



# 2017 SPEEDO WINTER JUNIOR CHAMPIONSHIPS DECEMBER 6-9

## EAST

ALLAN JONES AQUATIC CENTER  
KNOXVILLE, TN

## WEST

UNIVERSITY OF IOWA CAMPUS RECREATION &  
WELLNESS CENTER (CRWC)  
IOWA CITY, IA

## Entry Deadline

**Tuesday, November 28, 2017 at 11:59 p.m. Mountain Time**

**\*\*\*All swimmers entered in the 1650 Freestyle events must be positively checked-in at registration in order to compete in the event.\*\*\***

**THESE CHAMPIONSHIPS AND ASSOCIATED TIME TRIALS ARE SANCTIONED BY USA SWIMMING**



# 2017 Speedo Winter Junior Championships

## IMPORTANT FACTS ABOUT THE MEET (EAST AND WEST)



- ◆ Swimmers participating in the Speedo Winter Junior Championships must compete at the specific location (East or West) as determined by the LSC in which they are registered with USA Swimming. Please refer to the boundary map on the next page.
- ◆ 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.
- ◆ All swimmers entered in the 1650 Freestyle events must be positively checked-in at registration in order to compete in the event.
- ◆ 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, 2016 through the entry deadline. (Tuesday, November 28, 2017).
- ◆ Enter the Speedo Winter Championships online at [usaswimming.org/OME](http://usaswimming.org/OME) beginning Tuesday, October 3, 2017 and no later than 11:59 p.m. Mountain Time, Tuesday, November 28, 2017.
- ◆ 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 who enter and compete 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.
- ◆ At the discretion of the Meet Referee, two courses and/or eight lanes may be used for preliminary heats. Also, 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..
- ◆ 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
- ◆ Swimmers may qualify for the 1650 Freestyle events using the 1500/1650 time standards or the 800/1000 time standards.
- ◆ 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.

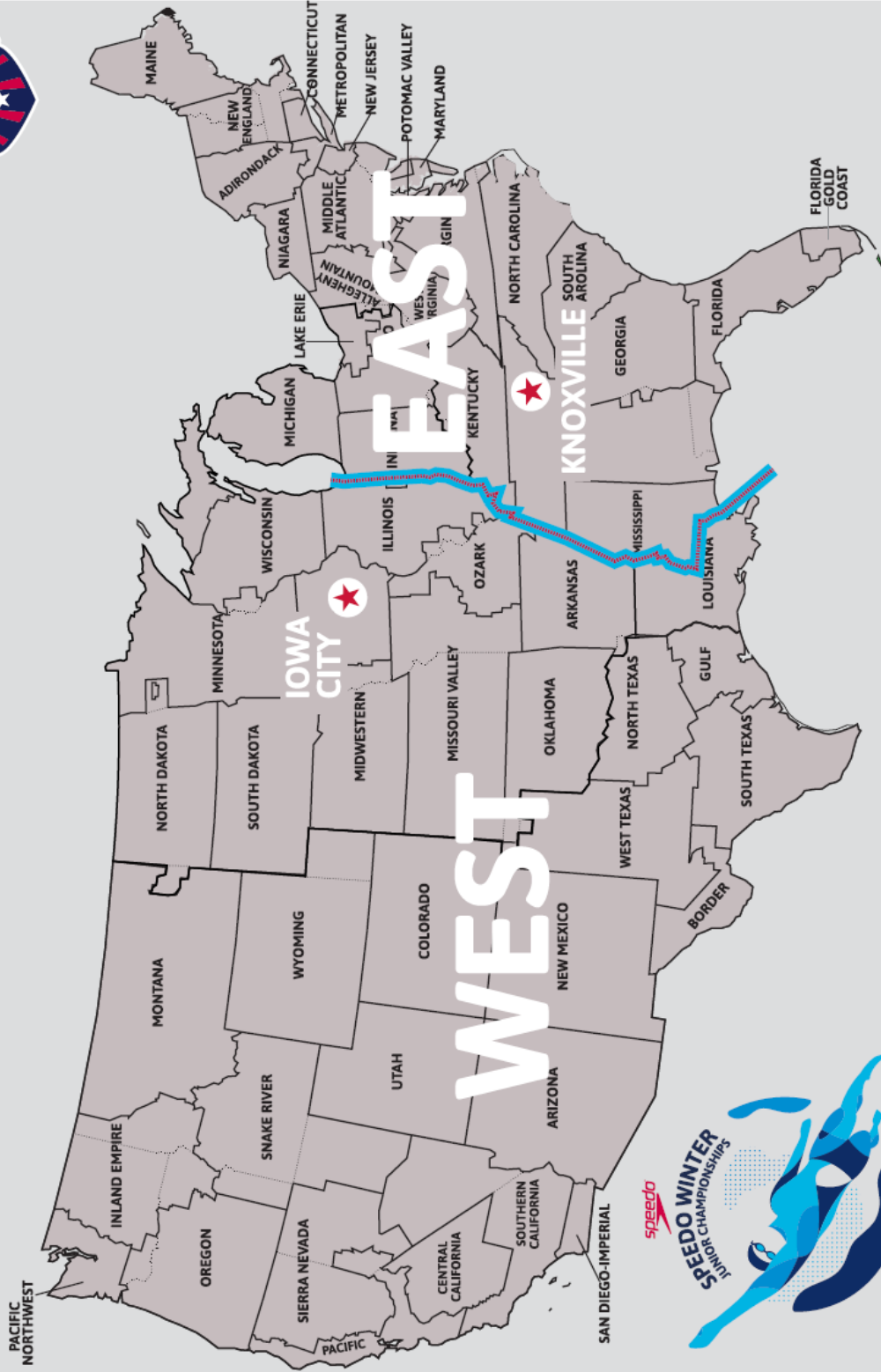
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# 2017 SPEEDO WINTER JUNIOR CHAMPIONSHIPS





