



**2009
AT&T Short Course
National Championships
December 3-5
&
Long Course Invitational
December 6**

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

Official Event Information

Entry Deadline: Thursday, November 19, 2009

2009
 AT&T Short Course National Championships
 &
 Long Course Invitational

Sanctioned by USA Swimming through Pacific Northwest Swimming

Important Facts About the Meet



- ◆ The qualification period for this event is November 1, 2008 through the entry deadline.
- ◆ **Short Course Nationals Entry Deadline:** Register for the AT&T Short Course National Championships on-line at usaswimming.org/scnationals no later than Thursday, November 19, 2009 by 11:59 p.m. Mountain Time.
- ◆ **Long Course Invitational Entry Deadline:** Register for the Long Course Invitational on-line at usaswimming.org/scnationals no later than Friday, December 4, 2009 by 11:59 p.m. Mountain Time.
- ◆ **E-Mail Entries:** Swims which achieve the qualifying time standards for the first time from Friday, November 20, 2009, through Sunday, November 29, 2009, may be sent by e-mail. These entries must be received no later than 11:59 p.m. Mountain Time on Sunday, November 29, 2009, and cannot be used to improve the seed time of a prior entry. See usaswimming.org/scnationals for e-mail instructions.
- ◆ There will be no bonus swims at these championships.
- ◆ Two courses may be used for the preliminary heats.
- ◆ There will be relays in this competition, including 4 x 50 events. Qualification for the 4 x 50 relays will be the corresponding 4 x 100 relay time standards. The 4 x 50 Relays will be swum as preliminaries and finals, with the preliminaries at the beginning of the preliminary sessions, and the top two heats advancing to finals at the beginning of the finals session. The preliminaries will be championship seeded, with all women's heats swum before the men's heats. All other relays will be timed finals with all heats swum in the evening session.
- ◆ Relay-only swimmers will not be allowed to swim in time trials.
- ◆ Team scores will be kept and awarded.
- ◆ 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.
- ◆ Swimmers may qualify for the 1650 Freestyle using the 1500/1650 time standards or the 800/1000 time standards.
- ◆ At its Spring 2009 meeting, the Senior Development Committee approved an increase in championship entry fees to \$15.00/individual event, and \$30.00/relay. A \$20 fee for each non-athlete deck pass (i.e. coach, manager, trainer) was also approved. These changes will be in effect at these championships.
- ◆ The Omega "OSB11" Track-Start starting platforms will be used for this competition.

Table of Contents



General Information.....	3
Site Information.....	6
Entering the Meet.....	7
Championship Procedures.....	8
Long Course Invitational	12
Doping Control.....	13
Time Standards	14



**2009 AT&T Short Course National Championships
Order of Events
Short Course Yards**

Heats Begin at 9:00

Finals Begin at 5:00

<u>Women's Events</u>	<u>Day 1– Thursday, December 3</u>	<u>Men's Events</u>
1	200 Freestyle Relay*	2
3	500 Freestyle	4
5	200 IM	6
7	50 Freestyle	8
9	400 Medley Relay	10
	<u>Day 2 - Friday, December 4</u>	
11	200 Medley Relay*	12
13	400 IM	14
15	100 Butterfly	16
17	200 Freestyle	18
19	100 Breaststroke	20
21	100 Backstroke	22
23	800 Freestyle Relay	24
	<u>Day 3 - Saturday, December 5</u>	
25	1650 Free	26
27	200 Backstroke	28
29	100 Freestyle	30
31	200 Breaststroke	32
33	200 Butterfly	34
35	400 Free 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. The 200 Freestyle and 200 Medley Relays will be swum as preliminaries and finals, with the preliminaries at the beginning of the preliminary sessions, and the top two heats advancing to finals at the beginning of the finals session. The preliminaries will be championship seeded, with all women's heats swum before the men's heats. All other relays will be timed finals with all heats swum in the evening session.*

General Information (Continued)



Facility Address

Weyerhaeuser King County Aquatic Center
650 SW Campus Drive
Federal Way, WA 98023
206/296-4444

Meet Referee

Clark Hammond
2729 Old Trce.
Birmingham, AL 35243-2029
205-967-9727
hamm5690@bellsouth.net

Meet Director

Deborah Keane
14910 66th Avenue West
Edmonds, WA 98026
425-745-8926
pnsmeetdirector@comcast.net

USA Swimming Vice President, Program Operations

Pat Lunsford
1 Holyoke Ct.
Fairfield, OH 45014-5324
513-874-3209
pat@wurkconcepts.com

USA Swimming National Events Director

Dean Ekeren
USA Swimming
1 Olympic Plaza
Colorado Springs, CO 80909
719-866-4578
dekeren@usaswimming.org

Meeting Schedule

Wednesday, December 2	5:30 p.m.	General Meeting	Banquet hall adjacent to pool
Thursday, December 3	7:30 a.m.	Officials' Meeting	Official's Room at Pool

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.

