



**2017 Speedo Junior National Championships
Tuesday, August 8 - Saturday, August 12**

**Nassau County Aquatic Center
East Meadow, NY**

Entry deadline is 11:59 p.m. Mountain Time, Monday, July 31, 2017

Official Event Information

**Hosted by
Long Island Aquatic Club and
Nassau County Parks and Recreation**

These championships and associated time trials are sanctioned by USA Swimming

**2017 Speedo Junior National Championships
Nassau County Aquatic Center
East Meadow, NY**

Table of Contents

Important Facts about the Meet	1
Order of Events.....	2
Meet Administration	3
Tickets Information	4
Site Information	5
Entering the Meet	6
Championship Procedures	7
Doping Control	11
Time Standards	12

2017 Speedo Junior National Championships
Nassau County Aquatic Center
East Meadow, NY

Important Facts About the Meet



- ◆ There will be no practice space available at the competition venue for Speedo Junior National participants prior to 6:00 a.m. on Monday, August 7th due to the U.S. Open. Please plan accordingly. Speedo Junior National participants will be allowed in the spectator areas of the venue on Sunday, August 6th by displaying their credential. Off-site training (short course only) will be available Aug. 5th and 6th. More information to come.
- ◆ Entry Deadline: All U.S. entries must be made online at usaswimming.org/ome no later than Monday, July 31, 2017, by 11:59 p.m. Mountain Time. The OME entry system will open June 5, 2017.
- ◆ New Qualifying Swims: Swims achieving the qualifying time standards for the first time from Monday, July 31, 2017, through Sunday, August 6, 2017, may be entered through OME under the title "2017 Junior Nationals: New Qualifying Swims". These entries must be submitted no later than 11:59pm Mountain Time on Sunday, August 6, 2017, and cannot be used to improve the seed time of a prior entry. Normal entry fees apply.
- ◆ The qualification period for this event is June 1, 2016 through the entry deadline.
- ◆ 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.
- ◆ 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.
- ◆ Foreign national teams are not permitted to compete in this meet, however foreign athletes who are registered members of USA Swimming clubs will be permitted.
- ◆ The 400 Freestyle and 400 IM events will have the final two heats circle-seeded. All other prelim/final events will have the final three heats circle-seeded.
- ◆ The Women's and Men's 400m Individual Medleys will be flighted, with the top 5 seeded heats of women swum first, followed by the top 5 seeded heats of men, seeded slowest to fastest, and then the remaining heats alternating women/men fastest to slowest at the end of the preliminary 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
- ◆ Swimmers may qualify for the 800 and 1500 Freestyle events with either the 800 time standard or the 1500 time standard.
- ◆ All relays will be timed finals with all heats swum in the evening session. Relay qualifying times must be made by swimmers age 18 or under when the qualifying time is achieved.
- ◆ Relay-only swimmers will be allowed to swim in time trials, provided they actually swim on a relay. Time trial entries will only be taken on-site at the Clerk of Course.
- ◆ Team scores will be kept and awarded.
- ◆ At the discretion of the Meet Referee, the preliminary sessions may be conducted using "Flyover" starts and/or in an A/B flighted format. Details of any changes to normal meet operations protocol will be announced at the technical meeting.
- ◆ It shall be the swimmers' and coaches' responsibility to acquaint themselves with all of the information contained in this meet information book and information or changes announced at the Technical Meeting.

