



U.S. OLYMPIC TEAM TRIALS SWIMMING

WAVE I

JUNE 4-7 (FRI-MON), 2021

ENTRY DEADLINE FOR WAVE I IS 11:00 A.M. CT ON MONDAY, MAY 31, 2021

WAVE II

JUNE 13-20 (SUN-SUN), 2021

ENTRY DEADLINE FOR WAVE II IS 11:00 A.M. CT ON TUESDAY, JUNE 8, 2021

*ONLY THE ATHLETES TAKING PART IN WAVE II OF THE OLYMPIC TRIALS WILL HAVE THE
ABILITY TO QUALIFY FOR THE 2020 U.S. OLYMPIC TEAM.*

CHI HEALTH CENTER OMAHA
OMAHA, NEBRASKA

SANCTIONED BY USA SWIMMING
COMPLETE OLYMPIC TEAM SELECTION CRITERIA CAN BE FOUND
AT [USASWIMMING.ORG/TRIALS](https://usaswimming.org/trials)



IMPORTANT NEW FACTS ABOUT THE TRIALS

- ◆ Due to the challenges of the COVID-19 pandemic, the Olympic Trials will be swum in two “Waves.”
- ◆ New time standards will be in effect for qualifying into Wave II of the Olympic Trials. Swimmers who have achieved the original time standards within the qualifying period, but have not qualified for Wave II, will be invited to participate in Wave I of Trials.
- ◆ Qualifying standards are Long Course Meters (LCM) only.
- ◆ The qualifying period for both Wave I and Wave II of the Olympic Trials is November 28, 2018, through May 30, 2021, with the exception of the top two finishers in each event at Wave I who will qualify to Wave II.
- ◆ If an athlete achieves a Wave II time standard prior to the close of the qualifying period, they must swim in Wave II and will not be permitted to swim in Wave I. These athletes will be allowed to swim any event at Wave II in which they have the new or original qualifying standard.
- ◆ Swimmers who compete in Wave I may qualify for Wave II by finishing in the top two (2) places in an event. These swimmers can swim all events in Wave II for which they have achieved the original qualifying standard.
- ◆ Only the athletes taking part in Wave II of the Trials will have the ability to qualify for the 2020 U.S. Olympic Team.
- ◆ Entries for both Wave I and Wave II will be accepted beginning Wednesday, March 24, 2021, through the Online Meet Entry (OME) system at usaswimming.org/trials.
- ◆ **The entry deadline for Wave I is 11:00 a.m. Central Time on Monday, May 31, 2021.**
- ◆ **The entry deadline for Wave II is 11:00 a.m. Central Time on Tuesday, June 8, 2021.**
- ◆ A \$50/person COVID -19 Surcharge will be assessed for all athletes, coaches, and team staff to help offset COVID-19 mitigation equipment and procedures. This fee will be assessed in the OME entry process.
- ◆ At the Referee’s discretion, 10 lanes may be used for preliminary heats. Semi-final and final heats will utilize eight lanes only.
- ◆ Events may be flighted during the preliminary sessions. Specific details will be shared as soon as possible if/when this decision is made.
- ◆ There will be a Coaches’ Technical Meeting at 4:00 p.m., in the CHI Health Center Omaha, Ballroom A (Second Level) the day prior to the start of each Wave (June 3 and June 12). Depending on current COVID-19 protocols, these meetings may be held virtually (Zoom-based).
- ◆ It shall be the swimmers’ and coaches’ responsibility to acquaint themselves with all of the information contained in this meet information document. FINA Technical Rules and USA Swimming Administrative Rules will govern the conduct of these Trials.
- ◆ 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, disseminated, or otherwise used for any commercial purposes, without the prior written consent of the USOPC.
- ◆ Accommodations for persons with disabilities may be arranged with advance notice to the CHI Health Center Omaha at 402-341-1500 or chihealthcenteromaha.com/ada-compliance-contact/.
- ◆ USA Swimming reserves the right to make further changes to the Trials plan as deemed necessary, including, but not limited to further restricting the Olympic Trials athlete field if the pandemic expands. Please check the USA Swimming website frequently to read any updates to the information in this book (usaswimming.org/trials).
- ◆ An Athlete Dining Village will be located in the Convention Center of the CHI Health Center Omaha and will be offered for all accredited team members and accredited support staff from 7:00 a.m. - 9:00 a.m. (breakfast), and 6:30 p.m. - 10:00 p.m. (dinner). Breakfasts will be offered June 4-7 and June 13-19, and dinners will be offered June 3-6 and June 12-19. Purchases for any or all days must be made online at usaswimming.org/trials no later than May 19, 2021. There will be no meal sales on-site. Cost is \$21.00 per person per day for breakfast, and \$28.00 per person per day for dinner, including taxes and gratuities.



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COVID-19 INFORMATION

The primary goal of the U.S. Olympic Team Trials – Swimming has been, and will continue to be, the selection of the U.S. Olympic Team. Following the extraordinary events of the COVID-19 pandemic, USA Swimming has developed a revised plan for the Trials in June 2021. In keeping with the organization’s Athletes First approach, this plan outlines the modified steps being taken to conduct Trials in a safer and healthier environment for the competitors and everyone involved. Regardless of any measures being taken, it is important that all participants, spectators, volunteers, and others are aware of the following information:

An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. According to the Centers for Disease Control and Prevention, senior citizens and individuals with underlying medical conditions are especially vulnerable.

USA Swimming, Inc., cannot prevent anyone from becoming exposed to, contracting, or spreading COVID-19 while participating in USA Swimming sanctioned events. It is not possible to prevent against the presence of the disease. Therefore, if you choose to participate in a USA Swimming sanctioned event, you may be exposing yourself to and/or increasing your risk of contracting or spreading COVID-19.

