



# 2016 U.S. Open Swimming Championships

August 2-6

Jean K. Freeman Aquatic Center  
The University of Minnesota

Official Event Information

Entry deadline is Monday, July 25, 2016



2016 U.S. Open Championships  
Jean K. Freeman Aquatic Center  
The University of Minnesota

**Table of Contents**

Important Facts about the Meet . .....	3
Order of Events..... .....	4
Meet Administration .....	5
Tickets and Accommodations ..... .....	6
Site Information ..... .....	7
Entering the Meet ..... .....	8
Championship Procedures .... .....	9
Doping Con- trol..... .....	12
Time Standards ..... .....	13

**2016 U.S. Open Championships**  
**Jean K. Freeman Aquatic Center**  
**The University of Minnesota**

**Important Facts About the Meet**



- ◆ **Entry Deadline:** All U.S. entries must be made online at [usaswimming.org/ome](http://usaswimming.org/ome) no later than *Monday, July 25, 2016*, by 11:59 p.m. Mountain Time. The entry system will open June 6, 2016.
- ◆ **Qualification Period:** July 1, 2015, through the entry deadline.
- ◆ **New Qualifying Swims:** Swims achieving the qualifying time standards for the first time from Tuesday, July 26, 2016, through Sunday, July 31, 2016, may be entered through OME under the title "2016 US Open: New Qualifying Swims". These entries must be submitted no later than 11:59pm Mountain Time on Sunday, July 31, 2016, and cannot be used to improve the seed time of a prior entry. Normal entry fees apply.
- ◆ All foreign participants must be members in good standing of their country's FINA affiliated federation. Foreign swimmers representing a club must meet the published time standards. Swimmers representing foreign federations do not need to meet the published standards, but must however, have written permission from their federation to compete. Foreign coaches must send an email prior to the entry deadline with their first and last name, work phone, and email address, along with the names and birthdates of their qualified swimmers to [jlewis@usaswimming.org](mailto:jlewis@usaswimming.org) and they will receive an email with instructions on how to access and utilize the OME system. For questions, contact Jaime Lewis at +1.719.866.4578.
- ◆ Athletes who are 18 and under, who have qualified in one or more individual events, may enter and swim in up to two bonus events, provided they have achieved the published "Bonus Time Standards." There will be no bonus events for athletes over the age of 18.
- ◆ There will be relays in this competition. All relays will be timed finals with all heats swum in the evening session.
- ◆ Time Trials will be conducted for all swimmers entered in the meet (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. Time Trial sessions may be limited to one hour each day, and entries will only be taken on-site at the Clerk of Course.
- ◆ Events 400m or longer will have the final two heats circle-seeded. All other prelim/final events will have the final three heats circle-seeded.
- ◆ This event will follow the scratch rules as defined in section 207.11.6 of the USA Swimming Rules and Regulations. As provided in this section, the 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 will be one of the following:
  - Being barred from all further individual and relay events of that day as prescribed in section 207.11.6, or
  - Payment of a fine of \$200
- ◆ Swimmers may qualify for the 800m Freestyle and/or the 1500m Freestyle using either the 800 or 1500 time standards.
- ◆ Team scores will be kept and awarded.
- ◆ At the discretion of the Meet Referee, the preliminary sessions may be conducted using "Flyover" starts, "chase" starts, or in an A/B flighted format. Details of any changes to normal meet operations protocol will be announced at the Technical Meeting.
- ◆ 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 information or changes announced at the Technical Meeting.

