



**TOYOTA**

# U.S. OPEN CHAMPIONSHIPS



## **LONG COURSE METERS (LCM)**

December 4-7 | Wednesday-Saturday

## **SHORT COURSE YARDS (SCY) TIME TRIALS**

December 8 | Sunday

Ga Tech McAuley Aquatic Center | Atlanta, GA

**ENTRY DEADLINE**

Tuesday, November 29, 2019  
11:59p.m. Mountain Time

THESE CHAMPIONSHIPS AND ASSOCIATED TIME TRIALS ARE SANCTIONED BY USA SWIMMING



**2019 Toyota U.S. Open Championships  
Georgia Tech McAuley Aquatic Center  
Atlanta, GA**

**IMPORTANT FACTS ABOUT THE MEET**



- ◆ Session times for this competition are 10:00 a.m. for prelims and 7:00 p.m. for finals. The Wednesday distance session will begin at 6:00 p.m.
- ◆ The qualification period for this event is November 1, 2018 through the entry deadline.
- ◆ Enter the Toyota U.S. Open Championships online at [usaswimming.org/OME](http://usaswimming.org/OME) beginning Tuesday, October 1, 2019 and no later than 11:59 p.m. Mountain Time, Tuesday, November 26, 2019.
- ◆ Swims achieving a qualifying time standard for the first time from Wednesday, November 27, 2019, through Sunday, December 1, 2019, may enter the meet through OME under the title *2019 Toyota U.S. Open: New Qualifying Swims*. These entries must be submitted no later than 11:59pm Mountain Time on Sunday, December 1, 2019, and cannot be used to improve the seed time of a prior entry, unless the improvement achieves a new qualifying standard. Normal entry fees apply.
- ◆ All swimmers entered in the 800 and 1500 Freestyle events must be positively checked-in prior to the scratch deadline to compete in the event.
- ◆ There will be bonus events at these championships for 18-under swimmers only. Any 18-U athlete who qualifies for one or more individual events will be permitted to enter and swim in up to two bonus events, provided he/she has achieved the published Bonus Event Time Standards.
- ◆ There will be no relays at this event.
- ◆ At the discretion of the Meet Referee, the preliminary sessions may be conducted using “Flyover” starts and/or in an A/B flighted format and/or using ten lanes. Details of any changes to normal meet operations protocol will be announced at the general meeting.
- ◆ In the Finals, the B (consolation) heat will swim first, followed by the A (championship) heat. After all the A and B heats are completed, the C (bonus) heat will be swum.
- ◆ The scratch deadline for Wednesday events shall be at the start of the General Meeting (4:00 p.m.). The scratch deadline for Thursday’s preliminaries shall be fifteen (15) minutes after the General Meeting is adjourned. Coaches who cannot attend the General Meeting are encouraged to e-mail their scratches to the Meet Referee before these deadlines. This event will follow the scratch rules as defined in section 207.11.6 of the USA Swimming Rules and Regulations. The penalty for failure to compete in an individual preliminary heat in which such swimmer is entered and has not been scratched will be one of the following:
  - Being barred from all further events of that day as prescribed in section 207.11.6, or
  - Payment of a fine of \$200
- ◆ LCM Time Trials will be conducted for all swimmers who enter and compete in the meet provided there is sufficient time between the end of the preliminary session and the start of warm-ups for the final session. Time Trial entries will only be taken on-site at the Clerk of Course.
- ◆ Foreign athletes (those who are ineligible to represent the USA in international competitions) will be allowed to swim at this competition, and will be permitted in the Championship (“A”) Finals including timed final events and will be permitted to score team points. In addition to entry fees, a \$35.00 additional fee will be assessed per each foreign (i.e. non-members of USA Swimming) credentialed athlete, coach, and/or team support. Please refer to page 7 for foreign entry instructions .
- ◆ There will be a SCY time trial on Sunday morning, December 8th. Any swimmer who enters and participates in the Toyota U.S. Open Championships is eligible to participate in the Sunday time trial. Entries will be accepted through the OME system beginning the first day of the championships, and must be submitted no later than 2:00pm local time Saturday, December 7, 2019.

