



**2015 AT&T Winter National Championships
December 3-5 (Thu-Sat)
Long Course Meters (50m)**

**Weyerhaeuser King County Aquatic Center
Federal Way, WA**

**Entry Deadline
Tuesday, November 24, 2015 at 11:59 p.m. Mountain Time**



**2015 AT&T Winter National Championships
Weyerhaeuser King County Aquatic Center
Federal Way, WA**

IMPORTANT FACTS ABOUT THE MEET



- ◆ The qualification period for this event is November 1, 2014 through the entry deadline. Qualifying times are in LCM and SCY only. Converted times will not be allowed.
- ◆ **Entry Process:** Enter the Winter National Championships online at usaswimming.org/OME beginning Tuesday, October 6, 2015 and no later than 11:59 p.m. Mountain Time, Tuesday, November 24, 2015.
- ◆ **New Qualifying Swims:** Swims achieving a qualifying time standard for the first time from Wednesday, November 25, 2015, through Sunday, November 29, 2015, may enter the meet through OME under the title *2015 Nationals: New Qualifying Swims*. These entries must be submitted no later than 11:59pm Mountain Time on Sunday, November 29, 2015, 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.
- ◆ There will be no bonus events at these championships.
- ◆ There will be no relays at these championships.
- ◆ 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.
- ◆ 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 in a USA Swimming National Championship. Please refer to page 7 for foreign entry instructions .
- ◆ Swimmers may qualify for the 800 and 1500 Freestyle events using any of the 1500/1650 time standards or the 800/1000 time standards.
- ◆ At the discretion of the Meet Referee, the preliminary sessions may be conducted 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 SCY 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, and must be submitted no later than 2:00pm local time Saturday, December 5, 2015.
- ◆ 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.

TABLE OF CONTENTS



Event Order	3
General Information	4
Local Information	5
Site Information	6
Entering the Meet	7
Championship Procedures	8
Doping Control	11
Short Course Time Trial	12
Time Standards	13



**2015 AT&T Winter National Championships
Order of Events
Long Course Meters (50m)**

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

Heats for events 17 and 18 will be swum after event 26 and will be swum slowest to fastest, alternating women's and men's heats.

**Finals will not begin before 6:00pm each night. Depending on prelim timelines, the start time for finals may be adjusted for a later start. Details of any changes will be announced at the general meeting.*

GENERAL INFORMATION



Facility Address

Weyerhaeuser King County Aquatic Center
650 SW Campus Drive
Federal Way, WA 98023
206-477-4444

Meet Referee

Clark Hammond
205-910-5390
clarkhammond2797@gmail.com

Meet Director

Deborah Keane
14910 66th Avenue West
Edmonds, WA 98026
425-210-3500
meetdirector@pns.org

USA Swimming Vice President, Program Operations

Dan McAllen
214-316-9215
d.mcalleniii@sbcglobal.net

USA Swimming Senior Development Committee Chair

John Morse
615-496-5888
jmorse@swimnac.com

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

Technical Meeting	Wednesday, December 2	5:30 p.m.	Aquatic Center Banquet Hall
Officials Meeting	Thursday, December 3	7:30 a.m.	Aquatics Center

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

Directions to Pool from Seattle-Tacoma International Airport

Start out going East on S 156th Street toward Air Cargo Rd. Turn Right onto Air Cargo Rd. Turn Left onto S 160th St. Turn Left onto International Blvd / Tukwila International Blvd / Pacific Hwy S / WA-99. Merge onto WA-518 E toward I-405 / Renton / I-5. Merge onto I-5 S toward Tacoma. Take Exit 142B toward WA-161 S / Puyallup. Merge onto S 348th St. S 348th St becomes SW Campus Dr. End at 650 SW Campus Drive, Federal Way, WA 98023-8425, US.

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.

LOCAL INFORMATION



Ticket Orders

All-Session

Adult: \$50
Youth (12 and Under): \$45

Day Pass (Prelims & Finals of Same Day)

Adult: \$20

Single Session Passes

Adult: \$15
Youth (12 and Under): \$5

All tickets are general admission.

