



2016 AT&T WINTER NATIONAL CHAMPIONSHIPS
November 30 - December 3 (Wed-Sat)
Short Course Yards (SCY)

Ga Tech McAuley Aquatic Center
Atlanta, GA

Entry Deadline

Tuesday, November 22, 2016 at 11:59 p.m. Mountain Time

THESE CHAMPIONSHIPS AND ASSOCIATED TIME TRIALS ARE SANCTIONED BY USA SWIMMING



**2016 AT&T Winter National Championships
Ga Tech McAuley Aquatic Center
Atlanta, GA**

IMPORTANT FACTS ABOUT THE MEET



- ◆ The qualification period for this event is November 1, 2015 through the entry deadline.
- ◆ Enter the Winter National Championships online at usaswimming.org/OME beginning Tuesday, October 4, 2016 and no later than 11:59 p.m. Mountain Time, Tuesday, November 22, 2016.
- ◆ Swims achieving a qualifying time standard for the first time from Wednesday, November 23, 2016, through Sunday, November 27, 2016, may enter the meet through OME under the title *2016 Nationals: New Qualifying Swims*. These entries must be submitted no later than 11:59pm Mountain Time on Sunday, November 27, 2016, and cannot be used to improve the seed time of a prior entry, unless the improvement achieves a new qualifying standard. Normal entry fees apply.
- ◆ There will be bonus events at these championships for 18-under swimmers only. Any 18-U athlete who qualifies for one or more individual events will be permitted to enter and swim in up to two bonus events, provided he/she has achieved the published Bonus Event Time Standards.
- ◆ Two courses and/or ten lanes may be used for preliminary heats.
- ◆ Qualification for the 4 x 50 relays will be the corresponding 4 x 100 relay time standards. All relays will be swum as timed finals at the end of the evening sessions. The order for the relays shall be the Women's 2nd Fastest Heat, Women's Fastest Heat, Men's 2nd Fastest Heat, Men's Fastest Heat, Women's 3rd Fastest Heat, Men's 3rd Fastest Heat, Women's 4th Fastest Heat, Men's 4th Fastest Heat, Etc.
- ◆ The scratch deadline for the Wednesday relays shall be at the start of the General Meeting (4:00 p.m.). The scratch deadline for Thursday's preliminaries shall be fifteen (15) minutes after the General Meeting is adjourned. Coaches who cannot attend the General Meeting are encouraged to e-mail their scratches to the Meet Referee before these deadlines.
- ◆ This event will follow the scratch rules as defined in section 207.11.6 of the USA Swimming Rules and Regulations. As provided in this section, the Steering Committee and the Vice President of Program Operations have established that the penalty for failure to compete in an individual preliminary heat in which such swimmer is entered and has not been scratched will be one of the following:
 - Being barred from all further individual and relay events of that day as prescribed in section 207.11.6, or
 - Payment of a fine of \$200
- ◆ Time Trials will be conducted for all swimmers entered in the meet provided there is sufficient time between the end of the preliminary session and the start of warm-ups for the final session. Time Trial entries will only be taken on-site at the Clerk of Course.
- ◆ Foreign athletes (those who are ineligible to represent the USA in international competitions) will be allowed to swim at this competition, and will be permitted in the Championship ("A") Finals including timed final events, however they cannot score team points in a USA Swimming National Championship. Please refer to page 7 for foreign entry instructions .
- ◆ Swimmers may qualify for the 1650 Freestyle events using the 1500/1650 time standards or the 800/1000 time standards.
- ◆ At the discretion of the Meet Referee, the preliminary sessions may be conducted using "Flyover" starts and/or in an A/B flighted format. Details of any changes to normal meet operations protocol will be announced at the general meeting.
- ◆ Swimmers' and Coaches' Responsibility – It shall be the swimmers' and coaches' responsibility to acquaint themselves with all of the information contained in this meet information book and any information or changes announced at the General meeting.

