



# 2015 SPEEDO WINTER JUNIOR CHAMPIONSHIPS DECEMBER 9-12

EAST  
GA TECH MCAULEY AQUATIC CENTER  
ATLANTA, GA

WEST  
LEE AND JOE JAMAIL TEXAS SWIMMING CENTER  
AUSTIN, TX

ENTRY DEADLINE  
TUESDAY, DECEMBER 1, 2015 AT 11:59 P.M. MOUNTAIN TIME

THESE CHAMPIONSHIPS AND ASSOCIATED TIME TRIALS ARE SANCTIONED BY USA SWIMMING



# 2015 Speedo Winter Junior Championships

## IMPORTANT FACTS ABOUT THE MEET



- ◆ All athletes at the meet must be 18 or under on the first day of the meet. College athletes who meet this age requirement are permitted to compete in the meet. All participants must be current members of USA Swimming.
- ◆ Foreign national teams are not permitted to compete in this meet. Foreign athletes who are registered members of USA Swimming clubs will be permitted to swim in this meet.
- ◆ The qualification period for this event is November 1, 2014 through the entry deadline. (Tuesday, December 1, 2015).
- ◆ Enter the Speedo Winter Championships online at [usaswimming.org/OME](http://usaswimming.org/OME) beginning Tuesday, October 6, 2015 and no later than 11:59 p.m. Mountain Time, Tuesday, December 1, 2015.
- ◆ Bonus events will be permitted for this meet. All athletes who qualify for one or more individual events will be permitted to enter and swim in up to two bonus events, provided they have achieved the published Bonus Event Time Standards.
- ◆ 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.
- ◆ Two eight-lane courses may be used for preliminary heats.
- ◆ The 500 Freestyle and 400 IM events will have the final two heats circle-seeded. All other prelim/final events will have the final three heats circle-seeded.
- ◆ 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.
- ◆ 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
- ◆ 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.
- ◆ There will be a LC time trial on Sunday morning following the meet. Only swimmers who enter and participate in the championships are eligible to participate in the Sunday time trial. Entries will be accepted through the OME system beginning the first day of the championships.
- ◆ 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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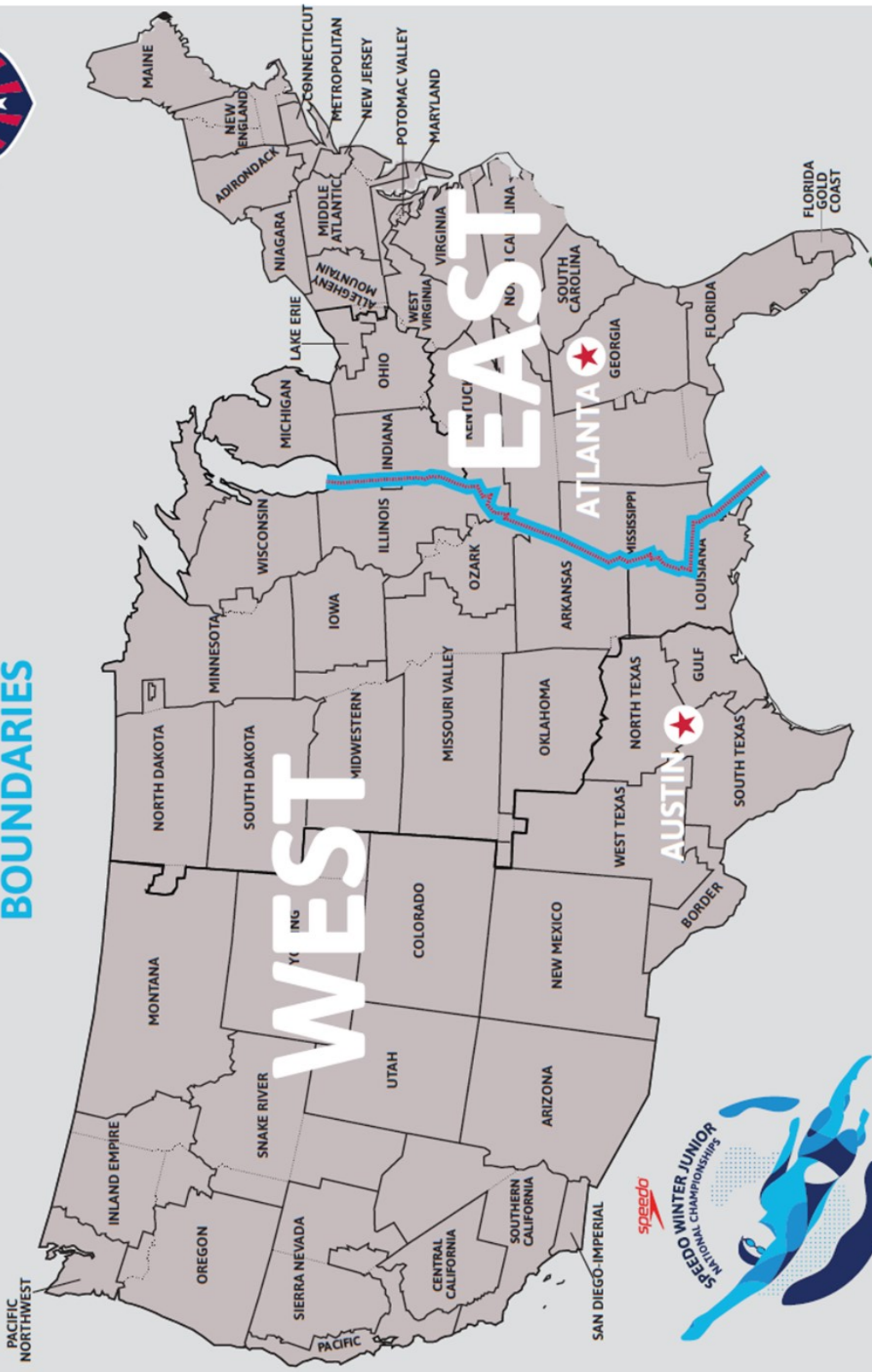