**2017 Speedo Winter Junior Championships Order of Events  
Short Course Yards**

<u><i>Women's Events</i></u>	<u><i>Day 1– Wednesday, December 6</i></u>	<u><i>Men's Events</i></u>
<i>Timed Finals Begin at 6:00pm</i>		<i>Timed Finals Begin at 6:00pm</i>
1	200 Medley Relay*	2
3	800 Freestyle Relay	4
<i>Heats Begin at 9:00am</i>	<u><i>Day 2– Thursday, December 7</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 8</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 9</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

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

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

*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.*

## EVENT ORDER (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 5	1:00 p.m. - 8:00 p.m.
Wednesday, December 6	8:00 a.m. - 1 hour after finals
Thursday, December 7	6:00 a.m. - 1 hour after finals
Friday, December 8	6:00 a.m. - 1 hour after finals
Saturday, December 9	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 5	1:00 p.m. - 6:00 p.m.
Wednesday, December 6	7:30 a.m. - 7:00 p.m.
Thursday, December 7	7:30 a.m. - end of prelims, and 2:30 p.m. - 6:00 p.m.
Friday, December 8	7:30 a.m. - end of prelims, and 3:30 p.m. - 6:00 p.m.
Saturday, December 9	8:00 a.m. - end of prelims

### 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

Allan Jones Aquatic Center  
2200 Andy Holt Avenue  
Knoxville, TN 37996

### Meet Referee

Jim Holcomb  
915-203-5676  
[jholcomb@utep.edu](mailto:jholcomb@utep.edu)

### Meet Directors

Jackie Bertucci  
Tennessee Aquatics  
865-207-7297  
[jbertucci@tnaquatics.com](mailto:jbertucci@tnaquatics.com)

Marshall Goldman  
The University of Tennessee  
865-313-0435  
[mgoldma4@utk.edu](mailto:mgoldma4@utk.edu)

