



**2013
Phillips 66
National Championships
& World Championship Trials**

**June 25-29
Indianapolis, Indiana**

Event Information

Entry Deadline is Monday, June 17, 2013

2013
Phillips 66 National Championships
& World Championship Trials

Important Facts About the Meet 

- ◆ This event will serve as the USA National Team selection for the 2013 FINA World Championships July 16 - Aug 4 in Barcelona, Spain. For complete National Team selection criteria, please refer to usaswimming.org/nationals. The World Championship Team will have a mandatory training session and meeting from 8 am to 12 noon on June 30. Please plan your departure from Indianapolis for later than 2 pm (transportation to the airport following the breakfast meeting will be provided).
- ◆ **Entry Deadline:** All U.S. entries must be made online at usaswimming.org/ome no later than Monday, June, 17, 2013, by 11:59 p.m. Mountain Time. The entry system will open April 1, 2013.
- ◆ **New Qualifying Swims:** The email entry process is being replaced by OME. A meet will open in OME starting Tuesday, June 18th, with the title 2013 Nationals: New Qualifying Swims. Only swims achieving the qualifying time standards for the first time from Tuesday, June 18, 2013, through Sunday, June 23, 2013, may be entered in this manner. These entries must be submitted no later than 11:59pm Mountain Time on Sunday, June 23, 2013, and cannot be used to improve the seed time of a prior entry. Normal entry fees apply.
- ◆ This event will follow the scratch rules as defined in section 207.11.6 of the USA Swimming Rules and Regulations. As provided in section 207.11.6F of those rules, the Steering Committee and the Vice President of Program Operations have established that the penalty for failure to compete in an individual preliminary heat in which such swimmer is entered and has not been scratched in accordance with sub-paragraphs 207.11.6A and B will be one of the following:
 - Being barred from all further individual and relay events of that day as prescribed in section 207.11.6C, or
 - Payment of a fine of \$200
- ◆ The qualification period for this event is March 29, 2012 through the entry deadline.
- ◆ The "C" final will be limited to the top 18-under athletes that do not qualify for the "A" or "B" final.
- ◆ There will be no Bonus events at this competition.
- ◆ Swimmers may qualify for the 800 and 1500 Freestyle events with either the 800 time standard or the 1500 time standard.
- ◆ 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 be allowed to swim in time trials. Time trial entries will only be taken on-site at the Clerk of Course.
- ◆ Team scores will be kept and awarded.
- ◆ Foreign athletes (those who are ineligible to represent the USA in international competitions) will not be allowed to swim at this competition.
- ◆ At the discretion of the Meet Referee, the preliminary sessions may be conducted using "Flyover" starts and/or in an A/B format. Details of any changes to normal meet operations protocol will be announced at the technical meeting.
- ◆ It shall be the swimmers' and coaches' responsibility to acquaint themselves with all of the information contained in this meet information book and information or changes announced at the Technical Meeting.

Table of Contents 

Order of Events.....	3
Meet Administration.....	4
General Information.....	5
Site Information	6
Entering the Meet	7
Championship Procedures	8
Doping Control	12
Time Standards	13

Order of Events



2013 Phillips 66 National Championships & World Championship Trials

Heats Begin at 9:00 a.m.

Finals begin at 6:00 p.m.

Women's Events

Day 1 – Tuesday, June 25

Men's Events

1	200 Butterfly	2
3	100 Freestyle	4
5	Women's 800 Freestyle	-
-	Men's 1500 Freestyle	6
7	4 x 100 Freestyle Relay	8

Day 2 – Wednesday, June 26

9	200 Freestyle	10
11	200 Breaststroke	12
13	200 Backstroke	14
15	50 Butterfly	16
-	Men's 4 x 200 Freestyle Relay	17

Day 3 – Thursday, June 27

18	400 Individual Medley	19
20	100 Butterfly	21
22	50 Breaststroke	23
24	50 Backstroke	25
26	Women's 4 x 200 Freestyle Relay	-

Day 4 – Friday, June 28

27	400 Freestyle	28
29	100 Breaststroke	30
31	100 Backstroke	32
33	4 x 100 Medley Relay	34

Day 5 – Saturday, June 29

35	Women's 1500 Freestyle	-
36	200 Individual Medley	37
-	Men's 800 Freestyle	38
39	50 Freestyle	40

On Day 1 and Day 5, the 800m and 1500m freestyle events will be swum slowest to fastest, alternating women's and men's heats, with the fastest heat of each race swum during the evening session. All other heats will be scheduled so the second fastest heat of the Men's event finishes approximately one hour prior to the start of the evening session.

