



Richmond, VA
Ocala, FL
West Fargo, ND
San Antonio, TX
Sacramento, CA

July 26-29 (Wed-Sat)

The entry deadline is 11:59 pm Mountain Time on Tuesday, July 18, 2023 or until the site's capacity has been reached.

(These events will be capped at 800 swimmers)



2023 USA Swimming Futures Championships

Please note that information in this document may be modified to meet current local, state, and federal COVID-19 protocols, including mandatory vaccinations, capacity limits, event postponement or cancellation.

Swimmers may enter the Futures Championships through USA Swimming's Online Meet Entry (OME) system at (usaswimming.org/ome) beginning Tuesday, May 23, 2023, at 11:00 am Mountain Time. Swimmers must compete in the specific Futures Championships designated for the LSC in which they are registered.

The entry deadline is 11:59 pm Mountain Time on Tuesday, July 18, 2023, or until the site's capacity limit has been reached. The qualification period is June 1, 2022 through the entry deadline. Entries are not accepted until they have been officially submitted in the OME system.

LOCATION	Please refer to the enclosed map to determine in which Futures Championship site each LSC is eligible to participate. Swimmers must compete in the specific Futures Championships designated for the LSC in which they are registered.
SANCTION	This meet is held under the sanction of USA Swimming. If an athlete establishes a Paralympic or USMS record, it is up to that swimmer to request all necessary information and signatures prior to the end of the session in which the performance occurred. Each site will be surveyed by the specific host to ensure compliance with facility regulations.
ELIGIBILITY	These events are open to swimmers who are 2023 Premium or Outreach members of USA Swimming, and who have achieved the published time standard in one or more events.
FORMAT	These championships will be conducted in LCM. The 800m and 1500m freestyle and all relays will be timed final events. All other individual events will be conducted as preliminaries and finals with the fastest 32 swimmers from preliminaries advancing to finals. The order of the final events shall be "D", "C", "B" and "A". The "C" and "D" Finals will be limited to the top 18-Under swimmers that do not qualify for the "A" or "B" Finals. At the Meet Referee's discretion, preliminary sessions may be conducted in flights or use fly-over starts. Information on fighting, if any, will be provided at the technical meeting. A Ready Room may be used to assemble and parade "A" finalists and the fastest seeded heats of 800m and 1500m freestyle swimmers. These swimmers must report to the Ready Room no later than five minutes preceding the "Parade Time" for the event. All other heats will report directly to the starting blocks for their events.
SCHEDULE	Prelims: 9:00 a.m., Finals: 5:30 p.m. The venues will be available for practice Noon-8:00 p.m. the day prior to competition, and 7:00am – until one hour after the conclusion of the evening session on competition days.
SEEDING	Events shall be seeded in order of LCM, SCM, SCY, non-conforming LCM, non-conforming SCM, non-conforming SCY and then any bonus entries in the same order.
TECHNICAL MEETING	There will be a virtual (Zoom-based) technical meeting the evening prior to Day 1 events at 7:00 p.m. local time. Details will be sent to each coach. Coaches are encouraged to check the USA Swimming website for last minute details about the event. Participating coaches and athletes are responsible for all information in this document, distributed at the technical meeting, and posted on the event website.
DISTANCE EVENTS	The 800m and 1500m freestyle events will be swum as timed finals. Swimmers may qualify for these events using any of the 800m/1000yd or 1500m/1650yd qualifying standards (i.e. the conforming or non-conforming distance event standards). All but the fastest-seeded heats of women's and men's distance freestyle events will be swum slowest to fastest, alternating women's and men's heats, with the second-fastest seeded heat of men's distance events

scheduled to finish approximately one hour prior to the start of the evening session, preceded by the second-fastest seeded women's heat, alternating back to the start time.

The fastest-seeded heats of women's and men's distance freestyle events will be swum in event order during the finals session.

Scratches and positive check-in for Day 1 distance events can be done by email or text to the site's Administrative Referee or at the Resolution table prior to the deadlines. Scratches and positive check-in for the remaining days can be done at the Resolution Table.

RULES

Unless otherwise noted herein, this meet shall be conducted in accordance with current USA Swimming Rules and Regulations. A Meet Committee consisting of at least one official, one coach, and one athlete will be appointed by the Meet Referee to review conflicts arising from administrative matters. It is understood and agreed that USA Swimming, the Meet Host(s), Facility Owner(s), and the LSC shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event. Eligibility and Technical juries consisting of at least one official, one coach, and one athlete will be appointed by the Meet Referee to review protests within their jurisdiction as defined in USA Swimming Rules.

