



**2008 ConocoPhillips  
Short Course  
National Championships  
December 4-6  
&  
Long Course Invitational  
December 7**

**Georgia Institute of Technology  
Atlanta**

**Official Event Information**

2008 ConocoPhillips  
Short Course National Championships  
&  
Long Course Invitational

Sanctioned by USA Swimming through Georgia Swimming

**Important Facts About the Meet**



- ◆ There will be no paper entries for this event. All entries must be made on-line (including entries for the Long Course Invitational).
- ◆ The qualification period for this event is November 1, 2007 through the entry deadline.
- ◆ **Short Course Nationals Entry Deadline:** Register for the ConocoPhillips Short Course National Championships on-line at [usaswimming.org/nationals](http://usaswimming.org/nationals) no later than Thursday, November 20, 2008 by 11:59 p.m. Mountain Time.
- ◆ **Long Course Invitational Entry Deadline:** Register for the Long Course Invitational on-line at [usaswimming.org/nationals](http://usaswimming.org/nationals) no later than Sunday, November 30, 2008 by 11:59 p.m. Mountain Time.
- ◆ Swims which achieve the qualifying time standards for the first time from Friday, November 21, 2008, through Sunday, November 30, 2008, may be sent by e-mail. These entries must be received no later than 11:59 p.m. Mountain Time on Sunday, November 30, 2008, and cannot be used to improve the seed time of a prior entry. See [usaswimming.org/nationals](http://usaswimming.org/nationals) for e-mail instructions.
- ◆ As per the Senior Development Committee's ruling in April 2008, all medalists must report to the awards staging area prior to the awards ceremony, and must be in full official team sweatsuits during the ceremony. Violations of this rule may result in a fine to the athlete's club.
- ◆ There will be no bonus swims at these championships.
- ◆ Two courses may be used for the preliminary heats.
- ◆ There will be relays in this competition, including 4 x 50 events. Qualification for the 4 x 50 relays will be the corresponding 4 x 100 relay time standards. The 4 x 50 Relays will be swum as preliminaries and finals, with the preliminaries at the beginning of the preliminary sessions, and the top two heats advancing to finals at the beginning of the finals session. The preliminaries will be championship seeded, with all women's heats swum before the men's heats. All other relays will be timed finals with all heats swum in the evening session. Relay-only swimmers will not be allowed to swim in time trials.
- ◆ Team scores will be kept and awarded.
- ◆ Foreign athletes (those who are ineligible to represent the USA in international competitions) will be allowed to swim at this competition, but will not be permitted in the Championship ("A") Finals, including timed final events.
- ◆ Swimmers may qualify for the 1650 Freestyle using the 1500/1650 time standards or the 800/1000 time standards.

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**2008 USA Swimming Short Course National Championships  
Order of Events  
Short Course Yards**

Heats Begin at 9:30

Finals Begin at 6:00

<u>Women's Events</u>	<u>Day 1– Thursday, December 4</u>	<u>Men's Events</u>
1	200 Freestyle Relay*	2
3	500 Freestyle	4
5	200 IM	6
7	50 Freestyle	8
9	400 Medley Relay	10
	<b><u>Day 2 - Friday, December 5</u></b>	
11	200 Medley Relay*	12
13	400 IM	14
15	100 Butterfly	16
17	200 Freestyle	18
19	100 Breaststroke	20
21	100 Backstroke	22
23	800 Freestyle Relay	24
	<b><u>Day 3 - Saturday, December 6</u></b>	
25	1650 Free	26
27	200 Backstroke	28
29	100 Freestyle	30
31	200 Breaststroke	32
33	200 Butterfly	34
35	400 Free Relay	36

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

*\*Qualification for the 4 x 50 relays will be the corresponding 4 x 100 relay time standards. The 200 Freestyle and 200 Medley Relays will be swum as preliminaries and finals, with the preliminaries at the beginning of the preliminary sessions, and the top two heats advancing to finals at the beginning of the finals session. The preliminaries will be championship seeded, with all women's heats swum before the men's heats. All other relays will be timed finals with all heats swum in the evening session.*

## General Information (Continued)



### Tickets Orders

Pre-sale tickets for All-Session Passes (Thur-Sun) may be ordered on-line at [usaswimming.org/nationals](http://usaswimming.org/nationals). Tickets for individual sessions of preliminaries and finals will be sold separately at the GT Aquatic Center during the event.