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**2016 AT&T Winter National Championships
Order of Events
Short Course Yards (SCY)**

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

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

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

All relays will be swum as timed finals at the end of the evening sessions. The order for the relays shall be the Women's 2nd Fastest Heat, Women's Fastest Heat, Men's 2nd Fastest Heat, Men's Fastest Heat, Women's 3rd Fastest Heat, Men's 3rd Fastest

GENERAL INFORMATION



Facility Address

Georgia Tech McAuley Aquatic Center
750 Ferst Drive
Atlanta, GA 30332

Meet Referee

Gloria Schuldt
469-426-2850
gloria_schuldt@att.net

Meet Director

Mike Cotter
404-483-7418
mikedynamo@earthlink.net

USA Swimming Vice President, Program Operations

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

USA Swimming Senior Development Committee Chair

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

USA Swimming National Events Director

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

Meeting Schedule

Technical Meeting	Wednesday, November 30	4:00 p.m.	Ferst Center for the Arts
Officials Meeting	Wednesday, November 30	5:00 p.m.	McAuley Aquatic Center, Room #147

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

Directions to Pool from Hartsfield-Jackson Atlanta International Airport (ATL)

- ◆ Take I-75/85 north. Exit #250 10th St/14th St/Georgia Tech. Merge onto Williams St NW. Left at 10th St NW (stoplight top of exit ramp). Travel several lights down 10th street to Hemphill-small strip of stores at this intersection. Left at Hemphill NW. Right at Ferst Dr NW (where the road T's-turn right). Pool is on the right @1/4 mile up the road (McAuley Aquatics Center inside the Campus Recreation Center)
- ◆ MARTA (the rail system) runs from the Airport to many of the hotels in the downtown and midtown area as well as the Aquatics Center – To get to the Aquatics Center; exit MARTA at the Midtown station and a GT Trolley (free) makes regular rounds from MARTA to the Aquatics Center-cost one-way on MARTA is \$1.75 Additional trolley information can be found on [parking.gatech.edu/ -Tech Trolley](http://parking.gatech.edu/-TechTrolley)

Broadcast Statement

Any photographs, videotape or other audio and/or visual recordings of the event created by a spectator may be used solely for such spectator's personal non-commercial use, and may not be broadcast, published or disseminated, or used for any commercial purposes, without the prior written consent of USA Swimming.

Image Authorization

All participants agree to be filmed and photographed by the official photographer(s) and network(s) of USA Swimming under the conditions authorized by USA Swimming, and allow event organizers the right to use names, pictures, likenesses, and biographical information before, during or after the period of participation in USA Swimming competitions to promote such competitions. All participants agree not to use or authorize use of pictures in the uniforms and equipment provided by USA Swimming for the purpose of trade, without the consent of USA Swimming. All participants agree not to use medals or photos, or portraits or films with

LOCAL INFORMATION



Ticket Information

Pre-sale tickets for All-Session Passes and Daily Tickets may be ordered on-line at usaswimming.org/jrnationals or call the Georgia Tech Ferst Center for the Arts at 404-894-9600. Tickets for single sessions (preliminaries or finals) will be sold separately at the McAuley Aquatic Center during the event. If purchased on-line early enough tickets will be mailed; otherwise tickets can be picked up at Will Call at the Aquatic Center starting Wednesday, November 30th between the hours of 1:00pm and 5:00pm. Ticket sales on-site will begin each morning of competition at 8:00am.

All Sessions

Adult	\$50.00
Youth (ages 3-12 and students with ID)	\$30.00
GT Students	\$25.00

Daily Rate (Prelim and Finals)

Adult	\$15.00
Youth (ages 3-12 and students with ID)	\$10.00
GT Students	\$ 5.00

Single Session (Prelim or Finals)

Adult	\$10.00
Youth (ages 3-12 and students with ID)	\$ 5.00
GT Students	\$ 3.00

The convenience fee for shipping and handling for ordering tickets on-line will carry an additional fee of \$4.00 per ticket purchased plus \$1/entire order. If you call in your order this fee is waived. Your credit card statement will read the Ferst Center if you purchase tickets on-line or by phone through the Ferst Center Box Office.

Box Office Hours (ET)- to call in your order or purchase in person:

Monday-Friday 9:00am-6:00pm
Saturday 11:00am-4:00pm (call first to confirm)

Persons with accessibility or special needs seating should call the Ferst Center Box Office at 404-894-9600 for assistance with ticket purchase.

Parking

Coaches, Athletes, and Officials will be provided a pass for the duration of the meet allowing you to park adjacent to the Campus Recreation Center on Tech Parkway. Permit will be given at team check-in and must be displayed in your vehicle window at all times.

ONLINE Click-n-Park:

4 Day Event Nov 30-Dec 3, \$28, plus tax and/or applicable fees

DAILY, \$10 plus tax and/or applicable fees

<https://gatech.clickandpark.com/>

CASH RATE: DAILY \$15

For questions or more information contact:

Ferst Center for the Arts- Georgia Tech
349 Ferst Dr., NW
Atlanta, GA 30332-0468
Phone: 404-894-9600

- ◆ Volunteers will be provided a pass for the duration of the session allowing you to park adjacent to the Campus Recreation Center on Tech Parkway. Permit will be given at volunteer check-in and must be displayed in your vehicle window at all times.

