



2018 WINTER NATIONAL CHAMPIONSHIPS
November 28 - December 1 (Wed-Sat)
Long Course Meters (LCM)

Short Course Yards (SCY) Time Trials
Sunday December 2

Greensboro Aquatic Center
Greensboro, NC

Entry Deadline

Tuesday, November 20, 2018 at 11:59 p.m. Mountain Time

THESE CHAMPIONSHIPS AND ASSOCIATED TIME TRIALS ARE SANCTIONED BY USA SWIMMING



**2018 Winter National Championships
Greensboro Aquatic Center
Greensboro, NC**

IMPORTANT FACTS ABOUT THE MEET



- ◆ The qualification period for this event is November 1, 2017 through the entry deadline.
- ◆ Enter the Winter National Championships online at usaswimming.org/OME beginning Tuesday, October 2, 2018 and no later than 11:59 p.m. Mountain Time, Tuesday, November 20, 2018.
- ◆ Swims achieving a qualifying time standard for the first time from Wednesday, November 21, 2018, through Sunday, November 25, 2018, may enter the meet through OME under the title *2018 Nationals: New Qualifying Swims*. These entries must be submitted no later than 11:59pm Mountain Time on Sunday, November 25, 2018, and cannot be used to improve the seed time of a prior entry, unless the improvement achieves a new qualifying standard. Normal entry fees apply.
- ◆ All swimmers entered in the 800 and 1500 Freestyle events must be positively checked-in prior to the scratch deadline to compete in the event.
- ◆ There will be bonus events at these championships for 18-under swimmers only. Any 18-U athlete who qualifies for one or more individual events will be permitted to enter and swim in up to two bonus events, provided he/she has achieved the published Bonus Event Time Standards.
- ◆ There will be no relays at this event.
- ◆ 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.
- ◆ In the Finals, the B (consolation) heat will swim first, followed by the A (championship) heat. After all the A and B heats are completed, the C (bonus) heat will be swum.
- ◆ The scratch deadline for Wednesday events shall be at the start of the General Meeting (4:00 p.m.). The scratch deadline for Thursday's preliminaries shall be fifteen (15) minutes after the General Meeting is adjourned. Coaches who cannot attend the General Meeting are encouraged to e-mail their scratches to the Meet Referee before these deadlines. This event will follow the scratch rules as defined in section 207.11.6 of the USA Swimming Rules and Regulations. The penalty for failure to compete in an individual preliminary heat in which such swimmer is entered and has not been scratched will be one of the following:
 - Being barred from all further events of that day as prescribed in section 207.11.6, or
 - Payment of a fine of \$200
- ◆ Time Trials will be conducted for all swimmers who enter and compete in the meet provided there is sufficient time between the end of the preliminary session and the start of warm-ups for the final session. Time Trial entries will only be taken on-site at the Clerk of Course.
- ◆ 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 in a USA Swimming National Championship. In addition to entry fees, a \$35.00 additional fee will be assessed per each foreign (i.e. non-members of USA Swimming) credentialed athlete, coach, and/or team support. Please refer to page 7 for foreign entry instructions.
- ◆ Swimmers may qualify for the 800 and 1500 Freestyle events using the 1500/1650 time standards or the 800/1000 time standards.
- ◆ There will be a SCY time trial on Sunday morning following the meet. Any swimmer who enters and participates in the championships is eligible to participate in the Sunday time trial. Entries will be accepted through the OME system beginning the first day of the championships, and must be submitted no later than 2:00pm local time Saturday, December 1, 2018.

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EVENT ORDER

**2018 Winter National Championships
Greensboro Aquatic Center
Greensboro, NC**

<u>Women's Events</u> <i>Timed Finals Begin at 6:00pm</i>	<u>Day 1– Wednesday, November 28</u>	<u>Men's Events</u> <i>Timed Finals Begin at 6:00pm</i>
1	800 Freestyle	2
<i>Heats Begin at 9:00am</i>	<u>Day 2– Thursday, November 29</u>	<i>Finals Begin at 5:00pm</i>
3	400 Freestyle	4
5	200 Individual Medley	6
7	50 Freestyle	8
	<u>Day 3 - Friday, November 30</u>	
9	400 Individual Medley	10
11	100 Butterfly	12
13	200 Freestyle	14
15	100 Breaststroke	16
17	100 Backstroke	18
	<u>Day 4 - Saturday, December 1</u>	
19	1500 Freestyle†	20
21	200 Backstroke	22
23	100 Freestyle	24
25	200 Breaststroke	26
27	200 Butterfly	28