Qualifying for the 50m Backstroke, 50m Breaststroke, and 50m Butterfly must be done with qualifying times in the corresponding 100m events. Seeding for these events will be by the corresponding 100m entry times.

All heats of relays will be swum in the evening sessions.

Meet Administration



Facility Address

Indiana University Natatorium on the Campus of IUPUI
901 West New York Street
Indianapolis, IN 46202
317-274-3518

Meet Referee

Clark Hammond
205-4589473
hamm5690@bellsouth.net

Meet Directors

Arlene McDonald
Indiana Swimming
Meet Operations
317-442-2166
Arlenemcd@aol.com

Julie McKenney
IU Natatorium
Facility Operations
317-506-7222
jmckenne@iupui.edu

Club Co-Host

Avon Community Swim Team

USA Swimming Vice President, Program Operations

Jim Sheehan
908-239-9009
Jim.Sheehan@marshpm.com

USA Swimming National Team Director

Frank Busch
719-866-4578
fbusch@usaswimming.org

USA Swimming National Events & Marketing Director

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

Meeting Schedule

Monday, June 24	5:00 p.m.	Technical Meeting	IUPUI Lecture Hall (Maps will be provided)
Tuesday, June 25	7:30 a.m.	Officials' Meeting	Track Tunnel Lobby, NW corner of Natatorium
<i>All subsequent officials' briefings will be held one hour prior to the start of each session</i>			
Friday, June 28	8:00 – 11:00 PM	Coaches, Officials, and VIP Social	IUPUI Campus Center Room CE45A

Directions to Pool from Airport

From the airport, follow signs onto I-70 E.
Continue on I-70 E. for approx. 4 miles, and take Exit 79A (West Street).
Turn North (left) onto West St. to Michigan Street.
Turn Left on Michigan Street.
Turn Left onto University Boulevard.
Turn Left onto New York Street.
Turn Right onto Blake Street and proceed into the garage attached to the IU Natatorium.

Hotels

Marriott is a proud sponsor of USA Swimming. For a list of Marriott and other convenient hotels please refer to usaswimming.org/nationals.

Special rates for this event have been negotiated at numerous partner hotels which are all conveniently located and in close proximity to the Indiana University Natatorium. For complete, up-to-date hotel information and access to the host's convenient online hotel reservation system, visit the event website at usaswimming.org/nationals and click on the hotel link that appears on the home page. Please do not call the hotels directly as you will be unable to obtain the negotiated event rate and amenities.

When making reservations for ten or more hotel rooms, please call the *Visit Indy* housing office at 317-684-2573 between the hours of 8:30 AM and 5:00 PM (Eastern) for assistance. Housing agents there have the real-time hotel inventory and with one phone call, you can book your reservation at available hotels that meet your needs. When calling the *Visit Indy* housing department, please ask for the Indiana Swimming 2013 National Swimming Championships block.



General Information



Tickets Orders

Pre-sale tickets for all-session tickets and day passes can be purchased online at usaswimming.org/nationals beginning on the dates listed below. Tickets for individual sessions of preliminaries and finals will be sold separately at the IU Natatorium during the event.

All-Session Tickets

Available online beginning March 1, 2013.
(includes psych sheet and heat sheets)

- All-Session Reserved (Chairback): \$75*
- All-Session General Admission Adult (Bleacher): \$65*
- All-Session General Admission Student (Bleacher): \$55*

*\$10 off All-Session Passes purchased online by May 1, 2013.

Day Pass - Prelims & Finals of the Same Day

Available online beginning May 1, 2013

- Reserved Chairback: \$25
- General Admission Adult (Bleacher): \$20
- General Admission Student (Bleacher): \$14

Single Session

Available only at the IU Natatorium from June 23—29, 2013

- Reserved Chairback: \$15
- General Admission Adult (Bleacher): \$12
- General Admission Student (Bleacher): \$8

Admission is free for children ages 3 and younger.

Prices are all inclusive. There are no additional fees or taxes for tickets purchased on site. Customary Ticketmaster fees will apply to online sales. Price includes parking in designated lot identified prior to event. Parking details will be posted at algreatracers.com.

