

OPEN WATER NATIONAL CHAMPIONSHIPS



SARASOTA, FL • 2024

10K National Championships
Friday, May 3, 2024
Women's Race 8:00 am
Men's Race 10:30 am

5K Junior National Championships (15-U Age Group*)
Saturday, May 4, 2024
Men's Race 2:00pm
Women's Race 2:05pm

5K National Championships
Sunday, May 5 2024
Men's Race 7:30am
Women's Race 7:35am

7.5K Junior National Championships (16-17 Age Group*)
Sunday, May 5, 2024
Men's Race 9:30am
Women's Race 9:35am

***AQUA age as of December 31, 2024**

All schedules are subject to change depending on number of entries and local conditions

Nathan Benderson Park
5851 Nathan Benderson Circle
Sarasota, FL 34235

Entry Deadline is Noon Mountain Time Monday, April 22, 2024

These events are sanctioned by USA Swimming
Hosted by Sarasota Sharks Swim Team

USA Swimming

2024 Open Water National Championships

Important Facts About the Competition



- ◆ Register for the Open Water National Championships on-line at hub.usaswimming.org/landing beginning noon Mountain Time on Tuesday, February 6, 2024 through Noon Mountain Time on Monday, April 22, 2024. There will be no race-day registration. For help with the entries contact Trey Freeman 719-866-3235 or treyfreeman@usaswimming.org. The qualifying period is January 1, 2023 through the entry deadline (April 22, 2024).
- ◆ Race Start times are subject to change due to number of entries and local conditions.
- ◆ The USA Swimming Open Water National Championships are open to all U.S. swimmers who are 2024 Premium or Outreach members of USA Swimming who meet the specific event qualifying criteria, as well as invited foreign athletes. U.S. athletes must be eligible to represent the U.S. in international competition.
- ◆ Coaches and team staff (**including all individuals in the feeding area for the 7.5K and 10K races**) must be 2024 Premium or Outreach members of USA Swimming, and be current in all required certifications and trainings.
- ◆ 20 male and 20 female international swimmers will be allowed entry to our 5K and 10K National events only. Foreign entries will not be permitted in Junior National Events. Foreign entries can be sent to Bryce Elser at belser@usaswimming.org. All foreign swimmers must be members in good standing of their respective World Aquatics recognized federation and must submit a letter from their federation indicating this standing.
- ◆ Swimmers' and Coaches' Responsibility - It shall be the swimmers' and coaches' responsibility to acquaint themselves with all of the information contained in this competition information book, as well as information disseminated at each race technical meeting. USA Swimming Rules will govern the conduct of these championships.
- ◆ All swimmers, or parents of swimmers under 18 years old must sign a USA Swimming Open Water Waiver and Release, and submit them at Registration.
- ◆ The Race Safety Plan, USA Swimming Waiver & Release Form, and other important information will be posted at usaswimming.org.

Event Administration



Championship Referee

Tom Lombardo
tlombardojr@hotmail.com

Local Meet Director

Drew Clark
dclark@sarasotasharks.org
941-685-2042

Event Safety Director

TBD

Administrative Referee

Sandy Graham
sandygraham@earthlink.net

USA Swimming Director, National Events

Dean Ekeren
dekeren@usaswimming.org

USA Swimming Manager, National Events

Kaitlin Pawlowicz
kpawlowicz@usaswimming.org

USA Swimming Open Water Director

Bryce Elser
belser@usaswimming.org

USA Swimming

2024 Open Water National Championships

SafeSport Information



The USA Swimming Safe Sport program is USA Swimming's comprehensive abuse prevention program dedicated to creating a healthy and positive environment free from abuse for all its members. Components of the program include, but are not limited to, providing education and training, enforcing policies (such as the Minor Athlete Abuse Prevention Policy), rules and best practice guidelines, promoting healthy boundaries and mandatory reporting of violations.

The Minor Athlete Abuse Prevention Policy prohibits Adult Participants (as defined) from having one-on-one interactions with minor athletes which are not within an observable and interruptible distance from another adult. Adult Participants are required to abide by this policy in full during this meet.