## Order of Events



### 2016 U.S. Open Order of Events Long Course Meters

Heats Begin at 9:00am

Finals Begin at 5:00pm

<u>Women's Events</u>	<b><u>Day 1– Tuesday, August 2</u></b>	<u>Men's Events</u>
1	200 Butterfly	2
3	100 Freestyle	4
5	Women's 800 Freestyle	
	Men's 1500 Freestyle	6
7	Women's 400 Free Relay	
	<b><u>Day 2 - Wednesday, August 3</u></b>	
8	400 Freestyle	9
10	200 Breaststroke	11
12	200 Backstroke	13
	Men's 400 Free Relay	14
	<b><u>Day 3 - Thursday, August 4</u></b>	
15	400 IM	16
17	100 Butterfly	18
19	800 Free Relay	20
	<b><u>Day 4 - Friday, August 5</u></b>	
21	200 Freestyle	22
23	100 Breaststroke	24
25	100 Backstroke	26
27	400 Medley Relay	28
	<b><u>Day 5 - Saturday, August 6</u></b>	
29	Women's 1500 Freestyle	
30	200 IM	31
	Men's 800 Freestyle	32
33	50 Freestyle	34

*In*

*the morning session only, heats for events 29 and 32 will be swum after all other preliminary heats for that day.*

*All relays will be timed finals with all heats swum in the evening session*

## General Information



### Facility Address

Jean K. Freeman Aquatic Center  
1910 University Ave SE  
Minneapolis, MN 55455  
Linda McKee  
[lmckee@umn.edu](mailto:lmckee@umn.edu)  
612-624-6349

### Meet Referee

Jim Holcomb  
[jholcomb@utep.edu](mailto:jholcomb@utep.edu)  
915-203-5676

### Administrative Referee

Lisa Olack  
[olack.lisa@gmail.com](mailto:olack.lisa@gmail.com)

### Local Event Director

Michelle Larson  
[mmlarson@umn.edu](mailto:mmlarson@umn.edu)  
612-626-3944

### USA Swimming Vice President, Program Operations

Dan McAllen  
214-316-9215  
[d.mcalleniii@sbcglobal.net](mailto:d.mcalleniii@sbcglobal.net)

### USA Swimming National Events & Marketing Director

Dean Ekeren  
719-866-4578  
[dekeren@usaswimming.org](mailto:dekeren@usaswimming.org)

### Meeting Schedule

Monday, August 1	5:00 p.m.	Technical Meeting	Beacon Rm @ University of MN
Tuesday, August 2	7:30 a.m.	Officials' Meeting	Aquatic Center

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

### Directions to Pool from Airport

Head southwest on Glumack Dr, Continue onto Airport Ser Rd (0.4 mi), Continue onto Glumack Dr (0.1 mi), Slight left to stay on Glumack Dr (0.3 mi), Keep left at the fork and merge onto MN-5 E (66 ft.), Take the MN-55 W/MN-55 E exit toward Minneapolis Fort Snelling/Hastings (0.8 mi), Keep left at the fork, follow signs for MN-55 W and merge onto MN-55 W (0.4 mi), Exit onto MN-55 W/Hiawatha Ave (0.7 mi), Keep right at the fork, follow signs for I-35W N and merge onto I-35W N (5.7 mi), Take exit 18 for University Ave toward 4th St SE/County Rd 36 (1.1 mi), Turn right onto University Ave SE - Destination will be on the right (0.2 mi)

Metro Transit has light rail service from the Minneapolis/St. Paul International Airport to the University! From the airport you will board the Blue Line train towards downtown Minneapolis. When you reach the "Downtown East" station, you will transfer to the Green Line train towards Downtown St. Paul. Exit the Green Line at the "East Bank" station and you are just two blocks from the Aquatic Center. For more information on planning your trip to or from the airport to campus via light rail, please visit [metrotransit.org](http://metrotransit.org).

### Hotels

For updated hotel information, please refer to [usaswimming.org/usopen](http://usaswimming.org/usopen)

Marriott is a proud sponsor of USA Swimming



## General Information (Continued)



### Ticket Information

#### All Session Pass - week:

Adults	\$65.00
Students/Youth	\$50.00

\*All-session passes include heat sheets.