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# 2015 SPEEDO WINTER JUNIOR CHAMPIONSHIPS

## BOUNDARIES





**2015 Speedo Winter Junior Championships  
Order of Events  
Short Course Yards**

<u><i>Women's Events</i></u>	<u><i>Day 1– Wednesday, December 9</i></u> <i>(Timed Finals Begin at 6:00pm)</i>	<u><i>Men's Events</i></u>
1	200 Medley Relay*	2
3	800 Freestyle Relay	4
<i>(Heats Begin at 9:00am)</i>	<u><i>Day 2– Thursday, December 10</i></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><i>Day 3 - Friday, December 11</i></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><i>Day 4 - Saturday, December 12</i></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 Heat, Women's 4th Fastest Heat, Men's 4th Fastest Heat, Etc.*

## GENERAL INFORMATION (EAST AND WEST)



### USA Swimming Contacts

USA Swimming Vice President, Program Operations  
Dan McAllen  
214-316-9215  
[d.mcalleniii@sbcglobal.net](mailto:d.mcalleniii@sbcglobal.net)

Senior Development Committee Chair  
John Morse  
615-496-5888  
[jmorse@swimnac.com](mailto:jmorse@swimnac.com)

USA Swimming National Events Director  
Dean Ekeren  
719-866-4578  
[dekeren@usaswimming.org](mailto:dekeren@usaswimming.org)

USA Swimming National Events Manager  
Annie White  
719-866-4578  
[awhite@usaswimming.org](mailto:awhite@usaswimming.org)

### Pool Hours

Tuesday, December 8	1:00 p.m. - 8:00 p.m.
Wednesday, December 9	8:00 a.m. - 1 hour after finals
Thursday, December 10	6:00 a.m. - 1 hour after finals
Friday, December 11	6:00 a.m. - 1 hour after finals
Saturday, December 12	6:00 a.m. - 1 hour after finals

### Credential Pick-Up

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

Tuesday, December 8	1:00 p.m. - 7:00 p.m.
Wednesday, December 9	8:00 a.m. - Noon and 1:00 p.m. - 8:00 p.m.
Thursday, December 10	8:00 a.m. - Noon and 1:00 p.m. - 6:00 p.m.
Friday, December 11	8:00 a.m. - Noon and 1:00 p.m. - 6:00 p.m.
Saturday, December 12	see Admin Ref

### Broadcast Statement

All photographs, videotapes 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.

