



**2010  
ConocoPhillips  
National Championships  
& USA Swimming National Team Trials**


**August 3-7  
William Woollett Jr. Aquatics Center  
Irvine, CA**

**Event Information**



2010  
 ConocoPhillips National Championships  
 & USA Swimming National Team Trials  
 Event Information

Sanctioned by USA Swimming through Southern California Swimming  
 This information is available on-line at [usaswimming.org](http://usaswimming.org)

**Important Facts About the Meet** 

- ◆ This event will serve as the USA National Team selection for the 2010 Pan Pacific Championships, 2010 Junior Pan Pacs, 2010 Short Course World Championships, and 2011 World University Games. For complete National Team selection criteria, please refer to [usaswimming.org/nationals](http://usaswimming.org/nationals).
- ◆ **Entry Deadline:** Entries must be made on-line at [usaswimming.org/ome](http://usaswimming.org/ome) no later than Tuesday, *July 27, 2010* by 11:59 p.m. Mountain Time.
- ◆ **E-mail Entry Deadline:** Only swims achieving the qualifying time standards for the first time from Wednesday, July 28, 2010, through Sunday, August 1, may be sent by e-mail. These entries must be received no later than 11:59 p.m. Mountain Time on *Sunday, August 1, 2010*, and cannot be used to improve the seed time of a prior entry. The e-mail entry form can be found at [usaswimming.org/nationals](http://usaswimming.org/nationals) beginning July 28, 2010.
- ◆ Please see new "Late Entries" information on page 7.
- ◆ The qualification period is July 1, 2009, through the entry deadline.
- ◆ Women may qualify for the 800m Freestyle using the 800/1000 time standards or the 1500/1650 time standards. Men may qualify for the 1500m Freestyle using the 1500/1650 time standard or the 800/1000 time standard.
- ◆ Athletes who are 18 and under, who have qualified in one or more individual events, may enter and swim in up to two bonus events, provided they have achieved the published "Bonus Time Standards". There will be no bonus events for athletes over the age of 18.
- ◆ As per the Senior Development Committee's ruling in April 2008, all medalists must report to the awards staging area prior to the awards ceremony, and must be in full official team sweatsuits during the ceremony.
- ◆ There will be relays in this competition. All relays will be timed finals with all heats swum in the evening session. Relay-only swimmers will 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 not be allowed to swim at this competition.
- ◆ At the discretion of the Meet Referee, the preliminary sessions may be conducted using "Flyover" starts or in an A/B format. Details of any changes to normal meet operations protocol will be announced at the general meeting.
- ◆ 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** 

Order of Events.....	3
Meet Administration.....	4
General Information.....	5
Site Information .....	6
Entering the Meet .....	7
Championship Procedures .....	8
Doping Control .....	11
Time Standards .....	12

# Order of Events



## 2010 ConocoPhillips National Championships

Heats Begin at 9:00a.m.

Finals begin at 6:00p.m.

### Women's Events

### Day 1 – Tuesday, August 3

### Men's Events

1	W 100 Butterfly	
	M 400 Freestyle	2
3	W 200 Individual Medley	
	M 100 Breaststroke	4
5	W 400 Freestyle	
	M 400 Individual Medley	6
	M 4 x 100 Free Relay	7

### Day 2 – Wednesday, August 4

8	W 100 Backstroke	
	M 200 Freestyle	9
	M 100 Backstroke	10
11	W 200 Freestyle	
	M 200 Butterfly	12
13	W 4 x 100 Free Relay	

### Day 3 – Thursday, August 5

14	W 100 Breaststroke	
	M 100 Butterfly	15
16	W 50 Freestyle	
	M 50 Freestyle	17
18	W 400 Individual Medley	
19	W 4 x 200 Free Relay	

### Day 4 – Friday, August 6

	M 100 Freestyle	20
21	W 200 Butterfly	
	M 200 Individual Medley	22
23	W 200 Backstroke	
25	W 800 Freestyle (heats)	
	M 1500 Freestyle (heats)	30
	M 4 x 200 Free Relay	24

### Day 5 – Saturday, August 7

25	W 800 Freestyle (final)	
26	W 100 Freestyle	
	M 200 Backstroke	27
28	W 200 Breaststroke	
	M 200 Breaststroke	29
	M 1500 Freestyle (final)	30
31	W 4 x 100 Medley Relay	
	M 4 x 100 Medley Relay	32

On Day 4, the heats of the distance events will be swum at the end of preliminary session.  
All heats of relays will be swum in the evening sessions.

