



2009
ConocoPhillips
National Championships
& World Championship Trials

July 7-11
Indianapolis, Indiana

Event Information

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 National Championships
 & World Championship Trials
 Event Information

Sanctioned by USA Swimming through Indiana Swimming
 This information is available on-line at usaswimming.org

Important Facts About the Meet 

- ◆ At its January 24, 2009 meeting in Colorado Springs, the USA Swimming Board of Directors passed the following motion: *The decision of the National Team Coach to limit the use to one swim suit during competition at the World Championship Trials is approved subject to the understanding that in the event FINA does not adopt a rule limiting to one suit during competition at the World Championships then this rule shall be null and void.*
- ◆ This event will serve as the USA National Team selection for the 2009 World Championships July 22-August 2 in Rome, Italy. For complete National Team selection criteria, please refer to usaswimming.org/nationals. Athletes selected for the World Championship Team should be prepared to leave from Indianapolis for training in Italy. All athletes must have a U.S. passport valid through November 2009.
- ◆ There will be no paper entries for this event. All entries must be made on-line at usaswimming.org/nationals.
- ◆ Entry Deadline; Enter on-line no later than Tuesday, *June 30, 2009* by 11:59 p.m. Mountain Time.
- ◆ E-mail Entry Deadline; Only swims achieving the qualifying time standards for the first time from Wednesday, July 1, 2009, through Sunday, July 5, may be sent by e-mail. These entries must be received no later than 11:59 p.m. Mountain Time on *Sunday, July 5, 2009*, and cannot be used to improve the seed time of a prior entry. The e-mail entry form can be found at usaswimming.org/nationals beginning July 1, 2009.
- ◆ Please see new "Late Entries" information on page 7.
- ◆ The qualification period is November 29, 2007 through the entry deadline.
- ◆ Women may qualify for the 800m Freestyle using the 800/1000 time standards or the 1500/1650 time standards. Men may qualify for the 1500m Freestyle using the 1500/1650 time standard or the 800/1000 time standard.
- ◆ As per the Senior Development Committee's ruling in April 2008, all medalists must report to the awards staging area prior to the awards ceremony, and must be in full official team sweatsuits during the ceremony.
- ◆ There will be no bonus events at these championships.
- ◆ There will be relays in this competition. All relays will be timed finals with all heats swum in the evening session. Relay-only swimmers will be allowed to swim in time trials according to Rule 207.11.3.
- ◆ 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 individual event Championship ("A") Finals, including timed final events. Foreign athletes will not score team points. Relays which include a foreign swimmer will also not score team points, but may participate in the fastest timed final heat, and may receive relay awards.
- ◆ At the discretion of the Meet Referee, the preliminary sessions may be conducted using "Flyover" starts or in an A/B format. Details of any changes to normal meet operations protocol will be announced at the general meeting.

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Order of Events



2009 ConocoPhillips USA Swimming National Championships & World Championship Trials

Heats Begin at 9:00a.m.

Finals begin at 6:00p.m.

Women's Events

Day 1 – Tuesday, July 7

Men's Events

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

Day 2 – Wednesday, July 8

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

Day 3 – Thursday, July 9

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

Day 4 – Friday, July 10

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

Day 5 – Saturday, July 11

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

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

Meet Administration



Facility Address

Indiana University Natatorium on the Campus of IUPUI
901 West New York Street
Indianapolis, IN 46202
317-274-3518
317-274-7769 Fax

Meet Referee

John Wilson
125 Terrell Drive
Athens, GA 30606-4835
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USA Swimming National Events Director

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Colorado Springs, CO 80909
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dekeren@usaswimming.org

Meeting Schedule

Monday, July 6	6:00 p.m.	General Meeting	University Place Hotel Auditorium
Tuesday, July 7	7:30 a.m.	Officials' Meeting	Track Tunnel Lobby, NW corner of Natatorium
<i>All subsequent officials' briefings will be held one hour prior to the start of each session</i>			
Wednesday, July 8	8:00 – 11:00 PM	Coaches, Officials, and VIP Social	TBD

Directions to Pool from Airport

From the airport, follow signs onto I-70 E.
Continue on I-70 E. for approx. 4 miles, and take Exit 79A
From the exit, go straight (across West St.) and you will arrive at S. Missouri St.
Turn Left (north) onto S. Missouri St.
S. Missouri St. will merge into West St. continue traveling North on West St. to Michigan St.
Turn Left on Michigan Street
Turn Left onto University Blvd.
Turn Left onto W. New York Street
IU Natatorium and parking garage will be on your Right.

