 800 relays will be swum as timed finals, with all but the fastest three seeded heats swum fastest to slowest at the end of prelim session. All heats of the 400 and 800 relays may be swum in the finals pool. The three fastest seeded heats will be swum slowest to fastest during finals.
- 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.



## Distance Freestyle

- A. Distance Entry - Any swimmer who qualifies for the 1650 yard 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. Swimmers may qualify for the 1650 Freestyle events using the 1500/1650 time standards or the 800/1000 time standards.
- C. Distance Check-in and Seeding - Entrants in the 1650 yard 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.
- D. With the exception of the fastest heat, the 1650 Freestyle events (timed finals) will be swum during prelims, with the men's and women's events running simultaneously in their respective pools. Only the fastest (single) seeded heat of Women's and Men's 1650 Freestyle events will be swum in the final session. If only one pool is used for the competition, heats will be swum during prelims, alternating women's and men's heats, with the second fastest heat last, third fastest heat next to last, fourth fastest heat third from last and continuing until all heats are swum. The starting time for each heat held during the preliminary session shall be scheduled so that the second fastest heat of the Men's event is concluded 60 minutes before the evening finals session is scheduled to begin.
- E. Swimmers may qualify for the 1650 Freestyle using the 1500/1650 time standards or the 800/1000 time standards.

## 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.

## Results

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

## Awards

An awards ceremony will be conducted immediately after each event. The top three swimmers in each individual event, and the top three relays in each relay 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. The coach of each first place winner will present awards for that event.

- A. Team Awards - Team awards will be presented to the top three teams in Men's, Women's, and Combined categories.
- B. Medals - A medal ceremony will be conducted for the top three place winners in each individual and relay event. Fourth through eighth place finishers should pick up their medals in the awards staging area.
- C. Individual High Point Awards - Male and Female High Point Awards will be given at these Championships.

## 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. Time Trials entries will be taken each day at the pool.
- C. A swimmer is limited to a maximum of two Time Trials during the course of the Championships.
- 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 1650 yard 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.

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

## 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 2013 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 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](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)



## 2013 Winter Junior National Championships

Girls		Event	Boys	
13 lcm	13 scy		13 scy	13 lcm
26.99	23.49	<b>50 fr</b>	20.99	24.39
58.39	50.99	<b>100 fr</b>	45.79	52.89
2:05.39	1:49.79	<b>200 fr</b>	1:40.29	1:56.29
4:23.79	4:52.09	<b>400 fr</b>	4:32.69	4:06.29
9:03.49	10:03.59	<b>800 fr</b>	9:25.49	8:33.79
17:20.49	16:46.19	<b>1500 fr</b>	15:46.99	16:14.99
1:05.59	56.59	<b>100 bk</b>	50.99	59.69
2:20.69	2:01.29	<b>200 bk</b>	1:50.69	2:09.59
1:14.29	1:04.29	<b>100 br</b>	57.69	1:07.59
2:40.09	2:19.79	<b>200 br</b>	2:05.89	2:27.19
1:03.39	55.99	<b>100 fl</b>	50.09	57.39
2:19.59	2:03.29	<b>200 fl</b>	1:51.59	2:08.19
2:22.49	2:03.79	<b>200 im</b>	1:52.49	2:10.49
5:01.89	4:23.69	<b>400 im</b>	4:00.19	4:38.39
3:59.19	3:29.49	<b>4x100 Fr-R</b>	3:08.09	3:38.49
8:35.39	7:41.39	<b>4x200 Fr-R</b>	6:52.59	7:53.39
4:25.79	3:51.09	<b>4x100 Med-R</b>	3:28.79	4:01.19

Girls		Bonus	Boys	
13 lcm	13 scy	Event	13 scy	13 lcm
27.49	24.29	<b>50 fr</b>	21.49	24.69
59.59	52.29	<b>100 fr</b>	46.69	53.79
2:07.89	1:52.99	<b>200 fr</b>	1:42.09	1:57.69
4:28.29	5:00.29	<b>400 fr</b>	4:36.59	4:08.99
9:11.19	10:15.29	<b>800 fr</b>	9:34.29	8:38.59
17:37.69	17:14.39	<b>1500 fr</b>	16:03.79	16:34.59
1:07.29	58.49	<b>100 bk</b>	52.49	1:00.79
2:24.79	2:05.79	<b>200 bk</b>	1:53.59	2:11.89
1:16.19	1:06.29	<b>100 br</b>	58.89	1:09.49
2:43.79	2:23.09	<b>200 br</b>	2:08.59	2:28.99
1:05.19	57.89	<b>100 fl</b>	51.29	58.39
2:22.99	2:06.19	<b>200 fl</b>	1:53.69	2:10.19
2:26.39	2:08.29	<b>200 im</b>	1:55.09	2:12.79
5:07.29	4:30.69	<b>400 im</b>	4:05.69	4:42.39

\* Qualifying period is November 1, 2012 through the entry deadline



GREENSBORO AQUATIC CENTER

2013 SPEEDO WINTER JUNIOR NATIONAL CHAMPIONSHIPS