## Meet Administration



### Facility Address

William Woollett, Jr. Aquatics Center  
4601 Walnut Avenue  
Irvine, CA 92620

### Meet Referee

Jay Thomas  
301 SW 63rd Ter.  
Plantation, FL 33317-3436  
954-873-3370  
[jaythomas@comcast.net](mailto:jaythomas@comcast.net)

### Meet Director

Kim Hoesterey  
32 Brena  
Irvine, CA 92620  
714-981-1142  
[KHOEST@aol.com](mailto:KHOEST@aol.com)

### USA Swimming Vice President, Program Operations

Pat Lunsford  
1 Holyoke Ct.  
Fairfield, OH 45014-5324  
513-874-3209  
[rplwurd@fuse.net](mailto:rplwurd@fuse.net)

### USA Swimming National Events Director

Dean Ekeren  
USA Swimming  
1 Olympic Plaza  
Colorado Springs, CO 80909  
719-866-4578  
[dekeren@usaswimming.org](mailto:dekeren@usaswimming.org)

### Meeting Schedule

Monday, August 2	6:00 p.m.	General Meeting	Irvine High School Theater
Tuesday, August 3	7:30 a.m.	Officials' Meeting	Aquatic Center

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

### Directions to Pool from Airport

#### From John Wayne (SNA) Airport

Start out going SOUTHWEST on DEPARTING FLIGHTS ACC toward AIRPORT EXIT. Turn SLIGHT LEFT onto AIRPORT DEPARTURES. AIRPORT DEPARTURES becomes AIRPORT WAY. Stay STRAIGHT to go onto AIRPORT EXIT/AIRPORT WAY. Turn LEFT onto MACARTHUR BLVD. Merge onto I-405 S toward SAN DIEGO. Take the CULVER DR exit. Turn LEFT onto CULVER DR. Turn RIGHT onto WALNUT AVE.

#### From Los Angeles International (LAX) Airport

Start out going SOUTHEAST on ramp. Stay STRAIGHT to go onto ramp. Merge onto S SEPULVEDA BLVD/CA-1 S. Take the I-105 E/IMPERIAL HWY WEST ramp toward IMPERIAL TERMINAL. Merge onto I-105 E toward NORWALK. Merge onto I-405 S toward LONG BEACH. Take CA-22 E toward GARDEN GROVE. Merge onto I-5 S toward SAN DIEGO. Take the CULVER DR exit. Turn RIGHT onto CULVER DR. Turn LEFT onto WALNUT AVE.

### Hotels

For updated hotel information, please refer to [usaswimming.org/nationals](http://usaswimming.org/nationals)

### Television

The 2010 ConocoPhillips National Championships will be broadcast on NBC August 7th and 8th. Check local listings for times in your area.

## General Information



### Ticket Information

#### All Session Pass - week:

Adults	\$60.00
Students/Senior	\$48.00

\*All-session passes include heat sheets.

#### Day Pass – prelim+final:

Adults	\$15.00*
Student/Senior	\$10.00*

#### Daily Single Event Tickets:

##### Prelims

Adult	\$10.00
Student/Senior	\$5.00

##### Finals

Adult	\$10.00
Student/Senior	\$5.00

Tickets may be ordered by telephone at 714-442-3874 or through the web at: [usaswimming.org/nationals](http://usaswimming.org/nationals). There is a service fee of \$1.00 per Ticket for E-Tickets. There is a service fee of \$1.00 per Ticket and \$5.00 Shipping Fee per order for Hard-Tickets. There is a service fee of \$1.00 per ticket plus \$4.00 per order for Phone Ordering E-Tickets.

Tickets purchased after July 27, 2010 will be available at WILL CALL.

For additional ticket information, please contact:

Kim Hoesterey  
714-731-8065  
[khoest@aol.com](mailto:khoest@aol.com)

### Coaches' Packet

There will be a special coaches' packet available for \$75.00, that will contain a general admission pass, heat sheets, a psych sheet, and team roster. The packet is available during regular registration hours.

- ◆ Current USA Swimming coach members who have swimmers in the meet (coach and swimmer(s) must be registered with the same team), may receive a deck pass which includes hospitality.
- ◆ USA Swimming Member Coaches without swimmers in the meet will receive general admission tickets only (no deck access).