Hotels

For up to date hotel information, please refer to https://pse.tournamenthotels.com/GroupBlocking.aspx?eid=k2_YZ_0VWUGKLzoCDHCA-Q

Marriott is a proud sponsor of USA Swimming

SITE INFORMATION



Publicity

Any swimmer competing in the championship final of an event for the first time at this meet should be sure to submit his/her biographical information to the announcer.

Information/Lost & Found

"Wet" lost and found items will be located in the Guard room off the pool deck (room 139). Anything of greater value such as camera's, cell phones, etc. will be taken to the Member Service desk located at the entrance of the Campus Recreation Center (CRC). Information and general directions can also be obtained at the Member Service desk or Information table at the front of the facility during posted hours.

Lockers

Men's and Women's Locker rooms are adjacent to the competition pool for the Athletes. Lockers are available on a first come/first serve basis as there are not enough lockers for all participants. Locker rooms for use by officials are located on the lower (pool) level in the main part of the CRC. Everyone must provide his/her own lock. The McAuley Aquatic Center and the meet hosts will not be held liable for lost or stolen items.

Medical Assistance

Medical personnel will be located on the pool deck by the medical/first aid room (room 139 A) Sick call will be available daily. The sick call schedule will be noted in the information provided in the coaches' packet. There will also be numbers to contact for 24-hour emergency assistance. Sports massage therapy services will not be provided.

Concessions

Concessions will be provided on the main concourse of the McAuley Aquatic Center during competition hours by Sodexo, the official concessionaire of Georgia Tech.

Hospitality

Coaches and officials hospitality will be located just off the pool deck (Room 134), adjacent to the diving well and will be open on days of competition only.

Athlete Hospitality

The athlete hospitality area will be located on the pool deck along the south wall, half way between the Men's and Women's locker rooms on days of competition only.

Use of Audiovisual

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

Deck changing

As per 202.4.9 of the USA Swimming Rules and Regulations, deck changes are prohibited.

About the Facility

Located in downtown Atlanta, on the campus of Georgia Tech, the Campus Recreation Center which houses the McAuley Aquatic Center underwent a 45 million dollar renovation, expansion and new construction project re-opening in August, 2004. The McAuley Aquatic Center has three pools—50 m x 25 m competition pool, 25 yd. diving well with full towers and 5-1m and 3-3m springboards, and a separate recreational pool with an indoor water slide. The facility also seats 1950 spectators in individual chair-back seats. The McAuley Aquatic Center was the site of the 1996 Olympic Aquatic events where 4 world records were broken, and the campus also served as the Olympic Village and Boxing venue during the Games. Most recently the 2006 Men's NCAA Swimming and Diving championships were held at the facility where records were broken every night. Photos and additional information can be found at: campusrecreation.gatech.edu

Pool Hours

Tuesday, November 29	8:00 a.m. - 8:00 p.m.
Wednesday, November 30	8:00 a.m. - 8:00 p.m.
Thursday, December 1	6:00 a.m. - 1 hour after finals
Friday, December 2	6:00 a.m. - 1 hour after finals
Saturday, December 3	6:00 a.m. - 1 hour after finals

Credential Pick-Up

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

Tuesday, November 29	1:00 p.m. - 6:00 p.m.
Wednesday, November 30	8:00 a.m. - Noon and 2:00 p.m. - 6:00 p.m.
Thursday, December 1	8:00 a.m. - Noon and 2:00 p.m. - 6:00 p.m.
Friday, December 2	8:00 a.m. - Noon and 2:00 p.m. - 6:00 p.m.
Saturday, December 3	see Admin Ref

Team Banners

Team banners will not be allowed at these Championships.

Credentials

Restricted access to the facility will be strictly enforced. Please wear your credential at all times. There is a \$50 replacement charge for lost credentials.

Wireless Internet Access

Wireless access will be available throughout the venue.

Television

The 2016 AT&T Winter National Championships will be broadcast on NBC. Check local listings for times in your area.

ENTERING THE MEET



Meet Entries

All Event Entry questions should be directed to: Jaime Lewis at jlewis@usaswimming.org (719-866-3581).

Enter the Winter National Championships online at usaswimming.org/OME beginning Tuesday, October 4, 2016 and no later than 11:59 p.m. Mountain Time, Tuesday, November 22, 2016.