On competition days, the ticket office will open 90 minutes prior to the start of each session.
There will be no refunds or exchanges.

For questions or more information on tickets, contact Joe Durlle at jdurlle@iupui.edu.

Psych Sheets and Heat Sheets

- Psych Sheets \$10.00
- Prelims Heat Sheet \$5.00
- Finals Heat Sheet \$2.00

Transportation

USA Swimming has negotiated rates with United Airlines if ticketed by Polk Majestic Travel Group. Discounts are based on class of service and availability. For more information, you may contact the PMTG Group Air department at (303) 302-2540 or (800) 218-9481, or contact usaswimming@polkmajestic.com with your request.

Airlines

United	800/864-8331
American/American Eagle	800/433-7300
Delta/Delta Connection	800/221-1212
Northwest/KLM	800/225-2525
Southwest	800/435-9792
US Airways/America West	800/428-4322
Air Canada	800/247-2262
Air Tran	800/825-8538
Frontier	800/432-1359
Midwest Connect	800/452-2022

Car rental agencies

Alamo	800/327-9633
Avis	800/230-4898
Budget	800/527-0700
Dollar	800/800-3665
Enterprise	800/736-8222
Hertz	800/654-3131
National	800/227-7368
Thrifty	800/847-4389

In addition to taxis, IndyGo offers affordable access via public transportation between Indianapolis International Airport and downtown Indianapolis seven days a week, early morning to late night. Departures are every half hour for most of the day. Route 8 travels through downtown Indianapolis along Ohio Street where passengers can walk to downtown hotels or transfer to another IndyGo route. Children ages 5 and under ride free with a fare-paying adult; half-fares are available to those who qualify. Visit <http://www.indygo.net/maps-schedules/transit-service-between-airportdowntown-indy> for more information.

Carey Indiana offers share-a-ride service from the Ground Transportation Center at the Indianapolis International Airport located on the first level of the parking garage outside of the baggage claim area. Carey Indiana has a staffed counter in this facility from 8:00 AM until 12:00 Midnight.

Broadcast Statement

Any photographs, videotape or other audio and/or visual recordings of the event created by a spectator or participant may be used solely for such spectator or participant'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.



Publicity

Any swimmer competing in the championship final of an event for the first time at this meet should be sure that his/her biographical information is on file in the Media Room. Biographical forms are available in the Media Room.

Information/Lost & Found

Lost and found will be located in the East Control Room on the deck level of the Natatorium and at the Ticket Booth on the spectator concourse. A guest services information desk will be located in the upper concourse area of the facility and will be staffed during the hours posted.

Lockers

Four (4) locker rooms, two (2) men's and two (2) women's, exist adjacent to the competition pool with ample locker space. Lockers for use by officials are located in the instructional pool area adjacent to and north of the competition pool. Athletes and officials must provide their own locks. The IU Natatorium and the meet hosts will not be held liable for lost or stolen items.

Medical Assistance

Medical personnel will be available in a designated room, located near the pool deck, the entire time the facility is open for practice and competition. Sick call will be available daily. The sick call schedule will be noted in the information provided in the coaches' packet. There will also be pager numbers to contact for 24-hour emergency assistance. Sports massage therapy services will not be provided.

Parking

All-session parking passes for the attached garage will be available to coaches based on the number of competing swimmers as follows: 1-5 swimmers: 1 pass; 6-10 swimmers: 2 passes; 11-15 swimmers: 3 passes, etc. Officials will also receive all-session parking passes for the attached garage upon request.

Spectator parking will be available on New York Street surface lots just northwest of the Natatorium in IUPUI parking lots #80 & #58. There will be no fees collected for spectators parking in these lots.

Concessions

Concessions will be provided by Chartwells, the official University caterer, on the main concourse of the IU Natatorium during competition hours.

Hospitality

A hospitality room for the coaches and officials will be located on the south pool deck level directly behind the diving towers. Food and beverages will be offered throughout the day. The athlete hospitality area will be in the northeast room on the deck level.