### 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](mailto:usaswimming@polkmajestic.com) with your request.

### Airlines serving Irvine, California (Orange County)

United	800/521-4041
America West	800/235-9292
American	800/433-7300
America Trans Air	800/225-2995
Continental	800/523-3273
Delta	800/221-1212
Northwest	800/225-2525
Southwest	800/435-9792
US Airways	800/428-4322

### Car rental agencies

Alamo	800/327-9633
Avis	800/230-4898
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

### Broadcast Statement

Any photographs, videotape or other audio and/or visual recordings of the event created by a spectator or participant may be used solely for such spectator or participant'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.

## 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

An Information/Lost & Found booth will be available at the life-guard office.

### Lockers

Day lockers will be available for use at the Woollett Aquatics Center for use by athletes, coaches and officials. The locker room area will be strictly for use by properly credentialed individuals (athletes, coaches, officials).

### Medical Assistance

Medical assistance will be provided at the facility.

### Parking

Restricted Parking for athletes, coaches and officials will be available in the front of the Aquatics Center. Parking is available for spectators, teams and officials on the north side of Irvine High School accessed via Escolar - on the East side of the Aquatics Center adjacent to Heritage Park.

### Concessions

Concessions will be available for spectators at the entrance of spectator seating.

### Hospitality

Coaches' and Officials' hospitality will be available throughout the meet in the Aquatic Center Rotunda area adjacent and in view of the competition pool and the Warm-up pool. There will be an athletes' hospitality on the Warm-up pool deck and pro-shop behind spectator seating.

### About the Facility

Woollett Aquatics Center was completed as a major renovation of the original Heritage Park Aquatics Complex – site of the 1980 USA National Championships and the 1990 Junior Nationals West Championships. The newly renovated Center was completed in September of 2004. The center is an outdoors facility consisting of one constant depth (7 feet) competition pool (50 meter by 25 yard) and variable depth warm-up pool (50 meter x 25 yard). In addition, a 25 yard by 25 meter teaching pool is available if necessary for additional warm-up space. Expansive locker room facilities for both men and women are adjacent to the warm-up pool.

This facility was the site of the 2005 and 2006 ConocoPhillips National Championships, the 2005 and 2006 Speedo Junior Nationals, and the 2005 Mutual of Omaha Duel in the Pool. It will also serve as the site for the 2010 Pan Pacific Championships.

### Pool Hours

Sunday, August 1	9:00 a.m. - 9:00 p.m.
Monday, August 2	6:00 a.m. - 9:00 p.m.
Tuesday, August 3	6:00 a.m. - 1 hour after finals
Wednesday, August 4	6:00 a.m. - 1 hour after finals
Thursday, August 5	6:00 a.m. - 1 hour after finals
Friday, August 6	6:00 a.m. - 1 hour after finals
Saturday, August 7	6:00 a.m. - 1 hour after finals

### Credential Pick-Up

Teams arriving during times other than the Credential Pick-Up times listed below will be given temporary day passes in the Registration area so that athletes may immediately enter the deck for workout. Coaches should return during the designated times to pick up official credentials and packets.

Credentials can be picked up at the Natatorium on the following schedule:

Sunday, August 1	9:00 a.m. - Noon and 1:00 p.m. - 8:00 p.m.
Monday, August 2	8:00 a.m. - Noon and 1:00 p.m. - 8:00 p.m.
Tuesday, August 3	8:00 a.m. - Noon and 1:00 p.m. - 1 Hr after Finals
Wednesday, August 4	8:00 a.m. - Noon and 1:00 p.m. - 1 Hr after Finals
Thur - Sat	See Admin Referee

### Team Banners

Team banners will not be allowed at this event.

### 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.

## Entering the Meet



Entering On-Line at [usaswimming.org/ome](http://usaswimming.org/ome)

All Entry questions should be directed to:  
Susan Woessner at USA Swimming (719-332-0184, or  
[swoessner@usaswimming.org](mailto:swoessner@usaswimming.org))

Enter this meet through the On-line Meet Entry System (OME) beginning Monday, May 3 until no later than Tuesday, July 27, 2010 by 11:59 p.m. Mountain Time.

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.

You may modify the entry time of a purchased event within OME up to the normal entry deadline. You may not 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.