Pursuant to USA Swimming Rules and Regulations and federal law, it is every member's responsibility to immediately (i.e., within 24 hours) report any incident of child abuse, including physical or sexual abuse, to law enforcement and the U.S. Center for SafeSport. Reporting must occur when an individual has firsthand knowledge of misconduct or where specific and credible information has been received from a victim or knowledgeable third party. A report to the U.S. Center for SafeSport may be made via telephone at 833-5US-SAFE (833-587-7233) or online at uscenterforsafesport.org/report-a-concern. Various state laws may also require reporting to law enforcement or to a designated child protection agency. For information on how to report other alleged violations, including without limitation, the USA Swimming Code of Conduct and the Minor Athlete Abuse Prevention Policy, please visit usaswimming.org/report.

All athletes age 18, or who turn 18 during the meet, must complete Athlete Protection Training in order to be a USA Swimming registered member in good standing by the first day of the meet. A member not in good standing will be prohibited from participating in the competition until such time as all membership requirements are completed. Times achieved by an athlete who turns age 18 on or during the meet, who competes in this USA Swimming sanctioned event without completing this membership requirement, will NOT count for qualification or recognition. This includes participation as a member of a relay.

Each club is responsible for the conduct of its swimmers. Any person who, in the opinion of the Meet Referee, Meet Director or Meet Marshall, is harmful to others or to other's property may be required to leave the competition. No swimmer will be allowed access to the venue 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 venue to sign supervision form before a credential can be issued.

Operation of a drone, or any other flying apparatus, is prohibited over the venue including athlete/coach areas, spectator areas and open ceiling locker rooms any time athletes, coaches, officials and/or spectators are present, except by operators approved by USA Swimming.

Coaches must meet and have current certifications for all the requirements of coach membership including successfully passing the required background check and APT course.

Any 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. 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.

It is understood and agreed that USA Swimming, the Event Hosts, Facility Owners, Officials, 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.

Qualifying Criteria and Entry Process



2024 USA Swimming Open Water Criteria for Qualification of National Level Events

USA Swimming reserves the right to add additional criteria for qualification based on the needs of the USA Swimming National Team Program. Any additional criteria will be communicated by USA Swimming via posted changes to these Selection Procedures. Any questions regarding these criteria can be directed toward Bryce Elser (belser@usaswimming.org).

2024 USA Swimming Open Water National Championships

5K Qualification

Finished in the top 5 at the 2023 CSCAA 5K National Championships; or
Finished in the top 3 at the 2023 Mountain Pacific Sports Federation 5K Open Water Championship.

2024 USA Swimming Open Water Junior National Championships

7.5K Qualification

Finished in the top 10 at the 2023 USA Swimming 5K Open Water Zone Championships (Open Division Only). *

5K Qualification

Finished in the top 15 at the 2023 USA Swimming 5K Open Water Zone Championships (Open Division Only). *

* The "Open" Division of the 5K Open Water Zone Championships will be the only event used for the qualification towards USA Swimming's National Level Events. Qualification from age group events will not be allowed

2024 USA Swimming Open Water Qualifying Time Standards

		2024 Open Water Nationals			2024 Open Water Junior Nationals	
		10K	10K 19 & U*	5K	7.5K	5K
Men	800 LCM	8:21.49	8:26.50	8:26.50	8:40.69	8:49.99
	1500 LCM	15:59.99	16:09.59	16:09.59	16:38.99	16:56.49
	1000 SCY	9:15.19	9:20.74	9:20.74	9:34.29	9:42.99
	1650 SCY	15:34.89	15:44.24	15:44.24	16:05.49	16:24.39
Women	800 LCM	8:54.49	9:03.49	9:03.49	9:13.79	9:19.32
	1500 LCM	17:06.69	17:20.49	17:20.49	17:40.19	17:50.79
	1000 SCY	9:58.79	10:03.59	10:03.59	10:20.49	10:26.49
	1650 SCY	16:35.89	16:46.19	16:46.19	17:14.39	17:24.73

*AQUA Birthday

*16-17 Age Group

*15&U Age Group

*AQUA Birthday is defined as age as of December 31, 2024. The 10K 19 & U will not be swum as a separate event.

The Qualifying Period is January 1, 2023 through the entry deadline

Qualifying Criteria and Entry Process



Enter On-Line at hub.usaswimming.org/landing

Athletes must enter these events through USA Swimming's On-line Meet Entry System (OME).

Register for the Open Water National Championships on-line at hub.usaswimming.org/landing beginning noon Mountain Time on Tuesday, February 6, 2024 through Noon Mountain Time on Monday, April 22 2024. There will be no race-day registration. For help with the entries, contact Trey Freeman at USA Swimming (719-866-3235) or tfreeman@usaswimming.org.