General Information (Continued)



Tickets

All-Session:

Adult - \$25.00
Student/Child - \$15.00
(includes Sunday Invitational)

Prelims:

Adult - \$4.00
Student/Child - \$3.00

Finals:

Adult - \$7.00
Student/Child - \$5.00

Sunday LCM Invitational: (Ticket includes both sessions)

Adult - \$7.00
Student/Child - \$5.00

All tickets are general admission.

For ticket questions or more information, contact:
Deborah Keane, pnsmeetdirector@comcast.net

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.

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.

Major Airlines

United/United Express	800/864-8331
American/American Eagle	800/433-7300
Continental/Cont Express	800/523-3273
Delta/Delta Connection	800/221-1212
Northwest/KLM	800/225-2525
Southwest	800/435-9792
US Airways/America West	800/428-4322
Air Canada	888/247-2262
Air Tran	800/247-8726
Frontier	800/432-1359
Midwest Connect	800/452-2022

Major Car Rental Agencies

Alamo	800/327-9633
Avis	800/831-2847
Budget Rent-A-Car	800/527-0700
Dollar	800/800-3665
Enterprise	800/736-8222
Hertz	800/654-3131
National	800/227-7368
Thrifty	800/847-4389

Hotels

For complete, up-to-date hotel information please refer to usaswimming.org/scnationals

Site information



Publicity

Any swimmer competing in the championship final of an event for the first time at this meet should be sure that his/her biographical information is on file in the Media Room. Biographical forms are available in the Media Room.

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.

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	9:00 a.m. - 9:00 p.m.
Wednesday, December 2	9:00 a.m. - 9:00 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
Sunday, 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 1	3:00 p.m. - 8:00 p.m.
Wednesday, December 2	8:00 a.m. - Noon and 1:00 p.m. - 8:00 p.m.
Thursday, December 3	8:00 a.m. - Noon and 1:00 p.m. - 8:00 p.m.
Friday, December 4	8:00 a.m. - Noon and 1:00 p.m. - 8:00 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 internet is available free of charge at the venue.

Entering the Meet



Meet Entries

All Event Entry questions should be directed to: **Susan Woessner at USA Swimming (719) 866-3589 or 719-332-0184.**

Enter the Short Course National Championships on-line at usaswimming.org/scnationals beginning Tuesday, October 6, 2009 and no later than 11:59 p.m. Mountain Time, Thursday, November 19, 2009.

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; Coaches are responsible for knowing events for which their athletes are qualified.

You can modify your entry on-line by adding to the original entry. You cannot delete an on-line entry.

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

Drug waiver forms will automatically be sent to you via e-mail after you submit your entry on-line. Please have these filled out and bring them with you to the meet (*i.e. do not mail to USA Swimming*).

E-Mail Entries

Swims which achieve the qualifying time standards for the first time from Friday, November 20, 2009, through Sunday, November 29, 2009, may be sent by e-mail. These entries must be received no later than 11:59 p.m. Mountain Time on Sunday, November 29, 2009, and cannot be used to improve the seed time of a prior entry. See usaswimming.org/scnationals for e-mail instructions.

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 (individual or relay).

All foreign participants must be members in good standing of their country's FINA affiliated federation. Foreign entries must be proven with meet results. All foreign team entries must be submitted by the entry deadline. Foreign entries should NOT use the on-line entry feature, but may e-mail entries directly to Susan Woessner (swoessner@usaswimming.org) no later than 11:59 p.m. Mountain Time, Thursday, November 19, 2009.

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 On-Line Meet Entry system (OME);
- B. These entries must be received no later than 11:59 p.m. Mountain Time on Sunday, November 29, 2009;
- 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.