BY ATTENDING OR PARTICIPATING IN THIS COMPETITION, YOU VOLUNTARILY ASSUME ALL RISKS ASSOCIATED WITH EXPOSURE TO COVID-19 AND FOREVER RELEASE AND HOLD HARMLESS USA SWIMMING AND THE LOCAL SWIMMING COMMITTEE (LSC) AND EACH OF THEIR OFFICERS, DIRECTORS, AGENTS, EMPLOYEES OR OTHER REPRESENTATIVES FROM ANY LIABILITY OR CLAIMS INCLUDING FOR PERSONAL INJURIES, DEATH, DISEASE OR PROPERTY LOSSES, OR ANY OTHER LOSS, INCLUDING BUT NOT LIMITED TO CLAIMS OF NEGLIGENCE AND GIVE UP ANY CLAIMS YOU MAY HAVE TO SEEK DAMAGES, WHETHER KNOWN OR UNKNOWN, FORESEEN OR UNFORESEEN, IN CONNECTION THEREWITH.

Every club planning to attend this competition must develop a “Return to Competition” plan. Return to competition can only occur when and if your local authorities have deemed it safe to return to competition. USA Swimming in no way endorses conducting practice or competition in violation of any local, state, or federal guidelines. For additional information please consult usaswimming.org and/or your LSC.

All individual attending the Trials should be aware that COVID-19 protocols including mandatory testing, screening, mask-wearing, and additional enhanced safety measures may be required. More information will be available at a later date.



The Safe Sport program is USA Swimming’s comprehensive abuse prevention program dedicated to reducing the risk of sexual, emotional and physical abuse to athletes. Components of the program include, but are not limited to, providing education and training, enforcing policies, rules and best practice guidelines, promoting healthy boundaries and mandated reporting of violations.

The Minor Athlete Abuse Prevention Policy (“MAAPP”) prohibits applicable adults from having one-on-one interaction with minor athletes that is not within an observable and interruptible distance from another adult. All applicable adults participating in or associated with this meet, acknowledge that they are subject to the provisions of the USA Swimming MAAPP, and that they understand that compliance with the MAAPP Policy is a condition of participation in the conduct of this competition.

Pursuant to USA Swimming Rules and Regulations and federal law, it is every member’s responsibility to immediately (i.e., within 24 hours) report any incident of child abuse, including physical or sexual abuse, to law enforcement and the U.S. Center for SafeSport. Reporting must occur when an individual has firsthand knowledge of misconduct or where specific and credible information has been received from a victim or knowledgeable third party. A report to the U.S. Center for SafeSport may be made via telephone at 720-531-0340 or online at uscenterforsafesport.org/report-a-concern. Various state laws may also require reporting to law enforcement or to a designated child protection agency.

All athletes age 18 and older must complete Athlete Protection Training (“APT”) to be a USA Swimming registered member in good standing. Any athlete who turns 18 on or after 30 days prior to the start of the competition, who has not completed APT by the first day of competition, will be prohibited from participating in the competition until such time as all membership requirements are completed. Times achieved by an athlete who turns age 18 on or after 30 days prior to the start of the competition, who competes in this USA Swimming sanctioned event without completing this membership requirement, will NOT count for qualification or recognition. This includes participation as a member of a relay.

The requirement to complete Athlete Protection Training is an annual requirement. USA Swimming membership will be affected if a non-athlete member or adult athlete member does not renew Athlete Protection Training annually.

Each club is responsible for the conduct of its swimmers. Any person who, in the opinion of the Meet Director or Meet Marshal, is harmful to others or to other’s property may be required to leave the competition. No swimmer will be allowed access to the pool deck without a coach member present. If the home club coach is not planning to attend the event, the swimmer must designate 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 a supervision form before a credential can be issued.

Any 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.

Deck changes are prohibited.

Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms.

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.

All U.S. athletes, coaches, and staff expecting to receive a deck pass should be prepared to show proof of current USA Swimming membership. Coaches must meet and have current certifications for all the requirements of coach membership including successfully passing the required background check and APT course.



ADMINISTRATION

Venue

CHI Health Center Omaha
455 North 10th Street
Omaha, NE 68102
402-341-1500
chihealthcenteromaha.com

Governing Body

USA Swimming
1 Olympic Plaza
Colorado Springs, CO 80909
719-866-4578
usaswimming.org

Trials Administration

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Head Men's Coach
Dave Durden

Head Women's Coach
Greg Meehan



PRIOR TO ARRIVING

Eligibility

All athletes who compete at the Trials must have a U.S. passport valid through March 1, 2022, so please plan accordingly.

To compete in the Trials, a swimmer must:

1. be a U.S. citizen who is eligible to represent the USA in the 2020 Olympic Games, and
2. be a currently registered member of USA Swimming in good standing, and
3. have achieved a qualifying time standard between November 28, 2018, and May 30, 2021 (qualifying time standards are published in this document). Qualifying time standards are long course only. All entry times must be proven through the USA Swimming SWIMS Database.

Coach Representative

No swimmer will be issued a credential without a coach member present. If the home club coach is not planning to attend the event, swimmers must be assigned a supervising coach prior to receiving their credential. Arriving with a 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 the supervision form before a credential can be issued.

USA Swimming Membership

All persons expecting to receive a deck pass should be prepared to show proof of current USA Swimming membership. Non-members who can show proof of having successfully completed all member requirements may join USA Swimming on site at the registration check-in desk. Information regarding the Athlete Protection Training (APT) course and the background check will be available at meet check-in and is also online at usaswimming.org/protect. **The APT must be completed prior to the first day of competition.** 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.

Qualifying Period

The qualifying period for both Wave I and Wave II of the Olympic Trials is November 28, 2018, through May 30, 2021.

Entry Limit

At the Trials, athletes may enter all events for which they have the time standards, plus a total of four time trials. There are no bonus events at the Trials.

Secondary Team Recognition

All athletes who enter the Trials will be permitted to list a second USA Swimming club on the on-line entry blank for recognition purposes only. The second club will be listed in the heat and psych sheets provided there is enough space for the primary club.

Timelines

Tentative timelines for the finals' sessions will be posted at usaswimming.org/trials approximately three months prior to the start of the Trials. Timelines for preliminary sessions will be posted after the entry deadline.

Security

Due to heightened security, all participants should be prepared for bag checks upon each entry to the venue. Please plan on some delays.