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

OME is not an eligibility report; It is the coaches responsibility to know what events your athlete is qualified for.

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

For late entries, email Trey Freeman at tfreeman@usaswimming.org with the swimmer's name, date of birth, event to be entered, and qualifying time or criteria. Additional fees may apply for late entries. Payment for late entries will need to be made to the host on site.

For those that qualified through the Open Water Domestic Event Selections use the override option in OME. You will enter a time within the qualifying standard and use the race (and date of the race) that the swimmer qualified in as the meet for the override time.



Rules

Current USA Swimming Rules and Regulations will govern this event. Please see Part Seven of the USA Swimming Rules & Regulations for complete list of Open Water Rules.

Selected Open Water Rules

Swimwear

- ◆ No swimmer shall be allowed to use or wear any device that may be an aid to his/her speed, endurance, or buoyancy.
- ◆ A maximum of two (2) caps may be used.
- ◆ World Aquatics rules for swimwear will be used for all events.

Awards

- ◆ Individual champions shall be determined and awarded in women's and men's competitions. Medals shall be awarded to all first through eighth place finishers in each individual event.
- ◆ The male and female swimmers 18 years of age or younger attaining the highest finish position in the National Championships shall be designated as the USA Swimming 18 and under OW Champion in each contested event and shall receive the appropriate USA Swimming Championship medals.
- ◆ Team awards for the National Championships will combine the 10k and 5k races. Team awards shall be given to the top three teams: men's, women's and combined where the following criteria are met;

Men's or Women's – in order for awards to be given within a specific gender, that gender shall have a minimum of 16 competitors from at least three clubs starting the race.

Combined – To be eligible for this award, a club must have scored in both men's and women's races, and there must have been a minimum of three clubs participating in each gender's race.

Team awards will be shipped from USA Swimming headquarters following the event.

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

Doping Control

The athletes in these competitions are subject to drug testing conducted by the United States Anti Doping Agency (USADA) and World Aquatics under the In-Competition Testing Program. See additional information in the back of this booklet.

Entry Fees

10K National Championships and 7.5K Junior National Championships: \$70.00/Individual

5K National Championships and 5K Junior National Championships: \$50.00/Individual

Foreign Participants: \$35.00 additional fee per participating athlete, coach, and staff member

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 to Trey Freeman at freeman@usaswimming.org;
- B. These entries must be received no later than 11:59 p.m. Mountain Time on Sunday, April 28, 2024;
- C. The team or athlete must pay a processing fee of \$150.00 per athlete, and entry fees of \$140.00/10K event, \$140.00/7.5K event, and/or \$100.00/5K event.

Eligibility

The USA Swimming Open Water National Championships are open to all U.S. swimmers who are 2024 Premium or Outreach members of USA Swimming who meet the specific event qualifying criteria, as well as invited foreign athletes. U.S. athletes must eligible to represent the U.S. in international competition.

Coaches and team staff (**including all individuals in the feeding area for the 7.5K and 10K races**) must be 2024 Premium or Outreach members of USA Swimming, and be current in all required certifications and trainings.

Transgender Participants

Athletes attending this event must abide by IOC policies that state:

Those who transition from male to female are eligible to compete in the female category under the following conditions:

- ◆ The athlete has declared that her gender identity is female. The declaration cannot be changed, for sporting purposes, for a minimum of four years.
- ◆ The athlete must demonstrate that her total testosterone level in serum has been below 10 nmol/L for at least 12 months prior to her first competition (with the requirement for any longer period to be based on a confidential case-by-case evaluation, considering whether or not 12 months is a sufficient length of time to minimize any advantage in women's competition).
- ◆ The athlete's total testosterone level in serum must remain below 10 nmol/L throughout the period of desired eligibility to compete in the female category.
- ◆ Compliance with these conditions may be monitored by testing. In the event of non-compliance, the athlete's eligibility for female competition will be suspended for 12 months.

Any athlete who desires to submit medical records to stay in compliance to the IOC rule shall submit to USA Swimming's National Team Managing Director: 1) a signed declaration that the member's gender identity is female, and (2) an attestation from a medical professional that the member's total testosterone level in serum has been below 10 nmol/L for at least 12 months prior to the member's first competition. USA Swimming will not accept actual test results or other medical records from a member and any such documents received by USA Swimming will be destroyed immediately.

