



November 29-December 2, 2023 (Wed-Sat)
Long Course Meters

Greensboro Aquatic Center
Greensboro, NC

**The entry deadline is Tuesday, November 21, 2023 at
Noon Mountain Time**

This meet may be capped at approximately 800 swimmers

These Championships and associated time trials are sanctioned by USA Swimming

**2023 Toyota U.S. Open Championships
Greensboro Aquatic Center
Greensboro, NC**

IMPORTANT FACTS ABOUT THE MEET



- ◆ This event has been approved by World Aquatics as a qualifying event for the Paris 2024 Olympic Games.
- ◆ Session times for this competition are 9:00 a.m. for prelims and 6:00 p.m. for finals. The Wednesday distance session will also begin at 6:00 p.m.
- ◆ The qualification period for this event is November 1, 2022 through the entry deadline.
- ◆ Enter the Toyota U.S. Open Championships online at hub.usaswimming.org/landing beginning at 10:00 a.m. Tuesday, October 10, 2023 and no later than Noon Mountain Time on Tuesday, November 21, 2023.
- ◆ The following athletes will be exempt from the entry cap and may enter any number of events until the entry deadline but are subject to the late entry policy once the cap is reached:
 - * Any athlete, U.S. or foreign, who has achieved a World Aquatics "A" Time Standard from the 2024 World Championships (time standards can be found [here](#))
 - * Any 2023-24 U.S. National Team Member
 - * Any 2023-24 U.S. National Junior Team Member
- ◆ Cap exempt U.S. athletes *and their teams* will be allowed to enter one week prior to the published entry opening date (Tuesday, October 3, 2023 at 10:00 a.m. Mountain Time). Once the cap is reached exempt athletes (but not their teammates) will be permitted to enter the meet, but will be subject to the late entry policy.
- ◆ All swimmers entered in the 800 and 1500 Freestyle events must positively check-in prior to the scratch deadline to compete in the event.
- ◆ There will be bonus events at these championships for 18 and under swimmers only. Any 18-U athlete who qualifies for one or more individual events will be permitted to enter and swim in up to two bonus events, provided he/she has achieved the published Bonus Event Time Standards.
- ◆ At the discretion of the Meet Referee, the preliminary sessions may be conducted using "Flyover" starts and/or in an A/B flighted format. Details of any changes to normal meet operations protocol will be announced at the Technical Meeting.
- ◆ In the Finals, the B (consolation) heat will swim first, followed by the A (championship) heat. After all the A and B heats are completed, the C (bonus) heats will be swum.
- ◆ The scratch deadline for Wednesday events shall be at the start of the Technical Meeting (Tuesday, November 28 at 6:00 p.m.). The scratch deadline for Thursday's preliminaries shall be fifteen (15) minutes after the Technical Meeting is adjourned. Coaches who cannot attend the Technical Meeting are encouraged to text their scratches to the Administrative Referee before these deadlines. This event will follow the scratch rules as defined in section 207.11.6 of the USA Swimming Rules and Regulations. The penalty for failure to compete in an individual preliminary heat in which such swimmer is entered and has not been scratched will be one of the following:
 - Being barred from all further events of that day as prescribed in section 207.11.6, or
 - Payment of a fine of \$200
- ◆ LCM Time Trials will be conducted for all swimmers who enter and compete in the meet provided there is sufficient time between the end of the preliminary session and the start of warm-ups for the final session. Time Trial entries will only be taken on-site at the Clerk of Course.
- ◆ Foreign athletes (those who are ineligible to represent the USA in international competitions) will be allowed to swim at this competition and will be permitted in the Championship ("A") Finals including timed final events and will be permitted to score team points. In addition to entry fees, a \$35.00 additional fee will be assessed per each foreign (i.e. non-members of USA Swimming) credentialed athlete, coach, and/or team support. Please refer to page 7 for foreign entry instructions.
- ◆ Swimmers' 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.

TABLE OF CONTENTS



Event Order	3
General Information	4
Entering the Meet	7
Championship Procedures	8
Doping Control	11
Time Standards	12

EVENT ORDER

**2023 Toyota U.S. Open Championships
Greensboro Aquatic Center
Greensboro, NC**

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

**Only the fastest (single) seeded heat of Women's 1500 Freestyle and Men's 1500 Freestyle will swim in the Finals session. All other heats will swim slowest to fastest, alternating women and men beginning at a predetermined time so the second-fastest seeded heat of the Men's 1500 Freestyle concludes 60 minutes before the evening finals session is scheduled to begin.*

GENERAL INFORMATION



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. 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.