**TABLE OF CONTENTS**



Event Order .....	3
General Information .....	4
Site Information .....	6
Entering the Meet .....	7
Championship Procedures .....	8
Doping Control .....	11
SCY Time Trial .....	12
Time Standards .....	13

**EVENT ORDER**

**2019 Toyota U.S. Open Championships**  
**Georgia Tech McAuley Aquatic Center**  
**Atlanta, GA**  
**Long Course Meters**

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

*\*Preliminary heats for events 19 and 20 will be swum after event 28*

## GENERAL INFORMATION



### Facility Address

Georgia Tech McAuley Aquatic Center  
750 Ferst Drive  
Atlanta, GA 30332

### Meet Referee

Jamie Cahn  
[jemcahn@comcast.net](mailto:jemcahn@comcast.net)

### Meet Directors

Mike Cotter  
[mike@dynamoswimclub.com](mailto:mike@dynamoswimclub.com)

### USA Swimming Senior Development Committee Chair

Allison Beebe  
[AllisonRBeebe@gmail.com](mailto:AllisonRBeebe@gmail.com)

### USA Swimming National Events Director

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

### Meeting Schedule

Technical Meeting	Wednesday, December 4	4:00 p.m.	Charles A. Smithgall Jr. Student Services Building 353 Ferst Dr. NW, Room #147
-------------------	-----------------------	-----------	---

Officials Meeting	Wednesday, December 4	After Tech Mtg	Charles A. Smithgall Jr. Student Services Building
-------------------	-----------------------	----------------	--

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

### Broadcast Statement and Image Authorization

All photographs, videotapes or other audio and/or visual recordings of the event created by a spectator may be used solely for such spectator's personal non-commercial use, and may not be broadcast, published or disseminated, or used for any commercial purposes, without the prior written consent of USA Swimming. This meet may be covered by the media and/or professional photographers taking photographs, video, web casting, and other forms of obtaining images of athletes participating in the meet. Entry into the meet is acknowledgement and consent to this fact. All participants agree to be filmed and photographed by the official photographer(s) and network(s) of USA Swimming under the conditions authored by USA Swimming, and allow event organizers the right to use names, pictures, likenesses, and biographical information before, during or after the period of participation in USA Swimming competitions to promote such competitions. All participants agree not to use or authorize use of pictures in the uniforms and equipment provided by USA Swimming for the purpose of trade, without the consent of USA Swimming. All participants agree not to use medals or photos, or portraits or films with the medals, which are received for performances in this competition, for the purpose of trade. Furthermore, participants agree to return these uniforms and equipment, bearing USA Swimming logos and marks, if and when requested.

### Safe Sport

All athletes ages 18 and over participating in or associated with this meet acknowledge that they are subject to provisions of the USA Swimming Minor Athlete Abuse Prevention Policy ("MAAPP") and that they understand that compliance with the MAAPP policy is a precondition of participation in the conduct of this meet. Recording devices (cell phones, cameras, PDAs, etc.) are not permitted behind the starting blocks during the entire meet, and the use of audio or visual recording devices, including cell phones, is not permitted in changing areas, restrooms or locker rooms. Except where venue facilities require otherwise, changing into or out of swimsuits other than in locker rooms or designated changing areas is not appropriate and is prohibited.

Any U.S. swimmer entered in these meets must be certified by a USA Swimming member-coach as being proficient in performing a racing start. It is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement. During warm-up sessions, athletes must enter the water feet-first, except in designated lanes and times. Violations may result in disqualification from next individual event or expulsion from the meet. Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach areas, spectator areas and open ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present. It is understood and agreed that USA Swimming, the Meet Hosts, Facility Owners, and the LSCs shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.