As a transitioning athlete you may need to utilize a medication/substance that is prohibited and would require approval for use. To ensure compliance with these rules please contact the U.S. Anti-Doping Agency (USADA) at 719-785-2000.

USA Swimming follows IOC guidelines for transgender participants, and therefore this information is subject to change as policy surrounding transgender elite athletes evolves. Information and selection criteria will be updated when changes are made.



Technical Meetings

There will be no in-person technical meetings for these competitions, however there will be a virtual (Zoom-based) technical meeting for all races. Details will be sent to each coach. Coaches are also encouraged to check the USA Swimming website for last minute details about the event. Participating coaches and athletes are responsible for all information in this document, distributed during the Zoom meetings, and posted on the event website.

- ◆ Technical Meeting for all Open Water events, Thursday, May 2, 2024 6:00pm EST.

Pre-Race Briefings

In addition to each technical meeting, all swimmers must be present for the Pre-Race Briefing at the race start area prior to each race. At this meeting, race officials will distribute last minute information on weather and water conditions, emergency procedures, etc.

Practice Availability

Pool practice availability: 8501 Potter Park Dr, Sarasota, FL 34238

- ◆ TBD

Open Water Training Availability

- ◆ TBD

Race Day Schedules

Schedules are subject to change depending on number of entries and local conditions.

Women's 10K National Championships

Friday, May 3

6:30am-7:45am – check-in
7:45am – Pre-race Briefing
7:55am – Inspection and Roll Call
8:00am – Start

Men's 10K National Championships

Friday, May 3

8:00am-10:15am – check-in
10:15am – Pre-race Briefing
10:25am – Inspection and Roll Call
10:30am – Start

Men's and Women's 5K Junior National Championships

Saturday, May 4

12:30pm-1:45pm - check-in
1:45pm - Pre-race Briefing
1:55pm – Men's Inspection and Roll Call
2:00pm – Men's Start
2:01pm - Women's Inspection and Roll Call
2:05pm - Women's Start

Men's and Women's 5K National Championships

Sunday, May 5

6:00am-7:15am - check-in
7:15am - Pre-race Briefing
7:25am – Men's Inspection and Roll Call
7:30am – Men's Start
7:31am - Women's Inspection and Roll Call
7:35am - Women's Start

Men's and Women's 7.5K Junior National Championships

Sunday, May 5

7:45am-9:00am - check-in
9:15am - Pre-race Briefing
9:25am – Men's Inspection and Roll Call
9:30am – Men's Start
9:31am - Women's Inspection and Roll Call
9:35am - Women's Start



Race Course and Operations

The race course will consist of counter-clockwise loops around the course with large buoys at each turn, and intermediate buoys lining the course. The 10K course will be approximately 2km loops with 5 loops for the 10K. The 5K course will be approximately 1.66km loops with 3 loops for the 5K. The 7.5K course will be approximately 1.87km loops with 4 loops around.

A "feeding" station will be located near the start end of the 10K and 7.5KM course, and will consist of a dock running parallel to the course and accessible by land so coaches should plan accordingly. The use of feed sticks by coaches will be permitted. It is the swimmer's responsibility to coordinate with their coach or another individual for feeding purposes. No volunteers will be specifically available for this purpose. Feed poles are not to exceed 5 meters in length when extended. No objects, rope or wire may hang off of feed poles except banners or flags, but may not exceed the size of 30 cm x 20 cm.

Aside from Safety and Officials' boats, no additional craft will be allowed near the race course. This is a non-escorted swim.

These races will utilize electronic "chip" timing, and swimmers will wear one timing chip on each arm.

Parking

Parking will be available at the venue.

Weather Contingency

In the event of adverse conditions, the following re-scheduling priorities will be used based on weather predictions, and at the discretion of the Meet Referee:

- Priority 1 - Later during the race day
- Priority 2 - On the following day(s)
- Priority 3 - Cancellation

Hotels

Discounted rates are only available by reserving DIRECTLY through the event's housing website link: Hotel info will be posted here;

https://www.teamtravelsource.com/sport_lander/usa-swimming/

USA Swimming Open Water National Championships – May 3-5, 2024: Please click the link to view accommodation choices/ rates and reserve your lodging. Everyone is encouraged to reserve through the housing link.