All Sessions: (Includes Sunday Invitational)

- Adult - \$25.00
- Student/Children - \$15.00

Prelims:

- Adults - \$4.00
- Students/Children - \$3.00

Finals:

- Adults - \$7.00
- Students/Children - \$5.00

Sunday LCM Invitational: (Ticket Includes Both Sessions)

- Adults - \$7.00
- Students/Children - \$5.00

Tickets ordered online via the internet will carry an additional \$1.50 service charge to cover Tech TIX services and mailing.

### Parking Passes

All session parking passes may be purchased on-line at the time you purchase event tickets. The all session parking pass for Thursday through Sunday is \$20.00. (Daily parking per session is \$5.00 no re-entry allowed without charge).

For questions or more information, contact:

Scott McLaren  
GTAA Ticket Office  
150 Bobby Dodd Way, NW  
Atlanta, GA 30332  
[smclaren@athletics.gatech.edu](mailto:smclaren@athletics.gatech.edu) or  
[tickets@at.gtaa.gatech.edu](mailto:tickets@at.gtaa.gatech.edu)

Persons with accessibility or special seating needs should contact the GTAA Ticket Office at 888-TECH-TIX for assistance with ticket purchases.

### Coaches' Packet

For coaches who plan to attend this meet without swimmers, there will be a special packet available for \$75.00, that will contain a general admission pass, heat sheets, a psych sheet, and team roster. The packet is available during regular registration hours. Current USA Swimming coach members purchasing this packet may receive a deck pass which includes hospitality.

### Transportation

USA Swimming has negotiated rates with United Airlines if ticketed by Polk Majestic Travel Group. Discounts are based on class of service and availability. For more information, you may contact the PMTG Group Air department at (303) 302-2540 or (800) 218-9481, or contact [usaswimming@polkmajestic.com](mailto:usaswimming@polkmajestic.com) with your request.

### Airlines

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

### Car rental agencies

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



**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 (Georgia Tech Aquatic 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 Aquatic Center – To get to the Aquatic Center; exit MARTA at the Midtown station and a GT Trolley (free) makes regular rounds from MARTA to the Aquatic Center-cost one-way on MARTA is \$1.75 Additional trolley information can be found on <http://www.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 registration and must be displayed in your vehicle window at all times.
- ◆ **Volunteers** 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 Volunteer Check-in and must be displayed in your vehicle window at all times.
- ◆ **Spectators** will be directed via swim meet signage to either the parking deck or pay lot across the street from the Campus Recreation Center. The cost per vehicle for the parking deck is \$5.00 each time-no re-entry without charge. The cost for the pay lot is .75 per half hour.

**Hotels**

**Renaissance - Marriott**

590 Peachtree Street  
 Atlanta, GA 30308  
 1-800-468-3571  
 \$149.00 plus taxes & parking  
 0.8 miles from pool  
 Reference: US Swimming Short Course Championships

**Marriott Suites**

35 14th Street  
 Atlanta, GA 30309  
 404-876-8888  
 \$159.00 plus taxes  
 1.2 miles from pool  
 Reference: USA Swimming Short Course Nationals

**Marriott Courtyard—Midtown**

1132 Techwood Drive  
 Atlanta, GA 30318  
 1-800-228-9290/404-607-1112  
 \$124.00 plus taxes  
 0.9 miles from pool  
 Reference: USA Swimming Short Course Championships 2008

**Regency Suites Hotel**

975 West Peachtree Street NE GA  
 30309  
 404-876-5003  
 \$139.00 plus taxes & parking  
 1.1 miles from pool  
 Reference: USA Swimming Short Course Nationals

**Embassy Suites Hotel—Buckhead**

3285 Peachtree Road NE  
 Atlanta, GA 30305  
 1-800-362-2779  
 \$139.00 SK/\$159.00 DD plus taxes & parking  
 9.18 miles from pool  
 Reference: USA Short Course Championships

Additional Hotel Information and Details will be available at:  
[http://www.dynamoswimclub.com/sc\\_nationals\\_main.asp](http://www.dynamoswimclub.com/sc_nationals_main.asp)

**Marriott Marquis**

265 Peachtree Center Ave.  
 Atlanta, GA 30303  
 404-521-0000  
 \$169.00 plus taxes & parking 2.0 miles from pool  
 Reference: USA Short Course Championships

## Site information



### Publicity

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

### Information/Lost & Found

"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 their own lock. The GT Campus Recreation 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.

