



**2022 SPEEDO WINTER JUNIOR CHAMPIONSHIPS  
DECEMBER 7-10 (WED-SAT)  
SHORT COURSE YARDS**

**EAST**

**GREENSBORO AQUATIC CENTER  
GREENSBORO, NC**

**WEST**

**LEE AND JOE JAMAIL TEXAS SWIMMING CENTER  
AUSTIN, TX**

**ENTRY DEADLINE**

**TUESDAY, NOVEMBER 29, 2022 AT 11:59 P.M. MOUNTAIN TIME**

**THESE CHAMPIONSHIPS AND ASSOCIATED TIME TRIALS ARE  
SANCTIONED BY USA SWIMMING**

## IMPORTANT FACTS ABOUT THE MEET (EAST AND WEST)



- ◆ Please note that information in this document may be modified to meet current local, state, and federal COVID-19 protocols, including capacity limits, event postponement or cancellation.
- ◆ Swimmers participating in the Speedo Winter Junior Championships must compete at the specific location (East or West) as determined by the LSC in which they are registered with USA Swimming. Please refer to the boundary map on the next page.
- ◆ All athletes at the meet must be 18 years old or younger on the first day of the meet. College athletes who meet this age requirement are permitted to compete in the meet. All participants must be current members of USA Swimming.
- ◆ All swimmers entered in the 1650 Freestyle events must be positively checked-in prior to the scratch deadline in order to compete in the event.
- ◆ 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.
- ◆ The qualification period for this event is November 1, 2021 through the entry deadline. (Tuesday, November 29, 2022).
- ◆ Enter the Speedo Winter Championships online at [usaswimming.org/OME](https://usaswimming.org/OME) beginning Tuesday, **November 8, 2022** and no later than 11:59 p.m. Mountain Time, Tuesday, November 29, 2022.
- ◆ Swims achieving a bonus or qualifying time standards for the first time from Wednesday, November 30, 2022, through Sunday, December 4, 2022, may enter the meet through OME under the title "2022 Winter Juniors: New Qualifying Swims". These entries must be submitted no later than 11:59 p.m. Mountain Time on Sunday, December 4, 2022, and cannot be used to improve the seed time of a prior entry, unless the improvement achieves a new bonus or qualifying standard. 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 who enter and compete in individual events, 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 and, at the discretion of the Meet Referee, through OME. Relay-only swimmers are not allowed to swim in time trials.
- ◆ At the discretion of the Meet Referee, two courses may be used for preliminary heats. Also, 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.
- ◆ 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 as of the first day of the meet (whether using team or aggregate times), and each of those swimmer must be entered on the team roster. Each team may enter only one relay per event except any team that has 8 individual athletes who qualified and are swimming in the meet, and whose combined times meet a relay qualifying time, such team can enter a B relay as well. "B" relays cannot be entered through OME, and should be sent to Meghan Lowrey at [m\\_lowrey@usaswimming.org](mailto:m_lowrey@usaswimming.org). Qualification for the 4 x 50 relays will be the corresponding 4 x 100 relay time standards.
- ◆ Swimmers may qualify for the 1650 Freestyle events using the 1500/1650 time standards or the 800/1000 time standards.
- ◆ The scratch deadline for the Wednesday relays shall be 15 minutes after the conclusion of the Technical Meeting (Tuesday, December 6, 2022 at 7:00 p.m. local time). Coaches who cannot attend the Technical Meeting are encouraged to text their scratches to the Administrative Referee before these deadlines. The scratch deadline for Thursday's preliminaries shall be 6:30 p.m. local time Wednesday, December 7. 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, 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 individual and relay events of that day as prescribed in section 207.11.6, or
  - ◇ Payment of a fine of \$200
- ◆ 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 Technical meeting.