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 a 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, 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.

GENERAL INFORMATION



Facility Address

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

Meet Referee

Peter LaGow
peterlagow@gmail.com

Administrative Referee

Anissa Kanzari
937-307-6835
kanzari.anissa@gmail.com

Meet Director

David Hoover
david.hoover@greensboro-nc.gov

USA Swimming Senior Development Committee Chair

Jaime Lewis
jlewis627@gmail.com

USA Swimming National Events Director

Dean Ekeren
dekeren@usaswimming.org

Meeting Schedule

Technical Meeting	Tuesday, November 28	6:00 p.m.	Zoom-based conference call Info will be sent prior to the meeting
Officials Meeting	Wednesday, November 29	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)

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.

GENERAL INFORMATION



Tickets

Ticket Master (ticketmaster.com) will sell all-session tickets (only) beginning October 1, 2023. All seating except the front row is general admission.

Tickets for individual sessions of preliminaries and finals will be available on site.

All Session:

Front-Row reserved \$70.00 (all ages)

Adult - \$50.00

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

Single Session (either prelims or finals each day):

Adult - \$15.00

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

Parking

Four-day parking passes will be sold for the Greensboro Aquatic Center lots at the parking booths on Wednesday and Thursday. The rates are listed below:

Four-day \$24 - Wednesday through Saturday

Single-day \$8 - Daily Rate

Hotels

For up to date hotel information, please refer to

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

Pool Hours

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

Credential Pick-Up

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

Tuesday, November 28	Noon - 6:00 p.m.
Wednesday, November 29	7:30 a.m. - 7:00 p.m.
Thursday, November 30	7:30 a.m. - end of prelims, and 3:30 p.m. - 6:00 p.m.
Friday, December 1	7:30 a.m. - end of prelims, and 3:30 p.m. - 6:00 p.m.
Saturday, December 2	8:00 a.m. - end of prelims

Team Banners

Team banners will not be allowed at these Championships.

Credentials

Restricted access to the facility will be strictly enforced. Please wear your credential at all times. There is a \$100 replacement charge for lost credentials. Team Massage Therapist credentials can be purchased through OME at \$100. Massage Therapist credentials will have restricted access, and will not allow access to coach hospitality.

Publicity

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

Information/Lost & Found

"Wet" lost and found items will be located in the bin on the competition 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. Oak View Group will be the provider offering fruits, vegetables, sandwiches, yogurt, pretzels, and a wide variety of water, soda, and sports drinks.

Hospitality

Coaches and Officials hospitality will be available throughout the meet in the room adjacent to the Competition pool.

Use of Audiovisual

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

About the Facility

Located on the campus of the Greensboro Coliseum Complex, the Greensboro Aquatic Center 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. [GreensboroAquatic-Center.com](https://www.greensboroaquaticcenter.com)

Deck changing

As per 202.4.11 of the USA Swimming Rules and Regulations, deck changing is prohibited.

Wireless Internet Access

Wireless access will be available throughout the venue.

Television

The 2023 Toyota U.S. Open Championships will be broadcast on NBC networks. Check local listings for times in your area.

ENTERING THE MEET



Meet Entries

All Event Entry questions should be directed to: Trey Freeman at tfreeman@usaswimming.org or 719-238-6376.

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 Toyota U.S. Open Championships online at hub.usaswimming.org/landing beginning at 10:00 a.m. Tuesday, October 10, 2023 and no later than Noon Mountain Time on Tuesday, November 21, 2023.
- ◆ 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).
- ◆ 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, 2022 through the entry deadline.

Number of Events

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

Bonus Events

There will be bonus events at these championships for 18 and under swimmers only. Any 18-U athlete who qualifies for one or more individual events will be permitted to enter and swim in up to two bonus events, provided he/she has achieved the published Bonus Event Time Standards.

Entry Fees:

- \$20.00 per individual event
- \$20.00 per credentialed coach/staff (\$25 on site)
- \$35.00 additional fee per foreign (*i.e.* non-members of USA Swimming) credentialed athlete, coach, and/or team staff.