Qualifying Period

The qualification period for this event is November 1, 2008 through the entry deadline.

Entry Fees:

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

Number of Events

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

Bonus Events

Bonus events will not be offered for this meet.

Secondary Club Recognition

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

Relay Proof of Time

If you are using a relay entry time achieved as a relay (team time), you must list the four swimmers that actually achieved the time. If your relay is an aggregate, list all of the swimmers and their times. If any of the listed swimmers are not going to compete on a relay, they should not be entered. Enter only those swimmers who may be competing.

- A. Relay teams may be entered at the listed provable time or at the lowest priority non-conforming time standard.
- B. If you are entering an A and B relay, you must use eight (8) different swimmers. You may not use the same swimmer twice in an event, or to prove a time.
- C. Teams may only submit two relays per event.

Waiver and Release Form

The USA Swimming Waiver and Release Form will be automatically generated by the on-line 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 may join by completing the appropriate form and paying the required fee at a table adjacent to the registration desk. Coaches must provide proof of CPR, First Aid and Safety Training for Swimming Coaches or USA Swimming approved equivalents, and must have previously submitted to 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 (per USA Swimming rule 202.3.2). 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 on-line. A club may enter no more than two relay teams in each relay event. Foreign athletes will be allowed to swim on relays at this competition so long as the foreign swimmer is a member of the team for which he or she is competing. Such relay teams cannot score team points, but may receive relay awards.

Responsibility Clause (207.8.3)

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. Short Course Yards (SCY)
2. Short Course Meters (SCM)
3. Long Course Meters (LCM)



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. All non-athlete deck passes will be assessed a \$20 fee. 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. Spectator passes must be purchased through OME and will not be sold on-site. 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 or 1 relay only team with any number of alternates: 1 deck pass; 1 spectator pass.
- 4-6 swimmers in individual events; 2 deck passes; 1 spectator pass.
- 7-9 swimmers in individual events; 3 deck passes; 1 spectator pass.
- 10-20 swimmers in individual events; 4 deck passes; 2 spectator passes.
- 21-30 swimmers in individual events; 5 deck passes; 2 spectator passes.
- 31-40 swimmers in individual events; 6 deck passes; 3 spectator passes.
- 41-50 swimmers in individual events; 7 deck passes, 3 spectator passes.
- 51 or more swimmers in individual events; 9 deck passes; 5 spectator passes.
- Unattached swimmers with a team shall be included in above schedule even if listed on separate entry blank.
- Unattached swimmers not with a team: 1 deck pass; 1 spectator pass.

Check-In

Coaches are responsible for all business conducted at the 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 (800 meter or 1500 meter), 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 the first day's events shall be fifteen (15) minutes after the General Meeting is adjourned. The scratch deadline for all subsequent day's events shall be thirty (30) minutes after the time established for the start of the finals sessions.

Ready Room

A Ready Room will be used at these Championships prior to each "A" finals heat. Each swimmer in the "A" final must report to the Ready Room five minutes preceding the event. Bonus, Consolation, and all Relay heats will report directly to their assigned starting block.

Awards Ceremonies

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.

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. The 200 Freestyle and 200 Medley Relays will be swum as preliminaries and finals, with the preliminaries at the beginning of the preliminary sessions, and the top two heats advancing to finals at the beginning of the finals session. The preliminaries will be championship seeded, with all women's heats swum before the men's heats.
- C. All other relays will be swum as timed finals at the end of that evening's finals sessions. The order shall be;

- Women's 2nd Fastest Heat
- Women's Fastest Heat
- Men's 2nd Fastest Heat
- Men's Fastest Heat



Women's 3rd Fastest Heat
 Men's 3rd Fastest Heat
 Women's 4th Fastest Heat
 Men's 4th Fastest Heat
 Etc.

- 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. 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 (207.12.7).
- C. With the exception of the fastest heat, the 1650 Freestyle events (timed finals) will be swum during prelims 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. Only the fastest (single) seeded heat of Women's and Men's 1650 Freestyle events will be swum in the final session. 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.
- D. Swimmers may qualify for the 1650 Freestyle using the 1500/1650 time standards or the 800/1000 time standards.

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 a championship final only). The order of the final events shall be C, B and A (bonus, consolation and championship).

