June 26-July 3, 2016
CenturyLink Center
Omaha, Nebraska

Official Event Information

Entry Deadline is 1:00 p.m. (Central Daylight Time)
Monday, June 20, 2016
 Important Dates

- The qualifying period is July 30, 2014, through 1:00 p.m. (Central Daylight Time) Monday, June 20, 2016. Qualifying standards are Long Course Meters (LCM) only.
- Entries will be accepted beginning Wednesday, March 30, 2016, until 1:00 p.m. (Central Daylight Time) Monday, June 20, 2016, through the On-Line Entry (OME) process at usaswimming.org/trials.
- There will be a Coaches’ General Meeting, Saturday, June 25 at 4:00p.m. in the CenturyLink Center Omaha, Ballroom A (Second Level).
- The Athlete Dining Village located in the CenturyLink Convention Center is being offered for all accredited team members and accredited support staff from 7:00 a.m. - 9 a.m. (breakfasts), and 6:30 p.m. - 10:00 p.m. (dinners) beginning Saturday, June 25 through Saturday, July 2. Reservations for any or all days must be made online at usaswimming.org/trials no later than June 15, 2016. There will be no meal sales on-site. Menu offerings are all you can eat and are priced at $19.00 per person per day for breakfasts, and $25.00 per person per day for dinners, including taxes and gratuities. The menus have been endorsed by both the USOC and USA Swimming nutritionists and can viewed at usaswimming.org/trials.

 Important Information

- It shall be the swimmers’ and coaches’ responsibility to acquaint themselves with all of the information contained in this meet information document. USA Swimming Rules and Regulations will govern the conduct of these Trials, except where listed otherwise.
- 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 USOC.
- The 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.
- This meet will be conducted in Long Course Meters (LCM).
- At the Referee’s discretion, 10 lanes may be used for preliminary heats. Semi-final and final heats will utilize eight lanes only.
- At the Referee’s discretion, the 400 Freestyle events and/or the 400 IM events may be flighted during the preliminary sessions, with the fastest five heats in these events swimming in event order, and the remaining heats swum fastest to slowest at the end of the scheduled preliminary session.
- Accommodations for persons with disabilities may be arranged with advance notice to the CenturyLink Center Omaha at 402-341-1500 or centurylinkcenteromaha.com.
- Please check the USA Swimming website frequently to read any updates to the information in this book (usaswimming.org/trials).
- Complete Olympic Team selection criteria can be found here: http://www.usaswimming.org/DesktopDefault.aspx?TabId=1469&Alias=Rainbow&Lang=en-US.
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Trials Administration

Venue
CenturyLink Center Omaha
455 North 10th Street
Omaha, NE 68102
402-341-1500
centurylinkcenteromaha.com

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

Trials Administration
USA Swimming President
Jim Sheehan
sheehanj@optonline.net
908-239-9009

USA Swimming Vice President, Program Operations
Dan McAllen
d.mcalleniii@sbcglobal.net
214-316-9215

Meet Referee
Dave Coddington
djcoddington@comcast.net
206-321-5616

Executive Director
Chuck Wielgus
cwielgus@usaswimming.org
719-866-4578

Assistant Executive Director
Mike Unger
munger@usaswimming.org
719-866-4578

National Events Director
Dean Ekeren
dekeren@usaswimming.org
719-866-4578

Trials Chief Operating Officer
Harold Cliff
harold@omahasports.org
402-502-0374

Trials Meet Director
Arlene McDonald
arleenmcd@aol.com
317-442-2166

Trials Competition Services Director
Amy Homocker
amy@omahasports.org
402-916-9444

Olympic Team Administration

National Team Director
Frank Busch
fbusch@usaswimming.org
719-866-4578

National Team Managing Director
Lindsay Mintenko
lmintenko@usaswimming.org
719-866-4578

Head Men's Coach
Bob Bowman
bob.bowman@asu.edu

Head Women's Coach
David Marsh
dmarsh@swimmnaccarolina.org
Prior to Arriving at Trials

❖ All athletes who compete at the Trials must have a U.S. passport valid through February 22, 2017 to be used for Olympic Team processing. Please plan accordingly.

❖ Only U.S. citizen athletes who are eligible to represent the U.S. in international competition and are registered members in good standing with USA Swimming will be permitted to compete in these Trials.

❖ The qualifying period for this event is July 30, 2014, through the entry deadline.

❖ Credentialing Process

All participants in the 2016 Olympic Trials must be properly registered for credentials using the online credential registration system.

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.

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.


Photos are required for all credentials.
Photos should be:
- Passport style, front facing
- Plain background
- No hats or sunglasses

For additional information contact Dean Ekeren at dekeren@usaswimming.org

❖ Credentials will be required in the Ready Room/Last Call Room for all athletes, as the credentials will be used by USADA for doping control purposes. This includes both preliminaries and semi/finals sessions.