WARM UP

Only feet-first entries are allowed during warm-ups, except in designated lanes and times. No equipment (fins, snorkels, hand paddles, etc.) is permitted in the competition pool at any time. Violations may result in disqualification from next individual event or expulsion from the meet. More detailed warm up procedures will be distributed at registration and during the Technical Meeting.

SCORING AND AWARDS

Team scores will be kept and awarded. Team awards will be presented to the top three teams in Men's, Women's, and Combined categories. Team scoring will be as outlined in the USA Swimming Rules and Regulations. Medals will be awarded to all place winners in the "A" final. All medalists in each event should report to the Awards Staging Area in full team warm-up attire immediately following the "A" Finals for their event. Individual High Point Awards will be given to the top scoring male and female.

SWIMS DATABASE

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. 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.

Times submitted to the USA Swimming SWIMS database no later than 20 days prior to the Championships will be in the database. If a time for a swimmer is visible in the public search feature on the USA Swimming website (Times/Time Standards) and it was swum in the appropriate qualifying period, it is considered a proven official time. Entry times not proven by the scratch deadline for the event will be considered as false or incorrect times and are subject to action under provisions of the USA Swimming Rules and Regulations.

SWIMS data entry from meets in which 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. These times will not be automatically placed in the database. Times from all major international championships will be automatically entered in the database. 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 a club on the USA Swimming mailing list.

RESPONSIBILITY CLAUSE

The coach, swimmer or swimmer representative who enters a USA Swimming Championship thereby attests that all times stated 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 USA Swimming for each such time entered, unless absolved of the fine by USA Swimming 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 knowingly entered such a false time(s) into the SWIMS Database. Appeal of fines must be made to the Meet Referee or designee and/or Board of Review. Any appeal of the decision of USA Swimming shall be in accordance with the provisions of Part Four of the USA Swimming Rulebook.

ENTRIES

All entries must be made online at usaswimming.org/ome. You will be required to pay for the online entries with a Visa, Mastercard, American Express or Discover. For questions about OME, please refer to the specific Futures site page included with this information.

OME is not an eligibility report. It is the coach's responsibility to know for which events his or her athlete is qualified. Events can be added to the entries however you may not delete an online entry once it has been submitted/paid for. Once entries are completed, a confirmation will be sent via e-mail. All confirmations should be printed and brought to the meet. All entry times (including scratched events) must be proven, and USA Swimming reserves the right to challenge any submitted time. Drug waiver forms will automatically be sent via e-mail after the entry deadline closes and should be filled out and brought to the meet.

A swimmer may enter any number of individual events in which the qualifying time standard has been met, however a swimmer may only swim three (3) individual events per day (including time trials), and a total of six (6) events (not including time trials) during the meet. All entry times, including bonus events, must be proven. Bonus events will be permitted for this meet according to the following:

- Any athlete who qualifies for one individual event will be permitted to enter and swim in up to two bonus events;
- Any athlete who qualifies for two individual events will be permitted to enter and swim one additional bonus event;
- Any athlete who qualifies for more than two individual events, will not be permitted to enter bonus events;
- There will be no qualifying standards for bonus events, however, a provable entry time must be included.

ENTRY FEES

Individual Events	\$20.00
Relays	\$40.00 per event
Coach/Team Staff Credential	\$20.00 per person or \$50 if requested on site

NEW QUALIFYING SWIMS

Regardless if the site's cap has been reached, swimmers attached to teams already entered in the meet who achieve the qualifying time standards for the first time from Wednesday, July 19, 2023, through Sunday, July 23, 2023, may be entered through OME under the title "2023 Futures: New Qualifying Swims". These entries must be submitted no later than 11:59 pm Mountain Time on Monday, July 24, 2023, and cannot be used to improve the seed time of a prior entry. Bonus events for new qualifiers must be entered by override using any proven time from the meet's qualifying period. Normal entry fees apply.

LATE ENTRIES

Assuming the event site's cap has not been reached, any team or athlete missing the entry deadline will be permitted to enter late, subject to the following requirements:

- Late entries must be submitted through the On-Line Meet Entry system (OME);
- These entries must be received no later than 11:59 pm Mountain Time on the Monday, July 24, 2023;
- 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.

RELAYS

All relays will be timed final events. All but the fastest two seeded heats will be swum in the preliminary sessions. The fastest two seeded heats will be swum at the end of that day's finals session. Relay-only swimmers will be allowed in this meet and may swim in time trials. Each team may enter a maximum of two relays in each event.