You will be required to pay for the online entries with a Visa, Mastercard, American Express or Discover. Once entries are submitted through OME, refunds will not be provided.

OME is not an eligibility report; Coaches are responsible for knowing events for which their athletes are qualified.

You can modify your entry online by adding to the original entry. You cannot delete an online entry once it has been paid for.

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

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

Qualifying Period

The qualification period for this event is November 1, 2015 through the entry deadline.

Number of Events

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

Bonus Events

There will be bonus events at these championships for 18-under swimmers only. Any 18-U athlete who qualifies for one or more individual events will be permitted to enter and swim in up to two bonus events, provided he/she has achieved the published Bonus Event Time Standards.

Entry Fees:

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

Foreign Entries

Foreign athletes (those who are ineligible to represent the USA in international competitions) will be allowed to swim at this competition, and will be permitted in the Championship ("A") Finals including timed final events, however they cannot score

team points in a USA Swimming National Championship. Foreign team coaches should send an email with their first and last name, work phone, and email address, along with the names and birthdates of their qualified swimmers to jlewis@usaswimming.org, and they will receive an email with instructions on how to access and utilize the OME system. All foreign athletes and coaches must be members in good standing of their country's FINA affiliated federation. Foreign entries must be proven with meet results and must be submitted by the entry deadline.

New Qualifying Swims

Swims achieving a bonus or a qualifying time standard for the first time from Wednesday, November 23, 2016, through Sunday, November 27, 2016, may enter the meet through OME under the title *2016 Nationals: New Qualifying Swims*. These entries must be submitted no later than 11:59pm Mountain Time on Sunday, November 27, 2016, and cannot be used to improve the seed time of a prior entry, unless the improvement achieves a new qualifying standard. Normal entry fees apply.

Late Entries

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

- A. Late entries must be submitted through the Online Meet Entry system (OME);
- B. These entries must be received no later than 11:59 p.m. Mountain Time on Sunday, November 27 2016;
- C. The team or athlete must pay a one-time processing fee of \$150.00, *and* pay entry fees of \$30 per individual event.

Secondary Club Recognition

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

Waiver and Release Form

The USA Swimming Waiver and Release Form will be automatically generated by the online system. These forms must be submitted at the registration desk. Make copies as needed for each swimmer. Having this completed will save time during check-in at the competition site. Additionally, a parent or legal guardian must sign form if swimmer is under the age of majority in his/her home state.



Rules

USA Swimming Rules and Regulations will govern the conduct of these Championships. It shall be the swimmers' and coaches' responsibility to acquaint themselves with all of the information contained in this meet information book. No U.S. swimmer will be permitted to compete unless he/she is a member as provided in Article 302. Any U.S. swimmer entered in the meet must be certified by a USA Swimming member-coach as being proficient in performing a racing start. It is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement. This event and associated time trials are held under the sanction of USA Swimming. It is understood and agreed that USA Swimming shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.

Membership Requirement

All persons expecting to receive a deck pass should be prepared to show a current USA Swimming membership card. Non-members who have successfully completed the Athlete Protection Training (APT) course and a USA Swimming background check may join on site at the registration check-in desk. Information regarding the APT course and the background check will be available at meet check-in and is also online at usaswimming.org/protect. Coaches must provide proof of CPR, First Aid and Safety Training for Swimming Coaches or USA Swimming approved equivalents, and must have successfully passed the required background check and APT Course.

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

SWIMS Database—Proof of Time

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

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

Entering Official Times

Individual Events - All individual entry times must be made prior to the entry deadline and must be proven prior to the scratch deadline for that event through the SWIMS Database. No swimmer will be permitted to swim without said proof. Program Operations reserves the right to challenge any submitted time. All scratches must be proven.

Responsibility Clause

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

Such penalty shall also be levied against any USA Swimming verification officer who entered such a false or incorrect time(s) into the SWIMS Database.

Appeal of fines are to be made to the Vice President of Program Operations or designee and/or Board of Review. Any appeal of the decision of the Vice President of Program Operations or designee shall be in accordance with the provisions of Part Four, specifically Article 407.

Automatic Proven Times

If a time for a swimmer is visible in the public search feature on the USA Swimming website (Times/Time Standards) and it was swum in the appropriate qualifying period, it is considered a proven official time. Entry times not proven by the scratch deadline for the event will be considered as false or incorrect times and are subject to action under provisions of the USA Swimming Rules and Regulations.