Spectators will be directed via swim meet signage to either the parking deck or pay lot across the street from the Campus Recreation Center. The cost per vehicle for the parking deck is \$5.00 each time-no re-entry without charge. The cost for the pay lot is .75 per half hour.

### Concessions

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

### Hospitality

A hospitality room for the coaches and officials will be located just off the pool deck in room 134, adjacent to the diving well. Food and beverages will be offered throughout the day. 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.

### About the Facility

Located in downtown Atlanta, on the campus of Georgia Tech, the Campus Recreation Center which houses the GT Aquatic Center, underwent a 45 million dollar renovation, expansion and new construction project re-opening in August, 2004. The GT 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 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](http://campusrecreation.gatech.edu)

### Pool Hours

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

### Credential Pick-Up

Credentials can be picked up at the GT Aquatic Center on the following schedule.

Tuesday, December 2	3:00 p.m. - 8:00 p.m.
Wednesday, December 3	8:00 a.m. - Noon and 1:00 p.m. - 8:00 p.m.
Thursday, December 4	8:00 a.m. - Noon and 1:00 p.m. - 8:00 p.m.
Friday, December 5	8:00 a.m. - Noon and 1:00 p.m. - 8:00 p.m.
Saturday, December 6	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 - Fast Pass Package

If you have a WiFi card and it is turned on, it will automatically detect the FAST PASS network. You will then need to open your browser to see the FASTPASS home page, where you can purchase a daily pass to connect to wireless in the CRC.

FastPass Daily 24 hours \$9.95  
FastPass Weekly 168 hours \$18.95  
FastPass Monthly 744 hours \$29.95  
<http://gatech.fastpass.net/index.php>

## Entering the Meet



### Entering On-Line

[usaswimming.org/ome](http://usaswimming.org/ome)

### All Entry questions should be directed to: Susan Woessner at USA Swimming (719-332-0184)

Enter the National Championships and the Long Course Invitational on-line beginning Tuesday, October 7, 2008.

On-line entries for the National Championships will be accepted until Thursday, November 20 (at 11:59 p.m.). For help with the on-line entries, contact Susan Woessner at USA Swimming (719-332-0184).

On-line entries for the Long Course Invitational will be accepted until Sunday, November 30 (at 11:59 p.m.).

You will be required to pay for the on-line entries with a Visa, Mastercard, American Express or Discover.

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

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

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

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

### E-Mail Entries

Swims which achieve the qualifying time standards for the first time from Friday, November 21, 2008, through Sunday, November 30, 2008, may be sent by e-mail. These entries must be received no later than 11:59 p.m. Mountain Time on *Sunday, November 30, 2008*, and cannot be used to improve the seed time of a prior entry. See [usaswimming.org/nationals](http://usaswimming.org/nationals) for e-mail instructions.

### Foreign Entries

All foreign participants must be members in good standing of their country's FINA affiliated federation. Foreign entries must be proven with meet results. All foreign team entries must be submitted by the entry deadline. Foreign entries should NOT use the on-line entry feature.

Foreign athletes (those who are ineligible to represent the USA in international competitions) will be allowed to swim at this competition, but will not be permitted in the Championship ("A") Finals, including timed final events. Foreign athletes are not permitted to score team points at National Championships.

Foreign teams should use e-mail to submit their entries to USA Swimming so they arrive by the entry deadline. Complete e-mail instructions can be found at [usaswimming.org/nationals](http://usaswimming.org/nationals).

### Qualifying Period

The qualification period for this event is November 1, 2007 through the entry deadline.

### Entry Fees:

\$10.00 per individual event

\$25.00 per relay event

### Additional Entry Information

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.

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

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

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

Waiver and Release Form - The USA Swimming Waiver and Release Form will be automatically generated by the on-line system. These forms must be submitted at the registration desk during the meet. Make copies as needed for each swimmer. Having this completed will save time during check-in at the competition site. If they are under the age of majority in their home state, their parent or legal guardian must sign also.



## Rules

USA Swimming Rules and Regulations will govern the conduct of these Championships and will serve as the official guide for technical and procedural rules.