About the Facility

The IU Natatorium, located on the campus of IUPUI in downtown Indianapolis, was completed in 1982 at a cost of \$21.5 million. The IU Natatorium has three pools (competition pool, instructional pool, and diving well) which combined hold over 2.1 million gallons of water. The main competition pool has been proclaimed one of the fastest pools in the world, with 93 American and 12 World records having been broken here. Athletes from around the world have competed at the IU Natatorium, which is also open daily for lap swimming, instructional programs, and camps. The diving well boasts eight diving boards and five platforms. The US Olympic Team Trials-Swimming were held here in 1984, 1992, 1996 and 2000. The names of all the team members who have qualified for an Olympic Team here are inscribed on the south wall of the Natatorium.

Pool Hours

Sunday, June 23	9:00 a.m. - 10:00 p.m.
Monday, June 24	6:00 a.m. - 10:00 p.m.
Tuesday, June 25	6:00 a.m. - 1 hour after finals
Wednesday, June 26	6:00 a.m. - 1 hour after finals
Thursday, June 27	6:00 a.m. - 1 hour after finals
Friday, June 28	6:00 a.m. - 1 hour after finals
Saturday, June 29	6:00 a.m. - 1 hour after finals

Credential Pick-Up

Teams arriving during times other than the Credential Pick-Up times listed below will be given temporary day passes in the Registration area so that athletes may immediately enter the deck for workout. Coaches should return during the designated times to pick up official credentials and packets.

Credentials can be picked up at the Natatorium on the following schedule:

Sunday, June 23	9:00 a.m. - Noon and 1:00p.m. - 8:00 p.m.
Monday, June 24	7:30 a.m. - Noon and 1:00 p.m. - 8:00 p.m.
Tuesday, June 25	7:30 a.m. - Noon and 1:00 p.m. - 1 Hr after Finals
Wednesday, June 26	7:30 a.m. - Noon and 1:00 p.m. - 1 Hr after Finals
Thu June 27 - Sat June 29	See volunteer at Team Registration table at the bottom of the stairs leading to the east deck entry (garage side)

Team Banners

Team banners will not be allowed at this event.

Credentials

Restricted access to the facility will be strictly enforced. Please wear your credential at all times. There is a \$50 replacement charge for lost credentials.

Entering the Meet



Entering Online at usaswimming.org/ome

All Entry questions should be directed to Josh Fowler at USA Swimming (jfowler@usaswimming.org or 719-866-3581).

All U.S. entries must be made online at usaswimming.org/ome no later than Monday, June 17, 2013, by 11:59 p.m. Mountain Time. OME will open on April 1, 2013.

You will be required to pay for the online entries with a Visa, Mastercard, American Express or Discover.

OME is not an eligibility report. It is the coach's responsibility to know for which events your athlete is qualified. You can modify your entry online by adding to the original entry. You may not delete an online entry once it has been submitted/paid for.

Once you complete your online entry, you will be sent confirmations via e-mail. Please keep all of these and bring them with you to the meet (just in case).

Drug waiver forms will automatically be sent to you via e-mail after the entry deadline closes. Please have these filled out and bring them with you to the meet.

New Qualifying Swims

The email entry process is being replaced by OME. A meet will open in OME starting Tuesday, June 18th with the title 2013 Nationals: New Qualifying Swims. Only swims achieving the qualifying time standards for the first time from Tuesday, June 18, 2013, through Sunday, June 23, 2013, may be entered in this manner. These entries must be submitted no later than 11:59pm Mountain Time on Sunday, June 23, 2013, and cannot be used to improve the seed time of a prior entry. Normal entry fees apply.

Foreign Entries

Foreign athletes (those who are ineligible to represent the USA in international competitions) will not be allowed to swim at this competition.

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. Late entries must be submitted no later than 11:59 p.m. Mountain Time on *Sunday, June 23, 2013*;
- C. The team or athlete must pay a one-time processing fee of \$150.00, and pay entry fees of \$20 per individual event and \$50 per relay event.

Qualifying Period

The qualification period is March 29, 2012 through the entry deadline.

Entry Fees:

- \$15.00 per individual event
- \$30.00 per relay event
- \$20.00 per credentialed coach

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.

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.

Relay Proof of Time

If you are using a relay entry time achieved as a relay (team time), you must list the four swimmers that actually achieved the time. If your relay is an aggregate, list all of the swimmers and their times. If any of the listed swimmers are not going to compete on a relay, they should not be entered. Enter only those swimmers who may be competing.

- A. Relay teams may be entered at the listed provable time or at the lowest priority non-conforming time standard.
- B. If you are entering an A and B relay, you must use eight (8) different swimmers. You cannot use the same swimmer twice in an event, or to prove a time.
- C. Teams can only submit two relays per event.