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EAST

2022



WEST

**EVENT ORDER (EAST AND WEST)**

**2022 Speedo Winter Junior Championships Order of Events  
Short Course Yards**

| <u><b>Women's Events</b></u>        | <u><b>Day 1– Wednesday, December 7</b></u>  | <u><b>Men's Events</b></u>          |
|-------------------------------------|---------------------------------------------|-------------------------------------|
| <b>Timed Finals Begin at 6:00pm</b> |                                             | <b>Timed Finals Begin at 6:00pm</b> |
| 1                                   | 200 Medley Relay*                           | 2                                   |
| 3                                   | 800 Freestyle Relay                         | 4                                   |
| <b>Heats Begin at 9:00am</b>        | <u><b>Day 2– Thursday, December 8</b></u>   | <b>Finals Begin at 5:00pm</b>       |
| 5                                   | 500 Freestyle                               | 6                                   |
| 7                                   | 200 Individual Medley                       | 8                                   |
| 9                                   | 50 Freestyle                                | 10                                  |
| 11                                  | 400 Medley Relay*                           | 12                                  |
|                                     | <u><b>Day 3 - Friday, December 9</b></u>    |                                     |
| 13                                  | 400 Individual Medley                       | 14                                  |
| 15                                  | 100 Butterfly                               | 16                                  |
| 17                                  | 200 Freestyle                               | 18                                  |
| 19                                  | 100 Breaststroke                            | 20                                  |
| 21                                  | 100 Backstroke                              | 22                                  |
| 23                                  | 200 Freestyle Relay*                        | 24                                  |
|                                     | <u><b>Day 4 - Saturday, December 10</b></u> |                                     |
| 25                                  | 1650 Freestyle**                            | 26                                  |
| 27                                  | 200 Backstroke                              | 28                                  |
| 29                                  | 100 Freestyle                               | 30                                  |
| 31                                  | 200 Breaststroke                            | 32                                  |
| 33                                  | 200 Butterfly                               | 34                                  |
| 35                                  | 400 Freestyle Relay*                        | 36                                  |

*\*Qualification for the 4 x 50 relays will be the corresponding 4 x 100 relay time standards. All relays will be swum as timed finals at the end of the evening sessions. The order for the relays shall be the Women's 2nd Fastest Heat, Women's Fastest Heat, Men's 2nd Fastest Heat, Men's Fastest Heat, Women's 3rd Fastest Heat, Men's 3rd Fastest Heat, Women's 4th Fastest Heat, Men's 4th Fastest Heat, Etc.*

*\*\*With the exception of the fastest-seeded heats, the 1650 Freestyle timed finals heats will be swum slowest to fastest after the preliminary session, with the men's and women's events running in their respective pools and scheduled to begin so the second-fastest seeded heats finish one hour prior to the start of the finals session. Only the fastest (single) seeded heat of Women's and Men's 1650 Freestyle events will be swum in the final session.*

## GENERAL INFO (EAST AND WEST)



### COVID-19 Information

An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. According to the Centers for Disease Control and Prevention, senior citizens and individuals with underlying medical conditions are especially vulnerable.

USA Swimming, Inc. cannot prevent you (or your child(ren)) from becoming exposed to, contracting, or spreading COVID-19 while participating in USA Swimming sanctioned events. It is not possible to prevent against the presence of the disease. Therefore, if you choose to participate in a USA Swimming sanctioned event, you may be exposing yourself to and/or increasing your risk of contracting or spreading COVID-19.

BY ATTENDING OR PARTICIPATING IN THIS COMPETITION, YOU VOLUNTARILY ASSUME ALL RISKS ASSOCIATED WITH EXPOSURE TO COVID-19 AND FOREVER RELEASE AND HOLD HARMLESS USA SWIMMING AND THE LOCAL SWIMMING COMMITTEE (LSC) AND EACH OF THEIR OFFICERS, DIRECTORS, AGENTS, EMPLOYEES OR OTHER REPRESENTATIVES FROM ANY LIABILITY OR CLAIMS INCLUDING FOR PERSONAL INJURIES, DEATH, DISEASE OR PROPERTY LOSS, OR ANY OTHER LOSS, INCLUDING BUT NOT LIMITED TO CLAIMS OF NEGLIGENCE AND GIVE UP ANY CLAIMS YOU MAY HAVE TO SEEK DAMAGES, WHETHER KNOWN OR UNKNOWN, FORESEEN OR UNFORESEEN, IN CONNECTION THEREWITH.