Uniforming and the Olympic Rings

With the exception of standard manufacturers' equipment identification permitted by Rule 50 of the Olympic Charter, the equipment, uniforms, and accessories of the competitors, coaches and officials at the Trials may not bear any commercial identification or promotional material of any kind (whether commercial or non-commercial). For clarification, all swimsuits, swim caps, goggles, clothing, socks, towels, masks and bottles will have no identification outside of the standard manufacturer's logos.

The participant may wear the USOPC approved logo of his/her swim club on his/her clothing or caps, subject to USOPC prior approval of the size, frequency and placement of club logo, and provided the club is in good standing with USA Swimming (as of September 1, 2020) and any additions to such list no later than April 15, 2021.

The USOPC will support USA Swimming with the enforcement of this USOPC policy at the 2020 U.S. Olympic Team Trials.

Any violation of the rules may result in an athlete's eligibility to compete. We appreciate your attention and understanding to these rules that will be enforced throughout the 2020 U.S. Olympic Team Trials.

Accreditation

Deck access credentials for coaches, managers and team support shall be issued to those persons listed on the submitted team entry forms according to the team size formula outlined below. Managers and Team Support personnel must be included in this formula and listed on the entry to receive a credential.



PRIOR TO ARRIVING (CONTINUED)

If athletes are scratched from the meet or re-attached to a team, teams may be asked to surrender coach, manager, or team support credentials in order to maintain compliance with the credential formula.

Athletes entered in the meet will receive a deck pass credential as part of their entry fee. For clubs that wish to bring one certified massage therapist with their teams, a \$100 surcharge will apply if the massage therapist exceeds the deck pass credential formula below. All massage therapists must be members in good standing of USA Swimming and will only have access to the athlete services area of the venue.

Coach, Manager, and Team Support Credential Formula:

- 1-3 swimmers; 1 deck pass.
- 4-6 swimmers; 2 deck passes.
- 7-9 swimmers; 3 deck passes.
- 10-14 swimmers; 4 deck passes.
- 15-19 swimmers; 5 deck passes.
- 20-24 swimmers; 6 deck passes.
- 25-29 swimmers; 7 deck passes.
- 30- 34 swimmers; 8 deck passes
- 35-39 swimmers; 9 deck passes
- 40 or more swimmers; 10 deck passes

Unattached swimmers not with a team: 1 deck pass

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

Credentialing Process

All participants in the 2020 Olympic Trials must be properly registered for credentials using the online credential registration system. It is encouraged that teams start the credential process early and that ALL POSSIBLE qualified athletes and team staff get submitted. Credentials can easily be cancelled prior to the event.

Each team should designate one person as its Point of Contact (POC) to be responsible for inputting the credential information for each athlete, coach, or team support member. Large teams can appoint more than one person as the POC and can have separate admins for Men's and Women's teams, but each admin should complete the initial step separately and input a unique club name i.e. Team A – Men and Team B – Women.

The team-designated POC should complete the online form using

the link below to establish themselves as the team's administrative POC. After completing the form, the POC will receive an email with login information to access the team's home page where participant names can be added, edited, or reviewed at any time.

usswimtrial2020.eventfinity.co/register?clubs

Photos are required for all credentials. Photos should be:

- ✓ Passport-style, front-facing
- ✓ Plain background
- ✓ No hats or sunglasses

Credentials will be required in the Ready Room/Last Call Room for all athletes and will be collected by USADA for doping control purposes. This includes both preliminaries and semi/finals sessions. Credentials will be returned to the athletes immediately following their swim.

Teams and athletes should plan their arrival times at the venue during registration hours in order to obtain the necessary credentials for access to the venue. Credentials must be worn at all times while inside the venue.

Transgender Participants

Athletes attending this event must abide by IOC policies that state:

Those who transition from male to female are eligible to compete in the female category under the following conditions:

- ◆ The athlete has declared that her gender identity is female. The declaration cannot be changed, for sporting purposes, for a minimum of four years.
- ◆ The athlete must demonstrate that her total testosterone level in serum has been below 10 nmol/L for at least 12 months prior to her first competition (with the requirement for any longer period to be based on a confidential case-by-case evaluation, considering whether or not 12 months is a sufficient length of time to minimize any advantage in women's competition).
- ◆ The athlete's total testosterone level in serum must remain below 10 nmol/L throughout the period of desired eligibility to compete in the female category.
- ◆ Compliance with these conditions may be monitored by testing. In the event of non-compliance, the athlete's eligibility for female competition will be suspended for 12 months.



PRIOR TO ARRIVING (CONTINUED)

Any athlete who desires to submit medical records to stay in compliance to the IOC rule shall submit to USA Swimming's National Team Managing Director: 1) a signed declaration that the member's gender identity is female, and (2) an attestation from a medical professional that the member's total testosterone level in serum has been below 10 nmol/L for at least 12 months prior to the member's first competition. USA Swimming will not accept actual test results or other medical records from a member and, any such documents received by USA Swimming will be destroyed immediately.

As a transitioning athlete, you may need to utilize a medication/substance that is prohibited and would require approval for use. To ensure compliance with these rules please contact the U.S. Anti-Doping Agency (USADA) at 719-785-2000.

USA Swimming follows IOC guidelines for transgender participants, and therefore this information is subject to change as policy surrounding transgender elite athletes evolves. Information and selection criteria will be updated when changes are made.

Athlete Dining Village

An Athlete Dining Village will be located in the Convention Center of the CHI Health Center Omaha and will be offered for all accredited team members and accredited support staff from 7:00 a.m. - 9:00 a.m. (breakfast), and 6:30 p.m. - 10:00 p.m. (dinner). Breakfasts will be offered June 4-7 and June 13-19, and dinners will be offered June 3-6 and June 12-19.

Purchases for any or all days must be made online at usaswimming.org/trials no later than May 19, 2021. There will be no meal sales on-site. Menu offerings are all-you-can-eat and are priced at \$21.00 per person per day for breakfast, and \$28.00 per person per day for dinner, including taxes and gratuities. The menus have been endorsed by both USOPC and USA Swimming nutritionists and can viewed at usaswimming.org/trials.