It shall be the swimmers' and coaches' responsibility to acquaint themselves with all of the information contained in this meet information book. USA Swimming Rules and Regulations will govern the conduct of these championships.

No swimmer will be issued credential without a coach member present. If the home club coach is not planning to attend event, swimmer must be assigned a supervising coach (per USA Swimming rule 202.3.2). Arriving with fellow LSC club/coach is preferred. However, if a swimmer arrives without a coach, he/she must find a willing coach at the facility to sign supervision form before a credential can be issued.

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

## Membership Requirement

All persons expecting to receive a deck pass should be prepared to show a current USA Swimming membership card. Non-members may join by completing the appropriate form and paying the required fee at a table adjacent to the registration desk. Coaches must provide proof of CPR, First Aid and Safety Training for Swimming Coaches or USA Swimming approved equivalents.

## SWIMS Database—Proof of Time

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

- A. USA Swimming Sanctioned competition
- B. USA Swimming Approved competition
  - ◆ Check two weeks before the competition to assure the meet has been approved by the LSC, and prior to the start of the competition, ask the Meet Director for the procedure for getting a time into SWIMS.
- C. USA Swimming Observed swims
  - ◆ Be sure a proper request for an Observed Swim is made according to guidelines appearing in the USA Swimming SWIMS Time Module Policy Manual, and prior to the start of the meet, verify that proper procedures are in place for the Observed swim.
  - ◆ The time of any swimmer recorded while legally representing a USA Swimming club, secondary school, college or university within the appropriate time frame may be used in proving relay entry times and that swimmer does need to be entered in the championship in question or currently representing that club. Relay times belong to the team. Individual times belong to the swimmer.

## Entering Official Times

Individual Events - All individual entry times must be made prior to the entry deadline and must be proven prior to the scratch deadline for that event through the SWIMS Database. No swimmer will be permitted to swim without said proof. Program Op-

erations reserves the right to challenge any submitted time. All scratches must be proven.

Relay Events - Times and names for each entered relay team must be submitted on the master entry relay form. The entered time must be proven prior to the scratch deadline for each entered relay team, in aggregate or as a team. For the purpose of proving times, a club may name a swimmer on only one of its relay teams in each event. Once the relay team or teams have been proven, any swimmer listed by that organization on the master entry form is eligible to compete on that relay team. Relay teams may be entered at the listed provable time or at the lowest priority non-conforming time standard. This choice must be indicated on the relay entry form or on-line. A club may enter no more than two relay teams in each relay event.

## Responsibility Clause (207.8.3)

The coach, swimmer or swimmer representative who signs a USA Swimming Championship entry form attests that all times stated in the entry form are true and correct as achieved qualifying times for each event entered. He/she assumes all responsibility for false or incorrect times, or times which are unacceptable under USA Swimming rules, and shall be assessed a \$100 penalty payable to the Corporation for each such time entered, unless absolved of the fine by the Vice President of Program Operations or designee or Board of Review. Additional action or penalty may be taken or levied as deemed appropriate by the 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 406.

## 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.

## Registration

Credentials for this event will be provided at no charge for par-



icipating athletes and officials who are members of USA Swimming. Credentials for coaches, managers and chaperones to serve as admittance passes to this event shall be issued to those persons listed on the submitted team roster forms and according to the following schedule and is based upon the total size of the team. There shall be a surcharge of \$20 per person for spectator passes, which money shall become the property of the meet host. 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 members of USA Swimming in the Sports Medicine category.

- 1-3 swimmers in individual events or 1 relay only team with any number of alternates: 1 deck pass; 1 spectator pass.
- 4-6 swimmers in individual events; 2 deck passes; 1 spectator pass.
- 7-9 swimmers in individual events; 3 deck passes; 1 spectator pass.
- 10-20 swimmers in individual events; 4 deck passes; 2 spectator passes.
- 21-30 swimmers in individual events; 5 deck passes; 2 spectator passes.
- 31-40 swimmers in individual events; 6 deck passes; 3 spectator passes.
- 41-50 swimmers in individual events; 7 deck passes, 3 spectator passes.
- 51 or more swimmers in individual events; 9 deck passes; 5 spectator passes.
- Unattached swimmers with a team shall be included in above schedule even if listed on separate entry blank.
- Unattached swimmers not with a team: 1 deck pass; 1 spectator pass.