For ticket questions or more information, contact:
Deborah Keane, meetdirector@pns.org

Checks should be made payable to Pacific Northwest Swimming.

Parking

Parking is free in the three lots surrounding the venue. An adjacent lot at the Little League fields will be available for overflow parking. A fee may be charged to park in overflow.

Transportation

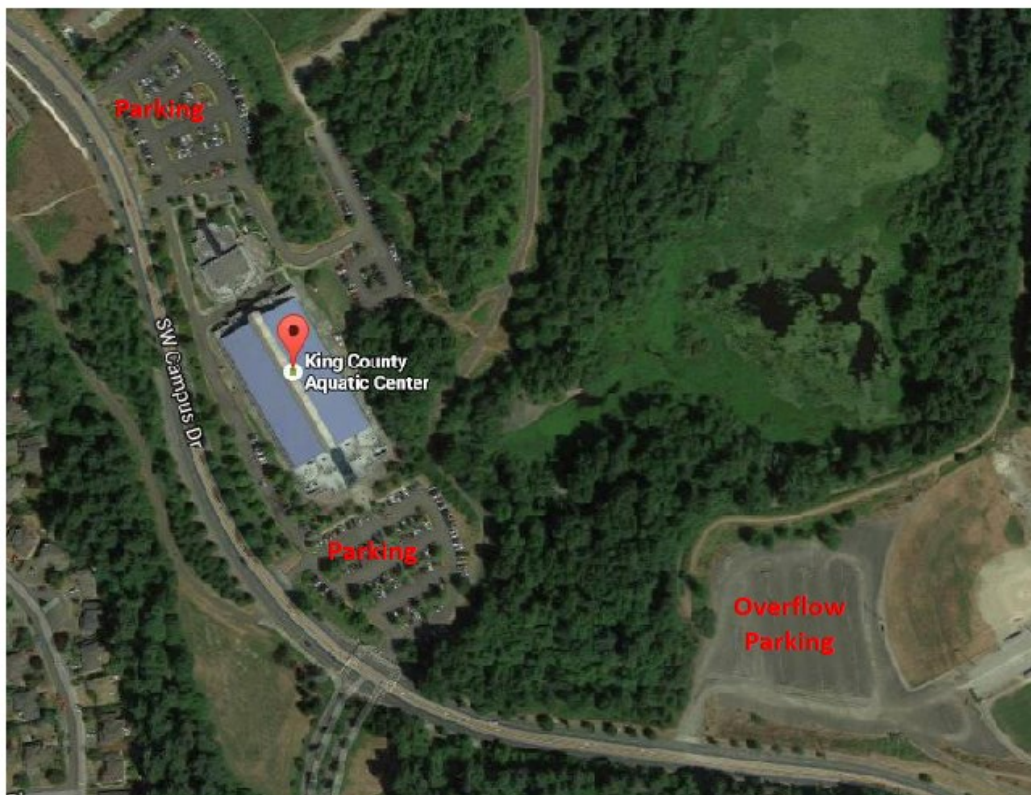
USA Swimming has negotiated rates with United Airlines if ticketed by Polk Majestic Travel Group. Discounts are based on class of service and availability. For more information, you may contact the PMTG Group Air department at (303) 302-2540 or (800) 218-9481, or contact usaswimming@polkmajestic.com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

Hotels

For up to date hotel information, please refer to <https://pse.tournamenthotels.com/GroupBlocking.aspx?eid=CrubqnonAkqe4-y5J5LrXg>



Marriott is a proud sponsor of USA Swimming



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

Any items turned into the facility staff will be collected at the lobby receptionist desk.

Lockers

Limited day lockers will be available for use at the Aquatic Center for use by athletes, coaches and officials. The locker room area will be strictly for use by properly credentialed individuals (athletes, coaches, officials). The facility will not be responsible for lost or stolen items. No towel service.