If entering with a time achieved as a relay (team time), the four swimmers that achieved the time must be listed. If the entry is an aggregate, each swimmer must be listed with their individual times, and only those swimmers who may be competing should be entered. Once the relay team or teams have been proven, any swimmer listed by that organization on the entry is eligible to compete on that relay team. Relay teams may be entered at the listed provable time or at the lowest priority non-conforming time standard. If entering an A and B relay, eight (8) different swimmers must be entered. The same swimmer may not be used twice in an event, or to prove an entry time.

All relay cards are due to the administrative Referee by 10:30 a.m. or 6:30 p.m. in the session in which the relay will be swum.

All relay cards must be submitted to the site's Administrative Referee prior to the deadlines.

COACH CREDENTIALS	Credentials for coaches, managers and chaperones may be purchased for \$20/each for those persons listed on the submitted team entry through OME, according to the following formula, whether comprised of one or both sexes. Managers and trainers must be included in this formula and on the entry form to receive a deck pass. Athletes entered in the meet will receive a deck pass as part of their entry fee. All others will be required to purchase individual tickets. Non-athlete credentials may be limited due to venue capacity limits. ➤ 1-3 swimmers in individual events; 1 deck pass. ➤ 4-6 swimmers in individual events; 2 deck passes. ➤ 7-9 swimmers in individual events; 3 deck passes. ➤ 10 or more swimmers in individual events; 4 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.
SWIMMERS WITH DISABILITIES	Coaches entering swimmers with disabilities that require any accommodations, including the need for any personal assistants and/or registered service animals, must provide advance notice in writing, accompanying their meet entry file, to the meet director by the entry deadline. Failure to provide advance notice may limit the host's ability to accommodate all requests.
CHECK-IN	Any unproven entries must be cleared prior to the scratch deadline, or the swimmer will be scratched from the event. If an entry cannot be proven, the coach is subject to a \$100 fine. All swimmers entered in the 800m and 1500m Freestyle events must be positively checked-in prior to the scratch deadline to compete in the event. Swimmers entered in these events may, when they check-in, indicate their preference to swim the event in the preliminary session. The fastest heat of swimmers that state no preference shall be seeded to compete in the finals session. A swimmer or coach should clearly write "AM" next to the swimmer's name when they check-in if they desire to swim in the preliminary session. <i>Positive check-in must be submitted to the site's Administrative Referee prior to the deadlines.</i>
REGISTRATION	Registration will be open Noon-8:00 p.m. the day prior to competition, 7:00 a.m. – the end of finals on Day 1, and 7:00 a.m. – conclusion of preliminaries on Days 3 and 4.
SCRATCHES	Day 1 Events: Scratch Box closes 15 minutes after the conclusion of the technical meeting. All subsequent day's scratches are due 30 minutes after the start of the previous evening's finals. This competition 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 individual and relay events of that day as prescribed in section 207.11.6, or; ➤ Payment of a fine of \$200 payable to event host. <i>Scratches must be submitted to the site's Administrative Referee prior to the scratch deadlines.</i>
TIME TRIALS	Time Trials may be conducted at the discretion of the Meet Referee. Entry fees for time trials will be the same as the meet entry fees. Each swimmer is limited to a maximum of two time trials during the course of the Championships. Time trials will count toward the swimmer's individual event total for each day, but not the meet total. Athletes may need to provide their own lane timer and lap counter for time trial events. Relay-only swimmers will be allowed to swim in time trials. Time Trial entry procedures will be explained in the Technical Meeting. Time Trials, if conducted, will begin approximately 15 minutes after the conclusion of the preliminary session.
SAFETY	Marshals will be in place during warm-up periods and USA Swimming safety rules will be in effect. A warm-up schedule will be posted in the venue. It is the responsibility of the swimmer or of the swimmer's legal guardian to ensure compliance with USA Swimming safety procedures. Flagrant violation of these procedures may result in a disqualification from the meet for unsportsmanlike activity. The main competition pool will be reserved the last 60 minutes for swimmers competing in that session's events.
OFFICIALS' INFORMATION	A meeting for officials may be held prior to each session, either in-person or virtually. This meet has been designated as a National Qualifying Meet to all officials who wish to and are eligible to be evaluated for advancement or re-certification. Request for evaluation should be made to the Meet Referee.
BROADCAST STATEMENT	Any photographs, videos or other audio and/or visual recordings of the event created by a spectator may be used solely for such spectator's personal non-commercial use, and may not be broadcast, published or disseminated, or used for any commercial purposes, without the prior written consent of USA Swimming.