### Meeting Schedule

Technical Meeting	Wednesday, December 6	4:00 p.m.	Brenda Lawson Building
Officials Meeting	Wednesday, December 6	4:30 p.m.	Brenda Lawson Building

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

### Directions to Pool from McGhee Tyson Airport

Head southwest (0.3 mi). Slight right onto Alcoa Hwy (92 ft). Keep left at the fork and merge onto TN-115 N/US-129 N (1.4 mi). Continue straight onto TN-115 N/US-129 N/Alcoa Hwy (9.5 mi). Take the US-11/US-70/Kingston Pike ramp (0.3 mi). Turn right onto US-11 N/US-70 E/Kingston Pike (0.1 mi). Turn right onto Volunteer Blvd SW (0.4 mi). Turn left onto Andy Holt Ave (Destination on the right). Estimated travel time - 15 minutes depending on traffic

### Parking

Meet parking is allowed in the Kingston Pike Building lot without a UT permit. Coach and officials parking will be in the University Commons over the bridge from the venue. A permit for this lot must be requested at registration.

### Hotels

For up to date hotel information, please refer to; <https://pse.tournamenthotels.com/pse/Event/1604>



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## LOCAL INFORMATION (EAST)



### **Ticket Information**

Tickets for individual sessions of preliminaries and finals will be available at the Allan Jones Intercollegiate Aquatic Center main entrance during the event.

All Session:

Adult - \$50.00

Youth (12 and Under) and Seniors (60+) - \$30.00

Daily Ticket (includes both prelims and finals for each day):

Adult - \$20.00

Youth (12 and Under) and Seniors (60+) - \$15.00

Single Session (either prelims or finals each day):

Adult - \$15.00

Youth (12 and Under) and Seniors (60+) - \$5.00

### **Information/Lost & Found**

"Wet" lost and found items will be located in the large orange bin on the pool deck. Anything of greater value such as camera's, cell phones, etc. will be taken to the Front Desk located at the main entrance of the Aquatic Center. Information and general directions can also be obtained at the Front Desk.

### **Lockers**

Men's and Women's Locker rooms are adjacent to the competition pool for the Athletes. Lockers are not provided. The Allan Jones Intercollegiate Aquatic Center and the meet host will not be held liable for lost or stolen items.

### **Medical Assistance**

First Aid Room is located on the pool deck. Sports massage therapy services will not be provided. On-call physicians will be available.

### **Concessions**

Concessions will be provided on the main entrance level of the Allan Jones Intercollegiate Aquatic Center during competition hours. Aramark is our concessions provider.

### **Hospitality**

A hospitality area for the coaches and officials will be located in a tent just outside the South doors of the pool deck.

### **Wireless Internet Access**

Wireless access is available throughout the Allan Jones Intercollegiate Aquatic Center. Spectators should connect to UT-visitor and enter an email address for access.

### **About the Facility**

Allan Jones Intercollegiate Aquatic Center: An eight-lane 50-meter by 25-yard competition pool with slanted starting blocks (28 inches above the water surface). Pool depth is 8 feet at each end, 9 feet in the center. Lanes are 9 feet wide formed by 6 inch Competitor lane markers. Warm-up/warm-down pool is located adjacent to the competition pool, with a minimum of two separate 25-yard warm-up/ warm-down lanes available. Seating is available for 1,284 spectators in the balcony overlooking the pool. Only coaches and athletes are permitted on the pool deck, locker rooms are adjacent to the pool.

The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming.