### 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.

### Use of Audiovisual Equipment

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

### Deck Changing

Except where venue facilities require otherwise, changing into or out of swimsuits other than in locker rooms or designated changing areas is not appropriate and is prohibited.

### Team Banners

Team banners will not be allowed at this event.

## LOCAL INFORMATION (EAST)



### Facility Address

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

### Meet Directors

Steve Hedenquist, Dynamo Swim Club  
404-229-7677  
[shedenquist@dynamoswimclub.com](mailto:shedenquist@dynamoswimclub.com)

### Meet Referee

Bob Griffiths  
813-493-0662  
[Griffiths.bob@verizon.net](mailto:Griffiths.bob@verizon.net)

Dave Williams, McAuley Aquatic Center  
904-392-5139  
[dave.williams@crc.gatech.edu](mailto:dave.williams@crc.gatech.edu)

### Meeting Schedule

Technical Meeting	Wednesday, December 9	4:00 p.m.	Ferst Center for the Arts
Officials Meeting	Wednesday, December 9	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/-Tech-Trolley)

### 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 December 9-12th, \$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.

### 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.

### Hotels

For up to date hotel information, please refer to:  
<https://pse.tournamenthotels.com/GroupBlocking.aspx?eid=wAM-uTwdEkO6PvqGw0n3Yw>

**Marriott**

Marriott is a proud sponsor  
of USA Swimming

EAST EAST EAST EAST EAST









## ENTERING THE MEET (EAST AND WEST)



### Meet Entries

All entry questions should be directed to: Anthony Buhr at USA Swimming (719-866-4578, [abuhr@usawimming.org](mailto:abuhr@usawimming.org)).

Enter the Speedo Winter Championships online at [usaswimming.org/OME](http://usaswimming.org/OME) beginning Tuesday, October 6, 2015 and no later than 11:59 p.m. Mountain Time, Tuesday, December 1, 2015.

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

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

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

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

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

### Qualifying Period

The qualification period for this event is November 1, 2014 through the entry deadline.

### 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 be permitted for this meet. All athletes who qualify for one or more individual events will be permitted to enter and swim in up to two bonus events, provided they have 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 national teams are not permitted to compete in this meet. Foreign athletes who are registered members of USA Swimming clubs will be permitted to swim in this meet.

### New Qualifying Swims

Swims achieving a bonus or qualifying time standards for the first time from Wednesday, December 2, 2015, through Sunday, December 6, 2015, may enter the meet through OME under the title 2015 Winter Juniors: New Qualifying Swims. These entries must be submitted no later than 11:00am Mountain Time on Monday, December 7, 2015, and cannot be used to improve the seed time of a prior entry, unless the improvement achieves a new bonus or 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 11:00 am Mountain Time on Monday, December 7, 2015;
- C. The team or athlete must pay a one-time processing fee of \$150.00, *and* pay entry fees of \$30 per individual event and \$60 per relay 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.

### 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 may not use the same swimmer twice in an event, or to prove a time.
- C. Teams may only submit two relays per event.
- D. Relay qualifying times must be made by swimmers age 18 or under when the qualifying time is achieved.

### 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 must 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](http://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.
- D. 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 online. A club may enter no more than two relay teams in each relay event.

**Responsibility Clause**

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

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

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

**Automatic Proven Times**

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

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

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



**Seeding**

For these Championships, the seeding order is:

1. 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. Managers and trainers must be included in this formula and on the entry form to receive a deck pass. Athletes entered in the meet will receive a deck pass as part of their entry fee. There is a surcharge of \$20 per person for spectator passes. All others will be required to purchase individual tickets. For clubs that wish to bring one certified massage therapist with their teams, a \$50 surcharge will apply if the massage therapist exceeds the deck pass formula below. These funds shall become the property of the meet host. All massage therapists must be non-athlete members of USA Swimming.