IMAGE AUTHORIZATION

All participants agree to be filmed and photographed by the official photographer(s) and network(s) of USA Swimming under the conditions authored by USA Swimming, and allow event organizers the right to use names, pictures, likenesses, and biographical information before, during, or after the period of participation in USA Swimming competitions to promote such competitions. All participants agree not to use or authorize use of pictures in the uniforms and equipment provided by USA Swimming for the purpose of trade, without the consent of USA Swimming. All participants agree not to use medals or photos, or portraits or films with the medals, which are received for performances in this competition, for the purpose of trade. Furthermore, participants agree to return these uniforms and equipment, bearing USA Swimming logos and marks, if and when requested.

LIABILITY

USA Swimming, the LSC, the facility, and the host organization shall accept no responsibility for liability or injuries sustained by any individual, athlete, coach, official, meet volunteer, or spectator while traveling to and from or while participating in this event. Damage to the facility, when proved, will cause the offending participant, if unattached, or the offending swimmer's club, if attached, to be held accountable for repairs. All participants and guests must adhere to the facility rules and coaches must supervise their swimmers at all times. Glass containers are not permitted in the facility. Children must be supervised at all times.

DOPING CONTROL

Doping Control may occur at this competition. All athletes competing in the meet are eligible to be tested. All athletes should check the status of all medications they consume at the US Anti-Doping Agency's (USADA) Drug Reference website (usantidoping.org/dro). Athletes should visit usada.org/athletes/antidoping101/ for important information that all athletes, coaches, and their parents must be aware of. 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. Documentation may be required to be submitted well in advance of the meet.

SAFE SPORT

The USA Swimming Safe Sport program is USA Swimming's comprehensive abuse prevention program dedicated to creating a healthy and positive environment free from abuse for all its members. Components of the program include, but are not limited to, providing education and training, enforcing policies (such as the Minor Athlete Abuse Prevention Policy), rules and best practice guidelines, promoting healthy boundaries and mandatory reporting of violations.

The Minor Athlete Abuse Prevention Policy prohibits Adult Participants (as defined) from having one-on-one interactions with minor athletes which are not within an observable and interruptible distance from another adult. Adult Participants are required to abide by this policy in full during this meet.

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 833-5US-SAFE (833-587-7233) or online at uscenterforsafesport.org/report-a-concern. Various state laws may also require reporting to law enforcement or to a designated child protection agency.

For information on how to report other alleged violations, including without limitation, the USA Swimming Code of Conduct and the Minor Athlete Abuse Prevention Policy, please visit usaswimming.org/report.

All athletes age 18 and older must complete Athlete Protection Training in order to be a USA Swimming registered member in good standing. Any athlete who turns 18 on or after July 26, 2023, who has not completed Athlete Protection Training 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 on or after July 26, 2023, 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.

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. During warm-up sessions, athletes must enter the water feet-first, except

in designated lanes and times. Violations may result in disqualification from next individual event or expulsion from the meet.

Deck changing is prohibited.

Use of audio or visual recording devices, including a cell phone, are not permitted behind the starting blocks during the entire meet and are 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.