Foreign Entries

Foreign athletes (those who are ineligible to represent the USA in international competitions) will be allowed to swim at this competition, and will be permitted in the Championship ("A") Finals including timed final events and will be permitted to score team points. Foreign team coaches should send an email with their first and last name, work phone, and email address, along with the names and birthdates of their qualified swimmers to tfreeman@usaswimming.org, and will receive an email with instructions on how to access and utilize the OME system. All foreign delegations must submit documentation from their

federation indicating athletes, coaches, and team support are members in good standing of their World Aquatics affiliated federation. Foreign entries must be proven with meet results and must be submitted by the entry deadline.

New Qualifying Swims

Swims achieving a qualifying time standard for the first time from Wednesday, November 22, 2023, through Sunday, November 26, 2023, may enter the meet through OME under the title *2023 Toyota U.S. Open: New Qualifying Swims*. These entries must be submitted no later than 11:59pm Mountain Time on Sunday, November 26, 2023, and cannot be used to improve the seed time of a prior entry unless the improvement achieves a new qualifying standard. Normal entry fees apply.

Late Entries

Any team or athlete missing the entry deadline will be permitted to enter late, subject to the following requirements:

- A. Late entries must be submitted through the Online Meet Entry system (OME);
- B. These entries must be received no later than 11:59 p.m. Mountain Time on Sunday, November 26, 2023;
- C. The team or athlete must pay a one-time processing fee of \$150.00, *and* pay entry fees of \$40 per event.

Secondary Club Recognition

The online entry form contains a space for secondary "club recognition." You may enter a second club for each of your athletes if you wish. The secondary club will be listed in the psych sheet, meet roster and heat sheets, if space is available. Each athlete will have only 16 characters for both his/her club and his/her secondary club. The club does not need to be a USA Swimming member club. It may be any club that your athlete wishes to recognize. Listing this club is for recognition purposes only. Listing this club has nothing to do with representation, team scoring or credentials.

Waiver and Release Form

The USA Swimming Waiver and Release Form will be automatically generated by the online system. These forms must be submitted at the registration desk. Make copies as needed for each swimmer. Having this completed will save time during check-in at the competition site. Additionally, a parent or legal guardian must sign the form if swimmer is under the age of majority in his/her home state.



Rules

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

Membership Requirement

All U.S. swimmers, coaches, and team staff must be 2023 Premium or Outreach members of USA Swimming and must be current in all required certifications and trainings and 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. Coaches must provide proof of CPR, First Aid and Safety Training for Swimming Coaches or USA Swimming approved equivalents, and must have successfully passed the required background check and APT Course.

No swimmer will be issued credential without a coach member present. If the home club coach is not planning to attend event, swimmer must designate a supervising coach. Arriving with fellow LSC club/coach is preferred. However, if a swimmer arrives without a coach, he/she must find a willing coach at the facility to sign a 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.

Responsibility Clause

The coach, swimmer or swimmer representative who signs a USA Swimming Championship entry form attests that all times stated in the entry form are true and correct as achieved qualifying times for each event entered. He/she assumes all responsibility for false or incorrect times, or times which are unacceptable under USA Swimming rules, and shall be assessed a \$100 penalty payable to the Corporation for each such time entered, unless absolved of the fine by USA Swimming or its designee or Board of Review. Additional action or penalty may be taken or

levied as deemed appropriate by USA Swimming.

Such penalty shall also be levied against any USA Swimming verification officer who entered such a false or incorrect time(s) into the SWIMS Database.

Appeal of fines are to be made to USA Swimming or its designee and/or Board of Review. Any appeal of the decision shall be in accordance with the provisions of Part Four, specifically Article 407.

Automatic Proven Times

If a time for a swimmer is visible in the public search feature on the USA Swimming website (Times/Time Standards) and it was swum in the appropriate qualifying period, it is considered a proven official time. Entry times not proven by the scratch deadline for the event will be considered as false or incorrect times and are subject to action under provisions of the USA Swimming Rules and Regulations.

Times from all college dual, invitational and conference meets should be in the database. If a qualifying time was swum at a USA Swimming observed high school meet, verify that it is in the database before using it for entry. Contact the LSC Times Official in the LSC where the meet was held if there are missing times or questions about whether the meet was observed. Times from all major international championships will be automatically entered in the database. Times from any other meets in which National time standards were met must be requested from the SWIMS Time Official in the LSC in which the meet was held. LSC officials may charge a fee for data entry requested after the meet ends. Note: Relay lead offs and/or intermediate split times must be requested from the SWIMS Time official in the LSC where the time was achieved. Requesting SWIMS data entry won't enter a swimmer into a competition nor place your club on the USA Swimming mailing list.