### E-Mail Entries

Only swims achieving the qualifying time standards for the first time from Wednesday, July 28, 2010, through Sunday, August 1, may be sent by e-mail. These entries must be received no later than 11:59 p.m. Mountain Time on *Sunday, August 1, 2010*, and cannot be used to improve the seed time of a prior entry. The e-mail entry form can be found at [usaswimming.org/nationals](http://usaswimming.org/nationals) beginning July 28, 2010. Normal entry fees apply.

### Foreign Entries

Foreign athletes (those who are ineligible to represent the USA in international competitions) will not be allowed to swim at this competition.

### 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. Late entries must be submitted no later than 11:59 p.m. Mountain Time on *Sunday, August 1, 2010*;
- 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 qualifying period for this event is July 1, 2009 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

Athletes who are 18 and under, who have qualified in one or more individual events, may enter and swim in up to two bonus events, provided they have achieved the published "Bonus Time Standards". There will be no bonus events for athletes over the age of 18.

### 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

- 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 cannot use the same swimmer twice in an event, or to prove a time.
- C. Teams can 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. If they are under the age of majority in their home state, their parent or legal guardian must sign also.



## 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. USA Swimming Rules and Regulations will govern the conduct of these championships.

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.

Dependent on the number of entries, and at the discretion of the Meet Referee, the preliminary sessions may be conducted in an "A/B" format. If adopted, details of this procedure, including the number of heats of each event to be swum in the "A" session, will be announced at the general meeting.

## 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.

## 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. 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 entry 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 on-line. A club may enter no more than two relay teams in each relay event.

## Responsibility Clause

The coach, swimmer or swimmer representative who enters a USA Swimming Championship thereby attests that all times stated 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 USA Swimming 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 the USA Swimming.

Such penalty shall also be levied against any USA Swimming verification officer who knowingly entered such a false 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 or Program Operations or designee shall be in accordance with the provisions of Part Four, specifically Article 406.

## Automatic Proven Times

Times submitted to the USA Swimming SWIMS database at least 20 days prior to the Championships will be in the database. 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.

## Registration

Credentials for this event will be provided at no charge for participating athletes and officials who are members of USA Swimming. Credentials for coaches, managers and chaperones to serve as admittance passes to this event shall be issued to those persons listed on the submitted team roster forms and according to the following schedule and is based upon the total size of the team. There shall be a surcharge of \$20 per person for spectator passes, which money shall become the property of the meet host.

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. Assist

with all warm-up procedures and/or requests.

## 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.

## Seeding

For these Championships, the seeding order is:

1. long course meters (LC)
2. short course meters (SM)
3. short course yards (SY)

Alternate event qualifying for the distance freestyle events will be seeded after the normal event entry times.

## 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 must report to the Ready Room five minutes preceding the event.

## Awards Staging

The top eight swimmers in each event should report to the Awards Staging Area in full team warm-up attire immediately following the "A" Finals for their event.

## Relays and Relay Check-In Procedures

- A. Teams are limited to two relay entries in each relay event.
- B. 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.
- C. All relays will be timed finals with all heats swum in the evening session. 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.

**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.
- 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. Only the fastest heat in each event will advance to Finals the following evening.

**Finals Session Event Order**

There will be a bonus final, consolation final, and championship final in each event at this Championship (except the 800m and 1500m 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**

- A. 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.

**Results**

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

**Awards**

- A. Team Awards - Team awards will be presented to the top ten teams in Men's, Women's, and Combined categories. Only the top three teams in each category will be recognized at the event. All other team awards will be mailed from USA Swimming headquarters following the event.
- B. Individual Awards—Medals will be awarded to all place winners in the "A" final. An "18&Under" National Champion medal will be presented to the highest placing 18&under swimmer in each individual event.
- C. Individual High Point Awards - Male and Female Awards will be given at the ConocoPhillips National Swimming Championships. These awards are named after Robert J. Kiphuth, the great swimming coach from Yale University.
- 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 for swimmers entered in the meet with a proven time, provided there is sufficient time between the end of the preliminary session and the start of warm-ups for the final session. 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 long course meters each day.
- B. A Time Trial Pre-Registration form is provided on-line for your convenience.
- C. A swimmer is limited to a maximum of two Time Trials during the course of the Championships.
- D. Except as noted below, long course 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.
  - ◆ Remaining Days: that day's events, followed by the remaining events in the meet.
  - ◆ The 800 and 1500 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 Trials.

**Reimbursement Policy**

Athletes participating in these Championships and ranked in the top 100 of the combined previous year and current year (through May 31) world rankings 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.