SWIMS data entry from properly authorized and observed college meets must be requested. These times will not be automatically placed in the database. Times from all major international championships will be automatically entered in the database. Times from any other meets in which National time standards were met must be requested from the SWIMS Time Official in the LSC in which the meet was held. LSC officials may charge a fee for data entry requested after the meet ends.

Note: Relay lead offs and/or intermediate split times must be requested from the SWIMS Time official in the LSC where the time was achieved. Requesting SWIMS data entry won't enter a swimmer into a competition nor place your club on the USA Swimming mailing list.

CHAMPIONSHIP PROCEDURES



Seeding

For these Championships, the seeding order is:

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

Registration

Credentials for coaches, managers and chaperones shall be issued to those persons listed on the submitted team entry forms, according to the following formula, based upon the total size of the team, whether comprised of one or both sexes. The cost for these credentials is \$20/each. Managers and trainers must be included in this formula and on the entry form to receive a credential. Athletes entered in the meet will receive a deck pass as part of their entry fee. There is a surcharge of \$20 per person for spectator passes. All others will be required to purchase individual tickets. For clubs that wish to bring one certified massage therapist with their teams, a \$50 surcharge will apply if the massage therapist exceeds the deck pass formula below. These funds shall become the property of the meet host. All massage therapists must be non-athlete members of USA Swimming.

1-3 swimmers in individual events; 1 deck pass; 1 spectator pass.

4-6 swimmers in individual events; 2 deck passes; 1 spectator pass.

7-9 swimmers in individual events; 3 deck passes; 1 spectator pass.

10-20 swimmers in individual events; 4 deck passes; 2 spectator passes.

21-30 swimmers in individual events; 5 deck passes; 2 spectator passes.

31-40 swimmers in individual events; 6 deck passes; 3 spectator passes.

41-50 swimmers in individual events; 7 deck passes, 3 spectator passes.

51 or more swimmers in individual events; 9 deck passes; 5 spectator passes.

Unattached swimmers with a team shall be included in above schedule even if listed on separate entry blank.

Unattached swimmers not with a team: 1 deck pass; 1 spectator pass.

Check-In

Coaches are responsible for all business conducted at the General Meeting. If, for any reason, you cannot attend the meeting, be sure to find out what occurred. You must arrive prior to the scratch deadline for your swimmer's first event to prove times if necessary.

- A. Start with the person that is checking the swimmers' and coaches' membership in USA Swimming. Have your coach membership card with you. To avoid any problems with your swimmers, have their membership cards as well.
- B. After you have been cleared, move on to the individual giving out the Coaches' packets. One of the items you will receive is a psych sheet.

- C. Review the psych sheet posted by the Times desk and make sure your swimmers do not have an asterisk (*) by their time.
- D. In the event of an asterisk, go to the Times desk immediately and clear the time. It is your responsibility to do this. If it is not cleared by the scratch deadline, the swimmer will be scratched from the event. If a time cannot be proven the coach is subject to a \$100 fine. You should make sure all your athletes' times are in the SWIMS database.
- E. If you have a distance swimmer, he/she must be checked in prior to the scratch deadline in order to be seeded.
- F. Check your scratches - make certain they are correct and submitted on time. Do not let your swimmer miss his/her best event because you failed to scratch an entry.
- G. Follow all proof of time, scratch and distance event entry procedures by the required deadlines as published.

Warm-Up and Safety

Program Operations will provide a complete schedule of warm-up procedures to include lane usage and times, which must be adhered to by all participants. This information will be distributed with the meet information at registration, posted throughout the venue, announced on a regular basis before and during the meet, and monitored by the Meet Referee (or his/her special designees). Flagrant violation of these procedures may result in a disqualification from the meet for unsportsmanlike activity. Encourage your swimmers to cooperate with marshals. The main competition pool will be reserved the last 60 minutes for swimmers competing in that day's events.

Scratch Procedures

- A. Location of Scratch Box
 - ◆ The scratch box will be located at the Registration Desk prior to the start of the meet and until the General Meeting.
 - ◆ It will be at the General Meeting.
 - ◆ After the General Meeting, the scratch box will be located with the Clerk of Course for the remainder of the meet.
- B. Scratch Deadlines:
 - ◆ The scratch deadline for the Wednesday relays shall be at the start of the General Meeting (4:00 p.m.). The scratch deadline for Thursday's preliminaries shall be fifteen (15) minutes after the General Meeting is adjourned. Coaches who cannot attend the General Meeting are encouraged to e-mail their scratches to the Meet Referee before these deadlines.
 - ◆ The scratch deadline for Friday's and Saturday's preliminaries shall be thirty (30) minutes after the time established for the start of the previous evening's finals session.