ENTRY PROCESS

Qualifying A Swimmer

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

1. USA Swimming Sanctioned competition
2. USA Swimming Approved competitions - Check two weeks before the competition to assure the meet has been approved by the LSC. Prior to the start of the competition, ask the Meet Director for the procedure for getting a time into SWIMS.
3. 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 Manual. Prior to the start of the meet, verify that proper procedures are in place for the Observed swim.

Using Official Times

Entry times must be achieved 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 proof of time. USA Swimming reserves the right to challenge any submitted time. All scratches must be proven at the Resolution Desk. Times from all major international championships and bonified college meets will be automatically entered in the database. Times from any other meets in which 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.

Responsibility Clause

The coach, swimmer, or swimmer representative who enters this competition 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 USA Swimming for each such time entered, unless absolved of the fine by USA Swimming or designee or Board of Review. Additional action or penalty may be taken or levied as deemed appropriate by USA Swimming. A \$100 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 USA Swimming or designee and/or Board of Review. Any appeal of the decision shall be in accordance with the provisions of the

USA Swimming Rules and Regulations.

Automatic Proven Times

Times submitted to the USA Swimming SWIMS database will be available for entries. If a time for a swimmer is visible in the public search feature on the USA Swimming website (Times/Top Times-Event Rank) 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.

Entering the Meet

Entries will be accepted beginning Wednesday, March 24, 2021.

The entry deadline for Wave I is 11:00 a.m. Central Time on Monday, May 31, 2021.

The entry deadline for Wave II is 11:00 a.m. Central Time on Tuesday, June 8, 2021.

All entries must be made through the On-Line Entry (OME) process at usaswimming.org/trials. For help with the online entries, contact Macie McNichols at mmcnichols@usaswimming.org. OME is not an eligibility report. It is the coach's responsibility to know for which events an athlete is qualified. You can modify your entry online by adding to the original entry. You may not delete an online entry. You will be required to pay for the online entries with Visa, Mastercard, American Express, or Discover.

Entry Fees

- \$40.00 per event
- \$40.00 per credentialed coach and team staff
- \$50.00 per person COVID-19 Surcharge

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

USA Swimming Waiver, COVID-19 Waiver, and Therapeutic Use Exemption forms will automatically be sent to you via email after you submit your entry online. Please have these completed and returned electronically.



ENTRY PROCESS (CONTINUED)

Online Entry (OME) Process

1. Swimmers' Names - List all swimmers who will compete in the meet.
2. Coaches'/Team Support Names - List all coaches, managers, and trainers entitled to deck passes.
3. Entry Times - Entry times for individual events shall be achieved and submitted in accordance with USA Swimming rules. The submitted times of all swimmers must be listed on the entry, and no changes in submitted times, corrections or changes of events entered or additional entries shall be allowed. Typographical or transcription errors that can be readily verified in the SWIMS database may be corrected if attested to by the swimmer, coach or the swimmer's representative prior to the scratch deadline.
4. Number of Events – At the Trials, athletes may enter all events for which they have the time standards, plus a total of four time trials. There are no bonus events at the Trials. All entry times must meet the qualifying standard and be proven through the SWIMS system.
5. Secondary Club Recognition - The entry 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. 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 or credentials.
6. Waiver and Release Form - The USA Swimming Waiver and Release Forms, COVID –19 Waiver, and any other forms or waivers must be submitted electronically prior to the event. Coaches or team administrators should forward the required forms to each swimmer and/or their parent. Having this completed will save time during check-in at the competition site. If athletes are under the age of majority in their home state, their parent or legal guardian must also sign.



AT THE TRIALS

Registration

The Registration Area is located in Room 212 of the CHI Health Center Omaha Convention Center (second level) and will be open beginning at 3:00 p.m. on Tuesday, June 1 for Wave I and 3:00 p.m. Wednesday, June 9 for Wave II. Credentials must be worn at all times while inside the venue. Athletes and coaches will not be allowed in the spectator seating area without spectator tickets.

1. Start with the person that is checking the swimmers' and coaches' USA Swimming membership. Have your coach membership card or Deck Pass app with you. To avoid any problems with your swimmers, have their proof of membership as well.
2. After you have been cleared, move on to the individual giving out the registration packets.
3. Review the psych sheet posted online or at Registration and make sure your swimmers do not have an asterisk (*) by their time.
4. In the event of an asterisk (*), go to Registration 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. Before arriving in Omaha, please make sure all your athletes' times are in the SWIMS database.
5. 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 compete.
6. Check your scratches to 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.
7. 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.

Team Parking

Complimentary parking for teams, officials, and media that require parking will be in Lot A in the back of the CHI Health Center Omaha. Teams entered in the meet will be emailed a one-time use parking permit for Lot A prior to arriving in Omaha to be used upon arrival for Registration. Passes will be distributed at Registration. In order to avoid congestion in the public areas, a vehicle drop-off area for athletes will be available both in front and in the back of the venue.

Technical Meeting

There will be a Coaches' Technical Meeting at 4:00p.m., in the CHI Health Center Omaha, Ballroom A (Second Level) the day prior to the start of each Wave (June 3 and June 12). Depending on current COVID-19 protocols, these meetings may be held digitally (Zoom).

Coaches are responsible for all business conducted at this meeting. If, for any reason, you cannot attend the meeting, be sure to find out what occurred. No changes to the event program will be accepted at this meeting.

Team Seating

There are designated seating areas (sections 123, 125, 126, 127, 226, and 227 - see enclosed venue map) exclusively reserved for athlete/coach/team seating. Athletes and coaches must have appropriate credentials for access into these sections. Two rows in the team seating area will be reserved for coaches to view their swimmers during their races, and the front row may be reserved for officials. A clean deck will be enforced during all competition sessions. USA Swimming reserves the right to modify this seating plan for athletes and coaches due to COVID-19.

Last Call Area and Parade of Swimmers

All heats will parade to the starting blocks from the Ready Room/Last Call Room. Swimmers must report to the Ready Room/Last Call area ten minutes before their events with their credential. Credentials will be collected prior to each heat and returned immediately following the heat. Modifications may be made in this area due to the pandemic in order to maintain proper social distancing.



