



**2014
AT&T Winter
National Championships
December 3-6**

**Greensboro Aquatic Center
Greensboro, NC
www.greensboroaquaticcenter.com**

**Entry Deadline
Tuesday, November 25, 2014 at 11:59pm Mountain Time**



**2014 AT&T Winter National Championships
Greensboro Aquatic Center
Greensboro, NC**

Important Facts About the Meet



- ◆ The Wednesday timed final session will begin at 6:00pm. For the remaining days, prelims will begin at 9:00am, and finals will begin at 5:00pm.
- ◆ The qualification period for this event is November 1, 2013 through the entry deadline.
- ◆ **Entry Process:** Enter the Winter National Championships online at usaswimming.org/OME beginning Tuesday, October 7, 2014 and no later than 11:59 p.m. Mountain Time, Tuesday, November 25, 2014.
- ◆ **New Qualifying Swims:** Swims achieving a bonus or a qualifying time standard for the first time from Wednesday, November 26, 2014, through Sunday, November 30, 2014, may enter the meet through OME under the title *2014 Nationals: New Qualifying Swims*. These entries must be submitted no later than 11:59pm Mountain Time on Sunday, November 30, 2014, and cannot be used to improve the seed time of a prior entry, unless the improvement achieves a new bonus or qualifying standard. Normal entry fees apply.
- ◆ 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.
- ◆ 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. Relay-only swimmers will be allowed to swim in time trials.
- ◆ Two courses may be used for preliminary heats.
- ◆ Qualification for the 4 x 50 relays will be the corresponding 4 x 100 relay time standards. All relays will be swum as timed finals at the end of the evening sessions. The order for the relays shall be the 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.
- ◆ 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, however they cannot score team points (including relays) in a USA Swimming National Championship. Please refer to page 7 for foreign entry instructions.
- ◆ Swimmers may qualify for the 1650 Freestyle events using the 1500/1650 time standards or the 800/1000 time standards.
- ◆ At the discretion of the Meet Referee, the preliminary sessions may be conducted using "Flyover" starts and/or in an A/B flighted format. Details of any changes to normal meet operations protocol will be announced at the general meeting.
- ◆ There will be a LC time trial on Sunday morning following the meet. Any swimmer who enters and participates in the 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.
- ◆ Swimmers' and Coaches' Responsibility – It shall be the swimmers' and coaches' responsibility to acquaint themselves with all of the information contained in this meet information book and any information or changes announced at the General meeting.

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**2014 AT&T Winter National Championships
Order of Events
Short Course Yards**

<u>Women's Events</u>	<u>Day 1– Wednesday, December 3</u> (Timed Finals Begin at 6:00pm)	<u>Men's Events</u>
1	200 Medley Relay*	2
3	800 Freestyle Relay	4
(Heats Begin at 9:00am)	<u>Day 2– Thursday, December 4</u>	(Finals Begin at 5:00pm)
5	500 Freestyle	6
7	200 Individual Medley	8
9	50 Freestyle	10
11	400 Medley Relay	12
	<u>Day 3 - Friday, December 5</u>	
13	400 Individual Medley	14
15	100 Butterfly	16
17	200 Freestyle	18
19	100 Breaststroke	20
21	100 Backstroke	22
23	200 Freestyle Relay*	24
	<u>Day 4 - Saturday, December 6</u>	
25	1650 Freestyle	26
27	200 Backstroke	28
29	100 Freestyle	30
31	200 Breaststroke	32
33	200 Butterfly	34
35	400 Freestyle Relay	36

Heats for events 25 and 26 will be swum after event 34

*Qualification for the 4 x 50 relays will be the corresponding 4 x 100 relay time standards.

All relays will be swum as timed finals at the end of the evening sessions. The order for the relays shall be the 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.

General Information (Continued)



Facility Address

Greensboro Aquatic Center
1921 West Lee Street
Greensboro, NC 27403
Phone: 336-315-8498

Meet Referee

Robert Broyles
208-669-2818
deepspace@prodigy.net

Meet Directors

Susan Braman
336-315-8498
Susan.Braman@greensboro-nc.gov

Jay Dodson
336-337-0169
jay@staraquatics.net

USA Swimming Vice President, Program Operations
Tbd

USA Swimming National Events Director

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

USA Swimming National Events Manager

Annie White
719-866-4578
awhite@usaswimming.org

Meeting Schedule

Wednesday, December 3	4:00 p.m. After timed finals	Technical Meeting Reception	Special Events Center Meeting Room 1 ACC Hall of Champions (adjacent to Meeting Rooms)
Wednesday, December 3	5:00 p.m.	Officials' Meeting	Special Events Center Meeting Room 1
(All subsequent officials' briefings will be held one hour prior to the start of each session)			