†Preliminary heats for events 19 and 20 will be swum after event 28

GENERAL INFORMATION



Facility Address

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

Meet Referee

Amy Hoppenrath
816-210-6224
ahoppenrath@gmail.com

Meet Directors

Susan Braman
336-315-8498
Susan.Braman@greensboro-nc.gov

Bruce Cantrel
336-312-6229
bcantrell@jhyatthammond.com

USA Swimming Senior Development Committee Chair

John Morse
615-496-5888
jmorse@swimnac.com

USA Swimming National Events Director

Dean Ekeren
719-866-4578
dekeren@usaswimming.org

Meeting Schedule

Technical Meeting	Wednesday, November 28	4:00 p.m.	Special Events Center Meeting Room 1
Officials Meeting	Wednesday, November 28	After Tech Mtg	Special Events Center Meeting Room 1

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

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 authorized 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.

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

GENERAL INFORMATION



Tickets

Ticket Master will sell All-session tickets (only) beginning September 24th, 2018. All seating is assigned/reserved.

Tickets for individual sessions of preliminaries and finals will be available at the Greensboro Aquatic Center main box office.

All Session:

Front-Row reserved \$70.00 (all ages)

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

Hotels

For up to date hotel information, please refer to <https://pse.tournamenthotels.com/pse/Event/1905>

Pool Hours

Tuesday, November 27	Noon - 8:00 p.m.
Wednesday, November 28	8:00 a.m. - 1 hour after finals
Thursday, November 29	6:00 a.m. - 1 hour after finals
Friday, November 30	6:00 a.m. - 1 hour after finals
Saturday, December 1	6:00 a.m. - 1 hour after finals
Sunday, December 2	6:00 a.m.—1 hour after TT

Credential Pick-Up

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

Tuesday, November 27	Noon - 6:00 p.m.
Wednesday, November 28	7:30 a.m. - 7:00 p.m.
Thursday, November 29	7:30 a.m. - end of prelims, and 3:30 p.m. - 6:00 p.m.
Friday, November 30	7:30 a.m. - end of prelims, and 3:30 p.m. - 6:00 p.m.
Saturday, December 1	8:00 a.m. - end of prelims

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. Team Massage Therapist credentials can be purchased through OME at \$80. Massage Therapist credentials will have restricted access, and will not allow access to coach hospitality.

SITE INFORMATION



Publicity

Any swimmer competing in the championship final of an event for the first time at this meet should be sure to submit his/her biographical information to the announcer.

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.

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.

Deck changing

As per 202.4.9 of the USA Swimming Rules and Regulations, deck changes are prohibited.

Wireless Internet Access

Wireless access will be available throughout the venue.

Television

The 2018 Winter National Championships will be broadcast on NBC. Check local listings for times in your area.

ENTERING THE MEET



Meet Entries

All Event Entry questions should be directed to: Jaime Lewis at jlewis@usaswimming.org (719-866-3581).

- ◆ Enter the Winter National Championships online at usaswimming.org/OME beginning Tuesday, October 2, 2018 and no later than 11:59 p.m. Mountain Time, Tuesday, November 20, 2018.
- ◆ You will be required to pay for the online entries with a Visa, Mastercard, American Express or Discover. Once entries are submitted through OME, refunds will not be provided.
- ◆ OME is not an eligibility report; Coaches are responsible for knowing events for which their athletes are qualified.
- ◆ You can modify your entry online by adding to the original entry. You cannot delete an online entry once it has been paid for.
- ◆ 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 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, 2017 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 events at these championships for 18-under swimmers only. Any 18-U athlete who qualifies for one or more individual events will be permitted to enter and swim in up to two bonus events, provided he/she has achieved the published Bonus Event Time Standards.

Entry Fees:

\$15.00 per individual event

\$20.00 per credentialed coach

\$35.00 additional fee per foreign (i.e. non-members of USA Swimming) credentialed athlete, coach, and/or team support

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 in a USA Swimming National Championship. Foreign team coaches should send an email with their first and last

name, work phone, and email address, along with the names and birthdates of their qualified swimmers to jlewis@usaswimming.org, and they will receive an email with instructions on how to access and utilize the OME system. All foreign delegations must submit documentation from their federation indicating athletes, coaches, and team support are members in good standing of their FINA affiliated federation. Foreign entries must be proven with meet results and must be submitted by the entry deadline.

New Qualifying Swims

Swims achieving a qualifying time standard for the first time from Wednesday, November 21, 2018, through Sunday, November 25, 2018, may enter the meet through OME under the title 2018 Nationals: New Qualifying Swims. These entries must be submitted no later than 11:59pm Mountain Time on Sunday, November 25, 2018, and cannot be used to improve the seed time of a prior entry, unless the improvement achieves a new qualifying standard. 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 Online Meet Entry system (OME);
- B. These entries must be received no later than 11:59 p.m. Mountain Time on Sunday, November 25 2018;
- C. The team or athlete must pay a one-time processing fee of \$150.00, *and* pay entry fees of \$30 per event.