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.

Swimmers with Disabilities

Coaches entering swimmers with disabilities that require any accommodations are required to provide advance notice in writing to the meet director by the entry deadline accompanying their meet entry file, including the need for any personal assistants required and/or registered service animals.

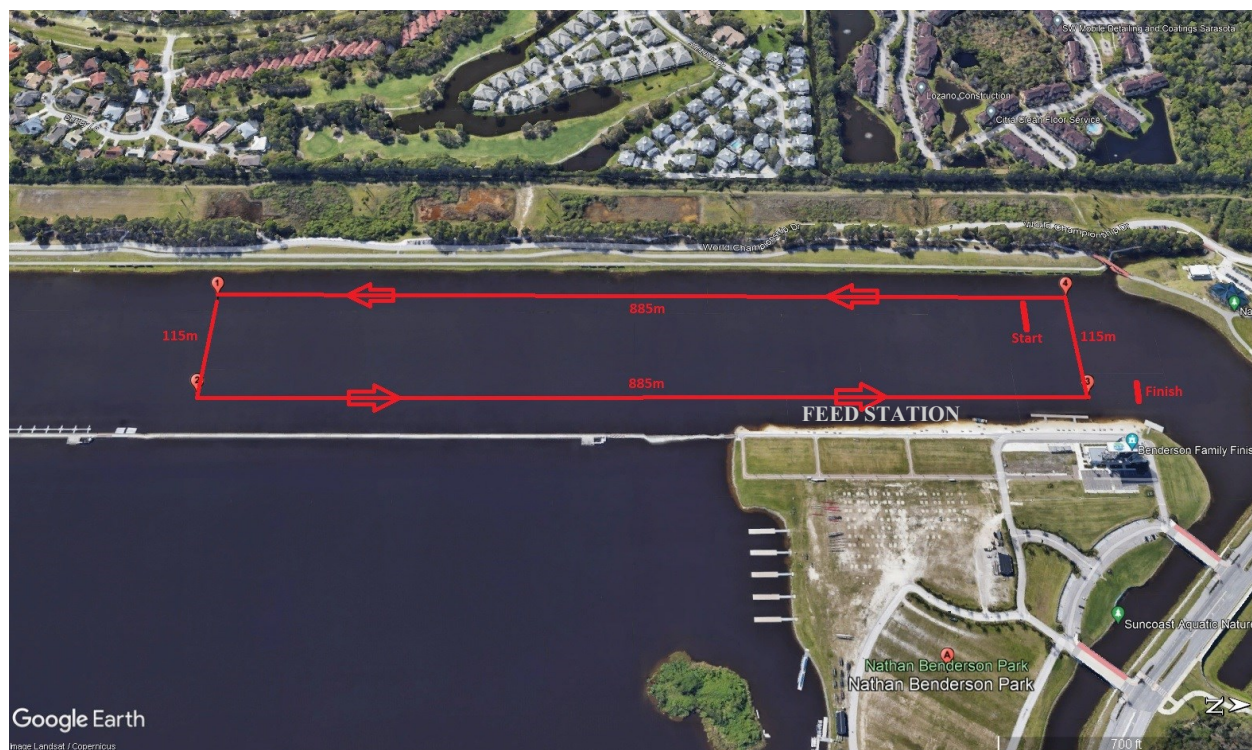
Spectators

The races will take place at a public park and ample spectator viewing will be available at no cost.

Liability

USA Swimming, the LSC, the venue, and the host organization shall accept no responsibility for liability or injuries sustained by any individual, athlete, coach, official, meet volunteer, or spectator while traveling to and from or while participating in these events. Damage to the venue, when proved, will cause the offending participant, if unattached, or the offending swimmer's club, if attached, to be held accountable for repairs. All participants and guests must adhere to all rules and coaches must supervise their swimmers at all times. Children must be supervised at all times.

Course Layout: 2km Course (10k Race)



Course Layout: 1.66km Course (5k Races)



Course Layout: 1.87km Course (7.5k Race)





Safety Information

1. Safety Authority

Emergency Services will be provided by Medics, Nathan Benderson Lifeguards, Search and Urban Rescue Fire Fighters.

Nathan Benderson Lifeguards will be located throughout the course and venue areas. AED's, First Aid kits, and Basic Life Support gear will be available on-site. An EMS/Paramedic unit will be located at the park.