#### Day Pass – prelims+finals

Adults	\$18.00
Student/Youth	\$13.00

#### Daily Single Event Tickets:

##### Prelims

Adult	\$12.00
Student/Youth	\$8.00

##### Finals

Adult	\$12.00
Student/Youth	\$8.00

Ticket information may be found at  
[www.swimimpls2016.com/](http://www.swimimpls2016.com/)

For ticket questions, please contact:

Michelle Larson  
[mmlarson@umn.edu](mailto:mmlarson@umn.edu) or 612-626-3944

### Transportation

USA Swimming has negotiated rates with United Airlines if ticketed by Shorts Travel Group. Discounts are based on class of service and availability. For more information, you may contact Jean Elsener 719-866-3652 or [jelsener@shortstravel.com](mailto:jelsener@shortstravel.com) with your request.

### Airlines

United	800/521-4041
America West	800/235-9292
American	800/433-7300
America Trans Air	800/225-2995
Delta	800/221-1212
Northwest	800/225-2525
Southwest	800/435-9792
US Airways	800/428-4322

### Car rental agencies

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

### Broadcast Statement

Any photographs, videotape or other audio and/or visual recordings of the event created by a spectator may be used solely for such spectator's personal non-commercial use, and may not be broadcast, published or disseminated, or used for any commercial purposes, without the prior written consent of USA Swimming.

### Image Authorization

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

## Site information



### 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 with the USA Swimming media staff.

### Information/Lost & Found

An information table will be located in the lobby of the Aquatics Center/Lost & Found booth will be available at the lifeguard office.

### Lockers

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

### Medical Assistance

Medical assistance will be provided at the facility.

### Parking

General parking will be available in the University Ave. Ramp and the Washington Ave. Ramp. Hourly rates start at \$3.00 per hour with event rates ranging from \$8 to \$12 per entry. There is a charge for each entry. General parking is also available in Lot 37 off of 5th St. SE and the Maroon Lot on Oak St. SE. Rates for these lots are \$3.75 per entry. Prices are subject to change and rates may vary based on specific lots and other events on campus. For the most up-to-date parking information and maps, please visit the University of Minnesota Parking and Transportation website: [www1.umn.edu/pts/](http://www1.umn.edu/pts/).

### Concessions

Concessions will be available for spectators in the lobby of the Aquatics Center

### Hospitality

Coaches' and Officials' hospitality will be available throughout the meet at the Aquatic Center adjacent to the competition pool and the Warm-up pool. There will be an athletes' hospitality and Pro-Shop in the lobby of the Aquatics Center.

### About the Facility

The venue address is Jean K. Freeman Aquatic Center, 1910 University Ave SE, Minneapolis, MN 55455. The competition pool consists of an 8-lane 50m indoor pool ranging in depth from 7' to 7'10". Lanes are eight feet wide. The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming. A separate six-lane 25y warm-up pool will be available

### Pool Hours

Sunday, July 31	9:00am - 9:00 p.m.
Monday, August 1	6:00 a.m. - 9:00 p.m.
Tuesday, August 2	6:00 a.m. - 1 hour after finals
Wednesday, August 3	6:00 a.m. - 1 hour after finals
Thursday, August 4	6:00 a.m. - 1 hour after finals
Friday, August 5	6:00 a.m. - 1 hour after finals
Saturday, August 6	6:00 a.m. - 1 hour after finals

### Credential Pick-Up

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

Sunday, July 31	Noon - 7:00 p.m.
Monday, August 1	7:30 a.m. - Noon and 1:00 p.m. - 7:00 p.m.
Tuesday, August 2	7:30 a.m. - Noon and 1:00 p.m. - 7:00 p.m.
Wednesday, August 3	7:30 a.m. - Noon
Thu, Aug 4 - Sat, Aug 6	Contact Administrative Referee

### Team Banners

Team banners will not be allowed at this competition.

### Credentials

Restricted access to the facility will be strictly enforced. Please wear your credential at all times. There is a \$75 replacement charge for lost credentials.

## Entering the Meet



### Entering Online at [usaswimming.org/ome](http://usaswimming.org/ome)

All Entry questions should be directed to Jaime Lewis at USA Swimming ([jlewis@usaswimming.org](mailto:jlewis@usaswimming.org) or 719-866-4578).