Secondary Club Recognition

The online 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 online 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. It shall be the swimmers' and coaches' responsibility to acquaint themselves with all of the information contained in this meet information book. No U.S. swimmer will be permitted to compete unless he/she is a member as provided in Article 302. Any U.S. swimmer entered in the meet must be certified by a USA Swimming member-coach as being proficient in performing a racing start. It is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement. This event and associated time trials are held under the sanction of USA Swimming. It is understood and agreed that USA Swimming shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.

Membership Requirement

All U.S. participants 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.

No swimmer will be issued credential without a coach member present. If the home club coach is not planning to attend event, swimmer must designate 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 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. USA Swimming 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 USA Swimming or its 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 USA Swimming or its designee and/or Board of Review. Any appeal of the decision 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.

Times from all college dual, invitational and conference meets should be in the database. If a qualifying time was swum at a USA Swimming observed high school meet, verify that it is in the database before using it for entry. Contact the LSC Times Official in the LSC where the meet was held if there are missing times or questions about whether the meet was observed. 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. Long Course Meters (LCM)
2. Short Course Yards (SCY)
3. Non-conforming LCM (distance events)
4. Non-conforming SCY (distance events)

Registration

Credentials for coaches, managers and team support 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. The cost for these credentials is \$20/each. Team support members must be included in this formula and on the entry form to receive a credential. Athletes entered in the meet will receive a deck pass as part of their entry fee. All others will be required to purchase individual tickets. For clubs that wish to bring one certified massage therapist with their teams, a \$80 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, and will have limited access around the venue.

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 Technical 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.
- 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. All swimmers entered in the 800 and 1500 Freestyle events must be positively checked-in prior to the scratch deadline in order to compete in the event.
- 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

USA Swimming 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 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 Technical Meeting.
 - ◆ It will be at the Technical Meeting.
 - ◆ After the Technical 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 Wednesday relays shall be at the start of the Technical Meeting (4:00 p.m.). The scratch deadline for Thursday's preliminaries shall be fifteen (15) minutes after the Technical Meeting is adjourned. Coaches who cannot attend the Technical Meeting are encouraged to e-mail their scratches to the Meet Referee before these deadlines.
 - ◆ The scratch deadline for Friday's and Saturday's preliminaries shall be thirty (30) minutes after the time established for the start of the previous evening's finals session.

This event will follow the scratch rules as defined in section



207.11.6 of the USA Swimming Rules and Regulations. As provided in this section, USA Swimming has established that the penalty for failure to compete in an individual preliminary heat in which such swimmer is entered and has not been scratched will be one of the following:

- ◆ Being barred from all further events of that day as prescribed in section 207.11.6, or
- ◆ Payment of a fine of \$200

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 distance events) must report to the Ready Room five minutes preceding the event. Bonus and Consolation heats will report directly to their assigned starting block.

Distance Freestyle

- A. Distance Entry - Any swimmer who qualifies for the 800 or 1500 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 event.
- B. Swimmers may qualify for the 800 and 1500 Freestyle events using either the 1500/1650 time standards or the 800/1000 time standards.
- C. All swimmers entered in the 800 or 1500 Freestyle events must be positively checked-in by the scratch deadline in order to compete in the event.
- D. On Day 1, the 800 Freestyle events will swim fastest to slowest, alternating women and men beginning at 6:00 p.m.
- E. On Day 4, only the fastest (single) seeded heat of Women's 1500 Freestyle and Men's 1500 Freestyle will swim in the Finals session. All other heats will be will swim slowest to fastest, alternating women and men beginning at a predetermined time so the second fastest heat of the Men's event is concluded 60 minutes before the evening finals session is scheduled to begin.

Finals Session Event Order

There will be a bonus, consolation, and championship final in each individual event at this Championship (except the distance Freestyle events). In the Finals, the B (consolation) heat will swim first, followed by the A (championship) heat. After all the A and B heats are completed, the C (bonus) heat will be swum.

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.

Results

After each evening's finals at these championships, the results will be available at usaswimming.org/nationals.

Video Review

USA Swimming will be providing a "VIDEO REVIEW" station on deck for coaches and athletes. Club Development Sport Performance Consultants will make video of all races available shortly after the each heat is completed. Coaches (and athletes) have the option to bring their own flash drive and we can download the race for them. Look for the USA Swimming Video Review banner and stop by with your athlete to watch and review video of your athletes' races. There is no charge for this service. Time Trials video will not be available. Video review will not be used to overturn infractions.