1-3 swimmers in individual events 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.

**Team 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 posted psych sheet to make sure your swimmers do not have an asterisk (\*) by their time (this can be done prior to arriving at the meet).
- 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

- F. 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 and 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 for the Wednesday relays and Thursday's prelims to the Meet Referee before the scratch deadline.
  - ◆ The scratch deadline for Friday's and Saturday's preliminaries shall be thirty (30) minutes after the time established for the start of the previous evening's finals session.

**Ready Room**

A Ready Room will be used at these Championships prior to each "A" finals heat. Each swimmer in the "A" final (including the fastest-seeded heats of the 1650 events) must report to the Ready Room five minutes preceding the event. Bonus, Consolation, and all Relay heats will report directly to their assigned starting block. No relay heats will report to the Ready Room.



**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. 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. 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/jrnationals](http://usaswimming.org/jrnationals).

**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.

- A. Team Awards - Team awards will be presented to the top three teams in Men's, Women's, and Combined categories.
- B. Medals - A medal ceremony will be conducted for the top three place winners in each individual and relay event. Fourth through eighth place finishers should pick up their medals in the awards staging area.
- C. Individual High Point Awards - Male and Female High Point Awards will be given at these Championships.

**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. Except as noted below, Time Trials shall be swum in the order listed under the meet program as follows:
  - ◆ First Day: that day's events, followed by the remaining events in the meet.
  - ◆ Second Day and Third Day: that day's events, followed by the remaining events in the meet.
  - ◆ The distance freestyle events will typically be offered on only one day of the meet. The day will be determined by the Meet Referee, depending on the size of the meet, time available, etc; and be announced at the General Meeting.
- F. There will be a LC time trial on Sunday morning following the meet. Any swimmer who enters and participates in the championships is eligible to participate in the Sunday time trial. Entries will be accepted through the OME system beginning the first day of the championships (see following page).

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



The US Anti-Doping Agency (USADA) will be here conducting testing. All athletes competing in the meet may be tested.

Athletes must bring a government issued ID or passport with them to testing. If they do not have one on site, a photo will be taken in doping control.

Athletes will be notified of their selection for doping control immediately after their race.

Athletes are required to report to testing immediately following warm down, awards ceremonies, medical and/or media obligations. Athletes no longer have 60 minutes to report to the testing station.

Athletes who are minors must bring a representative with them to testing. If a coach chooses to act as an athlete representative, he or she must remain in the testing station with the athlete from entry to departure. You cannot go in and out.

**Remember: Pseudoephedrine is prohibited in competition.** USADA indicates that “all athletes should search the status of their Cough and Cold products by active ingredients. Don’t rely on brand name as many things change.”

**FINA rules consider in-competition testing to begin 12 hours before the competition starts and continue through the end of the entire competition (not after the athlete’s last race).**

***Athletes must check the status of all medications at USADA’s website ([www.globaldro.com](http://www.globaldro.com)) or via phone at 719-785-2000.***

Per established doping control testing protocol, a Witnessing Chaperone must directly observe a minor 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. The protocol from USADA was included in the email sent out from Stacy Michael-Miller at USA Swimming.