Applications for ConocoPhillips Athlete Reimbursement can be found at the reimbursement table near the Clerk of Course.



### 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: The 2010 Prohibited List is in effect for this competition and may be found at [www.usada.org](http://www.usada.org).

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: [globaldro.com](http://globaldro.com)

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](mailto: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](http://usaswimming.org)

# Time Standards



## ConocoPhillips National Championships August 3-7, 2010 Irvine, CA

Women			Automatic Qualifying Time Standards	Men		
LCM	SCM	SCY		SCY	SCM	LCM
26.59	25.99	22.99	50 Freestyle	20.29	22.99	23.59
57.29	57.29	50.19	100 Freestyle	44.49	50.69	51.79
2:03.69	2:04.39	1:48.29	200 Freestyle	1:38.09	1:51.69	1:53.39
4:19.49	4:21.59	4:47.79	400 Freestyle	4:25.29	3:57.29	4:01.29
8:55.19	8:56.19	9:58.89	800 Freestyle	9:16.89	8:17.99	8:23.09
17:06.69	17:10.99	16:30.59	1500 Freestyle	15:30.69	15:44.49	16:02.49
1:04.69	1:02.69	55.79	100 Backstroke	49.59	55.09	58.29
2:19.09	2:14.69	2:00.09	200 Backstroke	1:47.89	1:59.99	2:06.29
1:12.79	1:10.79	1:03.19	100 Breaststroke	55.89	1:03.09	1:05.29
2:37.19	2:32.09	2:16.69	200 Breaststroke	2:01.69	2:16.39	2:22.09
1:02.49	1:01.49	54.99	100 Butterfly	48.59	54.69	55.69
2:16.89	2:15.39	2:00.69	200 Butterfly	1:48.59	2:01.39	2:04.09
2:20.69	2:19.69	2:01.79	200 Individual Medley	1:49.69	2:03.99	2:07.99
4:56.99	4:53.09	4:19.79	400 Individual Medley	3:58.29	4:24.59	4:33.09
3:54.79	3:51.89	3:28.39	4x100 Free Relay	3:02.19	3:26.79	3:29.89
8:25.89	8:26.19	7:25.49	4x200 Free Relay	6:46.99	7:38.39	7:44.99
4:19.39	4:15.19	3:50.39	4x100 Medley Relay	3:24.09	3:45.49	3:52.49

Women			18 & Under Bonus Standards	Men		
LCM	SCM	SCY		SCY	SCM	LCM
26.99	26.29	23.39	50 Freestyle	20.89	23.49	24.29
58.59	56.99	51.09	100 Freestyle	45.89	51.89	53.09
2:06.19	2:02.99	1:50.09	200 Freestyle	1:40.69	1:53.39	1:55.89
4:24.69	4:18.29	4:52.99	400 Freestyle	4:33.69	4:00.79	4:07.09
9:03.49	8:50.69	10:05.99	800 Freestyle	9:26.09	8:19.49	8:35.59
17:20.49	16:58.49	16:48.49	1500 Freestyle	15:51.49	15:51.49	16:15.49
1:05.69	1:04.49	56.19	100 Backstroke	51.39	55.99	1:00.09
2:20.99	2:18.59	2:01.19	200 Backstroke	1:51.39	2:01.99	2:09.59
1:14.29	1:12.29	1:04.29	100 Breaststroke	57.89	1:05.09	1:07.79
2:39.99	2:34.99	2:17.99	200 Breaststroke	2:06.29	2:18.09	2:27.59
1:03.59	1:02.19	55.59	100 Butterfly	50.29	55.99	57.39
2:19.69	2:16.89	2:02.49	200 Butterfly	1:51.99	2:05.59	2:08.39
2:23.09	2:19.89	2:03.49	200 Individual Medley	1:52.79	2:08.19	2:11.39
5:02.09	4:55.69	4:20.79	400 Individual Medley	3:59.89	4:32.59	4:38.99

Qualify Period: July 1, 2009 through the entry deadline

Women may qualify for the 800m Freestyle using the 800/1000 time standards or the 1500/1650 time standards. Men may qualify for the 1500m Freestyle using the 1500/1650 time standard or the 800/1000 time standard.

Athletes who are 18 and under, who have qualified in one or more individual events, may enter and swim in up to two bonus events, provided they have achieved the published "Bonus Time Standards". There will be no bonus events for athletes over the age of 18.