### Check-In

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

- A. Start with the person that is checking the swimmers' and coaches' membership in USA Swimming. Have your coach membership card with you. To avoid any problems with your swimmers, have their membership cards as well.
- B. After you have been cleared, move on to the individual giving out the Coaches' packets. One of the items you will receive is a psych sheet.
- C. Review the psych sheet posted by the Times desk and make sure your swimmers do not have an asterisk (\*) by their time.
- D. In the event of an asterisk, go to the Times desk immediately and clear the time. It is your responsibility to do this. If it is not cleared by the scratch deadline, the swimmer will be scratched from the event. If a time cannot be proven the coach is subject to a \$100 fine. You should make sure all your athletes' times are in the Swims database.
- E. If you have a distance swimmer (1650 freestyle), he/she must be checked in prior to the scratch deadline in order to be seeded.
- F. Check your scratches - make certain they are correct and submitted on time. Do not let your swimmer miss his/her best event because you failed to scratch an entry.
- G. Follow all proof of time, scratch and distance event entry procedures by the required deadlines as published. Assist with all warm-up procedures and/or requests.

### Warm-Up and Safety

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

### Seeding

For these Championships, the seeding order is:

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

### Scratch Procedures

- A. Location of Scratch Box
  - ◆ The scratch box will be located at the Registration Desk prior to the start of the meet and until the General Meeting.
  - ◆ It will be at the General Meeting.
  - ◆ After the General Meeting, the scratch box will be located with the Clerk of Course for the remainder of the meet.
- B. Scratch Deadlines:
  - ◆ The scratch deadline for the first day's events shall be fifteen (15) minutes after the General Meeting is adjourned. The scratch deadline for all subsequent day's events shall be thirty (30) minutes after the time established for the start of the finals sessions.

### Ready Room

A Ready Room will be used at these Championships prior to each finals heat. Each swimmer must report to the Ready Room five minutes preceding the event.

### Awards Staging

All medalists in each event should report to the Awards Staging Area five minutes prior to the awards ceremony.

### Relays and Relay Check-In Procedures

- A. Teams are limited to two relay entries in each relay event.
- B. Qualification for the 4 x 50 relays will be the corresponding 4 x 100 relay time standards. The 200 Freestyle and 200 Medley Relays will be swum as preliminaries and finals, with the preliminaries at the beginning of the preliminary sessions, and the top two heats advancing to finals at the beginning of the finals session. The preliminaries will be championship seeded, with all women's heats swum before the men's heats.
- C. All other relays will be swum as timed finals at the end of that evening's finals sessions. The order shall be;

- Women's 2<sup>nd</sup> Fastest Heat
- Women's Fastest Heat
- Men's 2<sup>nd</sup> Fastest Heat
- Men's Fastest Heat
- Women's 3<sup>rd</sup> Fastest Heat
- Men's 3<sup>rd</sup> Fastest Heat



Women's 4<sup>th</sup> Fastest Heat  
Men's 4<sup>th</sup> Fastest Heat  
Etc.

- C. 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 (207.10.8).
- B. Swimmers may qualify for the 1650 Freestyle 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 (207.12.7).

### Finals Session Event Order

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

### Results

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

### Awards

- A. Team Awards
- ◆ Women's Team Champion (high point women's team)
  - ◆ Women's Team Runner-up (second highest)
  - ◆ Women's Team Top Ten (3rd through 10th)
  - ◆ Men's Team Champion (high point men's team)
  - ◆ Men's Team Runner-up (second highest)
  - ◆ Men's Team Top Ten (3rd through 10th)
  - ◆ Men's and Women's Combined Team Champion
  - ◆ Men's and Women's Combined Team Runner-up (second highest)
  - ◆ Men's and Women's Combined Team Top 25 (3rd through 25th)
- B. Individual Awards—Medals will be awarded to all place winners in the "A" final. An "18&Under" National Champion medal will be presented to the highest placing 18&under swimmer in each individual event.
- C. Individual High Point Awards - Male and Female Awards will be given at the ConocoPhillips National Swimming Championships. These awards are named after Robert J.

- D. Kiphuth, the great swimming coach from Yale University. ConocoPhillips Performance Award - This award, sponsored by USA Swimming corporate partner, ConocoPhillips, is presented to the swimmer who achieves the single most outstanding performance of the meet, based on the FINA power points system. The presentation ceremony takes place during the relay break on the final evening.