### Directions to Pool from Hartsfield-Jackson Atlanta International Airport (ATL)

Take I-75/85 north. Exit #250 10th St/14th St/Georgia Tech. Merge onto Williams St NW. Left at 10th St NW (stoplight top of exit ramp). Travel several lights down 10th street to Hemphill-small strip of stores at this intersection. Left at Hemphill NW. Right at Ferst Dr NW (where the road T's-turn right). Pool is on the right @1/4 mile up the road (McAuley Aquatics Center inside the Campus Recreation Center)

MARTA (the rail system) runs from the Airport to many of the hotels in the downtown and midtown area as well as the Aquatics Center – To get to the Aquatics Center, exit MARTA at the Midtown station and a GT Trolley (free) makes regular rounds from MARTA to the Aquatics Center-cost one-way on MARTA is \$1.75 Additional trolley information can be found on [parking.gatech.edu/](http://parking.gatech.edu/) -Tech Trolley

## GENERAL INFORMATION



### Tickets

Pre-sale tickets for All-Session Passes, Daily Passes and Single Session Tickets may be ordered online at [usaswimming.org/tickets](https://usaswimming.org/tickets). The last day for online ticket sales will be Monday November 18th, 2019. All pre-sale tickets will be available at will-call at the Aquatic Center beginning Tuesday December 3rd, 2019 at 1:00pm. Ticket sales and will call will begin each morning of competition at 7:00am. All ticket sales are general admission and include applicable taxes, service and card processing fees. All ticket sales are final. No refunds. A limited amount of accessible seating is available on a first-come first-served basis.

#### All Sessions

Adult	\$60.00
Youth/Senior (ages 3-12 and 60+)	\$45.00
Georgia Tech Students (with ID)	\$25.00

#### Daily Rate (Prelims and Finals)

Adult	\$25.00
Youth/Senior (ages 3-12 and 60+)	\$15.00
Georgia Tech Students (with ID)	\$5.00

#### Single Session (Prelims or Finals)

Adult	\$20.00
Youth/Senior (ages 3-12 and 60+)	\$10.00
Georgia Tech Students (with ID)	\$3.00

### Parking

Parking information will be provided at a later date.

### Hotels

For up to date hotel information, please refer to <https://pse.tournamenthotels.com/pse/Event/3278>

### Pool Hours

Tuesday, December 3	Noon - 8:00 p.m.
Wednesday, December 4	8:00 a.m. - 1 hour after finals
Thursday, December 5	6:00 a.m. - 1 hour after finals
Friday, December 6	6:00 a.m. - 1 hour after finals
Saturday, December 7	6:00 a.m. - 1 hour after finals
Sunday, December 8	6:00 a.m.—1 hour after TT

### Credential Pick-Up

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

Tuesday, December 3	Noon - 6:00 p.m.
Wednesday, December 4	7:30 a.m. - 7:00 p.m.
Thursday, December 5	7:30 a.m. - end of prelims, and 3:30 p.m. - 6:00 p.m.
Friday, December 6	7:30 a.m. - end of prelims, and 3:30 p.m. - 6:00 p.m.
Saturday, December 7	8:00 a.m. - end of prelims

### Team Banners

Team banners will not be allowed at these Championships.

### Credentials

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

## SITE INFORMATION



### **Publicity**

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

### **Information/Lost & Found**

"Wet" lost and found items will be located in the Guard room off the pool deck (room 139). Anything of greater value such as camera's, cell phones, etc. will be taken to the Member Service desk located at the entrance of the Campus Recreation Center (CRC). Information and general directions can also be obtained at the Member Service desk or Information table at the front of the facility during posted hours. Items left for more than one week will be discarded.

### **Lockers**

Men's and Women's Locker rooms are adjacent to the competition pool for the Athletes. Lockers are available on a first come/first serve basis as there are not enough lockers for all participants. Locker rooms for use by officials are located on the lower (pool) level in the main part of the CRC. Everyone must provide his/her own lock. The McAuley Aquatic Center and the meet hosts will not be held liable for lost or stolen items. Any items left in a locked locker after the Swim Meet, CRC will remove the lock and take the items to the lost & found.