AT THE TRIALS (CONTINUED)

Scratch Procedures

USA Swimming National Scratch procedures will be followed. After the preliminary heats have been seeded, any swimmer who fails to compete in a preliminary heat in which such swimmer entered and has not been scratched or declared a false start must pay a penalty fee of \$200 in order to swim any further events of that session or timed final events of the day. If the penalty fee is not paid, the swimmer shall be barred from all further events of that day. The application of this penalty shall pertain to the order in which the event/heats are swum, not the numerical order of the events. Additionally, that swimmer shall not be seeded in any events on succeeding days unless that swimmer declares an intent to swim prior to the close of the scratch box for that day's events.

Failure to compete in a semifinal or final heat shall result in the swimmer being barred from the rest of the meet.

Scratches or intent to scratch from semifinals and finals for events 400 and over (Wave II) must be declared within 30 minutes of announcement of results.

Scratches for finals from semifinal events in Wave II are due no later than the conclusion of the Finals session.

Due to COVID-19 safety protocols, scratch procedures may be done electronically.

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 at the conclusion of the previous day's Finals.

Pool Closures

The competition pool will be closed Saturday evening, June 12th, for television rehearsal and testing. The warm-up pool will remain open during this time. Both pools will close periodically during non-competition times for required cleaning. Those times will be published and distributed at the Technical Meeting.

Medal Ceremonies

Awards will not be presented in Wave I. There will be a medal

ceremony shortly after each race for those athletes who qualify for the U.S. Olympic Team. These athletes will be presented with their coach and must wear their team uniform during this ceremony. Medals will be provided to all athletes placing in the top 8 in their event(s) in Wave II.

Olympic Games Travel

USA Swimming's travel agency will be on-site to provide assistance to families and personal coaches with Tokyo travel accommodations.

Image Authorization

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 the USOPC. All participants agree to be filmed and photographed by the official photographer(s) and network(s) of USA Swimming under the conditions authored by USA Swimming, and allow event organizers the right to use names, pictures, likenesses, and biographical information before, during, or after the period of participation in USA Swimming competitions to promote such competitions. All participants agree not to use or authorize use of pictures in the uniforms and equipment provided by USA Swimming for the purpose of trade, without the consent of USA Swimming. All participants agree not to use medals or photos, or portraits or films with the medals, received for performances in this competition for the purpose of trade. Furthermore, participants agree to return uniforms and equipment bearing USA Swimming logos and marks, if and when requested.



EVENT FORMAT

Format for Wave I

In Wave I, the 800m and 1500m freestyle events will be conducted as timed finals, with the fastest seeded heat in each of these events swimming in the Finals' sessions. All other heats of the 800m and 1500m freestyle events will swim fastest to slowest, alternating women and men following the conclusion of that morning's preliminary session.

All other individual events in Wave I will be conducted as preliminaries and finals with the fastest 16 swimmers from preliminaries advancing to finals. The order of Finals shall be the "B" (consolation) heat followed by "A" (championship) heat for each event.

Swimmers who compete in Wave I will qualify for Wave II by finishing in the top two (2) places in an event. These swimmers can swim all events in Wave II for which they have achieved the original qualifying standard.

Format for Wave II

In Wave II, the fastest 16 athletes from the preliminaries in each event 200 meters and shorter will qualify for the semifinals. The eight fastest athletes from the semifinals will qualify for finals. There will be a semifinal contested for each event except events of 400m or longer. Only the fastest eight qualifiers from the preliminary heats will compete in the finals of the 400m freestyle, 800m freestyle, 1500m freestyle and 400m Individual Medley .

Only the athletes taking part in Wave II of the Trials will have the ability to qualify for the 2020 U.S. Olympic Team.



ORDER OF EVENTS FOR WAVE I

Omaha is on Central Daylight Time.

**Prelims 10:00 a.m.
Finals 7:00 p.m.**

WOMEN'S EVENT #	EVENT ORDER	MEN'S EVENT #
	Friday, June 4	
1	100 Freestyle	2
3	200 Butterfly	4
5	100 Backstroke	6
7	800 Freestyle*	8
	Saturday, June 5	
9	200 Freestyle	10
11	100 Breaststroke	12
13	400 Individual Medley	14
	Sunday, June 6	
15	400 Freestyle	16
17	100 Butterfly	18
19	200 Backstroke	20
	Monday, June 7	
21	200 Individual Medley	22
23	50 Freestyle	24
25	200 Breaststroke	26
27	1500 Freestyle*	28

- ◆ The 800m and 1500m freestyle events will be conducted as timed finals, with the fastest seeded heat in each of these events swimming in the Finals sessions. All other heats of the 800m and 1500m freestyle events will swim fastest to slowest, alternating women and men, following the conclusion of that morning's preliminary session.



ORDER OF EVENTS FOR WAVE II

Omaha is on Central Daylight Time.

Heats 10:00am

June 13 - Sunday

400 Individual Medley – Men
100 Butterfly – Women
400 Freestyle – Men
400 Individual Medley – Women
100 Breaststroke – Men

June 14 - Monday

100 Backstroke – Women
200 Freestyle – Men
100 Breaststroke – Women
100 Backstroke – Men
400 Freestyle – Women

June 15 - Tuesday

200 Freestyle – Women
200 Butterfly – Men
200 Individual Medley – Women
1500 Freestyle - Women

June 16 - Wednesday

100 Freestyle – Men
200 Butterfly – Women
200 Breaststroke – Men
800 Freestyle - Men

June 17 - Thursday

100 Freestyle – Women
200 Backstroke – Men
200 Breaststroke – Women
200 Individual Medley – Men

June 18 - Friday

800 Freestyle – Women
100 Butterfly – Men
200 Backstroke – Women

June 19 - Saturday

50 Freestyle – Men
50 Freestyle - Women
1500 Freestyle – Men

June 20 - Sunday

No Preliminaries

Finals 6:45pm (actual start times may vary between 6:51pm and 7:03pm due to live television)

June 13 - Sunday

400 Individual Medley – Men FINAL
100 Butterfly – Women SEMIFINALS
400 Freestyle – Men FINAL
400 Individual Medley – Women FINAL
100 Breaststroke – Men SEMIFINALS