❖ 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.

❖ At the Trials, athletes may enter all events for which they have the time standards. Each athlete may swim a maximum of three events per day, including time trials. There are no bonus events at the Trials.

❖ The Athlete Dining Village located in the CenturyLink Convention Center is being offered for all accredited team members and accredited support staff from 7:00 a.m. - 9 a.m. (breakfasts), and 6:30 p.m. - 10:00 p.m. (dinners) beginning Saturday, June 25 through Saturday, July 2. Reservations for any or all days must be made online at usaswimming.org/trials no later than June 15, 2016. There will be no meal sales on-site. Menu offerings are all you can eat and are priced at $19.00 per person per day for breakfasts, and $25.00 per person per day for dinners, including taxes and gratuities. The menus have been endorsed by both the USOC and USA Swimming nutritional staffs and can be viewed at usaswimming.org/trials.

❖ There will be no coaches’ packets or spectator passes offered as part of team registration for this event.

❖ 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.

❖ There will be no relays at the Trials.

❖ Tentative timelines for the finals’ sessions will be posted at usaswimming.org/trials approximately three months prior to the start of the Trials.

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

❖ Please be aware that the Olympic rings are not allowed on apparel or other items according to the Amateur Sports Act. This will be policed by USOC personnel at the Trials.

❖ USA Swimming will strictly enforce the IOC rules distributed in the “Guidelines Regarding Authorised Identifications: Games of the XXI Olympiad, Rio 2016.”

Swimsuits: One identification of the suit manufacturer will be permitted, to a maximum size of 30 cm² (one manufacturer mark may be located above the waist and one manufacturer mark below the waist on women’s suits will be permitted). No corporate advertising logos permitted.

Swim Cap: One identification of the manufacturer will be permitted, to a maximum size of 20 cm² and placed on the front of the cap.

Goggles: Two identifications of the manufacturer per item will be permitted, to a maximum size of 6 cm² each.

Clothing: One identification of the manufacturer per clothing item will be permitted, when worn, to a maximum size of 30 cm². One additional product technology identification will be permitted per clothing item, to a maximum size of 10 cm².

Towels/Socks: One identification of the manufacturer will be permitted, to a maximum size of 6 cm².

❖ Event apparel will be on sale in the main store located in the AquaZone, as well as at smaller kiosks throughout the venue concourse.
At the Trials

- The Registration Area is located in Room 212 of the CenturyLink Convention Center (second level). Beginning at 3:00 PM on Wednesday, June 22, credentials must be worn at all times to enter the venue.

- Complimentary parking for teams, officials, and media that require parking will be in Lot A in the back of the CenturyLink Center. Each team that requires parking will receive at least one parking pass for Lot A. 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.

- 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.

- There are designated seating areas (sections 123, 125, 126, & 127—see enclosed venue map) exclusively reserved for athlete/coach/team seating. Athletes and coaches will 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.

- A clean deck will be enforced during all competition sessions.

- All preliminary heats, semifinals, and finals heats will parade to the starting blocks from the Ready Room/Last Call Room.

- The fastest 16 athletes from the preliminaries in each event 200 meters and shorter will qualify for the semifinals. These athletes will be championship/circle seeded in the semifinals. The eight fastest athletes from the semifinals will qualify for finals.

- The scratch deadline for each day’s preliminaries will be the conclusion of finals on the previous evening (see page 17). Scratches for athletes who qualify for semifinals will be handled in the normal manner. Scratches from semifinals to finals must be declared by the end of the session of that semifinal.

- There will be a semifinal contested for each event except the women’s and men’s 400 freestyle, the women’s and men’s 400 IM, the women’s 800 freestyle, and the men’s 1500 freestyle. Only the fastest 8 qualifiers from preliminary will compete in the finals for those events. Following FINA rules, these six events will only championship/circle seed the final 16 swimmers in the preliminaries.

- As the timelines allow, time trials will be offered each day at the Trials beginning approximately 30 minutes after the morning session. However, no time trials will be offered on Sunday, July 3. Time Trial entries will be accepted on-site at the Clerk of Course. Time trials may be limited to one hour on any day they are offered.

- The competition pool will be closed periodically for required cleaning. Those times will be published and distributed at the General Meeting.

- There will be a recognition 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.

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

- USA Swimming will host a fan experience area throughout the duration of the event. The USA Swimming Aquazzone will be located in the CenturyLink Convention Center. More information will be posted at usaswimming.org/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 or disseminated, or used for any commercial purposes, without the prior written consent of the USOC.