### Time Trials

Time Trials will be conducted on a time-available basis for swimmers entered in the meet with a proven individual time, provided there is sufficient time between the end of the preliminary session and the start of warm-ups for the final session. Relay-only swimmers will not be allowed to swim in Time Trials. These Time Trials shall be held under a separate sanction of the LSC where the meet is held.

- A. Time Trials will be conducted in short course yards each day.
- B. A Time Trial Pre-Registration form is provided for your convenience.
- C. A swimmer is limited to a maximum of two Time Trials during the course of the Championships.
- D. A swimmer must be entered in the meet with a proven time (individual) to participate in the Time Trials.
- 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 1650 yard Freestyle will typically be offered on only one day of the meet. The day will be determined by the Meet Referee, depending on the size of the meet, time available, etc; and be announced at the General Meeting.
  - ◆ The 50 Freestyle is the last event swum in Time Trials, except on the day(s) it is contested in the meet, when it is the first event in Time Trials.

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

### Reimbursement Policy

Athletes participating in these Championships and ranked in the top 100 of the 2008 Long Course world rankings through November 1st will receive travel expense reimbursement based on the schedule below.

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

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

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

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

## Long Course Invitational



### Format

There will be a two session long course invitational on the day following the Short Course Nationals (Sunday, December 7, 2008). There will be no time standards for the Long Course Invitational, however only athletes that participate in individual events at the 2008 Short Course National Championships will be permitted to enter the Long Course Invitational.

### Entries

Register for the Long Course Invitational on-line at [usaswimming.org/nationals](http://usaswimming.org/nationals) no later than *Sunday, November 30, 2008* by 11:59 p.m. Mountain Time.

### Entry Fees:

\$10.00 per individual event

**2008 USA Swimming Long Course Invitational**  
**Georgia Tech Aquatic Center**  
**Sunday, December 7, 2008**  
Long Course Meters  
All Events Timed Finals

**Sessions 1 Begins at 9:00am**

Women's Events

1	400 IM
3	100 Butterfly
5	100 Breaststroke
7	100 Backstroke
9	100 Freestyle
11	400 Freestyle

Men's Events

2
4
6
8
10
12

**Sessions 2 Begins at 2:00pm**

13	200 IM
15	200 Backstroke
17	200 Breaststroke
19	50 freestyle
21	200 Freestyle
23	200 Butterfly
25	800 Freestyle (Women)
	1500 Freestyle (Men)

14
16
18
20
22
24
26



The athletes at this competition are subject to drug testing conducted by the United States Anti-Doping Agency (USADA) and FINA under the In-Competition Testing program. This section is intended to give an overview of the key points relevant to this program and the testing which will be conducted at the competitions governed by this booklet. For a more detailed explanation of the program please contact Stacy Michael-Miller, USA Swimming Athlete Services Manager at (719) 866-4962.

**ATHLETES SHOULD CHECK THE STATUS OF ALL MEDICATIONS (OVER THE COUNTER and PRESCRIPTION) AND SUBSTANCES PRIOR TO CONSUMPTION TO ENSURE THAT THEY DO NOT CONTAIN A PROHIBITED SUBSTANCE.**

Most medications fall into one of the following categories when it comes to drug testing: Permitted, Requires an Abbreviated Therapeutic Use Exemption, Prohibited, Prohibited In-Competition, or Prohibited—Threshold . Athletes should utilize one of the following resources to determine which category their medication falls under.

**Drug Reference Online:**

Athletes, parents, coaches and sports medicine professionals may check the status of a medication online at USADA's website: [www.usantidoping.org/dro](http://www.usantidoping.org/dro). The website can be used at any time and is a simple way to check the status of most medications. You should print the status of the medication for your records.

**Drug Reference Line:**

Call the USADA Drug Reference Line at 1-800-233-0393 . Hours of operation for the Drug Reference Line are 8:00 a.m.— 4:00 p.m. (Mountain Time), Monday through Friday. If a staff member doesn't answer your call, leave a message with a phone number, the name of the substance(s), and indicate that the athlete is a swimmer and s/he will return your call. You may call the line at anytime after hours, leave a message, and your call will be returned as soon as possible.