June 14 - Monday

100 Butterfly – Women FINAL
200 Freestyle – Men SEMIFINALS
100 Breaststroke – Women SEMIFINALS
100 Breaststroke – Men FINAL
400 Freestyle – Women FINAL
100 Backstroke – Men SEMIFINALS
100 Backstroke – Women SEMIFINALS

June 15 - Tuesday

200 Freestyle – Women SEMIFINALS
200 Freestyle – Men FINAL
100 Backstroke – Women FINAL
100 Backstroke – Men FINAL
100 Breaststroke – Women FINAL
200 Butterfly – Men SEMIFINALS
200 Individual Medley – Women SEMIFINALS

June 16 - Wednesday

100 Freestyle – Men SEMIFINALS
200 Freestyle – Women FINAL
200 Butterfly – Men FINAL
200 Butterfly – Women SEMIFINALS
200 Breaststroke – Men SEMIFINALS
200 Individual Medley – Women FINAL
1500 Freestyle - Women FINAL

June 17 - Thursday

800 Freestyle - Men FINAL
200 Breaststroke - Men FINAL
100 Freestyle - Women SEMIFINALS
200 Backstroke - Men SEMIFINALS
200 Butterfly - Women FINAL
100 Freestyle - Men FINAL
200 Breaststroke - Women SEMIFINALS
200 Individual Medley - Men SEMIFINALS

June 18 - Friday

200 Breaststroke - Women FINAL
200 Backstroke – Men FINAL
200 Backstroke – Women SEMIFINALS
200 Individual Medley - Men FINAL
100 Freestyle - Women FINAL
100 Butterfly - Men SEMIFINALS

June 19 - Saturday

100 Butterfly - Men FINAL
200 Backstroke - Women FINAL
800 Freestyle - Women FINAL
50 Freestyle - Men SEMIFINALS
50 Freestyle - Women SEMIFINALS

June 20 - Sunday

50 Freestyle – Men FINAL
50 Freestyle – Women FINAL
1500 Freestyle - Men FINAL



SELECTED USA SWIMMING RULES

Rules

FINA Technical Rules and USA Swimming Administrative Rules will govern the conduct of these Trials. The Trials are governed by the National Team Managing Director and conducted by the Program and Events Committee. Changes to the event program will not be accepted at the Technical Meeting.

Warm-Up and Safety

A complete schedule of warm-up procedures is included in this information and must be adhered to by all participants. This information will be available 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 and officials. **The main competition pool will be reserved for swimmers competing in that day's events for 60 minutes prior to the start of the session.**

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 compete. 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. Distance events in Wave 1 will be conducted as timed finals. Distance events in Wave II will be conducted as prelims/finals events. See *Order of Events*.

Meet Scoring

There will be no scoring at this competition.

Results

Live results will be available at usaswimming.org and omegatiming.com.

Awards

Individual awards will be given through 8th place in Wave II, but a medal ceremony will only recognize those athletes achieving a place on the U.S. Olympic Team. Please see the timelines to determine when the recognition ceremonies will be held. Swimmers who are added to the U.S. Olympic Team due to doubles will be honored at an appropriate time each evening. The medal ceremony will recognize the athlete and coach. No awards will be provided for Wave I.

Time Trials

At this competition, long course Time Trials may be conducted for swimmers participating in the meet as time allows. Time Trials will begin approximately 30 minutes after the morning session. However, there will be no Time Trials on the final day of Wave II. Teams will receive more information on Time Trials in their registration packets and at the Technical Meeting. On days when time trials are held, they may be limited to one hour.

If time trials are held, swimmers may enter a maximum of four time trials during the meet. These Time Trials shall be held under a separate sanction and shall conform to the following conditions and format, subject to the time limitations;

1. Swimmers must be entered in the meet with a proven time to be eligible to participate in the Time Trials.
2. Entry fees for Time Trials shall be \$40.00 per event.
3. Time Trial entries and payment will be accepted through USA Swimming's Online Meet Entry system (OME).
4. The 800m and 1500m freestyle events will only be offered on one day which the Meet Referee will determine and announce at the Technical Meeting.



WARM-UP SCHEDULE: COMPETITION POOL

<u>Time</u>	<u>Lanes</u>	<u>Activity</u>
7:00 - 8:30 a.m.	All Lanes	General warm-up
8:30 - 9:00 a.m.	Lanes 0 & 9 Lanes 1 - 8	Pace lanes; push off only, circle swimming only General warm-up; circle swimming only

COMPETITION POOL LIMITED TO SWIMMERS COMPETING IN CURRENT MORNING'S HEATS DURING FINAL 60 MINUTES OF WARM UPS

9:00 - 9:15 a.m.	Lanes 0 & 9 Lanes 1 - 8	Pace lanes; push off only, circle swimming only General warm-up; circle swimming only
9:15 - 9:45 a.m.	Lanes 0 & 9 Lanes 1 & 8 Lanes 2 - 7	Pace lanes; push off only; circle swimming only Sprint lanes*; one way only General warm-up

*Note: Additional sprint lanes will be opened by meet officials as required, in the following order : 2, 7, 4, 5. On days where the 50m freestyle is contested, lane 8 will be open for starts from the turn-end of the pool. Adjustments to the warm-up times may be made by the Meet Referee.

5:30 - 6:00 p.m.	Lanes 0 & 9 Lanes 1 - 8	Pace lanes; push off only, circle swimming only General warm-up; circle swimming only
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COMPETITION POOL LIMITED TO SWIMMERS COMPETING IN CURRENT EVENING'S SEMIFINALS AND FINALS DURING FINAL 60 MINUTES OF WARM UPS

6:00 - 6:15 p.m.	Lanes 0 & 9 Lanes 1 - 8	Pace lanes; push off only, circle swimming only General warm-up; circle swimming only
6:15 - 6:45 p.m.*	Lanes 0 & 9 Lanes 1 & 8 Lanes 2 - 7	Pace lanes; push off only; circle swimming only Sprint lanes*; one way only General warm-up

*Note: Additional sprint lanes will be opened by meet officials as required, in the following order - 2, 7, 4, 5. On days where the 50 m freestyle is contested, lane 8 will be open for starts from the turn-end of the pool. Adjustments to the warm-up times may be made by the Meet Referee.