All U.S. entries must be made online at [usaswimming.org/ome](http://usaswimming.org/ome) no later than Monday, July 25, 2016, by 11:59 p.m. Mountain Time. The entry system will open June 6, 2016. 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.

#### 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.

#### New Qualifying Swims

Swims achieving the qualifying time standards for the first time from Tuesday, July 26, 2016, through Sunday, July 31, 2016, may be entered through OME under the title "2016 US Open: New Qualifying Swims". These entries must be submitted no later than 11:59pm Mountain Time on Sunday, July 31, 2016, and cannot be used to improve the seed time of a prior entry. Normal entry fees apply.

#### Foreign Entries

All foreign participants must be members in good standing of their country's FINA affiliated federation. Foreign swimmers representing a club must meet the published time standards. Swimmers representing foreign federations do not need to meet the published standards, but must however, have written permission from their federation to compete. Foreign coaches must send an email prior to the entry deadline with their first and last name, work phone, and email address, along with the names and birthdates of their qualified swimmers to [jlewis@usaswimming.org](mailto:jlewis@usaswimming.org), and they will receive an email with instructions on how to access and utilize the OME system. For questions, contact Jaime Lewis at +1.719.866.4578. Converted times will not be accepted for qualifying.

#### 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, July 31, 2016*;
- C. The team or athlete must pay a one-time processing fee of \$150.00, and pay entry fees of \$30 per individual event and \$50 per relay event.

#### Qualifying Period

The qualifying period is July 1, 2015, through the entry deadline.

#### Secondary Club Recognition

The on-line 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 may not use the same swimmer twice in an event, or to prove a time.
- C. Teams may 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](http://usaswimming.org/protect). Coaches must provide proof of CPR, First Aid and Safety Training for Swimming Coaches or USA Swimming approved equivalents, and must have successfully passed the required background check and APT Course.

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

## SWIMS Database—Proof of Time

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

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

## 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 on the entry are true and correct 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 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.

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 admittance passes to this event shall be issued to



those persons listed on the submitted team roster forms and according to the following schedule and is based upon the total size of the team. 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 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. One of the items you will receive is a psych sheet.
- C. Review the psych sheet posted by the Times desk and make sure your swimmers do not have an asterisk (\*) by their time.
- D. 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 proven the coach is subject to a \$100 fine. You should make sure all your athletes' times are in the SWIMS database.
- E. If you have a distance swimmer, he/she must be checked in prior to the scratch deadline in order to be seeded.
- 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.

### 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 for relays 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.

### 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 day'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.

### Last Call Room

A Last Call 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 1650 events) must report to the Last Call Room five minutes preceding the event. Bonus, Consolation, and Relay heats will report directly to their assigned starting block.

### Awards Staging

All medalists in each event should report to the Awards Staging Area in team warm-up attire immediately following the "A" Finals for their event.

### Distance Freestyle

- A. Distance Entry - Any swimmer who qualifies for the 800m or 1500m freestyle events may enter at their fastest time or at the qualifying time standard, if entered in two or more events on the day of the distance freestyle.



- B. 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 (207.12.7).
- C. Order of Distance Events - The preliminary heats of the 800m and 1500m freestyle events will be swum slowest to fastest, alternating women's and men's heats. The starting time for each heat held during the preliminary session shall be scheduled so that the second-fastest seeded heat of the Men's event is concluded 60 minutes before the evening finals session is scheduled to begin. Only the fastest seeded heat in each event will swim in the Finals session.

### Seeding

For these Championships, the seeding order is:

1. Long Course Meters (LCM)
2. Short Course Yards (SCY)
3. Non-conforming LCM (distance events)
4. Non-conforming SCY (distance events)

### 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).

### 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/usopen](http://usaswimming.org/usopen).

### Awards

- A. Team Awards - Team awards will be presented to the top three teams in Men's, Women's, and Combined categories.
- B. Individual Awards - Medals will be awarded to all place winners in the "A" final.
- C. Individual High Point Awards - Male and Female High Point Awards will be presented at this event.
- 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.