Awards

An awards ceremony will be conducted immediately after each event. The top three 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. Fourth through eighth place finishers should pick up their medals in the awards staging area.

- ◆ Team Awards - Awards will be provided for the top three teams in Men's, Women's, and Combined categories. There will be no awards for college teams.
- ◆ An "18 & Under" National Champion medal will also be presented to the highest placing American 18 & under swimmer in each individual event.
- ◆ 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.
- ◆ Phillips 66 Performance Award - This award, sponsored by USA Swimming corporate partner, Phillips 66, is presented to the swimmer who achieves the single most outstanding performance of the meet.

Time Trials

Time Trials will be conducted for all swimmers who enter and compete in the meet provided there is sufficient time between the end of the preliminary session and the start of warm-ups for the final session. Time Trial entries will only be taken on-site at the Clerk of Course. A swimmer is limited to a maximum of two Time Trials during the course of the Championships. The Time Trial entry deadline shall be one hour prior to the estimated/published conclusion of that days preliminary session. Entry fees for Time Trials are the same as those established for the Championships. The order for Time Trials shall be that day's events, followed by the remaining events in the meet, followed by the previous day's events. Distance freestyle events will typically be offered on only one day of the meet as determined by the Meet Referee and announced at the Technical Meeting.



The 2018 Winter National Championships are subject to Doping Control.

All athletes at this competition are subject to drug testing conducted by the United States Anti-Doping Agency (USADA) per the 2018 Prohibited Substances List, WADA, and/or 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. Athletes should visit <http://www.usada.org/athletes/antidoping101/> for important information that all athletes, coaches, and their parents must be aware of. Key details from that document are listed below. Athletes should check their medications prior to use and note that some medications may require approval that will take at least 21 days.

What substances are banned?

Per USADA: "As a signatory to the World Anti-Doping Code, USADA tests for substances and methods found on the World Anti-Doping Agency Prohibited List. It's important that athletes are aware of the substances and methods on the Prohibited List, as an athlete is responsible for any prohibited substance found in their body, regardless of intent. It's also important to understand that certain substances are prohibited at all times, while others are prohibited only during competition. In some cases, a substance is only prohibited in a certain sport. Use the resources on this tab in conjunction with the next step about medication and the resources available pertaining to medication to determine whether or not a substance is prohibited." [Read the Athlete Guide to the WADA Prohibited List](#)

What about medication?

Per USADA: "Athletes need to be aware of the prohibited status of any medication they are taking, whether it be an over-the-counter or prescription medication. The easiest way to understand your medication is to use USADA's [Global DRO](#) service, where generic and name brand products, or specific medications, can be searched. Results will yield information including the in- and out-of-competition status, any threshold information, as well as sport specific information for those substances prohibited only in certain sports. Athletes or their support team can also speak to an expert by phone during business hours [8am – 5pm Mountain Time Monday-Friday] by calling Athlete Express at 719.785.2000.

The [USADA wallet card](#) also provides information on the most commonly ingested medications. If and when a medication is prohibited, athletes may choose to stop taking or replace the medication with a non-prohibited substance or explore the [Therapeutic Use Exemption](#) process.

Your health is your first priority. Any decision to stop or start a medication should be made in consultation with your medical provider. It's important to understand that Dietary Supplements are not medication. They are regulated and manufactured differently. For these reasons, USADA is unable to provide guidance on specific dietary supplement products. For more information [visit USADA's Supplement 411 resource.](#)"

Therapeutic Use Exemptions?

Per USADA: "In some situations, an athlete may have an illness or condition that requires the use of medication listed on the World Anti-Doping Agency's [Prohibited List](#). A Therapeutic Use Exemption or TUE provides permission for an athlete to have a prohibited substance in their body at the time of a drug test. The process for obtaining a TUE is thorough and balances the need to allow athletes access to critical medication while upholding clean athletes' rights to compete on a clean and level playing field. In some cases, the TUE requirements are different for national-level athletes vs. non-national level athletes. Athletes interested in obtaining a TUE should visit the [Therapeutic Use Exemption page](#), where they can determine if they need a therapeutic use exemption, begin the application process, and find answers to the most frequently asked TUE questions."

Understand the Sample Collection Process:

Per USADA: "Athletes selected for testing are subject to both blood and urine testing. The processes are designed to be both effective in preserving the integrity of the sample, yet safe and comfortable for the athlete. Understanding the processes as well as an athlete's rights and responsibilities can help to make them less intimidating. There are additional considerations for minor athletes and disabled athletes. Learn more about the sample collection processes [here.](#)" NOTE: Minor athlete should always have a representative with them in doping control.