Directions to Pool from Piedmont Triad International Airport

Head northeast on S Triad Blvd (0.6 mi)
Slight right onto Airport Pkwy (0.5 mi)
Keep right at the fork and merge onto Joseph M Bryan Blvd (1.2 mi)
Take the exit toward Winston – Salem (0.5 mi)
Merge onto I-73 S (2.7 mi)
Take exit 1 for I-40/US-421 toward Greensboro/Winston-Salem (0.2 mi)
Keep left at the fork, follow signs for Interstate 40 E/Greensboro and merge onto I-40 E/US-421 S (3.2 mi)
Take exit 216 toward Greensboro/Coliseum Area (0.6 mi)
Merge onto Patterson St (2.1 mi)
Turn left onto High Point Rd (0.2 mi)
Continue straight onto W Lee St. Destination will be on the right (125 ft)

Estimated travel time - 15 minutes depending on traffic

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

General Information (Continued)



Tickets

Tickets for individual sessions of preliminaries and finals will be available at the Greensboro Aquatic Center main box office.

All Session:

Adult - \$50.00

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

Daily Ticket (includes both prelims and finals for each day):

Adult - \$20.00

Youth (12 and Under) and Seniors (60+) - \$15.00

Single Session (either prelims or finals each day):

Adult - \$15.00

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

Parking

Four-day and three-day parking passes will be sold for the Greensboro Aquatic Center lots. They may be purchased at the Special Events Center main entrance on Tuesday. Passes will be sold Tuesday as well as at the Greensboro Aquatic Center on Wednesday. Parking will be free on Tuesday. The rates are listed below:

Free Parking—Tuesday only

Four-day \$24 – Wednesday through Saturday

Three-day \$20 – Thursday through Saturday

Single-day \$8— Daily Rate

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.

Hotels

For up to date hotel information, please refer to usaswimming.org/winternationals.



Marriott is a proud sponsor of USA Swimming



- ① GAC Parking Entrance for Parents & Spectators
- ② Greensboro Aquatic Center
- ③ GAC Parking Pass Entrance & Drop N' Go
- ④ ACC Hall Of Champions
- ⑤ Special Events Center





Information/Lost & Found

"Wet" lost and found items will be located in the green bin off the therapy/recreation pool deck. Anything of greater value such as cameras, cell phones, etc. will be taken to the GAC front desk located at the main entrance. Information and general directions can also be obtained at the GAC front desk.

Lockers

Men's and Women's Locker rooms are adjacent to the competition pool for the Athletes. Lockers are available on a first come/first serve basis. Lockers are for day use only and you must provide your own lock. The Greensboro Aquatic Center and USA Swimming will not be held liable for lost or stolen items.

Medical Assistance

An Emergency Medical Technician (EMT) will be located on the pool deck in the medical/first aid room. Sports massage therapy services will not be provided.

Concessions

Concessions will be provided in the main corridor at the GAC during competition hours. Ovations Catering will be the provider offering fruits, vegetables, sandwiches, yogurt, bagels, pretzels, popcorn and a wide variety of soda and sport drinks.

Hospitality

A hospitality area for the coaches and officials where meals will be served will be located in Meeting Room 3 in the Special Events Center. Drinks and snacks will be provided at the pool in Classroom 1.

Use of Audiovisual

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

Deck changing: 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.

About the Facility

The Greensboro Aquatic Center (GAC) is a state-of-the-art facility featuring leading edge concepts in aquatic design. The GAC is located on the campus of the Greensboro Coliseum Complex, the premier sports and entertainment facility in the Southeast. The placement of the GAC at the Coliseum Complex creates numerous advantages including the adjacent Coliseum Complex's Special Events Center that provides accommodations for meet registration, coaches' meetings and hospitality and vendor displays. The GAC brings together all major aquatic sports – competitive swimming and diving, water polo, synchronized swimming and other unique sports all in one venue. The GAC fully meets NCAA and FINA standards and offers Greensboro the opportunity to host high school and collegiate events, USA Swimming meets, Master's swimming and U.S. Water Polo events as well as a myriad of local, regional, national and international competitions.

Pool Hours

Tuesday, December 2	1:00 p.m. - 8:00 p.m.
Wednesday, December 3	8:00 a.m. - 1 hour after finals
Thursday, December 4	6:00 a.m. - 1 hour after finals
Friday, December 5	6:00 a.m. - 1 hour after finals
Saturday, December 6	6:00 a.m. - 1 hour after finals

Credential Pick-Up

Credentials can be picked up at the Aquatic Center on the following schedule.