### **Medical Assistance**

Medical personnel will be located on the pool deck by the medical/first aid room (room 139 A) 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 numbers to contact for 24-hour emergency assistance. Sports massage therapy services will not be provided.

### **Concessions**

Concessions will be provided on the main course of the McAuley Aquatic Center during swim meet by Aramark, the official concessionaire of Georgia Tech.

### **Hospitality**

Coaches and Officials hospitality will be available throughout the meet in the room adjacent to the diving well.

### **Use of Audiovisual**

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

### **About the Facility**

Located in downtown Atlanta, on the campus of Georgia Tech, the Campus Recreation Center which houses the McAuley Aquatic Center underwent a 45 million dollar renovation, expansion and new construction project re-opening in August, 2004. The McAuley Aquatic Center has three pools—50 m x 25 m competition pool, 25 yd. diving well with full towers and 5-1m and 3-3m springboards, and a separate recreational pool with an indoor water slide. The facility also seats 1950 spectators in individual chair-back seats. The McAuley Aquatic Center was the site of the 1996 Olympic Aquatic events where 4 world records were broken, and the campus also served as the Olympic Village and Boxing venue during the Games. The 2006 Men's NCAA Swimming and Diving championships were held at the facility where records were broken every night. Photos and additional information can be found at: [crc.gatech.edu](http://crc.gatech.edu).

### **Deck changing**

As per 202.4.9 of the USA Swimming Rules and Regulations, deck changes are prohibited.

### **Wireless Internet Access**

Wireless access will be available throughout the venue.

### **Television**

The 2019 Toyota U.S. Open Championships will be broadcast on NBC. Check local listings for times in your area.

## ENTERING THE MEET



### Meet Entries

All Event Entry questions should be directed to: Macie McNichols at [mmcnichols@usaswimming.org](mailto:mmcnichols@usaswimming.org) (719-351-6511).

- ◆ Enter the Toyota U.S. Open Championships online at [usaswimming.org/OME](http://usaswimming.org/OME) beginning Tuesday, October 1, 2019 and no later than 11:59 p.m. Mountain Time, Tuesday, November 26, 2019.
- ◆ You will be required to pay for the online entries with a Visa, Mastercard, American Express or Discover. Once entries are submitted through OME, refunds will not be provided.
- ◆ OME is not an eligibility report; Coaches are responsible for knowing events for which their athletes are qualified.
- ◆ You can modify your entry online by adding to the original entry. You cannot delete an online entry once it has been paid for.
- ◆ Once you complete your online entry, you will be sent confirmations via email. Please keep all of these and bring them with you to the meet (just in case).
- ◆ Drug waiver forms will automatically be sent to you via email after the entry deadline. Please have these filled out and bring them with you to the meet (*i.e. do not mail to USA Swimming*).

### Qualifying Period

The qualification period for this event is November 1, 2018 through the entry deadline.

### Number of Events

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

### Bonus Events

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

### Entry Fees:

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

### Foreign Entries

Foreign athletes (those who are ineligible to represent the USA in international competitions) will be allowed to swim at this competition, and will be permitted in the Championship ("A") Finals including timed final events and will be permitted to score team points. Foreign team coaches should send an email with their first and last name, work phone, and email address, along with the names and birthdates of their qualified swimmers to [mmcnichols@usaswimming.org](mailto:mmcnichols@usaswimming.org), and will receive an email with instructions on how to access and utilize the OME system. All foreign delegations must submit documentation from their federation indicating athletes, coaches, and team support are members in good standing of their FINA affiliated federation. Foreign entries must be proven with meet results and must be submitted by the entry deadline.

