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**TO: USA Swimming Board of Directors
USA Swimming Athletes, Coaches, Clubs, and Volunteers**

From: Mike Saltzstein, Vice President – Program Operations
Michael Lawrence, Chair – Olympic International Operations

**RE: 2006 ConocoPhillips National Championships
and USA National Team Trials – Irvine, CA**

Date: March 24, 2006

Attached please find an updated meet information sheet/event order for the 2006 Summer Championships. Recommendations for update were received from the National Team Director - OIOC (via Steering and after discussion/input) and Program Operations have approved the requests. We solicit your help in distributing this document widely within our sport to ensure our athletes, coaches, clubs and volunteers are aware of these new opportunities and have time to properly plan and prepare for the Championships & National Team selection.

Specific changes are italicized in the meet information sheet and include:

- adding Olympic event relays to the finals sessions,
- the ability for an athlete to qualify for certain Olympic distance events using a qualifying time from a non-Olympic distance, and
- team scoring and awards.

Time standards and the meet event order are attached.

With these updates to the summer competition, we are providing additional athletes with the opportunity to compete and be selected for the National Team to represent the United States in 2006 and 2007, and beyond...

Please do not hesitate to contact John Walker (Acting National Team Director), Mark Schubert (Incoming Head Coach & General Manager), Michael Lawrence (Chair, OIOC), John Leonard (Chair, Steering), Dean Ekeren (Director, National Events) or me with any questions.



Member, U.S. Olympic Committee

Please distribute this information widely within the Sport.

Revised 3/24/06

2006 ConocoPhillips USA Swimming National Championships and USA National Team Trials

Event Information Sheet August 1-5, Irvine, CA

Important Facts About the Meet



- ◆ This competition is governed and operated by Program Operations.
- ◆ The qualifying period for this event is July 1, 2005 through the entry deadline.
- ◆ On-Line Entry Deadline; Monday, July 24, 2006 by 11:59 p.m. MT
- ◆ Paper Entry Deadline; If not registering on-line, paper entries must be received by 5:00 p.m. Mountain Time on Tuesday, July 25, 2006.
- ◆ Fax Entry Deadline; Only swims achieving the qualifying time standards for the first time from Monday, July 24, 2006, through Sunday, July 30, 2006 may be sent by FAX transmission. These faxed entries must be received no later than 11:59 p.m. (PST) on Sunday, July 30, 2006, and cannot be used to improve the seed time of a prior entry.
- ◆ There will be no bonus events at this competition.
- ◆ *There will be relays in this competition. All relays will be timed finals with all heats swum in the evening session. Relay-only swimmers will not be allowed to swim in time trials. Time trials for all other swimmers will be offered according to Rule 207.8.3.*
- ◆ *Team scores will be kept and awarded.*
- ◆ *Athletes may qualify for the Olympic Distance events using time standards for those events or the non-Olympic distance events.*
- ◆ Swimmers must be eligible to represent the United States in international competition, and be a member of USA Swimming, to compete in this event.
- ◆ This event will serve as the USA National Team selection for the 2006 Pan Pacific Championships, the 2007 World Championships (combined with Pan Pacific results), and the 2007 Pan American Games.
- ◆ This information is subject to change. For complete information, please consult the official event information or www.usaswimming.org.

2006 ConocoPhillips USA Swimming National Championships and USA National Team Trials

Heats Begin at 9:00am	Order of Events Long Course Meters	Finals Begin at 5:30 pm
<u>Women's Events</u>	<u>Day 1 – Tuesday, August 1, 2006</u>	<u>Men's Events</u>
1	W 100 Butterfly	
	M 400 Freestyle	2
3	W 200 Individual Medley	
	M 100 Breaststroke	4
5	W 400 Freestyle	
	M 400 Individual Medley	6
	M 4 x 100 Free Relay	7
	<u>Day 2 – Wednesday, August 2, 2006</u>	
8	W 100 Backstroke	
	M 200 Freestyle	9
	M 100 Backstroke	10
11	W 200 Freestyle	
	M 200 Butterfly	12
13	W 4 x 100 Free Relay	
	<u>Day 3 – Thursday, August 3, 2006</u>	
14	W 100 Breaststroke	
	M 100 Butterfly	15
16	W 50 Freestyle	
	M 50 Freestyle	17
18	W 400 Individual Medley	
19	W 4 x 200 Free Relay	
	<u>Day 4 – Friday, August 4, 2006</u>	
	M 100 Freestyle	20
21	W 200 Butterfly	
	M 200 Individual Medley	22
23	W 200 Backstroke	
25	W 800 Freestyle (heats)	
	M 1500 Freestyle (heats)	30
	M 4 x 200 Free Relay	24
	<u>Day 5 – Saturday, August 5, 2006</u>	
25	W 800 Freestyle (final)	
26	W 100 Freestyle	
	M 200 Backstroke	27
28	W 200 Breaststroke	
	M 200 Breaststroke	29
	M 1500 Freestyle (final)	30
31	W 4 x 100 Medley Relay	
	M 4 x 100 Medley Relay	32

On Day 4, the heats of the distance events will be swum at the end of preliminary session.
All heats of relays will be swum in the evening sessions.