Order of Events



2017 Speedo Junior National Championships Nassau County Aquatic Center East Meadow, NY

Heats Begin at 9:00am

Finals Begin at 6:00pm

<u>Women's Events</u>	<u>Day 1- Tuesday, August 8</u>	<u>Men's Events</u>
1	200 Butterfly	2
3	100 Breaststroke	4
5	Women's 800 Freestyle	
	Men's 1500 Freestyle	6
	<u>Day 2 - Wednesday, August 9</u>	
7	200 Backstroke	8
9	100 Freestyle	10
11	400 IM*	12
13	400 Free Relay	14
	<u>Day 3 - Thursday, August 10</u>	
15	400 Freestyle	16
17	100 Butterfly	18
	Men's 800 Free Relay	19
	<u>Day 4 - Friday, August 11</u>	
20	200 Freestyle	21
22	200 Breaststroke	23
24	100 Backstroke	25
26	Women's 800 Free Relay	
	<u>Day 5 - Saturday, August 12</u>	
27	200 Individual Medley	28
29	Women's 1500 Freestyle	-
30	50 Freestyle	31
-	Men's 800 Freestyle	32
33	400 Medley Relay	34

*The Women's and Men's 400m Individual Medleys will be flighted, with the top 5 seeded heats of women swum first, followed by the top 5 seeded heats of men, seeded slowest to fastest, and then the remaining heats alternating women/men fastest to slowest at the end of the preliminary session.

In the morning session only, heats for events 29 and 32 will be swum after event 31

All relays will be timed finals with all heats swum in the evening session

Meet Administration



Facility Address

Nassau County Aquatic Center
Eisenhower Park
E Meadow, NY 11554

USA Swimming Vice President, Program Operations

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

Meet Director

Ginny Nussbaum
516-378-8467
gnussbaum@longislandswimming.com

USA Swimming National Events Director

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

Meet Referee

Robert Broyles
208-669-2818
deepspace@prodigy.net

USA Swimming National Events Manager

Annie White
719-866-4578
awhite@usaswimming.org

Meeting Schedule

Monday, August 7	5:00 p.m. Technical Meeting	Aquatic Center
Tuesday, August 8	7:30 a.m. Officials' Meeting	Aquatic Center

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

Directions to Pool from Airport

Directions from Verrazano Narrows Bridge and Kennedy Airport

Follow signs to Belt Parkway/Long Island East. Take Belt Parkway eastbound past Kennedy Airport, after Kennedy airport stay in the left lane and look for signs to Southern State Parkway East. Take Southern State Parkway East to Meadowbrook Parkway North (exit 22N).

Take Meadowbrook Parkway (northbound to NY-24 Hempstead Turnpike (exit M5) East. On Hempstead Turnpike, go to the left lane and make a left at the first light (Merrick Avenue). Follow Merrick Avenue and signs to pool entrance on your right.

From La Guardia Airport take Grand Central Parkway (to eastern Long Island) to Meadowbrook Parkway and follow above directions.

Hotels

For updated hotel information, please refer to <https://pse.tournamenthotels.com/pse/Event/991>

Marriott is a proud sponsor of USA Swimming



Tickets and Accommodations



Ticket Information

All Session Pass

Adults	\$69.25
Youth (under 17)	\$53.50

*All tickets must be purchased online. Tickets sold at the door will incur the online fee. NO CHECKS

Day Pass (prelims + finals)

Adults	\$22.00
Youth (under 17)	\$16.75

Daily Single Session Tickets:

Prelims

Adult	\$14.65
Youth (under 17)	\$10.45

Finals

Adult	\$14.65
Youth (under 17)	\$10.45

Ticket information may be found at:

<http://www.longislandswimming.com/hosted-meets.html>

For ticket questions, please contact:

Gabby Borutecene

gborutecene@longislandswimming.com

516-378-8467

Broadcast Statement

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

Image Authorization

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

Please note that use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms. Changing into or out of swimsuits other than in locker rooms or other designated areas is prohibited. Also, operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach areas, spectator areas and open-ceiling locker rooms) any time athletes, coaches, officials, and/or spectators are present.



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 with the USA Swimming media staff.

Information/Lost & Found

An information table will be located in the lobby of the Aquatics Center/Lost & Found will be available at the lifeguard office.

Lockers

Lockers are available in the locker rooms for day use only. No locks will be provided.