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**LOCAL INFORMATION (WEST)****Facility Address**

University of Iowa Campus Recreation & Wellness Center (CRWC)  
309 S. Madison Street  
Iowa City, IA 52242

**Meet Director**

Phil Julson  
University of Iowa  
319-384-1165  
[phil-julson@uiowa.edu](mailto:phil-julson@uiowa.edu)

**Meet Referee**

Kathleen Scandary  
970-690-8162  
[kscandar@psdschools.org](mailto:kscandar@psdschools.org)

**Meeting Schedule**

Technical Meeting	Wednesday, December 6	4:00 p.m.	Campus Recreation & Wellness Center
Officials Meeting	Wednesday, December 6	4:30 p.m.	Campus Recreation & Wellness Center

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

**Directions to Pool from Cedar Rapids - Eastern Iowa Airport (CID), 22.9 mi**

Merge onto I-380 South from Wright Brothers Boulevard West. Follow I-380 to I-80 East to 1st Ave/Hayden Fry Way (Exit 242) in Coralville. Take Exit 242 from I-80 East for 1st Avenue/Hayden Fry Way. Turn right onto 1st Avenue/Hayden Fry Way and continue one mile to 2nd Street/Historic US Highway 6 and take a left. Follow 2nd Street/Historic US Highway 6 for 1.5 miles to Burlington Street/Grand Ave and take a left onto Burlington Street. Continue on Burlington Street for less than 0.25 miles, and the Campus Recreation and Wellness Center will be to your right, on the corner of Burlington Street and South Madison Street.

**Directions to Pool from Quad Cities International Airport in Moline, IL (MLI), 61.1 mi**

Exit Airport toward I-74. Take I-74 North approximately 9 miles to I-80. Take I-80 West approximately 61 miles to IA Hwy 1/N Dodge Street in Iowa City (exit 246). Turn left onto IA Hwy 1/N Dodge Street and continue 2.8 miles to IA Hwy/E Burlington Street. Turn right onto IA HWY 1/E Burlington Street and proceed 0.6 miles. The Campus Recreation and Wellness Center is located on the southwest corner of Burlington Street and South Madison Street.

**Parking**

Parking is available in the following locations:

University Lot 11/Recreation Center Lot (spaces extremely limited M-F before 4:30pm as most spaces are reserved for University Faculty & Staff permit holders), 1 block southeast of CRWC (lot entrance on Madison St); \$5.00 per entry special event rate parking is available in this lot Wednesday, December 6 after 3:00pm, and after 7:00am Thursday, December 7 - Saturday, December 9. During all other times, a graduated hourly rate applies.

University Library Lot, 1 block north of CRWC; open to public after 4:30pm M-F and all day on weekends; graduated hourly rate.

City of Iowa City - Capitol Street Ramp (220 S Capitol St), 2 blocks east of CRWC on Burlington St; 1st hour free, \$1.00/hr for each additional hour.

City of Iowa City - Court Street Transportation Center (150 E Court St), 3 blocks east of CRWC on Court St; 1st hour free, \$1.00/hr for each additional hour.

City of Iowa City - Dubuque Street Ramp (220 S Dubuque St), 4 blocks east of CRWC on Burlington St; 1st hour free, \$1.00/hr for each additional hour.

Harrison Street Parking Facility (175 E Harrison St), 5 blocks southeast of CRWC; \$0.75/hr.

**Hotels**

For up to date hotel information, please refer to; <https://pse.tournamenthotels.com/pse/Event/1603>



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#### **Ticket Information**

Tickets will be sold online on the USA Swimming website at <https://www.usaswimming.org/utility/winter-juniors-tickets-west>. Online tickets will be available for advance-purchase, and are 10% off the normal ticket price listed below. Tickets may also be purchased on site during the event in the lobby of the University of Iowa Campus Recreation and Wellness Center using check (payable to University of Iowa), cash or credit card.

All Session

Adult \$40

Youth (ages 4-12 & students with ID) \$25

Daily (Prelims and Finals)

Adult \$15

Youth (ages 4-12 & students with ID) \$10

Session (Prelims or Finals)

Adult \$10

Youth (ages 4-12 & students with ID) \$5

#### **Information/Lost & Found**

Lost and found will be collected on the west side of the diving well near the clerk of course in the Natatorium. Lost and found items will be moved to the CRWC Equipment Desk at the end of each session. Anything of greater value such as cameras, cell phones, etc. will be held by the aquatics staff during the session and then sent to the Member Services desk in the lobby of the CRWC.