**Medications Requiring an Abbreviated Therapeutic Use Exemption (ATUE) form:**

Inhalers used for treatment of asthma and local injections of Glucocorticosteroids may be allowed if an abbreviated therapeutic use exemption (TUE) notification is filed (see the Prohibited List below). The Abbreviated TUE form is available on the USA Swimming Website and must be filed before either in- or out-of-competition testing for beta-2 agonists (for example, Albuterol) and must be filed before testing at a competition for inhaled or local injections of Glucocorticosteroids. The forms should be submitted 3 weeks prior to the time needed to:

United States Anti-Doping Agency  
1330 Quail Lake Loop, Suite 260  
Colorado Springs, CO 80906  
FAX: 719-785-2029

If a medication is classified as permitted, it is not necessary to submit a TUE form.

Athletes should keep a copy of their forms for their records and take them to drug testing if selected for testing.

Forms should be re-submitted immediately if there is a change in the medication or the route of administration.

NOTE: These forms do expire. Athletes will receive an approval letter that indicates the date of expiration.

**2008 World Anti-Doping Agency (WADA) Prohibited Classes and Methods:**

**Substances and Methods Prohibited at All Times (In and Out of Competition):**

1. Anabolic Agents,
  - A. Anabolic Androgenic Steroids
  - B. Other Anabolic Agents
2. Hormones and Related Substances
3. Beta-2 Agonists

*According to the US Anti-Doping Agency 2008 Guide to Prohibited Substances:*

*All beta-2 agonists including their D- and L-isomers are prohibited.*

*As an exception, formoterol, salbutamol, salmeterol and terbutaline, when administered by inhalation, require an Abbreviated Therapeutic Use Exemption.*

*Despite the granting of any form of Therapeutic Use Exemption, a concentration of salbutamol (free plus glucuronide) greater than 1,000 ng/mL, will be considered an Adverse Analytical Finding unless the athlete proves that the abnormal result was the consequence of the therapeutic use of inhaled salbutamol.*

4. Hormone Antagonists and Modulators
5. Diuretics and other masking agents



### **Substances and Methods Prohibited in Competition:**

1. Stimulants
2. Narcotics
3. Cannabinoids
4. Glucocorticosteroids

*According to the US Anti-Doping Agency 2008 Guide to Prohibited Substances:*

*All glucocorticosteroids are prohibited when administered orally, rectally, intravenously or intramuscularly. Their use requires a Therapeutic Use Exemption approval.*

*Other routes of administration (intraarticular/periarticular/peritendinous/epidural/intradermal injections and inhalation) require an Abbreviated Therapeutic Use Exemption except as noted below.*

*Topical preparations when used for dermatological (including iontophoresis/phonophoresis), auricular, nasal, ophthalmic, buccal, gingival and perianal disorders are not prohibited and do not require any form of Therapeutic Use Exemption.*

### **Prohibited Methods include:**

1. Enhancement of Oxygen Transfer (for example, bottled oxygen or blood doping)
2. Chemical and Physical Manipulation
3. Gene Doping

### **Supplements:**

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

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

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

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

*Feb/01, rev:Jul/03*

### **Sanctions:**

Sanctions for positive tests conform with the FINA rules. All parties should refer to the FINA website ([www.fina.org](http://www.fina.org)) for specifics relating to sanctions for a positive drug test, or other anti-doping rules violation. Penalties may also apply to any individual assisting a swimmer in doping.

### **Summary:**

**The use of drugs to enhance performance is strictly forbidden in aquatic sports. It is the responsibility of the athlete to check the status of any substance he/she plans to consume and ensure that no prohibited substances are consumed.**

### **DOPING CONTROL RULE FOR ATHLETES PREVIOUSLY ELIGIBLE FOR OUT OF COMPETITION DRUG TESTING:**

Athletes who were previously eligible for out of competition (no-advance-notice) doping control and officially retired have a 9 month waiting period before they can compete (should they choose to return to competition) and must again be subject to out-of-competition testing during this reinstatement period. The athlete is not permitted to compete in ANY USA Swimming sanctioned or FINA sanctioned events. If you have an athlete in this situation, please email [smichael-miller@usaswimming.org](mailto:smichael-miller@usaswimming.org) immediately.



**2008 ConocoPhillips  
Short Course National Championships**

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

**Qualifying period is November 1, 2007 through the entry deadline.**

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