Hotels

For complete, up-to-date hotel information please refer to usaswimming.org/nationals

When making reservations for five or more hotel rooms, please call the Indianapolis Convention and Visitors Association housing office at 317-684-2573 between the hours of 8:00 AM and 5:00 PM (Eastern time). Housing agents there have the real-time hotel inventory and with one phone call, you can book your reservation at available hotels that meet your needs. Please ask for the 2009 ConocoPhillips National Swimming Championships and World Championship Trials reserved hotels. Reservations for less than five rooms can be made online at usaswimming.org/nationals.

General Information



Tickets Orders

Pre-sale tickets for All-Session and Daily Passes can be purchased online at usaswimming.org/nationals. Tickets for individual sessions of preliminaries and finals will be sold separately at the IU Natatorium during the event.

All Session Pass:

(Available now)

Reserved Chairback: \$65

General Admission

Adult: \$55

Student: \$50

Day Pass - Prelims & Finals of Same Day:

(Available online beginning May 1, 2009)

Reserved Chairback

Adult: \$20

Student: \$15

General Admission

Adult: \$15

Student: \$10

Daily Single Session Passes

(Available at the Natatorium 7/5-7/11)

Reserved Chairback

Adult: \$10

Student: \$8

General Admission

Adult: \$8

Student: \$5

For questions or more information, contact:

Matt Reisweg

Marketing/Ticket Manager

IU Natatorium

msreiswe@iupui.edu

There will be no refunds or exchange of tickets.

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 with your request.

Airlines

United 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 800/247-2262

Air Tran 800/825-8538

Frontier 800/432-1359

Midwest Connect 800/452-2022

Car rental agencies

Alamo 800/327-9633

Avis 800/230-4898

Budget Rent-A-Car 800/527-0700

Dollar 800/800-3665

Enterprise 800/736-8222

Hertz 800/654-3131

National 800/227-7368

Thrifty 800/847-4389

IndyGo's Green Line Downtown / Airport Express route provides non-stop service from the airport to convenient locations near major downtown hotels and the Indiana Convention Center. Green Line service runs daily from 5 a.m. to 9 p.m. Cost is \$7 per trip.

Broadcast Statement

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



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

Lost and found will be located in the East Control Room on the deck level of the Natatorium and at the Ticket Booth on the spectator concourse. A guest services information desk will be located in the upper concourse area of the facility and will be staffed during the hours posted.

Lockers

Four (4) locker rooms, two (2) men's and two (2) women's, exist adjacent to the competition pool with ample locker space. Lockers for use by officials are located in the instructional pool area adjacent to and north of the competition pool. Athletes and officials must provide their own locks. The IU Natatorium and the meet hosts will not be held liable for lost or stolen items.

Medical Assistance

Medical personnel will be available in a designated room, located near the pool deck, the entire time the facility is open for practice and competition. 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 pager numbers to contact for 24-hour emergency assistance. Sports massage therapy services will not be provided.

Parking

All-session parking passes for the attached garage will be available to coaches based on the number of competing swimmers as follows: 1-5 swimmers: 1 pass; 6-10 swimmers: 2 passes; 11-15 swimmers: 3 passes, etc. Officials will also receive all-session parking passes for the attached garage upon request.

Spectator parking will be available on New York Street surface lots just northwest of the Natatorium in IUPUI parking lots #80 & #58. There will be no additional parking fees for spectators parking in in these lots.

Concessions

Concessions will be provided by Chartwells, the official University caterer, on the main concourse of the IU Natatorium during competition hours.

Hospitality

A hospitality room for the coaches and officials will be located on the south pool deck level directly behind the diving towers. Food and beverages will be offered throughout the day. The athlete hospitality area will be in the northeast room on the deck level.