Waiver and Release Form

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

Membership Requirement

All persons expecting to receive a deck pass should be prepared to show a current USA Swimming membership card. Non-members who have successfully completed the Athlete Protection Training (APT) course and a USA Swimming background check may join on site at the registration check-in desk. Information regarding the APT course and the background check will be available at meet check-in and is also online at usaswimming.org/protect. Coaches must provide proof of CPR, First Aid and Safety Training for Swimming Coaches or USA Swimming approved equivalents, and must have successfully passed the required background check and APT Course.

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

SWIMS Database—Proof of Time

Times from the following will be in SWIMS, the national times database. Times in the database are not automatic entries to meets.

- A. USA Swimming Sanctioned competition
- B. USA Swimming Approved competition - Check two weeks before the competition to assure the meet has been approved by the LSC, and prior to the start of the competition, ask the Meet Director for the procedure for getting a time into SWIMS.
- C. USA Swimming Observed swims - Be sure a proper request for an Observed Swim is made according to guidelines appearing in the USA Swimming SWIMS Time Module Policy Manual, and prior to the start of the meet, verify that proper procedures are in place for the Observed swim.
- D. The time of any swimmer recorded while legally representing a USA Swimming club, secondary school, college or university within the appropriate time frame may be used in proving relay entry times and that swimmer does need to be entered in the championship in question or currently representing that club. Relay times belong to the team. Individual times belong to the swimmer.

Entering Official Times

Individual Events - 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. Program Operations reserves the right to challenge any submitted time. All scratches must be proven.

Relay Events - Entered times must be proven prior to the scratch deadline for each relay team, in aggregate or as a team. For the purpose of proving times, a club may name a swimmer on only one of its relay teams in each event. 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. This choice must be indicated during the entry process. A club may enter no more than two relay teams in each relay event.

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 the Vice President of Program Operations or designee or Board of Review. Additional action or penalty may be taken or levied as deemed appropriate by the 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 are to be made to the Vice President for Program Operations or designee and/or Board of Review. Any appeal of the decision of the Vice President for Program Operations or designee shall be in accordance with the provisions of Part Four, specifically Article 405.

Automatic Proven Times

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 properly authorized and observed college meets must be requested. These times will not be automatically placed in the database. 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.



Registration

Credentials for this event will be provided at no charge for participating athletes and officials who are members of USA Swimming. Credentials for coaches, managers and chaperones to serve as deck passes for this event shall be issued to those persons listed on each team's deck pass request list in OME. These deck credentials cost \$20 each and are issued according to the following schedule, based upon the total number of participating athletes. There shall be a surcharge of \$20 per person for spectator passes, which money shall become the property of the meet host. For clubs that wish to bring one certified massage therapist with their teams, a \$50 surcharge will apply if the massage therapist exceeds the deck pass formula below. These funds shall become the property of the meet host. All massage therapists must be non-athlete members of USA Swimming.

1-3 swimmers in individual events or 1 relay only team with any number of alternates: 1 deck pass; 1 spectator pass.

4-6 swimmers in individual events; 2 deck passes; 1 spectator pass.

7-9 swimmers in individual events; 3 deck passes; 1 spectator pass.

10-20 swimmers in individual events; 4 deck passes; 2 spectator passes.

21-30 swimmers in individual events; 5 deck passes; 2 spectator passes.

31-40 swimmers in individual events; 6 deck passes; 3 spectator passes.

41-50 swimmers in individual events; 7 deck passes, 3 spectator passes.

51 or more swimmers in individual events; 9 deck passes; 5 spectator 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; 1 spectator pass.

Check-In

Coaches are responsible for all business conducted at the General 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. Review the psych sheet posted by the Times desk and make sure your swimmers do not have an asterisk (*) by their time.
- C. In the event of an asterisk, go to the Times desk immediately and clear the time. It is your responsibility to do this. If it is not cleared by the scratch deadline, the swimmer will be scratched from the event. If a time cannot be proved, the coach is subject to a \$100 fine. You should make sure all your athletes' times are in the SWIMS database.
- D. If you have a distance swimmer (800 meter or 1500 meter), he/she must be checked in prior to the scratch deadline in order to be seeded.
- E. 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.
- F. Follow all proof of time, scratch and distance event entry procedures by the required deadlines as published.