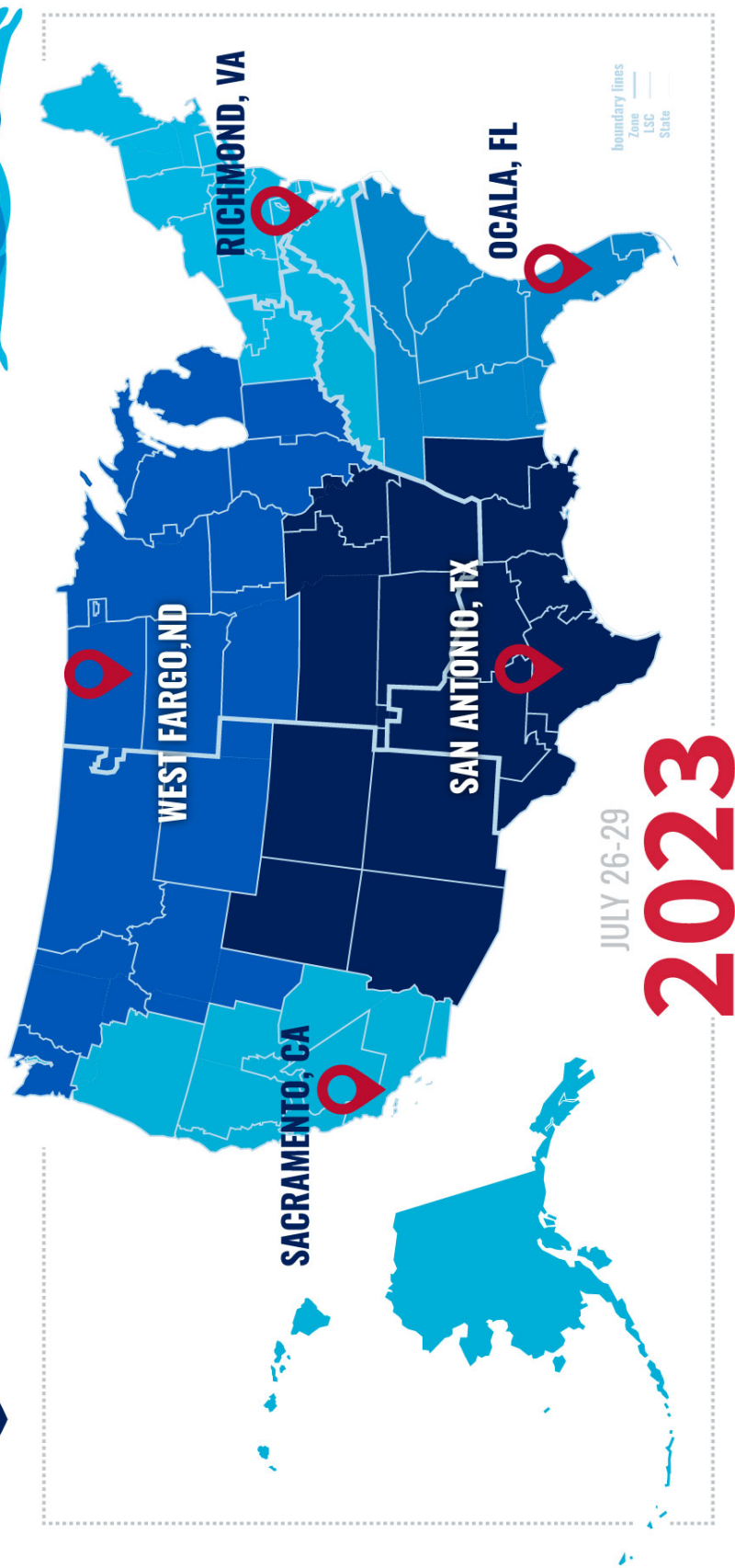
It is understood and agreed that USA Swimming, the Meet Hosts, Facility Owners, Officials, and the LSCs shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.

2023 FUTURES CHAMPIONSHIPS

ORDER OF EVENTS

Women	Wednesday, July 26	Men
1	200 Meter Freestyle	2
3	100 Meter Breaststroke	4
5	200 Meter Butterfly	6
7	800 Meter Freestyle	-
-	1500 Meter Freestyle	8
Thursday, July 27		
9	100 Meter Freestyle	10
11	400 Meter Individual Medley	12
13	100 Meter Backstroke	14
15	800 Meter Freestyle Relay	16
Friday, July 28		
17	400 Meter Freestyle	18
19	100 Meter Butterfly	20
21	200 Meter Breaststroke	22
23	400 Meter Freestyle Relay	24
Saturday, July 29		
25	200 Meter Individual Medley	26
27	50 Meter Freestyle	28
29	200 Meter Backstroke	30
31	1500 Meter Freestyle	-
-	800 Meter Freestyle	32
33	400 Meter Medley Relay	34

 FUTURES CHAMPIONSHIPS





**JULY 26 - JULY 29 (WED-SAT)
ZONE 1**

**SWIM RVA
5050 RIDGEDALE PKWY
RICHMOND, VA 23234**

**EVENT
PERSONNEL**

Referee: Kenneth Chung, kennethychung@gmail.com
Administrative Referee: Betsy Russell, adm1nbetsyr@gmail.com, 339-364-8380
Meet Director: Adam Kennedy, adam.kennedy@swimrichmond.org

OME

Questions about OME and proof of times for this Futures site should be directed to the Administrative Referee.

**ABOUT THE
FACILITY**

SwimRVA's flagship facility, Collegiate School Aquatics Center (CSAC), is home to the 50 meter Myrtha pool that, was used for the 2008 US Olympic Trials in Omaha, Nebraska. The 50-meter competition pool will be in an 8 lane format with a depth of seven feet and seven inches at the sides and eight feet and two inches in the center. Competition lanes are a minimum of 9 feet wide swum bulkhead to bulkhead. Equipment supporting the competition pool consists of non-turbulent Competitor lane markers, new Myrtha Track Start Blocks and Backstroke wedges, CTS6 with automatic and semi-automatic timing, Dolphin wireless backup stopwatches. Other amenities include an indoor 6 lane 25 yard pool for continuous warm-up, cool-down, hospitality, a swim shop, athlete lounge, and elevated spectator seating for over 700 with access to wireless internet.