About the Facility

The IU Natatorium, located on the campus of IUPUI in downtown Indianapolis, was completed in 1982 at a cost of \$21.5 million. The IU Natatorium has three pools (competition pool, instructional pool, and diving well) which combined hold over 2.1 million gallons of water. The main competition pool has been proclaimed one of the fastest pools in the world, with 93 American and 12 World records having been broken here. Athletes from around the world have competed at the IU Natatorium, which is also open daily for lap swimming, instructional programs, and camps. The diving well boasts eight diving boards and five platforms. The US Olympic Team Trials-Swimming were held here in 1984, 1992, 1996 and 2000. The names of all the team members who have qualified for an Olympic Team here are inscribed on the south wall of the Natatorium.

Pool Hours

Sunday, July 5	9:00 a.m. - 10:00 p.m.
Monday, July 6	6:00 a.m. - 10:00 p.m.
Tuesday, July 7	6:00 a.m. - 1 hour after finals
Wednesday, July 8	6:00 a.m. - 1 hour after finals
Thursday, July 9	6:00 a.m. - 1 hour after finals
Friday, July 10	6:00 a.m. - 1 hour after finals
Saturday, July 11	6:00 a.m. - 1 hour after finals

Credential Pick-Up

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

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

Sunday, July 5	9:00 a.m. - Noon and 1:00p.m. - 8:00 p.m.
Monday, July 6	7:30 a.m. - Noon and 1:00 p.m. - 8:00 p.m.
Tuesday, July 7	7:30 a.m. - Noon and 1:00 p.m. - 1 Hr after Finals
Wednesday, July 8	7:30 a.m. - Noon and 1:00 p.m. - 1 Hr after Finals
Thur July 9 - Sat July 11	See volunteer at Team Registration table at the bottom of the stairs leading to the east deck entry (garage side)

Team Banners

Team banners will not be allowed at this event.

Credentials

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



Entering On-Line at usaswimming.org/ome

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

Enter this meet through the On-line Meet Entry System (OME) beginning Monday, May 11 until no later than Tuesday, *June 30, 2009* by 11:59 p.m. Mountain Time. For help with the on-line entries, contact Susan Woessner at USA Swimming (719-332-0184).

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

OME is not an eligibility report; It is the coaches responsibility to know what events your athlete is qualified for.

You 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).

E-Mail Entries

Only swims achieving the qualifying time standards for the first time from Wednesday, July 1, 2009, through Sunday, July 5, may be sent by e-mail. These entries must be received no later than 11:59 p.m. Mountain Time on *Sunday, July 5, 2009*, and cannot be used to improve the seed time of a prior entry. The e-mail entry form can be found at usaswimming.org/nationals beginning July 1, 2009. Normal entry fees apply.

Foreign Entries

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.

All foreign participants must be members in good standing of their country's FINA affiliated federation. Foreign entries must be proven with meet results. Foreign teams should use e-mail to submit their entries to USA Swimming so they arrive by the entry deadline. Foreign entries should NOT use the on-line entry feature. Please contact Susan Woessner at swoessner@usaswimming.org for complete entry information.

Late Entries

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

- A. Late entries must be submitted through the On-Line Meet Entry system (OME);
- B. Late entries must be submitted no later than 11:59 p.m. Mountain Time on *Sunday, July 5, 2009*;
- C. The team or athlete must pay a one-time processing fee of \$150.00, and pay entry fees of \$20 per individual event and \$50 per relay event.

Qualifying Period

The qualifying period for this event is November 29, 2007 through the entry deadline.

Entry Fees:

\$10.00 per individual event
\$25.00 per relay event

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. Make copies as needed for each swimmer. Having this completed will save time during check-in at the competition site. If they are under the age of majority in their home state, their parent or legal guardian must sign also.



Rules

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

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

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

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

Membership Requirement

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

SWIMS Database—Proof of Time

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

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

Entering Official Times

Individual Events - All individual entry times must be made prior

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

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

Responsibility Clause (207.8.5)

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

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

Appeal of fines are to be made to the Vice President of Program Operations or designee and/or Board of Review. Any appeal of the decision of the Vice President or Program Operations or designee shall be in accordance with the provisions of Part Four, specifically Article 406.