2006 ConocoPhillips USA Swimming National Championships and USA National Team Trials

August 1-5, Irvine, CA

Hotel Information

Hyatt Regency– Irvine (Headquarters Hotel)

17900 Jamboree Road
Irvine, 92614

949-975-1234

15 minutes from pool

Discounted parking, Courtesy shuttle
Breakfast

Marriott Irvine

18000 Von Karman Ave
Irvine, 92612

714-241-8800

15 minutes from pool

Atrium Hotel at Orange County Airport

18700 MacArthur Blvd
Irvine, CA 92612

949-833-2770

20 minutes from pool

Best Western Hotel

2700 Hotel Terrace Drive
Santa Ana, 92705

800-432-0053

20 minutes from pool

Candlewood Suites

16150 Sand Canyon Avenue
Irvine, CA 92618

949-788-0500

15 minutes from pool

Comfort Suites

2620 Hotel Terrace Drive
Santa Ana, CA 92705

714-966-5200

20 minutes from pool

Courtyard by Marriott

2701 Main Street
Irvine, 92614

714-957-1100

15 minutes from pool

Crowne Plaza Irvine

17941 Von Karman Avenue
Irvine, CA 92614

949-863-1999

20 minutes from pool

Doubletree Hotel – Irvine Spectrum

90 Pacifica Avenue
Irvine, CA 92618

949-471-8888

10 minutes from pool

Embassy Suites

1325 E. Dyer Road
Santa Ana, 92705

714-241-3800

15 minutes from pool

Embassy Suites – Irvine

2120 Main Street

Irvine, 92614

949-553-8332

15 minutes from pool

Hilton - Irvine

18800 MacArthur Blvd
Irvine, CA 92612

949-833-9999

20 minutes from pool

Holiday Inn

2726 S. Grand Ave.

Santa Ana, CA 92705

714-481-6300

20 min from pool

Breakfast

Homestead Studio Suites and Hotel

30 Technology Drive

Irvine, CA 92618

949-727-4228

15 minutes from pool

La Quinta Inn

14972 Sand Canyon Avenue

Irvine, CA 92618

949-551-0909

10 minutes from pool

Marriott Irvine

18000 Von Karman Ave

Irvine, 92612

714-241-8800

15 minutes from pool

Marriott Suites

500 Anton Blvd

Costa Mesa, 92626

949-757-1200

20 minutes from pool

Residence Inn

2855 Main Street

Irvine, 92614

949-261-2020

15 minutes from pool

Residence Inn by Marriott

Irvine Spectrum

15 Morgan

Irvine, CA 92614

949-380-3000

10 minutes from pool

Residence Inn by Marriott

Orange County Airport

2855 Main Street

Irvine, CA 92618

949-261-2020

20 minutes

Residence Inn by Marriott

Costa Mesa

881 Baker Street

Costa Mesa, 92626

949-553-0100

20 min from pool

Wyndham Orange County

3350 Avenue of the Arts

Costa Mesa, CA 92626

714-751-5100

20 min from pool

Breakfast

2006 ConocoPhillips National Championships & USA Team Trials
August 1-5
Irvine, CA

WOMEN			EVENT	MEN		
LCM	SCM	SCY		SCY	SCM	LCM
26.79	25.99	23.29	50 FREESTYLE	20.49	22.69	23.79
57.69	55.69	50.59	100 FREESTYLE	44.89	49.59	52.19
2:04.49	2:00.19	1:49.09	200 FREESTYLE	1:38.89	1:49.49	1:54.09
4:20.89	4:09.99	4:49.49	400/500 FREESTYLE	4:27.19	3:51.29	4:02.99
8:56.29	8:43.39	10:01.09	800 FREESTYLE	9:20.99*	8:10.89*	8:24.29*
17:06.69*	16:35.19*	16:46.89*	1500 FREESTYLE	15:34.99	15:17.19	16:06.49
1:05.39	1:01.59	56.09	100 BACKSTROKE	49.99	55.69	58.69
2:19.99	2:14.09	2:00.99	200 BACKSTROKE	1:48.79	2:00.89	2:07.19
1:13.29	1:10.99	1:03.59	100 BREASTSTROKE	56.29	1:02.59	1:05.59
2:38.09	2:33.79	2:17.49	200 BREASTSTROKE	2:02.59	2:17.49	2:22.79
1:03.09	1:00.89	55.39	100 BUTTERFLY	49.19	53.89	56.19
2:17.29	2:13.49	2:01.49	200 BUTTERFLY	1:49.69	2:00.09	2:05.09
2:21.49	2:15.59	2:02.89	200 IM	1:50.49	2:02.09	2:08.79
4:57.79	4:48.29	4:21.39	400 IM	3:56.59	4:21.99	4:34.29
3:58.39	3:57.19	3:31.99	4 x 100 Free Relay	3:05.89	3:26.59	3:33.59
8:40.99	8:34.89	7:40.59	4 x 200 Free Relay	6:55.79	7:42.29	7:53.79
4:25.89	4:23.99	3:56.89	4 x 100 Medley Relay	3:27.29	3:51.59	3:55.69

Qualifying period is July 1, 2005 through the entry deadline.

***These times may be used to qualify for the Olympic Distance events.**