Medical Assistance

First Aid assistance will be provided at the facility.

Concessions

Concessions will be available for spectators in the facility lobby.

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.

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 Weyerhaeuser King County Aquatic Center (WKCAC) is a legacy venue from the 1990 Goodwill Games. Over 200 national and world record swims have been established in this very "fast" pool.

WKCAC contains two natatoriums, one for competition, the other for recreational programs. The competition natatorium seats 2,500 spectators in two elevated balconies. The 50-meter competition tank has eight nine-foot wide lanes and is nine feet deep at both ends, 10.5 feet deep midcourse. This natatorium also houses a separate 25-yard dive tank that is seven lanes wide, 17 feet deep and will serve as a warmup/down pool. The recreation natatorium houses a 25-yard, warm-water, zero-depth pool.

Pool Hours

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

Credential Pick-Up

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

Tuesday, December 1	1:00 p.m. - 6:00 p.m.
Wednesday, December 2	8:00 a.m. - Noon and 2:00 p.m. - 6:00 p.m.
Thursday, December 3	8:00 a.m. - Noon and 2:00 p.m. - 6:00 p.m.
Friday, December 4	8:00 a.m. - Noon and 2:00 p.m. - 6:00 p.m.
Saturday, December 5	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 available throughout the venue.

Television

The 2015 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 AT&T Winter National Championships online at usaswimming.org/OME beginning Tuesday, October 6, 2015 and no later than 11:59 p.m. Mountain Time, Tuesday, November 24, 2015.

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, 2014 through the entry deadline. Qualifying times are in LCM and SCY only. Converted times will not be allowed.

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 no bonus events at these championships.

Entry Fees:

\$15.00 per individual 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 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 athletes and coaches 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 25, 2015, through Sunday, November 29, 2015, may enter the meet through OME under the title *2015 Nationals: New Qualifying Swims*. These entries must be submitted no later than 11:59pm Mountain Time on Sunday, November 29, 2015, 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:

- 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 29 2015;
- C. The team or athlete must pay a one-time processing fee of \$150.00, *and* pay entry fees of \$30 per individual 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 persons expecting to receive a deck pass should be prepared to show a current USA Swimming membership card. Non-members who have successfully completed the Athlete Protection Training (APT) course and a USA Swimming background check may join on site at the registration check-in desk. Information regarding the APT course and the background check will be available at meet check-in and is also online at usaswimming.org/protect. Coaches must provide proof of CPR, First Aid and Safety Training for Swimming Coaches or USA Swimming approved equivalents, and must have successfully passed the required background check and APT Course.

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

SWIMS Database—Proof of Time

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

- A. USA Swimming Sanctioned competition
- B. USA Swimming Approved competition - Check two weeks before the competition to assure the meet has been approved by the LSC, and prior to the start of the competition, ask the Meet Director for the procedure for getting a time into SWIMS.
- C. USA Swimming Observed swims - Be sure a proper request for an Observed Swim is made according to guidelines appearing in the USA Swimming SWIMS Time Module Policy Manual, and prior to the start of the meet, verify that proper procedures are in place for the Observed swim.

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.

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 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.

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 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 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 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 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.

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.

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 only the fastest-seeded 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. 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 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.

- 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.

- F. There will be a SCY 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.

**The 2015 AT&T Winter National Championships is 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 immediately.

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:

\$15.00 per individual event

Entries

Entries will be accepted online at usaswimming.org/OME beginning at 9:00am local time Thursday, December 3rd, and closing at 2:00pm local time Saturday, December 5th.

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 6, 2015 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
	<i>Sessions 2 begins approximately one hour after conclusion of Session 1</i>	
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



**AT&T WINTER
NATIONAL
CHAMPIONSHIPS**

OFFICIAL TIME STANDARDS



2015 AT&T Winter National Championships

**CHAMPIONSHIP
SERIES ★★★★★**

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

* Qualifying period is November 1, 2014 through the entry deadline