This event will follow the scratch rules as defined in section 207.11.6 of the USA Swimming Rules and Regulations. As provided in this section, the Steering Committee and the Vice President of Program Operations have established that the penalty for failure to compete in an individual preliminary heat in which such swimmer is entered and has not been scratched will be one of the following:

- ◆ Being barred from all further individual and relay events of that day as prescribed in section 207.11.6, or
- ◆ Payment of a fine of \$200

Ready Room

A Ready Room will be used at these Championships prior to each "A" finals heat. Each swimmer in the "A" final (including the fastest-seeded heats of the 1650 events) must report to the Ready Room five minutes preceding the event. Bonus and Consolation heats will report directly to their assigned starting block.

Relays and Relay Check-In Procedures

- A. Teams are limited to two relay entries in each relay event.
- B. Qualification for the 4 x 50 relays will be the corresponding 4 x 100 relay time standards.
- C. All relays will be swum as timed finals at the end of the evening sessions. The order for the relays shall be the Women's 2nd Fastest Heat, Women's Fastest Heat, Men's 2nd Fastest Heat, Men's Fastest Heat, Women's 3rd Fastest Heat, Men's 3rd Fastest Heat, Women's 4th Fastest Heat, Men's 4th Fastest Heat, Etc.
- D. Relays will follow the same scratch procedures as the individual events. Scratches are due prior to the scratch deadline for that days events. Each coach shall pick up relay entry forms from the Clerk of Course on which he/she shall list the competing relay swimmers, their first and last names and order of swimming for each entered relay. Relay forms shall be returned to the Clerk of Course for tabulation approximately one (1) hour prior to the start of the relays. However, relay order may be changed up to the time of the swim.

Distance Freestyle

- A. Distance Entry - Any swimmer who qualifies for the 1650 yard freestyle events may enter at their fastest time or at the qualifying time standard, if entered in two or more events on the day of the distance freestyle.
- B. Swimmers may qualify for the 1650 Freestyle events using the 1500/1650 time standards or the 800/1000 time standards.
- C. Distance Check-in and Seeding - Entrants in the 1650 yard freestyle must check in and confirm their intention to compete before the scratch deadline in order to be seeded. Seeded heat sheets will be published at the end of finals the evening before. The swimmers will be listed in the psych sheet in the order of submitted times, beginning

with the fastest.

- D. With the exception of the fastest heat, the 1650 Freestyle events (timed finals) will be swum during prelims, with the men's and women's events running simultaneously in their respective pools. Only the fastest (single) seeded heat of Women's and Men's 1650 Freestyle events will be swum in the final session. If only one pool is used for the competition, heats will be swum during prelims, alternating women's and men's heats, with the second fastest heat last, third fastest heat next to last, fourth fastest heat third from last and continuing until all heats are swum. The starting time for each heat held during the preliminary session shall be scheduled so that the second fastest heat of the Men's event is concluded 60 minutes before the evening finals session is scheduled to begin.

Finals Session Event Order

There will be a bonus, consolation, and championship final in each individual event at this Championship (except the 1650 yard freestyle events, which will have only the fastest heat swimming in the finals session). The order of the final events shall be C, B and A (bonus, consolation and championship).

Meet Scoring

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

Results

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

Video Review

USA Swimming will be providing a "VIDEO REVIEW" station on deck for coaches and athletes. Club Development Sport Performance Consultants will make video of all races available shortly after the each heat is completed. Coaches (and athletes) have the option to bring their own flash drive and we can download the race for them. Look for the USA Swimming Video Review banner and stop by with your athlete to watch and review video of your athletes' races. There is no charge for this service. Time Trials video will not be available.



Awards

An awards ceremony will be conducted immediately after each event. The top three swimmers in each individual event, and the top three relays in each relay event, should report to the Awards Staging Area following the "A" Final for their event, and immediately dress in official team apparel for the medal ceremony. The coach of each first place winner will present awards for that event.

- ◆ Team Awards - Awards will be provided for the top three teams in Men's, Women's, and Combined categories. There will be no awards for college teams.
- ◆ Medals - A medal ceremony will be conducted for the top three place winners in each event. Fourth through eighth place finishers should pick up their medals in the awards staging area. An "18&Under" National Champion medal will also be presented to the highest placing American 18&under swimmer in each individual event.
- ◆ 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.
- ◆ Phillips 66 Performance Award - This award, sponsored by USA Swimming corporate partner, Phillips 66, is presented to the swimmer who achieves the single most outstanding performance of the meet.