Per established doping control testing protocol a Witnessing Chaperone must directly observe an athlete providing a sample. The witnessing chaperone is always someone of the same gender as the athlete. To protect the rights of a minor athlete, someone must observe the witnessing chaperone observing the athlete as they provide a urine sample. That person cannot see the athlete – they can only see the witnessing chaperone watching the athlete. Per USADA's established protocol the athlete has the right to choose who will be in that role. In the event that a coach acts as an Athlete Representative for an athlete of the opposite gender, they may request that someone on USADA's crew observe the witnessing chaperone observing the athlete. Then the coach can be the athlete representative for the rest of the processing of the paperwork.

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 6 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.

SHORT COURSE TIME TRIALS



Format

There will be a two-session short course time trial on Sunday morning following the meet. Dependent on the number of entries, the Referee may decide to run the time trials as a single session. There will be no time standards for the time trials, however only athletes that enter and participate in the championships will be permitted to enter the time trials.

Entry Fees:

\$15.00 per individual event

Entries

Entries will be accepted online at usaswimming.org/OME beginning at 9:00am local time Wednesday, November 28th, and closing at 2:00pm local time Saturday, December 1st.

Positive Check-In

In addition to entering online, all swimmers must check-in with the Administrative Referee at the venue to confirm their intention to swim. Additional information will be distributed at the technical meeting for the championships.

Short Course Time Trials

Sunday, December 2, 2018

<u>Women's Events</u>	<u>Sessions 1 begins at 9:00am</u>	<u>Men's Events</u>
1	400 IM	2
3	100 Butterfly	4
5	100 Breaststroke	6
7	100 Backstroke	8
9	100 Freestyle	10
11	500 Freestyle	12
<u>Sessions 2 begins approximately one hour after conclusion of Session 1</u>		
13	200 IM	14
15	200 Backstroke	16
17	200 Breaststroke	18
19	50 Freestyle	20
21	200 Freestyle	22
23	200 Butterfly	24
25	1650 Freestyle	26



OFFICIAL TIME STANDARDS

2018 Winter National Championships

WOMEN		EVENT	MEN	
LCM	SCY		SCY	LCM
26.69	22.89	50 Freestyle	20.59	23.59
57.69	49.89	100 Freestyle	44.59	51.79
2:04.59	1:47.79	200 Freestyle	1:38.79	1:53.29
4:20.79	4:49.09	400/500 Freestyle	4:28.89	4:01.09
8:54.49	9:58.79	800/1000 Freestyle	9:15.19	8:21.49
17:06.69	16:35.89	1500/1650 Freestyle	15:34.89	15:59.99
1:04.59	54.69	100 Backstroke	49.89	58.59
2:18.69	1:58.09	200 Backstroke	1:48.39	2:06.69
1:13.49	1:03.09	100 Breaststroke	55.99	1:05.59
2:38.69	2:15.89	200 Breaststroke	2:01.59	2:22.89
1:02.59	54.19	100 Butterfly	49.19	55.99
2:17.39	1:59.59	200 Butterfly	1:48.29	2:04.59
2:21.39	2:00.99	200 Individual Medley	1:49.29	2:08.19
4:58.09	4:15.59	400 Individual Medley	3:53.49	4:32.59

WOMEN		EVENT	MEN	
LCM	SCY		SCY	LCM
26.99	23.49	50 Freestyle	20.89	24.39
58.39	50.89	100 Freestyle	45.39	52.89
2:05.39	1:49.69	200 Freestyle	1:39.79	1:56.09
4:23.79	4:53.09	400/500 Freestyle	4:31.49	4:06.29
9:03.49	10:03.59	800/1000 Freestyle	9:25.49	8:33.79
17:20.49	16:46.19	1500/1650 Freestyle	15:46.99	16:14.99
1:05.49	56.09	100 Backstroke	50.79	59.69
2:20.69	2:01.29	200 Backstroke	1:50.59	2:09.59
1:14.29	1:03.69	100 Breaststroke	57.39	1:07.19
2:40.09	2:19.79	200 Breaststroke	2:05.69	2:26.89
1:03.39	55.79	100 Butterfly	49.89	57.39
2:19.59	2:02.69	200 Butterfly	1:52.09	2:08.19
2:22.49	2:03.09	200 Individual Medley	1:51.49	2:10.49
5:01.89	4:23.29	400 Individual Medley	4:00.19	4:38.39

* Qualification period will be 11/1/2017 to entry deadline

* This will be a LCM run meet