Every club planning to attend this competition must develop a "Return to Competition" plan. Return to competition can only occur when and if your local authorities have deemed it safe to return to competition. USA Swimming in no way endorses conducting practice or competition in violation of any local, state, or federal guidelines. For additional information, please consult [usaswimming.org](http://usaswimming.org) and/or your LSC.

### Safe Sport Information

The Safe Sport program is USA Swimming's comprehensive abuse prevention program dedicated to reducing the risk of sexual, emotional and physical abuse to athletes. Components of the program include, but are not limited to, providing education and training, enforcing policies, rules and best practice guidelines, promoting healthy boundaries and mandated reporting of violations.

The Minor Athlete Abuse Prevention Policy ("MAAPP") prohibits applicable adults from having one-on-one interaction with minor athletes that is not within an observable and interruptible distance from another adult. All applicable adults participating in or associated with this meet, acknowledge that they are subject to the provisions of the USA Swimming MAAPP, and that they understand that compliance with the MAAPP Policy is a condition of participation in this competition.

Pursuant to USA Swimming Rules and Regulations and federal law, it is every member's responsibility to immediately (i.e., within 24 hours) report any incident of child abuse, including physical or sexual abuse, to law enforcement and the U.S. Center for SafeSport. Reporting must occur when an individual has firsthand knowledge of misconduct or where specific and credible information has been received from a victim or knowledgeable third party. A report to the U.S. Center for SafeSport may be made via telephone at 720-531-0340 or online at [uscenterfor-safesport.org/report-a-concern](http://uscenterfor-safesport.org/report-a-concern). Various state laws may also require reporting to law enforcement or to a designated child protection agency.

All athletes aged 18 and older must complete Athlete Protection Training ("APT") to be a USA Swimming registered member in good standing. Any athlete who turns 18 on or after 30 days prior to the start of the competition, who has not completed APT by the first day of competition, will be prohibited from participating in the competition until such time as all membership requirements are completed. Times achieved by an athlete who turns age 18 prior to the start of the competition, who competes in this USA Swimming sanctioned event without completing this membership requirement, will NOT count for qualification or recognition. This includes participation as a member of a relay. The requirement to complete Athlete Protection Training is an annual requirement. USA Swimming membership will be affected if a non-athlete member or adult athlete member does not renew Athlete Protection Training annually.

The requirement to complete Athlete Protection Training is an annual requirement. USA Swimming membership will be affected if a non-athlete member or adult athlete member does not renew Athlete Protection Training annually.

Each club is responsible for the conduct of its swimmers. Any person who, in the opinion of the Meet Referee, Meet Director or Meet Marshall, is harmful to others or to other's property may be required to leave the competition. No swimmer will be allowed access to the pool deck 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.

Any 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. Deck changes are prohibited.

Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms.

Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach areas, spectator areas and open ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present.

All U.S. athletes, coaches, and staff expecting to receive a deck pass should be prepared to show proof of current USA Swimming membership. Coaches must meet and have current certifications for all the requirements of coach membership including successfully passing the required background check and APT course.

It is understood and agreed that USA Swimming, the Meet Hosts, Officials, Facility Owners, and the LSCs shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.

## GENERAL INFO (EAST AND WEST)



### USA Swimming Contacts

Senior Development Committee Chair  
Jaime Lewis  
[jlewis627@gmail.com](mailto:jlewis627@gmail.com)

Program and Events Coordinator  
Kathleen Scandary  
[kathleenmarynco@hotmail.com](mailto:kathleenmarynco@hotmail.com)

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

National Events Manager (EAST)  
Macie McNichols  
[mmcnichols@usaswimming.org](mailto:mmcnichols@usaswimming.org)

National Events Manager (WEST)  
Kaitlin Pawlowicz  
[kpawlowicz@usaswimming.org](mailto:kpawlowicz@usaswimming.org)