Seeding

For these Championships, the seeding order is:

1. Long Course Meters (LCM)
2. Short Course Yards (SCY)
3. LCM (18-U Bonus)
4. SCY (18-U Bonus)

Registration

Credentials for coaches, managers and team support shall be issued to those persons listed on the submitted team entry forms, according to the following formula, based upon the total size of the team, whether comprised of one or both sexes. The cost for these credentials is \$20/each. Team support members must be included in this formula and on the entry form to receive a credential. Athletes entered in the meet will receive a deck pass as part of their entry fee. All others will be required to purchase individual tickets. For clubs that wish to bring certified massage therapists 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, and will have limited access around the venue.

- ◆ 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
- ◆ 10-14 swimmers in individual events; 4 deck passes
- ◆ 15-19 swimmers in individual events; 5 deck passes

CHAMPIONSHIP PROCEDURES



- ◆ 20-24 swimmers in individual events; 6 deck passes
- ◆ 25-29 swimmers in individual events; 7 deck passes
- ◆ 30- 34 swimmers in individual events; 8 deck passes
- ◆ 35-39 swimmers in individual events; 9 deck passes
- ◆ 40 or more swimmers in individual events; 10 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

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

Check-In

Coaches are responsible for all business conducted at the Technical Meeting. If, for any reason, you cannot attend the meeting, be sure to find out what occurred. You must arrive prior to the scratch deadline for your swimmer's first event to prove times if necessary.

- A. Start with the person that is checking the swimmers' and coaches' membership in USA Swimming. Have your coach membership card with you. To avoid any problems with your swimmers, have their membership cards as well.
- B. After you have been cleared, move on to the individual giving out the Coaches' packets.
- C. Review the psych sheet posted by the Times desk and make sure your swimmers do not have an indicator (*, #, \$) by their time.
 - * Next to Time - Unproven Time
 - # Next to Time - Athlete's registration is expired or missing.
 - \$ Next to Time - Athlete's Athlete Protection Training (APT) requirement is missing or expired.
- 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 800 and 1500 Freestyle events must be positively checked-in prior to the scratch deadline in order to compete in the event.
- F. Check your scratches - make certain they are correct and submitted on time. Do not let your swimmer miss his/her best event because you failed to scratch an entry.
- G. Follow all proof of time, scratch and distance event entry procedures by the required deadlines as published. 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 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 viola-

tion 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 events shall be at the start of the Technical Meeting. The scratch deadline for Thursday's preliminaries shall be fifteen (15) minutes after the Technical Meeting is adjourned. Coaches who cannot attend the Technical Meeting are encouraged to text their scratches to the Administrative Referee before these deadlines.
- ◆ The scratch deadline for Friday's and Saturday's preliminaries shall be thirty (30) minutes after the time established for the start of the previous evening's finals session.
- ◆ This event will follow the scratch rules as defined in section 207.11.6 of the USA Swimming Rules and Regulations. As provided in this section, USA Swimming has established that the penalty for failure to compete in an individual preliminary heat in which such swimmer is entered and has not been scratched will be one of the following: being barred from all further events of that day as prescribed in section 207.11.6, or payment of a fine of \$200.

Ready Room

A Ready Room will be used at these Championships prior to each "A" finals heat. Each swimmer in the "A" final (including the fastest-seeded heats of the 1500 Freestyle events) must report to the Ready Room five minutes preceding the event. Bonus and Consolation heats will report directly to their assigned starting block.

Distance Freestyle

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

Finals Session Event Order

There will be a bonus, consolation, and championship final in each individual event at this Championship (except the distance Freestyle events). In the Finals, the B (consolation) heat will

CHAMPIONSHIP PROCEDURES



swim first, followed by the A (championship) heat. After all the A and B heats are completed, the C (bonus) heats will be swum.

Meet Scoring

Scoring will be on a sixteen (16) place basis. Individual events: 20, 17, 16, 15, 14, 13, 12, 11, 9, 7, 6, 5, 4, 3, 2, 1.

Results

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

Awards

An awards ceremony will be conducted immediately after each event. The top three swimmers in each event should report to the Awards Staging Area following the "A" Final for their event, and dress in official team apparel for the medal ceremony. Fourth through eighth place finishers should pick up their medals in the awards staging area.