Tuesday, December 2	1:00 p.m. - 7:00 p.m.
Wednesday, December 3	8:00 a.m. - Noon and 1:00 p.m. - 8:00 p.m.
Thursday, December 4	8:00 a.m. - Noon and 1:00 p.m. - 6:00 p.m.
Friday, December 5	8:00 a.m. - Noon and 1:00 p.m. - 6:00 p.m.
Saturday, December 6	See Admin Ref

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 \$50 replacement charge for lost credentials.

Wireless Internet Access

Wireless access will be for Coaches and Officials on deck only.

Television

The 2014 AT&T Winter National Championships will be broadcast on NBC Universal. Check local listings for times in your area.

Entering the Meet



Meet Entries

All Event Entry questions should be directed to: Anthony Buhr at abuhr@usaswimming.org (719-866-3581).

Enter the Winter National Championships online at usaswimming.org/OME beginning Tuesday, October 7, 2014 and no later than 11:59 p.m. Mountain Time, Tuesday, November 25, 2014.

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, 2013 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:

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

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, however they cannot score team points (including relays) in a USA Swimming National Championship. 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 abuhr@usaswimming.org, and they will receive an email with instructions on how to access and utilize the OME system.

All foreign participants must be members in good standing of their country's 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 bonus or a qualifying time standard for the first time from Wednesday, November 26, 2014, through Sunday, November 30, 2014, may enter the meet through OME under the title 2014 Nationals: New Qualifying Swims. These entries must be submitted no later than 11:59pm Mountain Time on Sunday, November 30, 2014, and cannot be used to improve the seed time of a prior entry, unless the improvement achieves a new bonus or qualifying standard. Normal entry fees apply.

Late Entries

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

- A. Late entries must be submitted through the Online Meet Entry system (OME);
- B. These entries must be received no later than 11:59 p.m. Mountain Time on Sunday, November 30, 2014;
- 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 \$60 per relay 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 and will serve as the official guide for technical and procedural rules. 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.

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.
 - ◆ 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 - Times and names for each entered relay team must be submitted on the master entry relay form. The entered time must be proven prior to the scratch deadline for each entered 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 master entry form 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 on the relay entry form or online. A club may enter no more than two relay teams in each relay event.

Responsibility Clause

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

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.

Seeding

For these Championships, the seeding order is:

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



Registration

Credentials for coaches, managers and chaperones 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. Managers and trainers must be included in this formula and on the entry form to receive a deck pass. Athletes entered in the meet will receive a deck pass as part of their entry fee. There is a surcharge of \$20 per person for spectator passes. All others will be required to purchase individual tickets. 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: 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. 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.

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 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 General Meeting.
- ◆ It will be at the General Meeting.
- ◆ After the General 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 relays and Thursday's preliminaries shall be fifteen (15) minutes after the General Meeting is adjourned. 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

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 1650 events) must report to the Ready Room five minutes preceding the event. Bonus and Consolation heats will report directly to their assigned starting block. Relays will not report to the Ready Room.

Relays and Relay Check-In Procedures

- A. Teams are limited to two relay entries in each relay event.
- B. Qualification for the 4 x 50 relays will be the corresponding 4 x 100 relay time standards.
- C. All relays will be swum as timed finals at the end of the evening sessions. The order for the relays shall be the 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.
- D. 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 entered 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.

Distance Freestyle

- A. Distance Entry - Any swimmer who qualifies for the 1650 yard 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. Swimmers may qualify for the 1650 Freestyle events using the 1500/1650 time standards or the 800/1000 time standards.
- C. Distance Check-in and Seeding - Entrants in the 1650 yard 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.
- D. With the exception of the fastest heat, the 1650 Freestyle events (timed finals) will be swum during prelims, with the men's and women's events running simultaneously in their respective pools. Only the fastest (single) seeded heat of Women's and Men's 1650 Freestyle events will be swum in the final session. If only one pool is used for the competition, heats will be swum during prelims, alternating women's and men's heats, with the second fastest heat last, third fastest heat next to last, fourth fastest heat third from last and continuing until all heats are swum. The starting time for each heat held during the preliminary session shall be scheduled so that 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 1650 yard freestyle events, which will have only the fastest heat swimming in the finals session). 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. Separate team scores will be kept for Club and College teams.

Results

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

Awards

An awards ceremony will be conducted immediately after each event. The top three swimmers in each individual event, and the top three relays in each relay 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.