Time Trials

Time Trials will be conducted for all swimmers entered in the meet provided there is sufficient time between the end of the preliminary session and the start of warm-ups for the final session. Time Trial entries will only be taken on-site at the Clerk of Course. Relay-only swimmers will be allowed to swim in time trials.

- A. Time Trials will be conducted in short course yards each day.
- B. A swimmer is limited to a maximum of two Time Trials during the course of the Championships.
- C. A swimmer must be entered in the meet with a proven time to participate in the Time Trials
- D. The Time Trial entry deadline shall be one hour prior to the estimated/published conclusion of that days preliminary session.
- E. Entry fees for Time Trials are the same as those established for the Championships.
- 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 distance freestyle events will typically be offered on only one day of the meet. The day will be determined by the Meet Referee, depending on the size of the meet, time available, etc; and be announced at the General Meeting.



The 2016 AT&T Winter National Championships is subject to Doping Control.

All athletes at this competition are subject to drug testing conducted by the United States Anti-Doping Agency (USADA), WADA, and/or FINA under the In-Competition Testing program. This section is intended to give an overview of the key points relevant to this program and the testing which will be conducted at the competitions governed by this booklet. **Athletes should visit <http://www.usada.org/athletes/antidoping101/>** for important information that all athletes, 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 21 days.**

What substances are banned?

Per USADA: "As a signatory to the World Anti-Doping Code, USADA tests for substances and methods found on the World Anti-Doping Agency [Prohibited List](#). It's important that athletes are aware of the substances and methods on the Prohibited List, as an athlete is responsible for any prohibited substance found in their body, regardless of intent. It's also important to understand that certain substances are prohibited at all times, while others are prohibited only during competition. In some cases, a substance is only prohibited in a certain sport. Use the resources on this tab in conjunction with the next step about medication and the resources available pertaining to medication to determine whether or not a substance is prohibited." [Read the Athlete Guide to the WADA Prohibited List](#)

What about medication?

Per USADA: "Athletes need to be aware of the prohibited status of any medication they are taking, whether it be an over-the-counter or prescription medication. The easiest way to understand your medication is to use USADA's [Global DRO](#) service, where generic and name brand products, or specific medications, can be searched. Results will yield information including the in- and out-of-competition status, any threshold information, as well as sport specific information for those substances prohibited only in certain sports. Athletes or their support team can also speak to an expert by phone during business hours [8am – 5pm Mountain Time Monday-Friday] by calling Athlete Express at 719.785.2000.

The [USADA wallet card](#) also provides information on the most commonly ingested medications.

If and when a medication is prohibited, athletes may choose to stop taking or replace the medication with a non-prohibited substance or explore the [Therapeutic Use Exemption](#) process.

Your health is your first priority. Any decision to stop or start a medication should be made in consultation with your medical provider.

It's important to understand that Dietary Supplements are not medication. They are regulated and manufactured differently. For these reasons,

USADA is unable to provide guidance on specific dietary supplement products. For more information visit [USADA's Supplement 411 resource](#)."

Therapeutic Use Exemptions?

Per USADA: "In some situations, an athlete may have an illness or condition that requires the use of medication listed on the World Anti-Doping Agency's [Prohibited List](#). A Therapeutic Use Exemption or TUE provides permission for an athlete to have a prohibited substance in their body at the time of a drug test. The process for obtaining a TUE is thorough and balances the need to allow athletes access to critical medication while upholding clean athletes' rights to compete on a clean and level playing field. In some cases, the TUE requirements are different for national-level athletes vs. non-national level athletes. Athletes interested in obtaining a TUE should visit the [Therapeutic Use Exemption page](#), where they can determine if they need a therapeutic use exemption, begin the application process, and find answers to the most frequently asked TUE questions."

Understand the Sample Collection Process:

Per USADA: "Athletes selected for testing are subject to both blood and urine testing. The processes are designed to be both effective in preserving the integrity of the sample, yet safe and comfortable for the athlete. Understanding the processes as well as an athlete's rights and responsibilities can help to make them less intimidating. There are additional considerations for minor athletes and disabled athletes. Learn more about the sample collection processes [here](#)." NOTE: Minor athlete should always have a representative with them in doping control.