Medical Assistance

Medical assistance will be provided at the facility.

Parking

There is ample free parking. Overflow parking will park in lot 6A.

Concessions

Concessions will be available for spectators in the lobby of the Aquatics Center

Hospitality

Coaches' and Officials' hospitality will be available throughout the meet at the Aquatic Center adjacent to the competition pool and the Warm-up pool. There will be an athletes' hospitality under the diving towers. A Pro-Shop will be available on the front lawn of the Aquatics Center.

About the Facility

The venue address is Aquatic Center, Eisenhower Park, E. Meadow, NY 11554. The competition pool consists of an 10-lane 50m, 6 - lane 25m indoor pool ranging in depth from 6.7' to 15'. Lanes are eight feet wide. The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming. A separate outdoor 9-lane 50m warm-up pool with eight feet wide lanes and 6.7' depth will be available

Pool Hours

Sunday, August 6	CLOSED FOR U.S. OPEN
Monday, August 7	6:00 a.m. - 9:00 p.m.
Tuesday, August 8	6:00 a.m. - 1 hour after finals
Wednesday, August 9	6:00 a.m. - 1 hour after finals
Thursday, August 10	6:00 a.m. - 1 hour after finals
Friday, August 11	6:00 a.m. - 1 hour after finals
Saturday, August 12	6:00 a.m. - 1 hour after finals

Credential Pick-Up

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

Sunday, August 6	2:00p.m. - 7:00 p.m.
Monday, August 7	7:30 a.m. - Noon and 2:00 p.m. - 7:00 p.m.
Tue, Aug 8 - Wed, Aug 9	7:30 a.m. - Noon and 1:00 p.m. - end of Finals
Thu, Aug 10 - Sat, Aug 12	Contact Administrative Referee

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 the Meet



Entering Online at usaswimming.org/ome

All Entry questions should be directed to Jaime Lewis at USA Swimming (jjewis@usaswimming.org or 719-866-4578).

All U.S. entries must be made online at usaswimming.org/ome no later than *Monday, July 31, 2017*, by 11:59 p.m. Mountain Time. The entry system will open June 5, 2017. You will be required to pay for the online entries with a Visa, Mastercard, American Express or Discover.

OME is not an eligibility report. It is the coach's responsibility to know for which events your athlete is qualified. You can modify your entry online by adding to the original entry. You may not delete an online entry once it has been submitted/paid for. Once you complete your online 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 the entry deadline closes. Please have these filled out and bring them with you to the meet. Having this completed will save time during check-in at the competition site. Additionally, a parent or legal guardian must sign form if a swimmer is under the age of majority in his/her home state.

Entry Fees:

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

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.

New Qualifying Swims

Swims achieving the qualifying time standards for the first time from Monday, July 31, 2017, through Sunday, August 6, 2017, may be entered through OME under the title "2017 Junior Nationals: New Qualifying Swims". These entries must be submitted no later than 11:59pm Mountain Time on Sunday, August 6, 2017, and cannot be used to improve the seed time of a prior entry. Normal entry fees apply.

Foreign Entries

Foreign national teams are not permitted to compete in this meet, however foreign athletes who are registered members of USA Swimming clubs will be permitted.

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. Late entries must be submitted no later than 11:59 p.m. Mountain Time on *Sunday, August 6, 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 \$50 per relay event.

Qualifying Period

The qualifying period is June 1, 2016, through the entry deadline.

Bonus Entries

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.

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

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.
- D. Relay qualifying times must be made by swimmers age 18 or under when the qualifying time is achieved.



Rules

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

Membership Requirement

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

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

SWIMS Database—Proof of Time

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

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

the Observed swim.

- 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 - Entered times must be proven prior to the scratch deadline for each 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 during the entry process. A club may enter no more than two relay teams in each relay event.

Responsibility Clause

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 for Program Operations or designee and/or Board of Review. Any appeal of the decision of the Vice President for Program Operations or designee shall be in accordance with the provisions of Part Four, specifically Article 405.