Warm-Up and Safety

Program Operations will provide a complete schedule of warm-up procedures to include lane usage and times, which must be adhered to by all participants. This information will be distributed with the meet information at registration, posted throughout the venue, announced on a regular basis before and during the meet, and monitored by the Meet Referee (or his/her special designees). Flagrant violation of these procedures may result in a disqualification from the meet for unsportsmanlike activity. Encourage your swimmers to cooperate with marshals. The main competition pool will be reserved the last 60 minutes for swimmers competing in that session's events.

Scratch Procedures

- A. Location of Scratch Box
 - ◆ The scratch box will be located at the Registration Desk prior to the start of the meet and until the Technical Meeting.
 - ◆ It will be at the Technical Meeting.
 - ◆ After the Technical Meeting, the scratch box will be located with the Clerk of Course for the remainder of the meet.
- B. Scratch Deadlines:
 - ◆ The scratch deadline for the first day's events shall be fifteen (15) minutes after the Technical Meeting is adjourned. The scratch deadline for all subsequent day's events shall be thirty (30) minutes after the time established for the start of the finals sessions.

Scratch Rules

This event will follow the scratch rules as defined in section 207.11.6 of the USA Swimming Rules and Regulations. As provided in section 207.11.6F of those rules, the Steering Committee and the Vice President of Program Operations have established that the penalty for failure to compete in an individual preliminary heat in which such swimmer is entered and has not been scratched in accordance with sub-paragraphs 207.11.6A and B will be one of the following:

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

Until the fine is paid, the swimmer will be barred from all further individual and relay events as prescribed in section 207.11.6C.

Ready Room

A Ready Room will be used at these Championships prior to each finals heat. Each swimmer must report to the Ready Room no later than five minutes preceding the event.

Awards Staging

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.

Relays and Relay Check-In Procedures

- A. Teams are limited to two relay entries in each relay event.
- B. Entries for all relays must be checked in prior to the scratch deadline in order to be seeded. Each coach shall pick up relay entry forms from the Clerk of Course on which he/she shall list the competing relay swimmers, their first and last names and order of swimming for each en-



tered relay. Relay forms shall be returned to the Clerk of Course for tabulation approximately one (1) hour prior to the start of the relays. However, relay order may be changed up to the time of the swim.

- C. All relays will be timed finals with all heats swum in the evening session.
- D. The order shall be:

Women's 2nd Fastest Heat
 Women's Fastest Heat
 Men's 2nd Fastest Heat
 Men's Fastest Heat
 Women's 3rd Fastest Heat
 Men's 3rd Fastest Heat
 Women's 4th Fastest Heat
 Men's 4th Fastest Heat
 Etc.

Distance Freestyle

- A. Distance Entry - Any swimmer who qualifies for the 800m or 1500m freestyle events may enter at his/her fastest time or at the qualifying time standard, if entered in two or more individual events on the day of the distance freestyle.
- B. Distance Check-in and Seeding - Entrants in the 800m and 1500m freestyle must check in and confirm their intention to compete before the scratch deadline in order to be seeded. Seeded heat sheets will be published at the end of finals the evening before. The swimmers will be listed in the psych sheet in the order of submitted times, beginning with the fastest.
- C. Order of Distance Events - On Day 1 and Day 5, the 800m and 1500m freestyle events will be swum slowest to fastest, alternating women's and men's heats, with the fastest heat of each race swum during the evening session. All other heats will be scheduled so the second fastest heat of the Men's event finishes approximately one hour prior to the start of the evening session.
- D. Swimmers may qualify for the 800 and 1500 Freestyle events using either the 800 or 1500 qualifying standards (i.e. the conforming or non-conforming distance event standards).

Finals Session Event Order

There will be a bonus, consolation, and championship final in each individual event at this Championship (except the 800m and 1500m freestyle events, which will have a championship final only). The order of the final events shall be C, B and A (bonus, consolation and championship). The "C" final will be limited to the top 18-under athletes that do not qualify for the "A" or "B" final.

Meet Scoring

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

Results

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

Awards

- A. Team Awards - Team awards will be presented to the top ten teams in Men's, Women's, and Combined categories.

Only the top three teams in each category will be recognized at the event. All other team awards will be mailed from USA Swimming headquarters following the event.