Meet Scoring

Scoring will be on a sixteen (16) place basis. Individual events: 20, 17, 16, 15, 14, 13, 12, 11, 9, 7, 6, 5, 4, 3, 2, 1. Relay events receive double these point values. 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/scnationals.

Awards

- A. Team Awards - Awards will be provided for the top ten team in Men's, Women's, and Combined categories. There will be no awards for college teams. The top three teams in each category will be awarded following the con-

clusion of the championships. Fourth through tenth place awards will be mailed within two weeks after the championships.

- B. Medals - A medal ceremony will be conducted for the top three place winners in each individual and relay event. An "18&Under" National Champion medal will also be presented to the highest placing American 18&under swimmer in each individual event. Fourth through eighth place medals may be picked up in the awards staging area.
- 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. The presentation ceremony takes place during the relay break on the final evening.
- D. ConocoPhillips Performance Award - This award, sponsored by USA Swimming corporate partner, ConocoPhillips, is presented to the swimmer who achieves the single most outstanding performance of the meet, based on the FINA power points system. The presentation ceremony takes place during the relay break on the final evening.

Time Trials

Time Trials will be conducted on a time-available basis, and may be limited to approximately one hour each day. These Time Trials shall be held under a separate sanction of the LSC where the meet is held.

- A. Time Trials will be conducted in short course yards each day.
- B. A Time Trial Pre-Registration form is provided for your convenience.
- C. A swimmer is limited to a maximum of two Time Trials during the course of the Championships.
- D. A swimmer must be entered in the meet with a proven individual time to participate in the Time Trials (i.e. Relay-only swimmers are not allowed to participate in Time Trials at this meet).
- E. The Time Trial entry deadline shall be one hour prior to the estimated/published conclusion of that days preliminary session.
- F. 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 1650 yard Freestyle will typically be offered on only one day of the meet. The day will be determined by the Meet Referee, depending on the size of the meet, time available, etc; and be announced at the General Meeting.
 - ◆ The 50 Freestyle is the last event swum in Time Trials, except on the day(s) it is contested in the meet, when it is the first event in Time Trials.

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



Reimbursement Policy

Athletes participating in these Championships and ranked in the top 100 of the 2009 Long Course world rankings through November 1st will receive travel expense reimbursement based on the schedule below.

World Rank	Reimbursement
1st - 8th	Round-trip Supersaver Airfare plus \$300 total per diem
9th - 16th	Round-trip Supersaver Airfare plus \$200 total per diem

The balance of the fund will be divided into equal shares and distributed as follows:

17th - 50th	Two shares of remaining funds
51st - 100th	One share of remaining funds

NOTE: Local athletes that qualify via the rankings are still eligible to apply for ConocoPhillips Grant Money.

Long Course Invitational



Format

There will be a two session long course invitational on the day following the Short Course Nationals (Sunday, December 6, 2009). There will be no time standards for the Long Course Invitational, however only athletes that participate in individual or relay events at the 2009 Short Course National Championships will be permitted to enter the Long Course Invitational.

Entry Fees:

\$15.00 per individual event

Entries

Register for the Long Course Invitational on-line at usaswimming.org/scnationals no later than Friday, December 4, 2009 by 11:59 p.m. Mountain Time. Entry into the Short Course National Championships does not automatically enter a swimmer into the Long Course Invitational.

Positive Check-In

In addition to entering the Long Course Invitational, all swimmers must check-in with the Administrative Referee at the venue to confirm their intention to swim.

2009 USA Swimming Long Course Invitational
Weyerhaeuser King County Aquatic Center
Sunday, December 6, 2009
Long Course Meters
All Events Timed Finals

Sessions 1 Begins at 9:00am

Women's Events

Men's Events

1	400 IM	2
3	100 Butterfly	4
5	100 Breaststroke	6
7	100 Backstroke	8
9	100 Freestyle	10
11	400 Freestyle	12
13	1500 Freestyle (Women)	
	800 Freestyle (Men)	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

Doping Control



Testing

The athletes at this competition are subject to drug testing conducted by the United States Anti-Doping Agency (USADA) and 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. For a more detailed explanation of the program please contact Stacy Michael-Miller, USA Swimming Athlete Services Manager at (719) 866-4962.

Medications

Athletes should check the status of all medications (over the counter and prescription) and substances prior to consumption to ensure that they do not contain a prohibited substance. This should be done well in advance of the competition, as certain medications may require reporting in advance.