LOCKERS

Limited lockers are available for day use only. No locks will be provided.

**MEDICAL
ASSISTANCE**

Lifeguards shall be on duty at all times during warm up and competition. Anyone in need of medical assistance should summon the nearest lifeguard or report to the Lifeguard office located on the pool deck. In the event of a serious emergency, a Chesterfield County Fire Station is located at 5811 Iron Bridge Rd, N.Chesterfield, VA 23234. This location is 1.5 miles from the facility and the response time in a severe emergency is less than 5 minutes. The nearest hospital is: CJW Medical Center – Chippenham Campus. Located at 7101 Jahnke Rd, Richmond, VA 23235

CONCESSIONS

A full concessions stand will be available throughout the meet. The Rapids Café serves food prepared by Ukrops' Homestyle foods, Simple Truth Organics, Papa Johns, Chick-Fil-A and Coca-Cola/Powerade drink products

HOSPITALITY

A hospitality area for the coaches and officials will be located adjacent to the pool deck during meet. A separate athlete lounge will be available for all participating swimmers throughout the contest.

PARKING

Free parking is around CSAC with nearby overflow lots within a three minute walk to the facility.

HOTELS

Hotel info will be posted here; <https://www.teamtravelsource-miscsports.com/usa-swimming>

TICKETS

All tickets will be general admission and may be purchased on-site at the Collegiate School Aquatic Center.



**JULY 26 - JULY 29 (WED-SAT)
ZONE 2**

**FLORIDA AQUATICS SWIMMING & TRAINING
4635 SW 67TH AVE
OCALA, FL 34474**

**EVENT
PERSONNEL**

Referee: Marcus Stromberg, mastromb@charter.net
Administrative Referee: Marc Digby, ar.swimmeet@gmail.com, 512-763-2013
Meet Director: Kevin Milak, Kevin_Milak@floridafast.com

OME

Questions about OME and proof of times for this Futures site should be directed to the Administrative Referee.

**ABOUT THE
FACILITY**

Florida Aquatics Swimming & Training (FAST) provides 2 pools and supporting amenities including a full-service café, classrooms and free wireless internet. The 50-meter competition pool offers a total of 10 50-meter competition lanes with a depth of 10 to 13. The competition course has been certified in accordance with 104.2.2C (4). A copy of such certification is on file with USA Swimming, Inc. The competition lanes are a minimum of 7 feet wide. The outdoor 50-meter pool allows for 8 warm-up/warm-down lanes at any time. The separate warm water instruction pool is fully enclosed and remains open to the public during meet competitions. Spectator seating for 1,250 above the deck offers stadium seating with backs. There is a Colorado Time Systems Gen 7 Serial timing system with dual HD video scoreboards indoors, and an HD scoreboard outdoors for viewing from warmup pool. The aquatic facility is conveniently located just off I-75 at hwy 200 exit. Per USA Swimming and Safe Sport Rules...ONLY meet volunteers, USA Swimming registered athletes, current USA Swimming registered officials and coaches may be on deck during warm-ups and/or competition. ALL coaches, officials and volunteers will be required to wear wristbands or lanyards on the pool deck. Please check-in at the volunteer table in the lobby. NO SPECTATORS ARE ALLOWED ON DECK AT ANY TIME.

LOCKERS

Limited lockers are available in the athlete/officials' locker rooms for day use only. No locks will be provided.

**MEDICAL
ASSISTANCE**

Lifeguards shall be on duty at all times during warm up and competition. Anyone in need of medical assistance should go to the lifeguard office immediately. There will be certified medical personal on site during the competition.

CONCESSIONS

Concessions will be available at the FAST Fuel Café on the main level of the facility.

HOSPITALITY

Coaches and Officials hospitality will be available throughout the competition. The Hospitality Room is located off the outdoor pool deck, live webcast will be running throughout the meet in the Hospitality Room.

PARKING

Parking in the rear FAST lot is reserved for coaches and officials only. Free parking for meet participants and spectators is available in the lot in front of the facility, and overflow parking in the graded lot. Illegally parked vehicles are liable to be ticketed or towed by the local Police Department and the owner's expense.

HOTELS

Hotel info will be posted here; <https://www.teamtravelsource-miscsports.com/usa-swimming>

TICKETS

Tickets will be available for online purchase at <https://floridafast.com/tickets/>.