- B. Individual Awards—Medals will be awarded to all place winners in the "A" final. An "18&Under" National Championship medal will be presented to the highest placing 18&under swimmer in each individual event.
- C. Individual High Point Awards - Male and Female Awards will be given at the Phillips 66 National Swimming Championships. These awards are named after Robert J. Kiphuth, the great swimming coach from Yale University.
- D. Phillips 66 Performance Award - This award, sponsored by USA Swimming corporate partner, Phillips 66, is presented to the swimmer who achieves the single most outstanding performance of the meet, based on the FINA power points system. The presentation ceremony takes place during the relay break on the final evening.

Time Trials

Time Trials will be conducted for swimmers entered in the meet with a provable time (individual or relay), provided there is sufficient time between the end of the preliminary session and the start of warm-ups for the final session. These Time Trials shall be held under a separate sanction of the LSC where the meet is held and shall be limited to a maximum of one hour each day.

- A. Time Trials will be conducted in long course meters each day.
- B. A swimmer is limited to a maximum of two Time Trials during the course of the Championships.
- C. A swimmer must be entered in the meet with a proven time (individual or relay) to participate in the Time Trials.
- D. Except as noted below, long course Time Trials shall be swum in the order listed under the meet program as follows:
 - ◆ First Day: that day's events, followed by the remaining events in the meet.
 - ◆ Second Day and Third Day: that day's events, followed by the remaining events in the meet.
 - ◆ The 800 and 1500 Freestyle will typically be offered on only one day of the meet. The day will be determined by the Meet Referee, depending on the size of the meet, time available, etc; and be announced at the General Meeting.
 - ◆ The 50 Freestyle is the last event swum in Time Trials, except on the day(s) it is contested in the meet, when it is the first event of time trials.
 - ◆ Time Trials shall be limited to a maximum of one hour each day.

Entry fees for Time Trials are the same as those established for the meet.



Phillips 66 Athlete Reimbursement Policy

1. Reimbursement is available for the following USA Swimming competitions:
 - a. 2013 Phillips 66 National Championships and World Championship Trials
 - b. 2013 10K Open Water National Championships
 - c. 2013 US Open
 - d. 2013 AT&T Winter National Championships

2. Eligibility Criteria
 - a. Athletes must be US citizens and eligible to represent the United States in International competition.
 - b. For pool competitions, reimbursement will be awarded to those athletes who are ranked in Olympic events in the indicated Top 100 World Rankings from www.fina.org.
 - c. For the 2013 Phillips 66 National Championships/World Championship Trials, LCM World Rankings from June 17, 2012 through June 17, 2013 will be used.
 - d. For the 2013 US Open, LCM World Ranking from July 22, 2012 through July 22, 2013 will be used.
 - e. For the 2013 AT&T Winter National Championships, the LCM World Rankings from November 25, 2012 through November 25, 2013 will be used.
 - f. A time swum in the current competition that would have made the Top 100 World Rankings does not qualify an athlete for reimbursement.
 - g. For 2013 10K Open Water Nationals, reimbursement is based on results from the current and previous year's Championships, rather than World Rankings.
 - h. Local athletes who qualify via the rankings are eligible to receive funding.

3. Application Process
 - a. USA Swimming Athlete Services staff will compile a list of all athletes eligible to receive funding and the amount of funding each athlete will receive.
 - b. Coaches who have athletes on this list will be contacted via email following the competition to clearly designate if the funds should be sent to the Club or to the Athlete.
Note: NCAA athletes may not receive funds directly; funds must be sent to the club. USA Swimming Athlete Services staff will notify, via email, all funding recipients to request a current w-9 form, if needed, and verify the appropriate address.
 - c. The list of recipients/funding will be sent to the Times and Recognition Committee Chair for checks and balances.
 - d. Swimmers not listed on the Top 100 World Rankings, but having achieved a time that earns them a place on the list may submit a time from the SWIMS database within the qualifying period to the Athletes Services staff member on site.