### Time Trials

Time Trials will be conducted for all swimmers entered 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.

- 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 to participate in the Time Trials
- D. The Time Trial entry deadline shall be one hour prior to the estimated/published conclusion of that days preliminary session.
- E. Except as noted below, 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 distance freestyle events 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 50s are the last events swum in Time Trials, except on the day(s) which they are contested in the meet, when they will be the first event of time trials.

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



## **These 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 FINA under the In-Competition Testing program. This section is intended to give an overview of the key points relevant to this program and the testing which will be conducted at the competitions governed by this booklet. **Athletes should** visit <http://www.usada.org/athletes/antidoping101/> for important information that all athletes and their parents must be aware of. Key details from that document are listed below. Athletes should check their medications prior to use and note that **some medications may require approval that will take at least 21 days.**

## **What substances are banned?**

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

## **What about medication?**

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

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.*

## **Doping Control rule for athletes previously eligible for out of competition drug testing:**

Athletes who were previously eligible for out of competition (no-advance-notice) doping control and officially retired have a 6 month waiting period before they can compete (should they choose to return to competition) and must again be subject to out-of-competition testing during this reinstatement period. The athlete is not permitted to compete in any USA Swimming sanctioned events (local competitions all the way up through National competitions including meets with a dual sanction from Masters and USA Swimming) or FINA sanctioned events. If you have an athlete in this situation, please email [smichael@usaswimming.org](mailto:smichael@usaswimming.org) immediately.



# TIME STANDARDS

# 2016

## U.S. OPEN

### Women

SCY	LCM		Men	
			LCM	SCY
22.49	26.19	50 Freestyle	23.29	19.89
49.09	56.59	100 Freestyle	50.79	43.39
1:46.49	2:02.39	200 Freestyle	1:51.89	1:36.09
4:44.99	4:17.99	400/500 Freestyle	3:58.69	4:20.29
9:49.99	8:49.99	800/1000 Freestyle	8:15.49	9:07.49
16:21.89	16:52.99	1500/1650 Freestyle	15:49.99	15:15.59
53.69	1:03.39	100 Backstroke	57.19	47.19
1:56.39	2:16.59	200 Backstroke	2:03.99	1:45.49
1:01.29	1:11.59	100 Breaststroke	1:03.89	53.89
2:12.89	2:34.99	200 Breaststroke	2:18.99	1:59.19
53.29	1:01.19	100 Butterfly	54.79	47.59
1:58.49	2:15.29	200 Butterfly	2:02.29	1:45.69
1:58.99	2:18.69	200 Individual Medley	2:05.29	1:45.79
4:13.89	4:54.99	400 Individual Medley	4:27.99	3:47.99
x	3:52.69	4x100 Fr-R	3:29.29	x
x	8:22.19	4x200 Fr-R	7:42.79	x
x	4:18.29	4x100 Med-R	3:50.09	x

### Women

### 18& Under Bonus

### Men

SCY	LCM		Men	
			LCM	SCY
22.89	26.69	50 Freestyle	24.09	20.59
49.89	57.79	100 Freestyle	52.19	44.59
1:47.79	2:04.69	200 Freestyle	1:54.69	1:38.79
4:49.09	4:22.19	400/500 Freestyle	4:03.59	4:29.29
9:58.79	9:00.29	800/1000 Freestyle	8:24.69	9:15.19
16:35.89	17:14.29	1500/1650 Freestyle	16:08.09	15:37.49
54.69	1:04.59	100 Backstroke	58.99	49.89
1:58.09	2:18.69	200 Backstroke	2:07.39	1:48.39
1:03.09	1:13.49	100 Breaststroke	1:06.29	55.99
2:15.89	2:38.69	200 Breaststroke	2:23.69	2:01.59
54.19	1:02.59	100 Butterfly	56.69	49.19
1:59.59	2:17.39	200 Butterfly	2:05.49	1:48.29
2:00.99	2:21.39	200 Individual Medley	2:08.69	1:49.29
4:15.59	4:58.09	400 Individual Medley	4:33.89	3:53.49