- ◆ Medals - A medal ceremony will be conducted for the top three place winners in each individual and relay event.
- ◆ Team Awards - Awards will be provided for the top three teams in Men's, Women's, and Combined categories. There will be no awards for college teams.
- ◆ Individual High Point Awards - Male and Female Awards will be given at the Toyota U.S. Open.
- ◆ Performance Award - This award is presented to the swimmer who achieves the single most outstanding performance of the meet.
- ◆ An "18 & Under" U.S. Open Champion medal will be presented to the highest placing 18-under swimmer in each individual event. These medals can be claimed in the awards ready area.

Use of Cameras in Disqualifications

The following USA Swimming provided cameras may be designated for replay use in accordance with rule 102.21.15:

- ◆ Underwater camera replay system

- ◆ 15m mark deck cameras
- ◆ Overhead video timing system
- ◆ Broadcast cameras
- ◆ USA Swimming Performance and Race Analysis cameras

Underwater cameras will be used to initiate disqualifications for potential rule violations during the swims and in real-time. In addition, they will be utilized in overturning, confirming, or rendering a decision of "video inconclusive" any call coming from the deck.

Time Trials

LCM 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 day's 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. The exception to this schedule is with the 50 freestyle which will be offered at the end of the session each day, except on the day it is contested when it will be the first time trial of the session. 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



The 2023 Toyota U.S. Open Championships are subject to Doping Control.

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

What substances are banned?

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

What about medication?

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

The [USADA wallet card](#) also provides information on the most commonly ingested medications. If and when a medication is prohibited, athletes may choose to stop taking or replace the medication with a non-prohibited substance or explore the [Therapeutic Use Exemption](#) process. *Your health is your first priority. Any decision to stop or start a medication should be made in consultation with your medical provider.* It's important to understand that Dietary Supplements are not medication. They are regulated and manufactured differently. For these reasons, USADA is unable to provide guidance on specific dietary supplement products. For more information visit [USADA's Supplement 411 resource.](#)"

Therapeutic Use Exemptions?

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

Understand the Sample Collection Process:

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

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

NCAA doping control rules are different than the rules for this meet. Be sure all athletes have checked their meds with USADA and understand this information.

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 Master's and USA Swimming) or World Aquatics sanctioned events. If you have an athlete in this situation, please email smichael@usaswimming.org immediately.



2023 TIME STANDARDS

TOYOTA U.S. OPEN CHAMPIONSHIPS

* Qualifying period 11/1/2022 through entry deadline

WOMEN

MEN

SCY	LCM	EVENT	LCM	SCY
22.59	26.29	50 FR	23.39	20.09
49.29	56.99	100 FR	50.99	43.49
1:46.69	2:03.09	200 FR	1:52.19	1:36.49
4:45.99	4:19.19	400/500 FR	3:59.29	4:22.09
9:52.49	8:52.89	800/1000 FR	8:16.09	9:07.49
16:25.39	17:00.29	1500/1650 FR	15:50.99	15:17.39
53.89	1:03.69	100 BK	57.29	47.59
1:56.59	2:16.99	200 BK	2:04.49	1:45.49
1:01.79	1:12.19	100 BR	1:04.09	54.19
2:13.59	2:36.09	200 BR	2:19.69	1:58.79
53.49	1:01.69	100 FL	55.09	47.79
1:58.59	2:15.79	200 FL	2:02.79	1:45.99
1:59.49	2:19.49	200 IM	2:05.79	1:46.39
4:13.69	4:55.29	400 IM	4:28.79	3:48.79



2023 TIME STANDARDS

TOYOTA U.S. OPEN CHAMPIONSHIPS

* Qualifying period 11/1/2022 through entry deadline

WOMEN

MEN

SCY	LCM	18-UNDER BONUS	LCM	SCY
22.79	26.59	50 FR	23.99	20.49
49.69	57.59	100 FR	51.99	44.39
1:47.39	2:04.29	200 FR	1:54.29	1:38.39
4:48.09	4:21.39	400/500 FR	4:02.79	4:28.29
9:56.79	8:58.69	800/1000 FR	8:23.09	9:13.19
16:32.59	17:11.29	1500/1650 FR	16:05.09	15:34.19
54.49	1:04.39	100 BK	58.79	49.39
1:57.69	2:18.29	200 BK	2:06.99	1:47.99
1:02.79	1:13.29	100 BR	1:05.89	55.79
2:15.49	2:38.29	200 BR	2:23.29	2:01.19
53.99	1:02.39	100 FL	56.49	48.99
1:59.39	2:16.99	200 FL	2:05.09	1:47.89
2:00.59	2:20.99	200 IM	2:08.29	1:48.89
4:15.19	4:57.29	400 IM	4:33.09	3:52.69