Information and general directions may be obtained at the CRWC Member Services desk, the Iowa City/Coralville Area CVB booth in the CRWC Lobby, or at the ticket sales desk near the CRWC Lobby.

#### **Lockers**

Changing space is available in the CRWC public locker rooms which are located off the east side of the pool deck opposite the spectator seating area. Limited locker space is available (coin lockers only) for daily use. Additional coin lockers are also available in the locker room hallway between the locker rooms and the Natatorium. It is suggested that you store your bags under or behind bleachers on the pool deck. The University of Iowa CRWC facility staff, management, and the meet host will not be held liable for lost or stolen items.

#### **Medical Assistance**

On-call physicians will be available. A medical/first aid room will be located off the deck of the CRWC Leisure Pool in the lifeguard office. Sports massage therapy services will not be provided.

#### **Concessions**

Concessions will be provided at the CRWC Power Café located in the lobby of the CRWC. CRWC Power cafe offers hot/cold breakfast items, fruit, sandwiches, wraps, smoothies, and drinks.

#### **Hospitality**

A hospitality room for coaches and officials will be located in the North Lounge of the CWRC located just outside the north end of the Natatorium pool deck under the scoreboard. Food and beverages will be offered throughout the day. The athlete hospitality area will be located off the northwest corner of the Natatorium pool deck.

#### **About the Facility**

The University of Iowa Campus Recreation and Wellness Center (CRWC), which opened in August 2010, houses a world-class competitive aquatics facility and is home to the University of Iowa Hawkeye Swimming and Diving teams and the Iowa Flyers Swim Club. The CRWC Natatorium has hosted many large events including: 2011 USA Diving Winter National Championships, 2012 Big 10 Women's Swimming and Diving Championships, 2012 and 2015 Big 10 Men's Swimming and Diving Championships, 2013 AT&T National Diving Championships, and 2015 NCAA Men's Swimming & Diving Championships. The CRWC Natatorium houses an 8-lane, 50-meter x 25-yard indoor pool ranging from 7 feet to 9 feet deep. Lanes are 9 feet wide with 6-inch Kiefer Wave Eater Lane Lines and Kiefer Elite Starting Platforms. Daktronics timing system and display will be used. A separate eight-lane 25-yard facility (Diving Well) as well as a separate three-lane 20-yard facility (Leisure Pool) will be available for warmup and cool-down. The competition course has been certified in accordance with 104.2.2C(4). A copy of such certification is on file with USA Swimming. For more information visit the University of Iowa Recreational Services website at <https://recserv.uiowa.edu/>.

#### **About Iowa City**

The Iowa City area comprises a collection of three communities united as one. The collegiate spirit of Iowa City, the retail mecca of Coralville, and the parks and open spaces of North Liberty all create a community unlike any other. There are over 75 local sites on the National Register of Historic Places, and abundant recreation with more than 70 parks near rivers, ponds, lakes and trails. Home to The University of Iowa, our community is energized by the academic, artistic, athletic and medical prowess of one of the nation's most respected public universities. The University in its longstanding tradition is combined with a creative spirit that welcomes new possibilities. This place is no doubt a welcoming and truly memorable place.

## ENTERING THE MEET (EAST AND WEST)



### Meet Entries

All entry questions should be directed to: Jaime Lewis at USA Swimming (719-866-4578, [jlewis@usaswimming.org](mailto:jlewis@usaswimming.org)).

Enter the Speedo Winter Championships online at [usaswimming.org/OME](http://usaswimming.org/OME) beginning Tuesday, October 3, 2017 and no later than 11:59 p.m. Mountain Time, Tuesday, November 28, 2017.