JULY 26 - JULY 29 (WED-SAT)
ZONE 3
HULBERT AQUATIC CENTER
620 7TH AVE E.
WEST FARGO, ND 58078

EVENT PERSONNEL

Referee: Ellen Colket, ecpenny@msn.com
 Administrative Referee: Anne Lawley, ndmeetmanagement@gmail.com, 701-491-8891
 Meet Director: Lisa Montplaisir, lisa.montplaisir@gmail.com

OME

Questions about OME and proof of times for this Futures site should be directed to the Administrative Referee.

ABOUT THE FACILITY

Hulbert Aquatic Center, 620 7th Ave E, West Fargo, ND

- Traveling by I-94: If traveling E or W on I94, take exit 347 (9th Street) and travel N to 7th Ave. Turn W and pool will be 2 blocks on the N side.
- Traveling from I-29: If traveling N or S on I29, take exit 65 (Main Ave) and travel W to 9th Street. Turn S to 7th Ave. Turn W and will be 2 blocks on the N.
- Go to 4th Ave rather than 7th Ave to find additional on-site parking and bus-loop. Entry is directly to the warmup pool end of the building.
- From 7th Ave entrance, main entrance, takes you to the pool lobby, concessions, and hospitality area.

Competition pool: Hulbert Aquatic Center houses an indoor 54 meters x 25 yard pool. A 10-lane 50M pool will be in use with anti-wave lane lines, electronic timing and start, Colorado Gen 7 Timing System with Hy-Tek interface. The start end has a 7' depth and the turn end is 14' depth. The competition pool conforms to USA Swimming Rules and Regulations. Glass doors separate the warmup pool from the start end of the competition pool.

Warmup/down pool: A six-lane 25 yard pool will be continuously available while the competition pool is in use. Depth is 3.5' x 4.5'

Athlete Seating: bleacher seating for 600 is available on deck.

Spectator seating: there are 1100 stadium chairs available on the upper-deck. Seating is top-load. There are 10 handicap areas around the upper-deck for family access. No camping is allowed in the seating area. Elevator access is available to all areas.

LOCKERS

Six locker rooms are available. Three enter a hallway at the competition pool deck, three enter directly to the warmup pool deck. Each has lockers with locks can be used during the meet but not overnight. One of the locker rooms entering the warmup deck is a family style locker room and will be used exclusively for coaches and officials.

MEDICAL ASSISTANCE

There is a training room at the start end of the competition deck. We will work with local providers to have on-site trainers.

CONCESSIONS

Concessions will be available on the main level of the facility.

HOSPITALITY

Coaches and Officials hospitality will be available throughout the competition. The Hospitality Room is located off the pool deck.

PARKING

There are 320 on-site parking spots: 250 on the 7th Ave side and 80 on the 4th Ave side. Local youth groups will monitor the lots and sell spots for \$5 entry. There are an additional 750 spots available within two blocks of the facility at area schools; all are free lots.

HOTELS

<https://www.teamtravelsource-miscsports.com/usa-swimming>

TICKETS

Information to come later.



**JULY 26 - JULY 29 (WED-SAT)
ZONE 4**

**BLOSSOM ATHLETIC CENTER
BILL WALKER POOL
12002 JONES MALTSBERGER RD
SAN ANTONIO, TX 78216**

EVENT PERSONNEL

Referee: Derigan Silver, derigansilver@gmail.com
Administrative Referee: Phil Lakota, safutures@gmail.com, 682-233-2450
Meet Director: Bill Spurgeon, wspurg@neisd.net

OME

Questions about OME and proof of times for this Futures site should be directed to the Administrative Referee.

ABOUT THE FACILITY

Blossom Athletic Center, 12002 Jones Maltzberger Rd, San Antonio, TX 78216

Bill Walker Pool

- Myrtha Ten Lane 50 meter competition course
- Four Lane 25 yard warm-down course
- 7.0 ft. wide lanes ranging in depth from (8.4 ft. at start end to 5.0 ft.)
- 6 inch anti-wave lane lines
- Myrtha starting blocks
- Full Omega timing system will be used for this event

LOCKERS

Limited lockers are available in the athlete/officials' locker rooms for day use only. No locks will be provided.

MEDICAL ASSISTANCE

Lifeguards shall be on duty at all times during warm up and competition. Anyone in need of medical assistance should summon the nearest lifeguard or report to the Lifeguard office located on the pool deck.

CONCESSIONS

Information to come later.

HOSPITALITY

Information to come later.

PARKING

Information to come later.

HOTELS

Hotel info will be posted here; <https://www.teamtravelsource-miscsports.com/usa-swimming>

TICKETS

Ticket information will be available at the venue.