Automatic Proven Times

Times submitted to the USA Swimming SWIMS database at least 20 days prior to the Championships will be in the database. If a time for a swimmer is visible in the public search feature on the USA Swimming website (Times/Time Standards) and it was swum in the appropriate qualifying period, it is considered a proven official time. Entry times not proven by the scratch deadline for the event will be considered as false or incorrect times and are subject to action under provisions of the USA Swimming Rules and Regulations.

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

Note: Relay lead offs and/or intermediate split times must be requested from the SWIMS Time official in the LSC where the



time was achieved. Requesting SWIMS data entry won't enter a swimmer into a competition nor place your club on the USA Swimming mailing list.

Registration

Credentials for this event will be provided at no charge for participating athletes and officials who are members of USA Swimming. Credentials for coaches, managers and chaperones to serve as admittance passes to this event shall be issued to those persons listed on the submitted team roster forms and according to the following schedule and is based upon the total size of the team. There shall be a surcharge of \$20 per person for spectator passes, which money shall become the property of the meet host. 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 (800 meter or 1500 meter), he/she must be checked in prior to the scratch deadline in order to be seeded.

- F. Check your scratches - make certain they are correct and submitted on time. Do not let your swimmer miss his/her best event because you failed to scratch an entry.
- G. Follow all proof of time, scratch and distance event entry procedures by the required deadlines as published. Assist with all warm-up procedures and/or requests.

Warm-Up and Safety

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

Seeding

For these Championships, the seeding order is:

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

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

The top eight swimmers in each event should report to the Awards Staging Area five minutes prior to the awards ceremony.

Relays and Relay Check-In Procedures

- A. All relays are conducted as timed finals. Teams are limited to two relay entries in each relay event.
- B. Entries for all relays must be checked in prior to the scratch deadline in order to be seeded. Each coach shall pick up relay entry forms from the Clerk of Course on which he/she shall list the competing relay swimmers, their first and last names and order of swimming for each entered relay. Relay forms shall be returned to the Clerk of Course for tabulation approximately one (1) hour prior to the start of the relays. However, relay order may be



changed up to the time of the swim.

- C. All relays will be timed finals with all heats swum in the evening session. The order shall be:

- Women's 2nd Fastest Heat
- Women's Fastest Heat
- Men's 2nd Fastest Heat
- Men's Fastest Heat
- Women's 3rd Fastest Heat
- Men's 3rd Fastest Heat
- Women's 4th Fastest Heat
- Men's 4th Fastest Heat
- Etc.

Distance Freestyle

- A. Distance Entry - Any swimmer who qualifies for the 800m or 1500m freestyle events may enter at their fastest time or at the qualifying time standard, if entered in two or more events on the day of the distance freestyle.
- B. Distance Check-in and Seeding - Entrants in the 800m and 1500m freestyle must check in and confirm their intention to compete before the scratch deadline in order to be seeded. Seeded heat sheets will be published at the end of finals the evening before. The swimmers will be listed in the psych sheet in the order of submitted times, beginning with the fastest.
- C. Order of Distance Events - The preliminary heats of the 800m and 1500m freestyle events will be swum slowest to fastest, alternating women's and men's heats. Only the fastest heat in each event will advance to Finals the following evening.

Finals Session Event Order

There will be a championship, consolation, and bonus final in each event at this Championship (except the 800m and 1500m freestyle events, which will have a championship final only). The order of the final events shall be C, B and A (bonus, consolation and championship).

Meet Scoring

- A. Scoring will be on a sixteen (16) place basis. Individual events: 20, 17, 16, 15, 14, 13, 12, 11, 9, 7, 6, 5, 4, 3, 2, 1. Relay events receive double these point values. Foreign athletes will not score points.

Results

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

Awards

- A. Team Awards - Team awards will be presented to the top ten teams in Men's, Women's, and Combined categories. Only the top three teams in each category will be recognized at the event. All other team awards will be mailed from USA Swimming headquarters following the event.
- B. Individual Awards—Medals will be awarded to all place winners in the "A" final. An "18&Under" National Champion medal will be presented to the highest placing 18&under swimmer in each individual event.
- C. Individual High Point Awards - Male and Female Awards will be given at the ConocoPhillips National Swimming Championships. These awards are named after Robert J. Kiphuth, the great swimming coach from Yale University.