- A. 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.
- B. Medals - A medal ceremony will be conducted for the top three place winners in each event. Fourth through eighth place finishers should pick up their medals in the awards staging area. An "18&Under" National Champion medal will also be presented to the highest placing American 18&under swimmer in each individual event.
- C. Individual High Point Awards - Male and Female Awards will be given at the National 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.

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. Relay-only swimmers will be allowed to swim in time trials.

- A. Time Trials will be conducted in short course yards 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.

- F. There will be a LC time trial on Sunday morning following the meet. Any swimmer who enters and participates in the 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 (see following page).

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

Long Course Time Trials



Format

There will be a two-session long 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:

\$15.00 per individual event

Entries

Entries will be accepted online at usaswimming.org/OME beginning at 9:00am on Wednesday, December 3rd, and closing at 2:00pm on Saturday, December 6th.

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.

Long Course Time Trials

Sunday, December 7, 2014

All Events Timed Finals

Sessions 1 begins at 9:00am

Women's Events

1	400 IM
3	100 Butterfly
5	100 Breaststroke
7	100 Backstroke
9	100 Freestyle
11	400 Freestyle
13	1500 Freestyle (Women)
	800 Freestyle (Men)

Men's Events

2
4
6
8
10
12
14

Sessions 2 begins approximately one hour after conclusion of Session 1

15	200 IM	16
17	200 Backstroke	18
19	200 Breaststroke	20
21	50 Freestyle	22
23	200 Freestyle	24
25	200 Butterfly	26
27	800 Freestyle (Women)	
	1500 Freestyle (Men)	28



2014 AT&T Winter National Championships
Order of Events
 Short Course Yards

Women			Event	Men		
LCM	SCM	SCY		SCY	SCM	LCM
26.69	26.19	23.29	50 Fr	20.59	22.89	23.59
57.69	56.29	50.89	100 Fr	45.19	49.99	51.79
2:04.59	2:01.49	1:49.69	200 Fr	1:39.09	1:49.89	1:53.29
4:20.79	4:12.29	4:51.99	400/500 Fr	4:28.89	3:52.49	4:01.09
8:54.49	8:42.99	10:01.19	800/1000 Fr	9:20.59	8:10.09	8:21.49
17:06.69	16:34.79	16:45.19	1500/1650 Fr	15:34.89	15:17.79	15:59.99
1:05.49	1:02.59	56.49	100 Bk	50.49	55.89	58.59
2:19.89	2:15.39	2:01.19	200 Bk	1:49.39	2:01.59	2:06.69
1:13.79	1:11.99	1:04.09	100 Br	56.79	1:03.19	1:05.59
2:39.19	2:34.89	2:18.29	200 Br	2:03.39	2:17.79	2:22.89
1:03.19	1:01.99	55.89	100 Fl	49.79	54.49	55.99
2:17.89	2:15.89	2:02.69	200 Fl	1:50.19	2:00.69	2:04.59
2:21.89	2:17.59	2:03.69	200 IM	1:51.39	2:03.19	2:08.19
4:58.59	4:52.09	4:22.99	400 IM	3:57.79	4:23.59	4:32.59
3:52.69		3:23.39	4X100 Fr-R	3:00.69		3:29.29
8:22.19		7:18.99	4x200 Fr-R	6:41.29		7:42.79
4:18.29		3:44.19	4x100 Med-R	3:16.99		3:50.09

* Qualifying period is November 1, 2013 through the entry deadline

* 18& Under bonus events only for 2014

Women		18& Under Bonus		Men
LCM	SCY	Event	SCY	LCM
26.99	23.49	50 Fr	20.99	24.39
58.39	50.99	100 Fr	45.79	52.89
2:05.39	1:49.79	200 Fr	1:40.29	1:56.29
4:23.79	4:52.09	400/500 Fr	4:32.69	4:06.29
9:03.49	10:03.59	800/1000 Fr	9:25.49	8:33.79
17:20.49	16:46.19	1500/1650 Fr	15:46.99	16:14.99
1:05.59	56.59	100 Bk	50.99	59.69
2:20.69	2:01.29	200 Bk	1:50.69	2:09.59
1:14.29	1:04.29	100 Br	57.69	1:07.59
2:40.09	2:19.79	200 Br	2:05.89	2:27.19
1:03.39	55.99	100 Fl	50.09	57.39
2:19.59	2:03.29	200 Fl	1:51.59	2:08.19
2:22.49	2:03.79	200 IM	1:52.49	2:10.49
5:01.89	4:23.69	400 IM	4:00.19	4:38.39

* Qualifying period is November 1, 2013 through the entry deadline

* 18& Under bonus events only for 2014