### New Qualifying Swims

Swims achieving a qualifying time standard for the first time from Wednesday, November 27, 2019, through Sunday, December 1, 2019, may enter the meet through OME under the

title *2019 Toyota U.S. Open: New Qualifying Swims*. These entries must be submitted no later than 11:59pm Mountain Time on Sunday, December 1, 2019, and cannot be used to improve the seed time of a prior entry, unless the improvement achieves a new qualifying standard. Normal entry fees apply.

### Late Entries

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

- Late entries must be submitted through the Online Meet Entry system (OME);
- These entries must be received no later than 11:59 p.m. Mountain Time on Sunday, December 1, 2019;
- The team or athlete must pay a one-time processing fee of \$150.00, *and* pay entry fees of \$40 per event.

### Secondary Club Recognition

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

### Waiver and Release Form

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



**Rules**

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

**Membership Requirement**

All U.S. participants 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 designate a supervising coach. Arriving with fellow LSC club/coach is preferred. However, if a swimmer arrives without a coach, he/she must find a willing coach at the facility to sign supervision form before a credential can be issued.

**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.

**Entering Official Times**

Individual Events - All entry times must be made prior to the entry deadline and must be proven prior to the scratch deadline for that event through the SWIMS Database. No swimmer will be permitted to swim without said proof. USA Swimming reserves the right to challenge any submitted time. All scratches must be proven.

**Responsibility Clause**

The coach, swimmer or swimmer representative who signs a USA Swimming Championship entry form attests that all times stated in the entry form are true and correct as achieved qualify-

ing times for each event entered. He/she assumes all responsibility for false or incorrect times, or times which are unacceptable under USA Swimming rules, and shall be assessed a \$100 penalty payable to the Corporation for each such time entered, unless absolved of the fine by USA Swimming or its designee or Board of Review. Additional action or penalty may be taken or levied as deemed appropriate by USA Swimming.

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

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

**Automatic Proven Times**

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

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

**Seeding**

For these Championships, the seeding order is:

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

**Registration**

Credentials for coaches, managers and team support shall be issued to those persons listed on the submitted team entry forms, according to the following formula, based upon the total size of the team, whether comprised of one or both sexes. The cost for these credentials is \$20/each. Team support members must be included in this formula and on the entry form to receive a credential. Athletes entered in the meet will receive a deck pass as part of their entry fee. All others will be required to purchase individual tickets. For clubs that wish to bring certified massage therapists with their teams, a \$100 surcharge will apply if the massage therapist exceeds the deck pass formula below. These funds shall become the property of the meet host. All massage therapists must be non-athlete members of USA Swimming, and will have limited access around the venue.



## CHAMPIONSHIP PROCEDURES



- ◆ 1-3 swimmers; 1 deck pass
- ◆ 4-6 swimmers; 2 deck passes
- ◆ 7-9 swimmers; 3 deck passes
- ◆ 10-14 swimmers; 4 deck passes
- ◆ 15-19 swimmers; 5 deck passes
- ◆ 20-24 swimmers; 6 deck passes
- ◆ 25-29 swimmers; 7 deck passes
- ◆ 30-34 swimmers; 8 deck passes
- ◆ 35-39 swimmers; 9 deck passes
- ◆ 40 or more swimmers; 10 deck passes
- ◆ Unattached swimmers not with a team: 1 deck pass

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.

### Check-In

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

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

### Warm-Up and Safety

USA Swimming will provide a complete schedule of warm-up procedures to include lane usage and times, which must be adhered to by all participants. This information will be distributed at registration, posted throughout the venue, announced on a regular basis before and during the meet, and monitored by the Meet Referee (or his/her special designees). Flagrant 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 Wednesday events shall be at the start of the Technical Meeting (4:00 p.m.). The scratch deadline for Thursday's preliminaries shall be fifteen (15) minutes after the Technical Meeting is adjourned. Coaches who cannot attend the Technical Meeting are encouraged to e-mail their scratches to the Meet Referee before these deadlines.
- ◆ The scratch deadline for Friday's and Saturday's preliminaries shall be thirty (30) minutes after the time established for the start of the previous evening's finals session.
- ◆ This event will follow the scratch rules as defined in section 207.11.6 of the USA Swimming Rules and Regulations. As provided in this section, USA Swimming has established that the penalty for failure to compete in an individual preliminary heat in which such swimmer is entered and has not been scratched will be one of the following: being barred from all further events of that day as prescribed in section 207.11.6, or payment of a fine of \$200.