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

Time Trials

Time Trials will be conducted for swimmers entered in the meet with a proven time, provided there is sufficient time between the end of the preliminary session and the start of warm-ups for the final session. These Time Trials shall be held under a separate sanction of the LSC where the meet is held.

- A. Time Trials will be conducted in long course meters each day.
- B. A Time Trial Pre-Registration form is provided on-line for your convenience.
- C. A swimmer is limited to a maximum of two Time Trials during the course of the Championships.
- D. Except as noted below, long course Time Trials shall be swum in the order listed under the meet program as follows:
- ◆ First Day: that day's events, followed by the remaining events in the meet.
 - ◆ Remaining Days: that day's events, followed by the remaining events in the meet.
 - ◆ The 800 and 1500 Freestyle will typically be offered on only one day of the meet. The day will be determined by the Meet Referee, depending on the size of the meet, time available, etc; and be announced at the General Meeting.
 - ◆ The 50 Freestyle is the last event swum in Time Trials, except on the day(s) it is contested in the meet, when it is the first event in Time Trials.

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

Reimbursement Policy

Athletes participating in these Championships and ranked in the top 100 of the combined previous year and current year (through May 31) world rankings will receive travel expense reimbursement based on the schedule below.

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

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

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

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

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



Testing

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

Medications

Athletes should check the status of all medications (over the counter and prescription) and substances prior to consumption to ensure that they do not contain a prohibited substance. This should be done well in advance of the competition, as certain medications may require reporting in advance.

Check the status of all medications at one of the following locations:

Drug Reference Online: usantidoping.org/dro

Drug Reference Line: 800-233-0393

The athlete is responsible for ensuring that no prohibited substance enters his/her system.

Supplements

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

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

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

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

Feb/01, rev:Jul/03

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

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

More Information

For information regarding medication status, the reporting of medications and the requirements in place for reporting, please contact the US Anti-Doping Agency (USADA) at 800-233-0393.

For more information about the doping control process please visit the USA Swimming website at usaswimming.org



2009 ConocoPhillips National Championships
& World Championship Trials

Women			Event	Men		
LCM	SCM	SCY		SCY	SCM	LCM
26.39	25.59	22.89	50 Freestyle	19.99	22.49	23.29
56.99	55.39	49.69	100 Freestyle	43.89	49.29	50.89
2:03.09	1:59.89	1:47.19	200 Freestyle	1:36.49	1:49.69	1:52.89
4:19.39	4:12.99	4:45.49	400/500 Freestyle	4:22.69	3:53.59	3:59.99
8:50.49	8:44.09	9:59.39	800/1000 Freestyle	9:17.29	8:14.09	8:19.29
17:04.09	17:13.99	16:28.79	1500/1650 Freestyle	15:24.49	15:29.59	15:53.59
1:03.89	1:02.69	54.79	100 Backstroke	48.59	56.49	57.69
2:17.49	2:15.09	1:58.29	200 Backstroke	1:45.89	2:02.59	2:04.99
1:12.29	1:10.29	1:02.39	100 Breaststroke	54.89	1:02.69	1:04.69
2:35.99	2:31.99	2:14.99	200 Breaststroke	1:59.89	2:16.79	2:20.79
1:01.59	1:00.19	53.89	100 Butterfly	47.89	53.59	54.99
2:16.69	2:13.89	1:59.29	200 Butterfly	1:46.79	2:01.09	2:03.89
2:19.59	2:16.39	2:00.29	200 I.M.	1:47.59	2:03.99	2:07.19
4:55.89	4:49.49	4:16.29	400 I.M.	3:53.29	4:24.09	4:30.49
3:51.09	3:44.69	3:25.99	400 Free Relay	3:00.49	3:20.29	3:26.69
8:21.59	8:08.79	7:20.39	800 Free Relay	6:38.29	7:22.19	7:42.49
4:16.19	4:09.79	3:45.09	400 Medley Relay	3:21.79	3:43.89	3:50.29

Qualifying period: Nov. 29, 2007 to entry deadline

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