### Pool Hours

|                       |                                 |
|-----------------------|---------------------------------|
| Tuesday, December 6   | 1:00 p.m. - 8:00 p.m.           |
| Wednesday, December 7 | 8:00 a.m. - 1 hour after finals |
| Thursday, December 8  | 6:00 a.m. - 1 hour after finals |
| Friday, December 9    | 6:00 a.m. - 1 hour after finals |
| Saturday, December 10 | 6:00 a.m. - 1 hour after finals |

### Credential Pick-Up

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

|                       |                                                       |
|-----------------------|-------------------------------------------------------|
| Tuesday, December 6   | 1:00 p.m. - 6:00 p.m.                                 |
| Wednesday, December 7 | 7:30 a.m. - 7:00 p.m.                                 |
| Thursday, December 8  | 7:30 a.m. - end of prelims, and 2:30 p.m. - 6:00 p.m. |
| Friday, December 9    | 7:30 a.m. - end of prelims, and 3:30 p.m. - 6:00 p.m. |
| Saturday, December 10 | 8:00 a.m. - end of prelims                            |

### Broadcast Statement and Image Authorization

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. This meet may be covered by the media and/or professional photographers taking photographs, video, web casting, and other forms of obtaining images of athletes participating in the meet. Entry into the meet is acknowledgement and consent to this fact. 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.

### Team Banners

Team banners will not be allowed at this event.

## LOCAL INFORMATION (EAST)



### Facility Address

Greensboro Aquatic Center  
1921 W Gate City Blvd Greensboro, NC 27403  
Phone: 336-315-8498

### Meet Referee

Dana Covington  
[danacov@comcast.net](mailto:danacov@comcast.net)

### Administrative Referee

Trish Martin  
[pksmartin13@gmail.com](mailto:pksmartin13@gmail.com)

### Meet Director

David Hoover  
[david.hoover@greensboro-nc.gov](mailto:david.hoover@greensboro-nc.gov)

### Meeting Schedule

|                   |                       |              |                            |
|-------------------|-----------------------|--------------|----------------------------|
| Technical Meeting | Tuesday, December 7   | 7:00 p.m. ET | Zoom-based conference call |
| Officials Meeting | Wednesday, December 8 | 4:30 p.m.    | Greensboro Aquatic Center  |

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

### Parking

Parking passes will be sold for the Greensboro Aquatic Center lots and may be purchased at the GAC parking gate. Single-day passes are \$8. Complimentary parking passes for coaches as follows:

1-5 swimmers- 1 pass

6-10 swimmers – 2 passes

11 + - 3 passes

All others will be required to purchase tickets at the parking entrance daily.

### Hotels

For up to date hotel information, please refer to: <https://www.teamtravelsource-miscsports.com/usa-swimming>

### Ticket Information

Ticket Master ([ticketmaster.com](https://www.ticketmaster.com)) will sell all-session and single session tickets beginning October 1, 2022. All seating is General Admission. Tickets for single sessions of preliminaries and finals will also be available at the venue.

#### All Session Books:

Adult - \$50.00

Youth (12 and under) and Seniors (60+) \$30.00

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

Adult - \$15.00

Youth (12 and under) and Seniors (60+) - \$10.00

### 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. Spectra will be the provider offering fruits, vegetables, sandwiches, yogurt, bagels, pretzels, popcorn and a wide variety of soda and sport drinks.

### About the Facility

Located on the campus of the Greensboro Coliseum Complex, the Greensboro Aquatic Center ([GreensboroAquaticCenter.com](https://www.greensboroaquaticcenter.com)) has evolved into the largest indoor aquatic center in the country (105,323-sq. feet). Since its opening in 2011, the state-of-the-art, multi-purpose, four-pool facility has compiled an impressive national event hosting resume including numerous USA Swimming, U.S. Masters, USA Diving, USA Synchro, NCAA, ACC and YMCA national championships. The GAC also serves local citizens through its daily hosting of fitness classes, club and school swim and dive team practices, private swim lessons and its unique partnership with Guilford County Schools in the development of a privately financed, curriculum-based 'Learn to Swim' healthy lifestyle program.