Race Operations will be manned by the Race Director, Administrative Referee, and LG Representative

The race is held within Nathan Benderson Park.

2. Communications Plan

Primary - There will be two separate radio networks using two different frequency plans. The radios are not interchangeable.

Communication across radio networks will be coordinated through Race Operations. Personnel using USA Swimming VHF radios include the Race Director, Race Operations, Race Referees, Safety Officer, Course Officer, Spare vessels, Feed Station Referee, Administrative Referee, Turn Judges, and event announcers.

Staff will utilize their own radios, and will be in contact with Police/Fire Rescue, Race Operations, Life Guard Supervisors, and On-Water Life Guard.

Secondary communications between all parties will be via cellular telephones. The following positions will be issued a phone number listing:

Race Director
Meet Referee
Safety Officer
Race Referees
Course Officer
LG Supervisors

3. Swimmer in Distress

- A. Nathan Benderson Lifeguards will activate their water rescue protocols.
- B. Any swimmer withdrawing from the race must report to the Officials Tent for identification. Lifeguard will radio race-control with the competitor number and direct the swimmer to return to the start area.
- C. A First Aid tent will be maintained on site in the Start/Finish area.
- D. Swimmers needing emergency medical care will be administered to by EMS on site at Athlete Recovery Tent.
- E. Swimmers requiring evacuation via ambulance will be transported to Lakewood Ranch Medical Center: Emergency Medicine approximately 2.7 miles away from Nathan Benderson Park.

4. Missing Swimmer

- A. All swimmers will be issued a "Race Ticket" with their competitor number during the registration process. This "Ticket" will be collected as the swimmers enter the water.
- B. All swimmers will be required to provide a personal cell phone contact and a coach/handler cell phone contact at registration.
- C. All swimmers will be videotaped during the final inspection/accounting prior to the start.
- D. If a swimmer is reported missing and last seen in the water: Nathan Benderson Lifeguards will activate their under-water search and recovery protocol. Concurrently, meet operations will attempt contact with the coach/handler and swimmer via cell phone. Meet Operations will also review the start list, withdrawal list, site race tickets, and view the pre-race video tape to confirm the swimmer actually started the race. All swimmers are reminded before the race start that they must report to the Admin Race Official if they withdraw from the race. All swimmers who depart from the water will be identified by their race number.

5. Support Vessels

- A. The following vessels will be used:
 - Referee Boats –4
 - Turn Judge Boats –2
 - Spare Boats
 - Jet-skis
 - Kayaks/Paddlecraft - 6-10
- B. All vessels Captains will attend a briefing by the Safety Officer.
- C. Spare vessels will remain clear of the vessel exclusion zone unless summoned on to the course by race control.
- D. Once the course has been set, the Course Officer vessel will remain clear of the vessel exclusion zone unless summoned to the course by the Referee or race control.
- E. All official's boats will be equipped with VHF radios on the race control network.

6. Parameters for Abandoning the Race

Any one of the following individuals are empowered to independently order the race abandoned due to unsafe course or other conditions.

- Meet Referee
- Safety Officer
- USA Swimming Events Director

If the race is to be abandoned, Race Control will relay via radio to all vessels to signal abandonment. Simultaneously, the Nathan Benderson Lifeguard Supervisor will signal via their radio net to signal abandonment. The abandonment signals will be:

- From Officials Boats – 5 short blasts followed by one long blast.
- From the Lifeguards – 5 short blasts of the whistle followed by one long blast.
- Swimmer actions are to:
 - * Discontinue swimming
 - * Look for directions from the Officials or water safety personnel
 - * Once safe on land, proceed to the start/fish area and check-in.

Event Safety Information



Contingency Plan

- A. Due to venue restrictions, it is unlikely any change to the shape of the course will be possible.
- B. If weather conditions require, the directions of swim (CW/CCW) and the location of the start/finish structure may be changed.
- C. If the race is abandoned, it will be postponed until later the same day. If the race must be abandoned for the entire day, the race will be held the following day.

Doping Control



The 2024 Open Water Nationals 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 World Aquatics 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/ 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 30 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 Summary of Modifications for 2024.](#)

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.

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 Connect](#).

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.

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 Masters and USA Swimming) or World Aquatics sanctioned events. If you have an athlete in this situation, please email smichael@usaswimming.org immediately.