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, 2016 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, November 29, 2017, through Sunday, December 3, 2017, may enter the meet through OME under the title 2017 Winter Juniors: New Qualifying Swims. These entries must be submitted no later than 11:00am Mountain Time on Monday, December 4, 2017, 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 4, 2017;
- 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. 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. All others will be required to purchase individual tickets. For clubs that wish to bring one certified massage therapist with their teams, a \$80 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.

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

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

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

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

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

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

51 or more swimmers in individual events; 9 deck 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.

**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. All swimmers entered in the 1650 Freestyle events must be positively checked-in at registration in order to compete in the event.**

- 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, 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. 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. All swimmers entered in the 1650 Freestyle events must be positively checked-in at registration in order to compete in the event.
- 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/jimotionals](http://usaswimming.org/jimotionals).

**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 who enter and compete 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.

## DOPING CONTROL (EAST AND WEST)



### **The 2017 Winter Junior National Championships are subject to Doping Control.**

All athletes at this competition are subject to drug testing conducted by the United States Anti-Doping Agency (USADA) as per the 2017 prohibited list, 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](mailto:smichael@usaswimming.org) immediately.





# OFFICIAL TIME STANDARDS

## Speedo Winter Junior Championships

WOMEN				MEN		
SCY	SCM	LCM	EVENT	LCM	SCM	SCY
23.49	25.99	26.99	50 Free	24.39	23.49	20.99
50.99	56.39	58.39	100 Free	52.89	50.79	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	8:10.39	9:25.49
16:46.19	16:33.29	17:20.49	1500/1650 Free	16:14.99	15:32.79	15:46.99
56.59	1:02.59	1:05.59	100 Back	59.69	56.49	50.99
2:01.29	2:14.19	2:20.69	200 Back	2:09.59	2:02.99	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	2:35.39	2:40.09	200 Breast	2:27.19	2:19.69	2:05.89
55.99	1:01.89	1:03.39	100 Fly	57.39	55.79	50.09
2:03.29	2:16.89	2:19.59	200 Fly	2:08.19	2:04.29	1:51.59
2:03.79	2:16.89	2:22.49	200 IM	2:10.49	2:04.99	1:52.49
4:23.69	4:52.69	5:01.89	400 IM	4:38.39	4:26.79	4:00.19
3:29.49		3:59.19	4X100 Free - Relay	3:38.49		3:08.09
7:41.39		8:35.39	4X200 Free - Relay	7:53.39		6:52.59
3:51.09		4:25.79	4X100 Medley - Relay	4:01.19		3:28.79

WOMEN			BONUS	MEN		
SCY	SCM	LCM	EVENT	LCM	SCM	SCY
24.29	26.79	27.49	50 Free	24.69	23.99	21.49
52.29	57.89	59.59	100 Free	53.79	51.79	46.69
1:52.99	2:05.19	2:07.89	200 Free	1:57.69	1:53.09	1:42.09
5:00.29	4:20.39	4:28.29	400/500 Free	4:08.99	4:02.79	4:36.59
10:15.29	8:53.59	9:11.19	800/1000 Free	8:38.59	8:18.09	9:34.29
17:14.39	17:01.09	17:37.69	1500/1650 Free	16:34.59	15:49.39	16:03.79
58.49	1:04.69	1:07.29	100 Back	1:00.79	58.29	52.49
2:05.79	2:19.19	2:24.79	200 Back	2:11.89	2:05.99	1:53.59
1:06.29	1:13.69	1:16.19	100 Breast	1:09.49	1:05.29	58.89
2:23.09	2:39.09	2:43.79	200 Breast	2:28.99	2:22.69	2:08.59
57.89	1:04.09	1:05.19	100 Fly	58.39	57.09	51.29
2:06.19	2:20.19	2:22.99	200 Fly	2:10.19	2:06.59	1:53.69
2:08.29	2:21.79	2:26.39	200 IM	2:12.79	2:07.79	1:55.09
4:30.69	5:00.49	5:07.29	400 IM	4:42.39	4:32.89	4:05.69

\*Qualifying period is November 1, 2016 through the entry deadline.