## LOCAL INFORMATION (WEST)



### Facility Address

Lee and Joe Jamail Texas Swimming Center  
1900 Red River St, Austin, TX 78712  
Phone: 512-471-7703

### Meet Referee

Scott Powell  
[spowell11@comcast.net](mailto:spowell11@comcast.net)

### Administrative Referee

Rich McMillen  
[padre1993@gmail.com](mailto:padre1993@gmail.com)

### Meet Directors

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

Bridgette Laitala

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

### Meeting Schedule

|                   |                       |              |                            |
|-------------------|-----------------------|--------------|----------------------------|
| Technical Meeting | Tuesday, December 7   | 7:00 p.m. CT | Zoom-based conference call |
| Officials Meeting | Wednesday, December 8 | 4:30 p.m.    | Texas Swimming Center      |

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

### Parking

TBD

### Hotels

For up to date hotel information, please refer to: <https://www.teamtravelsource-miscsports.com/usa-swimming>

### Ticket Information

[Longhorn Aquatics online store](#) will sell all-session and single session tickets beginning October 1, 2022. All seating is General Admission. Tickets for single sessions of preliminaries and finals will be sold at the Texas Swimming Center spectator entrance (3rd level, facing Red River Street).

All Session Pass - \$50 Adult, \$30 Youth, 5& under are free  
Single Session - \$10 for everyone, 5& under are free

### 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.

### 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.

## ENTERING THE MEET (EAST AND WEST)



### Meet Entries

All entry questions should be directed to: Meghan Lowrey at USA Swimming ([mlowrey@usaswimming.org](mailto:mlowrey@usaswimming.org)).

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. USA Swimming reserves the right to challenge any submitted time. All individual entry times must be proven in the SWIMS Database, prior the scratch deadline, even if scratched.

- ◆ Enter the Speedo Winter Championships online at [usaswimming.org/OME](http://usaswimming.org/OME) beginning Tuesday, **November 8, 2022** and no later than 11:59 p.m. Mountain Time, Tuesday, November 29, 2022.
- ◆ 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 allowed.
- ◆ 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 these emails 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, 2021 through the entry deadline (Tuesday, November 29, 2022).

### Number of Events

A swimmer may only swim three (3) individual events per day (including time trials). A swimmer may enter any number of individual events in which the qualifying time standard has been met. All entry times must be proven.

### Bonus Events

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

### Entry Fees:

\$20.00 per individual event  
\$40.00 per relay event  
\$20.00 per credentialed coach (\$25 on site)

### 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

Swims achieving a bonus or qualifying time standards for the first time from Wednesday, November 30, 2022, through Sunday, December 4, 2022, may enter the meet through OME under the title

2022 Winter Juniors: New Qualifying Swims. These entries must be submitted no later than 11:59 p.m. Mountain Time on Sunday, December 4, 2022, and cannot be used to improve the seed time of a prior entry, unless the improvement achieves a new bonus or 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 11:00 am Mountain Time on Monday, December 5, 2022;
- C. The team or athlete must pay a one-time processing fee of \$150.00, *and* pay entry fees of \$40 per individual event and \$80 per relay 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.

### Entering Relays

If submitting a relay entry time achieved as a relay (team time), you must list the four swimmers that actually achieved the time. If your relay is an aggregate, list all of the swimmers and their times. Relay qualifying times must be made by swimmers age 18 or under as of the first day of the meet (whether using team or aggregate times), and each of those swimmer must be entered on the team roster. Each team may enter only one relay per event except any team that has 8 individual athletes who qualified and are swimming in the meet, and whose combined times meet a relay qualifying time, such team can enter a B relay as well. "B" relays cannot be entered through OME and should be sent to Meghan Lowrey at [mlowrey@usaswimming.org](mailto:mlowrey@usaswimming.org). If any of the listed swimmers are not going to compete on a relay, they should not be entered. Enter only those swimmers who may be competing.