4. Reimbursement Structure: Pool (LCM National Championships/Trials, Winter National Championships/US Open)

<u>Rank</u>	<u>Reimbursement</u>
1 st - 8 th	\$675
9 th -16 th	\$575
17 th -25 th	\$475
26 th -50 th	\$375
51 st -100 th	\$175

Reimbursement Structure: 10K Open Water Nationals
 *athletes may receive funding in one category only

<u>Status</u>	<u>Reimbursement</u>
Current Year National Team Member	\$675
Top 6 Finishers at 10K OW Nationals	\$375

- a. Checks will be mailed directly to the address provided by the recipient. Coaches and Athletes must take the responsibility to make sure the funds are sent to the appropriate recipient. USA Swimming is not responsible for lost checks or checks mailed to the incorrect address.
- b. USA Swimming staff will work for disbursement of funds 2 weeks from the final day of the competition.



Testing

The athletes at this competition are subject to drug testing conducted by the United States Anti-Doping Agency (USADA) and FINA under the In-Competition Testing program. This section is intended to give an overview of the key points relevant to this program and the testing which will be conducted at the competitions governed by this booklet. For a more detailed explanation of the program please contact Stacy Michael-Miller, USA Swimming Athlete Services Manager at 719-866-4962.

Medications: The 2013 Prohibited List is in effect for this competition and may be found at usada.org

Athletes should check the status of all medications (over the counter and prescription) and substances prior to consumption to ensure that they do not contain a prohibited substance. This should be done well in advance of the competition, as certain medications may require reporting in advance.

Check the status of all medications at one of the following locations:

Drug Reference Online: globaldro.com

Drug Reference Line: 800-233-0393 or 719-785-2000

The athlete is responsible for ensuring that no prohibited substance enters his/her system.

Supplements

In an effort to maintain the integrity of our sport and the safety of our athletes, USA Swimming has taken a proactive role in making athletes and coaches more aware of the risks involved in the use of commercially available dietary supplements that have been linked to enhancing performance. Along with the US Anti-Doping Agency (USADA), USA Swimming considers dietary supplements "take at your own risk," placing full responsibility for any effects and repercussions on the athlete.

Claims made by the manufacturers/ distributors of dietary supplements regarding the effectiveness of their products are not strictly regulated by the US Food and Drug Administration. Any commercial dietary supplement is susceptible to containing substances that may appear on the Prohibited Substance list(s) of FINA and/or the IOC. The potential exists for commercial supplements to contain substances that do not appear on the product's list of ingredients (see Dietary Supplement Health and Education Act for more information). Statistics indicate that in some cases, the use of legal dietary supplements has been linked to positive test results for prohibited substances in athletics.

The choice to use a dietary supplement is the sole responsibility of the athlete and one that should not be made in haste. An athlete is advised to weigh the options heavily, consider the consequences, and take responsibility for his/her actions.

Feb/01, rev: Jul/03, rev: Sep/11

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 9 month waiting period before they can compete (should they choose to return to competition) and must again be subject to out-of-competition testing during this reinstatement period. The athlete is not permitted to compete in any USA Swimming sanctioned events (local competitions all the way up through National competitions including meets with a dual sanction from Masters and USA Swimming) or FINA sanctioned events. If you have an athlete in this situation, please email smichael@usaswimming.org immediately.

More Information

For information regarding medication status, the reporting of medications and the requirements in place for reporting, please contact the US Anti-Doping Agency (USADA) at 800-233-0393.

For more information about the doping control process please visit the USA Swimming website at usaswimming.org



**2013
Phillips 66 National Championships
& World Championship Trials**

Time Standards

Women	LCM	Men
26.19	50 Freestyle	23.29
56.89	100 Freestyle	51.09
2:02.89	200 Freestyle	1:52.29
4:18.19	400 Freestyle	3:59.49
8:49.89	800 Freestyle	8:17.09
16:55.99	1500 Freestyle	15:52.99
1:03.49	100 Backstroke	57.39
2:16.99	200 Backstroke	2:04.79
1:11.79	100 Breaststroke	1:04.29
2:35.49	200 Breaststroke	2:20.09
1:01.39	100 Butterfly	54.99
2:15.99	200 Butterfly	2:03.19
2:19.09	200 Individual Medley	2:05.89
4:54.99	400 Individual Medley	4:29.69
3:52.69	4x100 Freestyle-Relay	3:29.29
8:22.19	4x200 Freestyle-Relay	7:42.79
4:18.29	4x100 Medley Relay	3:50.09

Qualifying period: March 29, 2012 through the entry deadline

Qualifying for the 50m Backstroke, 50m Breaststroke, and 50m Butterfly must be done with qualifying times in the corresponding 100m events. Seeding for these events will be by the corresponding 100m entry times.