Automatic Proven Times

Times submitted to the USA Swimming SWIMS database no later than 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 deck passes for this event shall be issued to those persons listed on each team's deck pass request list in OME. These deck credentials cost \$20 each and are issued according to the following schedule, based upon the total number of participating athletes. 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 non-athlete members of USA Swimming.

1-3 swimmers in individual events or 1 relay only team with any number of alternates: 1 deck pass; 1 spectator pass.

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

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

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

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

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

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

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

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

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

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. Review the psych sheet posted by the Times desk and make sure your swimmers do not have an asterisk (*) by their time.
- C. 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 proved, the coach is subject to a \$100 fine. You should make sure all your athletes' times are in the SWIMS database.
- D. 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.
- E. 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.
- F. Follow all proof of time, scratch and distance event entry procedures by the required deadlines as published.

Relays and Relay Check-In Procedures

- A. 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.
- D. 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.



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 session'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 Technical Meeting.
 - ◆ It will be at the Technical Meeting.
 - ◆ After the Technical 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 Technical 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.

Scratch Rules

This event will follow the scratch rules as defined in section 207.11.6 of the USA Swimming Rules and Regulations.

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 Relay heats will report directly to their assigned starting block.

Awards Staging

All medalists in each event should report to the Awards Staging Area in full team warm-up attire immediately following the "A" Finals for their event.

Distance Freestyle

- A. Distance Entry - Any swimmer who qualifies for the 800m or 1500m freestyle events may enter at his/her fastest time or at the qualifying time standard, if entered in two or more individual 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 - On Day 1 and Day 5, the 800m and 1500m freestyle events will be swum slowest to fastest, alternating women's and men's heats, with the fastest heat of each race swum during the evening session. All other heats will be scheduled so the second fastest heat of the Men's event finishes approximately one hour prior to the start of the evening session.
- D. Swimmers may qualify for the 800 and 1500 Freestyle events using either the 800 or 1500 qualifying standards (i.e. the conforming *or* non-conforming distance event standards).

Seeding

For these Championships, the seeding order is:

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

Finals Session Event Order

There will be a bonus, consolation, and championship final in each individual 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

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

Results

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

Awards

- A. Team Awards - Team awards will be presented to the top three teams in Men's, Women's, and Combined categories.
- B. Individual Awards - Medals will be awarded to all place winners in the "A" final.
- C. Individual High Point Awards - High Point Awards will be given to the top scoring male and female.



Video Review

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

Time Trials

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

- A. Time Trials will be conducted in long course meters each day.
- B. A swimmer is limited to a maximum of two Time Trials during the course of the Championships.
- C. Relay-only swimmers will be allowed to swim in time trials provided they actually swim on a relay.
- D. The Time Trial entry deadline shall be one hour prior to the estimated/published conclusion of that days preliminary session.
- E. Except as noted below, Time Trials shall be swum in the order listed under the meet program as follows:
 - ◆ First Day: that day's events, followed by the remaining events in the meet.
 - ◆ Second Day and Third Day: that day's events, followed by the remaining events in the meet.
 - ◆ The distance freestyle events will typically be offered on only one day of the meet. The day will be determined by the Meet Referee, depending on the size of the meet, time available, etc., and be announced at the General Meeting.
 - ◆ The 50s are the last events swum in Time Trials, except on the day(s) which they are contested in the meet, when they will be the first event of time trials.

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

The 2017 Speedo Junior National Championships is subject to Doping Control.

All athletes at this competition are subject to drug testing conducted by the United States Anti-Doping Agency (USADA), WADA, and/or FINA under the In-Competition Testing program. This section is intended to give an overview of the key points relevant to this program and the testing which will be conducted at the competitions governed by this booklet. **Athletes should** visit <http://www.usada.org/athletes/antidoping101/> for important information that all athletes, coaches, and their parents must be aware of. Key details from that document are listed below. Athletes should check their medications prior to use and note that **some medications may require approval that will take at least 21 days.**

What substances are banned?