- A. Relay teams may be entered at the listed provable time or at the lowest priority non-conforming time standard.
- B. Entries for all relays must be checked in prior to the scratch deadline in order to be seeded. Each coach shall pick up relay entry forms from the Clerk of Course on which he/she shall list the competing relay swimmers, their first and last names and order of swimming for each entered relay. Relay forms shall be returned to the Clerk 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.
- C. Qualification for the 4 x 50 relays will be the corresponding 4 x 100 relay time standards.
- D. All relays will be timed finals with all heats swum in the evening session.

## CHAMPIONSHIP PROCEDURES (EAST AND WEST)



### 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 persons expecting to receive a deck pass must 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 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 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.
- D. 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.

### 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 and/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 and/or Board of Review. Any appeal of the decision of USA Swimming 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. Short Course Yards (SCY)
2. Long Course Meters (LCM)

### Registration

Restricted access to the facility will be strictly enforced. Please wear your credential at all times. There is a \$100 replacement charge for lost credentials. 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. The cost for these credentials is \$20/each. Managers and trainers 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 \$100 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.
- ◆ 4-6 swimmers in individual events; 2 deck passes.
- ◆ 7-9 swimmers in individual events; 3 deck passes.
- ◆ 10-20 swimmers in individual events; 4 deck passes.
- ◆ 21-30 swimmers in individual events; 5 deck passes.
- ◆ 31-40 swimmers in individual events; 6 deck passes.
- ◆ 41-50 swimmers in individual events; 7 deck passes.
- ◆ 51 or more swimmers in individual events; 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

## CHAMPIONSHIP PROCEDURES (EAST AND WEST)



coaches' membership in USA Swimming. Have your coach Deck Pass app with you. To avoid any problems with your swimmers, have their proof of membership as well.

- B. After you have been cleared, move on to the individual giving out the Coaches' packets.
- C. Review the posted psych sheet to make sure your swimmers do not have an indicator (\*, #, \$) by their time (this can be done prior to arriving at the meet).
- D. In the event of an indicator, go to the Times desk immediately to rectify the issue. It is your responsibility to do this. If it is not cleared by the scratch deadline, the swimmer will be scratched from the event.
- E. All swimmers entered in the 1650 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. 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.

### 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 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 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 15 minutes after the conclusion of the Technical Meeting (7:00 p.m. local time Tuesday). Coaches who cannot attend the Technical Meeting are encouraged to text their scratches to the Administrative Referee before these deadlines.
  - ◆ The scratch deadline for Thursday's preliminary session will be 6:30 p.m. local time Wednesday.
  - ◆ The scratch deadline for Fri and Sat 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 individual and relay 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 individual "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, Consolation, and all Relay heats will report directly to their assigned starting block. No relay heats will report to the Ready Room.

### 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. All swimmers entered in the 1650 Freestyle events must be positively checked-in prior to the scratch deadline in order to compete in the event.
- D. With the exception of the fastest-seeded heats, the 1650 Freestyle timed finals heats will be swum slowest to fastest after the preliminary session, with the men's and women's events running in their respective pools and scheduled to begin so the second-fastest seeded heats finish one hour prior to the start of the finals session. Only the fastest (single) seeded heat of Women's and Men's 1650 Freestyle events will be swum in the final session.

### Finals Session Event Order

There will be a bonus (C), consolation (B), and championship final (A) 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 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/winterjrseast](http://usaswimming.org/winterjrseast) and [usaswimming.org/winterjrswest](http://usaswimming.org/winterjrswest).

### Awards

An awards recognition ceremony will be conducted for the top three finishers in each individual and relay event. The schedule for awards ceremonies will be announced at the technical meeting. The coach of each first place winner will present awards for that event.

- ◆ Team Awards - Team awards will be presented to the top three teams in Men's, Women's, and Combined categories.
- ◆ 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.
- ◆ Individual High Point Awards - Male and Female High Point Awards will be given at these Championships.

### 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. 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.



## **DOPING CONTROL INFORMATION**

### **The 2022 Speedo Winter Juniors is subject to Doping Control**

All athletes at this competition are subject to drug testing conducted by the United States Anti-Doping Agency (USADA), 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 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.