***Sample Collection Process – Minor Athletes (Under 18) November 2010 (From USADA)  
Information for NGB Athlete Support Teams on Testing Processes for Minor Athletes***

*The following information is provided to clarify and be of assistance in managing athlete support related to doping control processes conducted with minor athletes.*

*When a minor athlete is tested, USADA strongly encourages that he/she has a representative present during the sample collection process. To ensure the validity of the process and the minor athlete’s well-being, a third party (in addition to the athlete and the Doping Control Officer) must always be in the toilet area to verify the sample collection. USADA will always have a Chaperone of the same gender, but also suggests that the athlete have his/her own representative present as well. The minor athlete’s representative may participate in this verification process, but only if authorized by the athlete and as instructed by the responsible Doping Control Officer (DCO). USADA will make every effort to accommodate this if the request for a representative is made. The DCO or Chaperone directly observing the provision of the sample will always be of the same gender as the minor athlete. As always, USADA is available to answer questions or further discuss the details provided above.*

*Questions? Contact Terese Cabanting, Athlete Services Coordinator, 719-785-2051, [tcabanting@usada.org](mailto:tcabanting@usada.org)*

**LONG COURSE TIME TRIALS (EAST AND WEST)**



**Format**

There will be a two-session long course time trial on Sunday morning following the meet. Dependent on the number of entries, the Referee may decide to run the time trials as a single session. There will be no time standards for the time trials, however only athletes that enter and participate in the championships will be permitted to enter the time trials.

**Entry Fees:**

\$15.00 per individual event

**Entries**

Entries will be accepted online at [usaswimming.org/OME](http://usaswimming.org/OME) beginning at 9:00am on Wednesday, December 9th, and closing at 2:00pm on Saturday, December 12th.

**Positive Check-In**

In addition to entering online, all swimmers must check-in with the Administrative Referee at the venue to confirm their intention to swim. Additional information will be distributed at the technical meeting for the championships.

**Long Course Time Trials  
Sunday, December 13th  
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



**SPEEDO WINTER  
JR. CHAMPIONSHIPS**

# OFFICIAL TIME STANDARDS

**2015 Speedo Winter Junior Championships**



**CHAMPIONSHIP  
SERIES ★★ ★★**

Women			Men	
SCY	LCM		LCM	SCY
23.49	26.99	50 Fr	24.39	20.99
50.99	58.39	100 Fr	52.89	45.79
1:49.79	2:05.39	200 Fr	1:56.29	1:40.29
4:52.09	4:23.79	400/500 Fr	4:06.29	4:32.69
10:03.59	9:03.49	800/1000 Fr	8:33.79	9:25.49
16:46.19	17:20.49	1500/1650 Fr	16:14.99	15:46.99
56.59	1:05.59	100 Bk	59.69	50.99
2:01.29	2:20.69	200 Bk	2:09.59	1:50.69
1:04.29	1:14.29	100 Br	1:07.59	57.69
2:19.79	2:40.09	200 Br	2:27.19	2:05.89
55.99	1:03.39	100 Fl	57.39	50.09
2:03.29	2:19.59	200 Fl	2:08.19	1:51.59
2:03.79	2:22.49	200 IM	2:10.49	1:52.49
4:23.69	5:01.89	400 IM	4:38.39	4:00.19
3:29.49	3:59.19	4x100 Fr-R	3:38.49	3:08.09
7:41.39	8:35.39	4x200 Fr-R	7:53.39	6:52.59
3:51.09	4:25.79	4x100 Med-R	4:01.19	3:28.79

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

Women		Bonus	Men	
SCY	LCM		LCM	SCY
24.29	27.49	50 Fr	24.69	21.49
52.29	59.59	100 Fr	53.79	46.69
1:52.99	2:07.89	200 Fr	1:57.69	1:42.09
5:00.29	4:28.29	400/500 Fr	4:08.99	4:36.59
10:15.29	9:11.19	800/1000 Fr	8:38.59	9:34.29
17:14.39	17:37.69	1500/1650 Fr	16:34.59	16:03.79
58.49	1:07.29	100 Bk	1:00.79	52.49
2:05.79	2:24.79	200 Bk	2:11.89	1:53.59
1:06.29	1:16.19	100 Br	1:09.49	58.89
2:23.09	2:43.79	200 Br	2:28.99	2:08.59
57.89	1:05.19	100 Fl	58.39	51.29
2:06.19	2:22.99	200 Fl	2:10.19	1:53.69
2:08.29	2:26.39	200 IM	2:12.79	1:55.09
4:30.69	5:07.29	400 IM	4:42.39	4:05.69