### Ready Room

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

### Distance Freestyle

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

### Finals Session Event Order

There will be a bonus, consolation, and championship final in each individual event at this Championship (except the distance Freestyle events). In the Finals, the B (consolation) heat will swim first, followed by the A (championship) heat. After all the A and B heats are completed, the C (bonus) heat will be swum.

### Meet Scoring

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



**Results**

After each evening's finals at these championships, the results will be available at [usaswimming.org/USOpen](http://usaswimming.org/USOpen).

**Video Review**

USA Swimming will be providing a "VIDEO REVIEW" station on deck for coaches and athletes. Club Development Sport Performance Consultants will make video of all races available shortly after the each heat is completed. Coaches (and athletes) have the option to bring their own flash drive and we can download the race for them. Look for the USA Swimming Video Review banner and stop by with your athlete to watch and review video of your athletes' races. There is no charge for this service. Time Trials video will not be available. Video review will not be used to overturn infractions.

**Awards**

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

- ◆ Team Awards - Awards will be provided for the top three teams in Men's, Women's, and Combined categories. There will be no awards for college teams.
- ◆ Individual High Point Awards - Male and Female Awards will be given at the Toyota U.S. Open.
- ◆ 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**

LCM Time Trials will be conducted for all swimmers who enter and compete in the meet provided there is sufficient time between the end of the preliminary session and the start of warm-ups for the final session. Time Trial entries will only be taken on-site at the Clerk of Course and, at the discretion of the Meet Referee, through OME. A swimmer is limited to a maximum of two Time Trials during the course of the Championships. The Time Trial entry deadline shall be one hour prior to the estimated/published conclusion of that days preliminary session. Entry fees for Time Trials are the same as those established for the Championships. The order for Time Trials shall be that day's events, followed by the remaining events in the meet, followed by the previous day's events. The exception to this schedule is with the 50 freestyle which will be offered at the end of the session each day, except on the day it is contested when it will be the first time trial of the session. Distance freestyle events will typically be offered on only one day of the meet as determined by the Meet Referee and announced at the Technical Meeting.

## SHORT COURSE TIME TRIALS



### Format

There will be a two-session short course time trial on Sunday morning following the meet. Dependent on the number of entries, the Referee may decide to run the time trials as a single session. There will be no time standards for the time trials, however only athletes that enter and participate in the championships will be permitted to enter the time trials.

### Entry Fees:

\$20.00 per individual event

### Entries

Entries will be accepted online at [usaswimming.org/OME](http://usaswimming.org/OME) beginning at 9:00am local time Wednesday, December 4th, and closing at 2:00pm local time Saturday, December 7th. Swimmers are allowed to compete in up to two events in the time trials.

### Positive Check-In

In addition to entering online, all swimmers must check-in with the Administrative Referee at the venue to confirm their intention to swim. Additional information will be distributed at the technical meeting for the championships.

## Short Course Time Trials

Sunday, December 8, 2019

All Events Timed Finals

<u>Women's Events</u>	<u>Sessions 1 begins at 9:00am</u>	<u>Men's Events</u>
1	400 IM	2
3	100 Butterfly	4
5	100 Breaststroke	6
7	100 Backstroke	8
9	100 Freestyle	10
11	500 Freestyle	12
	<b><u>Sessions 2 begins approximately one hour after conclusion of Session 1</u></b>	
13	200 IM	14
15	200 Backstroke	16
17	200 Breaststroke	18
19	50 Freestyle	20
21	200 Freestyle	22
23	200 Butterfly	24
25	1650 Freestyle	26