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 illnesses 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](mailto:smichael@usaswimming.org) immediately.



# 2022 TIME STANDARDS

## SPEEDO WINTER JUNIOR CHAMPIONSHIPS

*\*Qualifying from November 1, 2021 through Entry Deadline*

### WOMEN

### MEN

| SCY      | LCM      | EVENT        | LCM      | SCY      |
|----------|----------|--------------|----------|----------|
| 23.29    | 26.89    | 50 FR        | 24.29    | 20.69    |
| 50.49    | 58.19    | 100 FR       | 52.59    | 45.29    |
| 1:49.19  | 2:04.99  | 200 FR       | 1:55.49  | 1:38.99  |
| 4:53.09  | 4:23.79  | 400/500 FR   | 4:05.29  | 4:30.09  |
| 10:06.79 | 9:04.09  | 800/1000 FR  | 8:33.79  | 9:25.49  |
| 16:51.29 | 17:21.69 | 1500/1650 FR | 16:14.79 | 15:43.89 |
| 55.19    | 1:04.79  | 100 BK       | 58.89    | 49.59    |
| 1:59.59  | 2:19.59  | 200 BK       | 2:08.29  | 1:48.79  |
| 1:03.19  | 1:13.79  | 100 BR       | 1:06.59  | 56.19    |
| 2:17.69  | 2:38.59  | 200 BR       | 2:24.79  | 2:02.99  |
| 54.89    | 1:02.69  | 100 FL       | 57.09    | 49.19    |
| 2:01.79  | 2:18.39  | 200 FL       | 2:06.39  | 1:49.99  |
| 2:02.39  | 2:22.09  | 200 IM       | 2:09.59  | 1:50.39  |
| 4:21.89  | 5:00.29  | 400 IM       | 4:35.89  | 3:58.19  |
| x        | x        | 4x50 FR-R    | x        | x        |
| 3:27.49  | x        | 4x100 FR-R   | x        | 3:05.79  |
| 7:32.79  | x        | 4x200 FR-R   | x        | 6:49.59  |
| x        | x        | 4x50 Med-R   | x        | x        |
| 3:47.79  | x        | 4x100 Med-R  | x        | 3:23.39  |



# 2022 TIME STANDARDS

## SPEEDO WINTER JUNIOR CHAMPIONSHIPS

*\*Qualifying from November 1, 2021 through Entry Deadline*

### WOMEN

### MEN

| SCY      | LCM      | BONUS        | LCM      | SCY      |
|----------|----------|--------------|----------|----------|
| 24.09    | 27.39    | 50 FR        | 24.89    | 21.39    |
| 52.09    | 59.39    | 100 FR       | 53.79    | 46.49    |
| 1:52.59  | 2:07.79  | 200 FR       | 1:58.09  | 1:41.79  |
| 5:03.49  | 4:28.79  | 400/500 FR   | 4:09.99  | 4:37.09  |
| 10:20.49 | 9:13.79  | 800/1000 FR  | 8:40.69  | 9:34.29  |
| 17:14.39 | 17:40.19 | 1500/1650 FR | 16:38.99 | 16:05.49 |
| 58.09    | 1:06.89  | 100 BK       | 1:00.79  | 52.09    |
| 2:04.99  | 2:23.99  | 200 BK       | 2:11.89  | 1:52.79  |
| 1:05.99  | 1:15.99  | 100 BR       | 1:08.69  | 58.69    |
| 2:22.69  | 2:43.39  | 200 BR       | 2:29.09  | 2:08.59  |
| 57.49    | 1:04.69  | 100 FL       | 58.39    | 51.09    |
| 2:05.39  | 2:21.89  | 200 FL       | 2:10.19  | 1:53.69  |
| 2:08.29  | 2:26.39  | 200 IM       | 2:12.79  | 1:55.09  |
| 4:30.69  | 5:07.29  | 400 IM       | 4:42.39  | 4:07.59  |