General Considerations:

- ◆ During the last hour prior to each session only swimmers competing in that session may warm-up in the competition pool.
- ◆ Please follow the established schedule. If you believe special circumstances exist or additional sprint lanes are needed, please contact the officials on deck.
- ◆ Coaches should maintain contact with their swimmers as much as practical - verbally & visually - throughout the warm-up period.
- ◆ Swimmers and coaches, please cooperate with marshals regarding procedures.
- ◆ Swimmers should not step up on the blocks when a backstroker is preparing to start.
- ◆ No hand paddles, kickboards, snorkels, or bungee cords will be allowed in the competition pool the last hour prior to each session.



WARM-UP SCHEDULE: WARM-UP POOL

- ◆ The Warm-up Pool will consist of eight 50-meter lanes and six 25-meter lanes.
- ◆ The warm-up pool will be available for all Trials athletes continuously throughout the day during the published venue hours.
- ◆ At least two lanes (one 50m and one 25m) will be designated as pace lanes; push off only, circle swimming only.
- ◆ At least two lanes (one 50m and one 25m) will be designated as one-way sprint lanes.
- ◆ Two lanes (one 25m and one 50m) in the warm-up pool will be available for bungee cord use.
- ◆ All other lanes will be designated for general warm-up; circle swimming only.
- ◆ Upon request and at the discretion of meet officials, these lane designations may be altered.

Modifications to these schedules may be made due to enhanced COVID-19 protocols.



SITE INFORMATION

About the Facility

This will be a temporary venue utilizing two Myrtha pools. The competition pool will consist of ten 50-meter lanes, and the warm-up pool will consist of eight 50-meter lanes and six 25-meter lanes. Athlete amenities will be provided near the warm-up pool. Starting platforms will be the same size and type as those used in the Olympic Games. Omega timing and video back-up cameras will be used at this competition. Absolutely no glass or tobacco products will be allowed in the venue.

Registration and Accreditation

All credentials may be picked up during registration hours in Room 212 of the CHI Health Center Omaha Convention Center (second level) during the hours listed below. Athletes must be accompanied by their coach at Registration to receive their credentials.

Registration Hours for Wave I

Tue, June 1: 3:00 p.m. - 8:00 p.m.

Wed, June 2 - Sun, June 6: 7:00 a.m. - 7:00 p.m.

Mon, June 7: 7:00 a.m. - 10:00 a.m.

Registration Hours for Wave II

Wed, June 9: 3:00p.m. - 8:00p.m.

Thu, June 10 - Sat, June 19: 7:00a.m. - 7:00p.m.

Sun, June 20: 7:00a.m. - 11:00a.m.

Please wear your credential at all times. Arrival times should be planned during registration hours so credentials can be obtained prior to entry into the venue. \$100.00 will be charged for replacement credentials.

Pool Hours

Pool Hours for Wave I

Wed, June 2 - Thu, June 3: 6:30 a.m. - 8:00 p.m.

Fri, June 4: - Mon, Jun 7: 6:30 a.m. - one hour after finals

Tues, June 8: 8:00 a.m. - 11:00 a.m. and 4:00 p.m. - 7:00 p.m. (For Wave I swimmers qualified into Wave II only)

Pool Hours for Wave II

Wed, June 9: 4:00p.m. - 8:00 p.m.

Thu, June 10 - Sat, June 12: 6:30 a.m. - 8:00 p.m.

Sun, Jun 13—Sun, June 20: 6:30 a.m.—one hour after finals

Team Banners

No team banners will be permitted at these Trials. This is due to television and logo restrictions.

Ticket Information

Ticket information can be found at at usaswimming.org/trials.

The arena will not open to spectators until the first day of competition for each Wave. Spectator doors will open one hour before the designated start time for each session.

Meet Program & Heat Sheet Sales

Official Meet Program - \$10

Prelims Heat Sheets - \$5

Finals Heat Sheets - \$5

All-Session Heat Sheets - \$50

Meeting Schedule

Technical Meeting for Wave I

Thu, June 3—4:00p.m.

CHI Health Center Omaha Convention Center, Ballroom A (Second Level)

Technical Meeting for Wave II

Sat, June 12—4:00p.m.

CHI Health Center Omaha Convention Center, Ballroom A (Second Level)

Please note depending on current COVID-19 protocols, these meetings may be held virtually (Zoom-based).

Information/Lost & Found

Lost and Found for participants will be located in the Athlete Services Area at the Clerk of Course/Resolution Desk. Lost and Found for spectators will be in the Customer Services Area on the mezzanine level. An information desk will be located in the lobby of the facility.

Lockers and Restrooms

Lockers and restrooms for athletes are located adjacent to the corridor of the arena. Additional facilities will be in the Athlete Services area of the CHI Health Center Omaha next to the warm-up pool. Athletes must provide their own locks. The CHI Health Center Omaha and the meet hosts will not be held liable for lost or stolen items.



SITE INFORMATION (CONTINUED)

Medical Assistance

Physicians' services will be available in the venue during all hours the venue is open for team practice and competition. More information regarding these services will be distributed at the Technical Meeting.

Spectator Parking

Please be aware that most downtown hotels are a short walk from the venue.

- ◆ Complimentary parking for teams, officials, and media will be in Lot A behind the CHI Health Center Omaha. Parking passes will be distributed at registration for access into Lot A.
- ◆ There will be a exclusive swimmer drop-off area at the east entrance to the venue (near Lot A). There will also be a designated athlete drop-off area on the west side of the venue in the semi-circular drive. From this location, athletes have direct access into the warm-up pool area.
- ◆ Spectator parking will be \$15/day while the College World Series (Baseball) is ongoing, and \$10/day after.
- ◆ Spectator Parking will take place in lots B, C, and D. Please note Lot C will not be available from June 13th to June 30th due to CWS load in and fan fest set up.
- ◆ Lots B and D will not be available from June 19 to June 30 as they are reserved for CWS.