Per established doping control testing protocol a Witnessing Chaperone must directly observe an athlete providing a sample. The witnessing chaperone is always someone of the same gender as the athlete. To protect the rights of a minor athlete, someone must observe the witnessing chaperone observing the athlete as they provide a urine sample. That person cannot see the athlete – they can only see the witnessing chaperone watching the athlete. Per USADA's established protocol the athlete has the right to choose who will be in that role. In the event that a coach acts as an Athlete Representative for an athlete of the opposite gender, they may request that someone on USADA's crew observe the witnessing chaperone observing the athlete. Then the coach can be the athlete representative for the rest of the processing of the paperwork.

Doping Control rule for athletes previously eligible for out of competition drug testing:

Athletes who were previously eligible for out of competition (no-advance-notice) doping control and officially retired have a 6 month waiting period before they can compete (should they choose to return to competition) and must again be subject to out-of-competition testing during this reinstatement period. The athlete is not permitted to compete in any USA Swimming sanctioned events (local competitions all the way up through National competitions including meets with a dual sanction from Masters and USA Swimming) or FINA sanctioned events. If you have an athlete in this situation, please email smichael@usaswimming.org immediately.



OFFICIAL TIME STANDARDS

AT&T Winter National Championships

WOMEN				MEN			
SCY	SCM	LCM	EVENT	LCM	SCM	SCY	
22.89	25.49	26.69	50 Free	23.59	22.99	20.59	
49.89	55.49	57.69	100 Free	51.79	49.49	44.59	
1:47.79	1:59.49	2:04.59	200 Free	1:53.29	1:49.39	1:38.79	
4:49.09	4:10.79	4:20.79	400/500 Free	4:01.09	3:56.09	4:28.89	
9:58.79	8:39.39	8:54.49	800/1000 Free	8:21.49	8:01.49	9:15.19	
16:35.89	16:23.19	17:06.69	1500/1650 Free	15:59.99	15:22.89	15:34.89	
54.69	1:00.79	1:04.59	100 Back	58.59	55.39	49.89	
1:58.09	2:11.19	2:18.69	200 Back	2:06.69	2:00.39	1:48.39	
1:03.09	1:10.09	1:13.49	100 Breast	1:05.59	1:02.09	55.99	
2:15.89	2:31.09	2:38.69	200 Breast	2:22.89	2:14.99	2:01.59	
54.19	1:00.19	1:02.59	100 Fly	55.99	54.79	49.19	
1:59.59	2:12.89	2:17.39	200 Fly	2:04.59	2:00.59	1:48.29	
2:00.99	2:14.29	2:21.39	200 IM	2:08.19	2:01.39	1:49.29	
4:15.59	4:43.69	4:58.09	400 IM	4:32.59	4:19.39	3:53.49	
3:23.39		3:52.69	4X100 Free - Relay	3:29.29		3:00.69	
7:18.99		8:22.19	4X200 Free - Relay	7:42.79		6:41.29	
3:44.19		4:18.29	4X100 Medley - Relay	3:50.09		3:16.99	

WOMEN			18 & UNDER BONUS	MEN		
SCY	SCM	LCM	EVENT	LCM	SCM	SCY
23.49	26.19	26.99	50 Free	24.39	23.49	20.99
50.99	56.69	58.39	100 Free	52.89	50.89	45.79
1:49.79	2:01.59	2:05.39	200 Free	1:56.29	1:51.09	1:40.29
4:52.09	4:13.29	4:23.79	400/500 Free	4:06.29	3:59.39	4:32.69
10:03.59	8:43.49	9:03.49	800/1000 Free	8:33.79	8:10.49	9:25.49
16:46.19	16:33.29	17:20.49	1500/1650 Free	16:14.99	15:34.79	15:46.99
56.59	1:02.89	1:05.59	100 Back	59.69	56.59	50.99
2:01.29	2:14.79	2:20.69	200 Back	2:09.59	2:02.89	1:50.69
1:04.29	1:11.49	1:14.29	100 Breast	1:07.59	1:03.99	57.69
2:19.79	2:35.49	2:40.09	200 Breast	2:27.19	2:19.69	2:05.89
55.99	1:02.19	1:03.39	100 Fly	57.39	55.79	50.09
2:03.29	2:16.99	2:19.59	200 Fly	2:08.19	2:04.29	1:51.59
2:03.79	2:17.39	2:22.49	200 IM	2:10.49	2:04.99	1:52.49
4:23.69	4:50.59	5:01.89	400 IM	4:38.39	4:27.09	4:00.19

*Qualifying period is November 1, 2015 through the entry deadline.