**JULY 26 - JULY 29 (WED-SAT)
ZONE 5**

**NORTH NATOMAS AQUATIC CENTER
2601 NEW MARKET DR
SACRAMENTO, CA 95835**

EVENT PERSONNEL

Referee:
Administrative Referee:
Meet Director:

Fran Werner, 1919fran@gmail.com, 317-319-8440
Rich McMillen, meet.ar.team@gmail.com, 301-818-3283
Stephen Adams, Stephen.adams@dartswimming.com

OME

Questions about OME and proof of times for this Futures site should be directed to the Administrative Referee.

ABOUT THE FACILITY

The North Natomas Aquatics Complex consists of an outdoor 50 meter, 8 lane competition pool with a separate 25 yard warm-up pool. Colorado starting, timing, full color matrix scoreboard and HY-TEK's Meet Manager software will be used. Stadium seating will be available for spectators. In accordance with Article 103.2.3, the competition course has a pool depth at the start end (@1m) of 12'-8" and at the turn end (@1m) of 6'-10". The competition course has been certified in accordance with 104.2.2C(4)(a). The copy of such certification is on file with USA Swimming.

LOCKERS

Lockers are available at the facility but not recommended for daily usage. No locks will be provided and lockers will only be monitored for safety and cleanliness. All items left in lockers will be at the risk of the meet participant/patron.

MEDICAL ASSISTANCE

Lifeguards shall be on duty at all times during warm up and competition. Anyone in need of medical assistance should summon the nearest lifeguard or report to the Lifeguard office located on the pool deck.

CONCESSIONS

Concessions information to come later.

HOSPITALITY

Coaches and officials' hospitality will be provided at the north end of the pool. Light snacks and water will be available timers.

PARKING

Free parking is available at the North Natomas Regional Park and Inderkum High School. Limited parking will be available at the North Natomas Aquatics Complex. On Saturday July 29th parking will be restricted at the North Natomas Regional Park due to the North Natomas Farmers Market. On this day Inderkum High School will be your best option. There is no overnight parking for recreational vehicles (RV's) permitted at any of the parking areas.

HOTELS

Hotel info will be posted here; <https://www.teamtravelsource-miscsports.com/usa-swimming>

TICKETS

All Session Adult: \$50.00
All Session Senior (65+)/Youth (7-12): \$35.00
Daily (Prelims & Finals) Adult: \$18.00
Daily (Prelims & Finals) Senior (65+)/Youth (7-12): \$13.00
Single Session Adult: \$12.00
Single Session Senior (65+)/Youth (7-12): \$8.00
Children 6 and Under are FREE.

CA CONCUSSION LAW

California has modified its existing school concussion law to apply the requirements to youth sports organizations in which athletes participate, including swimming. These requirements apply to out of state coaches whose swimmers are attending the 2023 Futures Championships.

1. The law requires that a youth athletic program must immediately remove an athlete from an athletic activity for the remainder of the day, if the athlete is suspected of sustaining a concussion or head injury and prohibit the athlete from returning to the activity until the athlete is evaluated by a licensed health care provider, trained in the management of concussions, and acting within the scope of his or her practice. The athlete must receive written clearance from the licensed health care provider to return to the athletic activity. If the athlete is diagnosed with a concussion, they must go through a graduated return to play protocol of no less than seven days under the supervision of a licensed health care provider. Youth sports organizations must also notify the parents or guardians of athletes 17 or younger who have been removed from athletic activities due to suspected concussions.

2. Coaches and administrators must successfully complete the concussion and head injury education required under the bill at least once either online or in person. The following courses from the Center for Disease Control and Prevention (CDC) or the National Federation of State High School Associations (NFHS) satisfy the requirements.

[*CDC Concussion Course*](#)

[*NFHS Concussion Course*](#)

3. USA Swimming has also developed concussion and head injury education materials for coaches and administrators. Below is a concussion at the pool checklist for coaches, officials, and parents.

[*Concussion at the pool Checklist*](#)

After entering the meet, you will receive the standard USA Swimming Participant Waiver, a Concussion Information Sheet for Parents and Swimmers, and the Concussion Acknowledgment Document. Please be sure to take the time to read this information to avoid any delays or issues at the meet. Both the waiver and the acknowledgment document will need to be signed and submitted for each athlete at registration.



FUTURES CHAMPIONSHIPS

2023
TIME STANDARDS

WOMEN

MEN

SCY	LCM		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
	4:04.29	4x100 FR-R	3:40.89	
	8:40.89	4x200 FR-R	8:00.49	
	4:33.79	4x100 MED-R	4:05.89	

Qualifying from June 1, 2022 through Entry Deadline