Concessions

Concessions will be available at the venue during competition hours.

Event Apparel

Event apparel will be available for purchase at designated areas both inside the arena and in the Aqua Zone.

Hospitality Rooms

Hospitality for swimmers and coaches will be located in the Athlete Services area near the warm-up pool. Hospitality for the officials will be in the Officials' Meeting Room (Northeast arena corridor). Food will not be allowed on the pool deck areas.

Airport

Eppley Airfield (OMA)
4501 Abbott Drive
Omaha, NE 68110

Airlines Serving Omaha

Alaska Airlines	800-252-7522
Allegiant Air	702-505-8888
American Airlines	800-433-7300
Delta	800-221-1212
Frontier	800-401-9000
Southwest	800-435-9792
United	800-864-8331

Rental Cars Serving Omaha

Alamo	800-462-5266
Avis	800-831-2847
Budget	402-348-0455
Dollar	800-800-4000
Enterprise	800-325-8007
Hertz	800-654-3131
National	800-227-7368
Payless	800-729-5377
Thrifty	800-367-2277

Directions from Airport to CHI Health Center Omaha

- ◆ Exit the airport on Abbott Drive
- ◆ Abbott Drive becomes Cuming Street
- ◆ Turn Left onto North 12th Street
- ◆ Turn Left onto Capitol Avenue
- ◆ Turn Left onto North 10th Street

Estimated Time: 10 Minutes

Estimated Distance: Less than 5 miles

Hotel Information

For complete and updated hotel information, please refer to usaswimming.org/trials. Marriott/Bonvoy is an official sponsor of USA Swimming.

Television Broadcast Schedule

The Trials will be shown live on NBC and other NBC networks.

Doping Control

Please refer to the separate Doping Control document for information on doping control procedures at this event.

CHI HEALTH CENTER OMAHA PARKING

Complimentary parking for teams, officials, and media will be in Lot A in the back of the CHI Health Center Omaha. Parking passes for Lot A will be distributed at Registration. Guest/Spectator parking will be available in lots B, C, and D for \$8 per vehicle per entry.



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|--|--|--|
| <ul style="list-style-type: none"> 1 Fairfield Inn & Suites Omaha Downtown 2 Holiday Inn Downtown Omaha 3 Homewood Suites by Hilton Downtown Omaha 4 Hampton Inn Omaha Downtown/Old Market | <ul style="list-style-type: none"> 5 Hilton Omaha 6 DoubleTree Hilton Omaha Downtown 7 Hilton Garden Inn Omaha Downtown/Old Market 8 Courtyard by Marriot Omaha Downtown | <ul style="list-style-type: none"> 9 Residence Inn by Marriot Omaha Downtown/Old Market 10 Omaha Marriot Downtown at the Capitol District 11 Cambria Hotel Omaha Downtown |
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DOPING CONTROL INFORMATION

The 2020 U.S. Olympic Team Trials 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 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.

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

Understand the Sample Collection Process:

Per USADA: "Athletes selected for testing are subject to both blood and urine testing. The processes are designed to be both effective in preserving the integrity of the sample, yet safe and comfortable for the athlete. Understanding the processes as well as an athlete's rights and responsibilities can help to make them less intimidating. There are additional considerations for minor athletes and disabled athletes. Learn more about the sample collection processes [here](#)." NOTE: Minor athlete should always have a representative with them in doping control.

Per established doping control testing protocol a Witnessing Chaperone must directly observe an athlete providing a sample. The witnessing chaperone is always someone of the same gender as the athlete. To protect the rights of a minor athlete, someone must observe the witnessing chaperone observing the athlete as they provide a urine sample. That person cannot see the athlete – they can only see the witnessing chaperone watching the athlete. Per USADA's established protocol the athlete has the right to choose who will be in that role. In the event that a coach acts as an Athlete Representative for an athlete of the opposite gender, they may request that someone on USADA's crew observe the witnessing chaperone observing the athlete. Then the coach can be the athlete representative for the rest of the processing of the paperwork.

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

Athletes who were previously eligible for out of competition (no-advance-notice) doping control and officially retired have a 6 month waiting period before they can compete (should they choose to return to competition) and must again be subject to out-of-competition testing during this reinstatement period. The athlete is not permitted to compete in any USA Swimming sanctioned events (local competitions all the way up through National competitions including meets with a dual sanction from Masters and USA Swimming) or FINA sanctioned events. If you have an athlete in this situation, please email smichael@usaswimming.org immediately.



TIME STANDARDS



U.S. OLYMPIC TEAM TRIALS



JUNE 2021
OMAHA, NE

OFFICIAL TIME STANDARDS

WOMEN

MEN

WAVE I	WAVE II	2020 OLYMPIC TRIALS	WAVE II	WAVE I
25.99	25.65	50 Freestyle	22.71	23.19
56.29	55.56	100 Freestyle	49.74	50.49
2:01.69	2:00.24	200 Freestyle	1:49.65	1:50.79
4:16.89	4:13.28	400 Freestyle	3:54.21	3:57.29
8:48.09	8:44.01	800 Freestyle	8:08.95	8:12.99
16:49.19	16:44.60	1500 Freestyle	15:35.69	15:44.89
1:02.69	1:01.49	100 Backstroke	55.51	56.59
2:14.69	2:12.94	200 Backstroke	2:00.81	2:02.99
1:10.99	1:09.55	100 Breaststroke	1:01.97	1:03.29
2:33.29	2:30.49	200 Breaststroke	2:15.28	2:17.89
1:00.69	59.59	100 Butterfly	53.37	54.19
2:14.59	2:12.56	200 Butterfly	1:59.63	2:01.19
2:17.39	2:15.26	200 Individual Medley	2:03.02	2:04.09
4:51.79	4:47.72	400 Individual Medley	4:23.24	4:25.99

WAVE I DATES: JUNE 4-7, 2021

WAVE II DATES: JUNE 13-20, 2021

QUALIFYING PERIOD FOR WAVE I: NOV. 28, 2018 - MAY 30, 2021

QUALIFYING PERIOD FOR WAVE II: NOV. 28, 2018 - MAY 30, 2021