Check the status of all medications at one of the following locations:

Drug Reference Online: usantidoping.org/dro

Drug Reference Line: 800-233-0393

The athlete is responsible for ensuring that no prohibited substance enters his/her system.

Supplements

In an effort to maintain the integrity of our sport and the safety of our athletes, USA Swimming has taken a proactive role in making athletes and coaches more aware of the risks involved in the use of commercially available dietary supplements that have been linked to enhancing performance. Along with the US Anti-Doping Agency (USADA), USA Swimming considers dietary supplements "take at your own risk," placing full responsibility for any effects and repercussions on the athlete.

It is the role of USA Swimming to educate swimmers, coaches and parents on the issues of dietary supplements, including general and specific risks, normal values and toxicity, drug testing and drug interactions, stacking, and conventional dietary alternatives. It is also the role of USA Swimming to validate or repudiate via research review or sanctioned research the answers to the many questions that surround scientific and anecdotal evidence versus actual application. Any recommendations or opinions offered by USA Swimming regarding the use of dietary supplements are based on a yellow-orange-red light continuum Health & Contamination Risk Chart for Dietary Supplements and the most current publicly available scientific and consumer-specific information.

Claims made by the manufacturers/ distributors of dietary supplements regarding the effectiveness of their products are not strictly regulated by the US Food and Drug Administration. Any commercial dietary supplement may contain substances that may appear on the Prohibited Substance list(s) of FINA and/or the WADA. The potential exists for commercial supplements to contain substances that do not appear on the product's list of ingredients (see Dietary Supplement Health and Education Act for more information). Statistics indicate that in some cases, the use of legal dietary supplements has been linked to positive test results for prohibited substances in athletics.

The choice to use a dietary supplement is the sole responsibility of the athlete and one that should not be made in haste. An athlete is advised to weigh the options heavily, consider the consequences, and take responsibility for his/her actions.

Feb/01, rev:Jul/03

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 9 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 or FINA sanctioned events. If you have an athlete in this situation, please email smichael@usaswimming.org immediately.

More Information

For information regarding medication status, the reporting of medications and the requirements in place for reporting, please contact the US Anti-Doping Agency (USADA) at 800-233-0393.

For more information about the doping control process please visit the USA Swimming website at usaswimming.org



**2009
AT&T Short Course National Championships**

WOMEN				MEN		
LCM	SCM	SCY	EVENT	SCY	SCM	LCM
27.29	26.59	23.89	50 Freestyle	20.99	23.29	24.19
58.89	57.09	51.89	100 Freestyle	45.99	50.79	52.99
2:06.99	2:03.09	1:51.69	200 Freestyle	1:40.69	1:51.49	1:55.69
4:25.59	4:15.49	4:55.89	400/500 Freestyle	4:32.29	3:55.69	4:05.89
9:04.09	8:49.39	10:07.99	800/1000 Freestyle	9:27.39	8:16.49	8:29.79
17:21.39	16:47.39	16:58.29	1500/1650 Freestyle	15:47.79	15:30.39	16:18.59
1:06.69	1:03.39	57.69	100 Backstroke	51.29	57.09	59.79
2:22.29	2:16.99	2:03.59	200 Backstroke	1:50.99	2:03.29	2:09.09
1:14.99	1:12.79	1:05.19	100 Breaststroke	57.59	1:03.99	1:06.79
2:41.59	2:37.29	2:20.69	200 Breaststroke	2:04.99	2:20.19	2:25.29
1:04.39	1:02.79	57.09	100 Butterfly	50.49	55.29	57.19
2:20.29	2:17.49	2:05.09	200 Butterfly	1:51.79	2:02.29	2:06.99
2:24.29	2:19.19	2:06.09	200 I.M.	1:52.99	2:04.79	2:10.59
5:03.39	4:55.29	4:27.79	400 I.M.	4:00.99	4:26.79	4:37.39
3:59.99	3:57.19	3:30.29	400 Freestyle Relay	3:08.89	3:31.09	3:38.29
8:36.99	8:38.19	7:42.99	800 Freestyle Relay	6:53.79	7:40.99	7:54.99
4:26.19	4:18.89	3:51.89	400 Medley Relay	3:29.59	3:55.79	4:01.99

Qualifying period is November 1, 2008 through the entry deadline.

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