**The 2019 Toyota U.S. Open Championships are subject to Doping Control.**

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

**What substances are banned?**

Per USADA: "As a signatory to the World Anti-Doping Code, USADA tests for substances and methods found on the World Anti-Doping Agency [Prohibited List](#). It's important that athletes are aware of the substances and methods on the Prohibited List, as an athlete is responsible for any prohibited substance found in their body, regardless of intent. It's also important to understand that certain substances are prohibited at all times, while others are prohibited only during competition. In some cases, a substance is only prohibited in a certain sport. Use the re-sources on this tab in conjunction with the next step about medication and the re-sources 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 illnesses or condition that requires the use of medication listed on the World Anti-Doping Agency's [Prohibited List](#). A Therapeutic Use Exemption or TUE provides permission for an athlete to have a prohibited substance in their body at the time of a drug test. The process for obtaining a TUE is thorough and balances the need to allow athletes access to critical medication while upholding clean athletes' rights to compete on a clean and level playing field. In some cases, the TUE requirements are different for national-level athletes vs. non-national level athletes. Athletes interested in obtaining a TUE should visit the [Therapeutic Use Exemption](#) page, where they can determine if they need a therapeutic use exemption, begin the application process, and find answers to the most frequently asked TUE questions."

**Understand the Sample Collection Process:**

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

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

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

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



# TIME STANDARDS 2019

## TOYOTA U.S. OPEN CHAMPIONSHIPS

Women			Men	
LCM	SCY	EVENT	SCY	LCM
26.69	22.89	50 Freestyle	20.59	23.59
57.69	49.89	100 Freestyle	44.59	51.79
2:04.59	1:47.79	200 Freestyle	1:38.79	1:53.29
4:20.79	4:49.09	400 Freestyle	4:28.89	4:01.09
8:54.49	9:58.79	800 Freestyle	9:15.19	8:21.49
17:06.69	16:35.89	1500 Freestyle	15:34.89	15:59.99
1:04.59	54.69	100 Backstroke	49.89	58.59
2:18.69	1:58.09	200 Backstroke	1:48.39	2:06.69
1:13.49	1:03.09	100 Breaststroke	55.99	1:05.59
2:38.69	2:15.89	200 Breaststroke	2:01.59	2:22.89
1:02.59	54.19	100 Butterfly	49.19	55.99
2:17.39	1:59.59	200 Butterfly	1:48.29	2:04.59
2:21.39	2:00.99	200 Individual Medley	1:49.29	2:08.19
4:58.09	4:15.59	400 Individual Medley	3:53.49	4:32.59

Qualification Period 11/1/2018 through Entry Deadline

Women			18 & Under Bonus		Men	
LCM	SCY	EVENT	SCY	LCM	SCY	LCM
26.99	23.49	50 Freestyle	20.89	24.39		
58.39	50.89	100 Freestyle	45.39	52.89		
2:05.39	1:49.69	200 Freestyle	1:39.79	1:56.09		
4:23.79	4:53.09	400 Freestyle	4:31.49	4:06.29		
9:03.49	10:03.59	800 Freestyle	9:25.49	8:33.79		
17:20.49	16:46.19	1500 Freestyle	15:46.99	16:14.99		
1:05.49	56.09	100 Backstroke	50.79	59.69		
2:20.69	2:01.29	200 Backstroke	1:50.59	2:09.59		
1:14.29	1:03.69	100 Breaststroke	57.39	1:07.19		
2:40.09	2:19.79	200 Breaststroke	2:05.69	2:26.89		
1:03.39	55.79	100 Butterfly	49.89	57.39		
2:19.59	2:02.69	200 Butterfly	1:52.09	2:08.19		
2:22.49	2:03.09	200 Individual Medley	1:51.49	2:10.49		
5:01.89	4:23.29	400 Individual Medley	4:00.19	4:38.39		