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

What about medication?

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

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

If and when a medication is prohibited, athletes may choose to stop taking or replace the medication with a non-prohibited substance or explore the Therapeutic Use Exemption process. Your health is your first priority. Any decision to stop or start a medication should be made in consultation with your medical provider.

It's important to understand that Dietary Supplements are not medication. They are regulated and manufactured differently. For these reasons, USADA is unable to provide guidance on specific dietary supplement products. For more information visit [USADA's Supplement 411](#) resource."

Therapeutic Use Exemptions?

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

NCAA:

Approval to use a medication in NCAA Competitions is different than approval to use a medication in USA Swimming meets, and the status of medications may differ between NCAA and the WADA Prohibited List. Athletes should check with USADA immediately to confirm the status of all medications and ensure any necessary documentation is on file with USADA.

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](#)."

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 rein-statement 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), FINA sanctioned events or events sanctioned by other organizations that are signatories of the WADA code. If you have an athlete in this situation, please email smichael@usaswimming.org immediately.



TIME STANDARDS

2017

SPEEDO JUNIOR NATIONAL CHAMPIONSHIPS

Girls			Boys	
SCY	LCM		LCM	SCY
22.89	26.69	50 Freestyle	24.09	20.59
49.89	57.79	100 Freestyle	52.19	44.59
1:47.79	2:04.69	200 Freestyle	1:54.69	1:38.79
4:49.09	4:22.19	400/500 Freestyle	4:03.59	4:29.29
9:58.79	9:00.29	800/1000 Freestyle	8:24.69	9:15.19
16:35.89	17:14.29	1650/1500 Freestyle	16:08.09	15:37.49
54.69	1:04.59	100 Backstroke	58.99	49.89
1:58.09	2:18.69	200 Backstroke	2:07.39	1:48.39
1:03.09	1:13.49	100 Breaststroke	1:06.29	55.99
2:15.89	2:38.69	200 Breaststroke	2:23.69	2:01.59
54.19	1:02.59	100 Butterfly	56.69	49.19
1:59.79	2:17.39	200 Butterfly	2:05.49	1:48.29
2:00.99	2:21.39	200 Individual Medley	2:08.69	1:49.29
4:15.99	4:58.09	400 Individual Medley	4:33.89	3:53.49
x	3:56.49	4x100 Free Relay	3:34.89	x
x	8:29.99	4x200 Free Relay	7:47.69	x
x	4:22.69	4x100 Medley Relay	3:56.99	x

Qualification Period 6/1/2016 through Entry Deadline

Girls		Bonus	Boys	
SCY	LCM		LCM	SCY
23.49	27.19	50 Freestyle	24.49	21.19
50.79	58.29	100 Freestyle	52.89	45.39
1:49.39	2:05.69	200 Freestyle	1:56.49	1:40.09
4:52.19	4:23.89	400/500 Freestyle	4:05.49	4:30.09
10:05.19	9:05.09	800/1000 Freestyle	8:27.69	9:19.39
16:45.09	17:29.69	1650/1500 Freestyle	16:27.39	15:46.39
56.09	1:05.59	100 Backstroke	59.69	50.49
2:00.69	2:20.89	200 Backstroke	2:09.69	1:49.69
1:03.89	1:14.29	100 Breaststroke	1:07.09	56.59
2:18.89	2:40.49	200 Breaststroke	2:25.09	2:02.89
55.69	1:03.59	100 Butterfly	57.69	49.89
2:02.39	2:19.29	200 Butterfly	2:07.29	1:49.89
2:03.99	2:22.39	200 Individual Medley	2:10.09	1:50.69
4:22.09	5:00.49	400 Individual Medley	4:37.29	3:56.89