- Image Authorization - All participants agree to be filmed and photographed by the official photographer(s) and network(s) of USA Swimming under the conditions authored by USA Swimming, and allow event organizers the right to use names, pictures, likenesses, and biographical information before, during, or after the period of participation in USA Swimming competitions to promote such competitions. All participants agree not to use or authorize use of pictures in the uniform and equipment provided by USA Swimming for the purpose of trade, without the consent of USA Swimming. All participants agree to return uniforms and equipment bearing USA Swimming logos and marks, if and when requested.
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 Director and conducted by Program Operations. Changes will not be accepted at the General Meeting.

Qualifying A Swimmer
To compete in this meet, a swimmer must:
1. be a U.S. citizen who is eligible to represent the USA in the 2016 Olympic Games,
2. be a currently registered member of USA Swimming in good standing, and
3. have achieved a qualifying time standard as specified below:

   Times achieved from July 30, 2014, through the entry deadline must be used to enter this meet. Refer to U.S. Olympic Trials qualifying time standards published in this Meet Information Document. Qualifying time standards are long course only. All entry times must be proven through the USA Swimming SWIMS Database.

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. 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.

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.

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.

Entering Official Times
Individual Events - Individual 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. Program Operations reserves the right to challenge any submitted time. All scratches must be proven.

Responsibility Clause
The coach, swimmer, or swimmer representative who enters a USA Swimming Championship 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 the Vice President of Program Operations or designee or Board of Review. Additional action or penalty may be taken or levied as deemed appropriate by USA Swimming.

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 the Vice President of Program Operations or designee and/or Board of Review. Any appeal of the decision of the Vice President or Program Operations or designee shall be in accordance with the provisions of 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/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.
Selected USA Swimming Rules (Con't.)

Entering On-Line

Enter this meet online beginning Wednesday, March 30, 2016, at usaswimming.org/trials.

Entries will be accepted from Wednesday, March 30, 2016, until 1:00 p.m. (Central Daylight Time) Monday, June 20, 2016, through the On-Line Entry (OME) process at usaswimming.org/trials.

For help with the online entries, contact Larry Herr at USA Swimming (719-866-4578 or lherr@usaswimming.org).

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 an athlete is qualified.

You can modify your entry online by adding to the original entry. You may not delete an online entry.

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).

Drug waiver forms will automatically be sent to you via email after you submit your entry online. Please have these filled out and bring them with you to the meet.

Entry Fees
$30.00 per individual event
$20.00 per credentialed coach and team staff

Online Entry (OME) Process
A. Swimmers’ Names - List all swimmers who will compete in the meet.
B. Coaches’/Chaperones’ Names - List all coaches, chaperones, managers, and trainers entitled to deck passes. (also see Championship Procedures)
C. 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.
D. Number of Events - For these Trials, a swimmer may enter any number of events, but may compete in only three events per day, including time trials. All entry times must meet the qualifying standard and be proven through the SWIMS system.
E. 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.
F. Waiver and Release Form - The USA Swimming Waiver and Release Forms may be submitted on-site at registration. Make copies as needed for each swimmer. 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 sign also.

Registration
Credentials for this event will be provided at no charge for participating athletes and officials who are members of USA Swimming. Credentials for coaches, managers and chaperones to serve as admittance passes to this event shall be issued to those persons listed on the submitted team roster forms and according to the following schedule and is based upon the total size of the team (see photo credential information). For clubs that wish to bring one certified massage therapist with their teams, a $75 surcharge will apply if the massage therapist exceeds the deck pass formula below. All massage therapists must be members of USA Swimming and will only have access to the athlete services area of the venue.

Credential Formula ($20/each)
1-3 swimmers: 1 deck pass
4-6 swimmers: 2 deck passes
7-9 swimmers: 3 deck passes
10-20 swimmers: 4 deck passes
21-30 swimmers: 5 deck passes
31-40 swimmers: 6 deck passes
41-50 swimmers: 7 deck passes
51 or more swimmers: 9 deck passes

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

Unattached swimmers not with a team: 1 deck pass

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’ USA Swimming membership. Have your coach membership card with you. To avoid any problems with your swimmers, have their membership cards as well.
B. After you have been cleared, move on to the individual giving out the registration packets. One of the items you will receive is a psych sheet.
C. Review the psych sheet posted at registration and make sure your swimmers do not have an asterisk (*) by their time.
D. 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. You should make sure all your athletes’ times are in the SWIMS database.
E. If you have a distance swimmer (800 meter or 1500 meter), he/she must be checked in prior to the scratch deadline in order to be seeded.
Selected USA Swimming
Rules (Con’t.)

F. Check your scratches - make certain they are cor-
rect and submitted on time. Do not let your swimmer
miss his/her best event because you failed to
scratch an entry.

G. Follow all proof of time, scratch and distance event
entry procedures by the required deadlines as pub-
lished. Assist with all warm-up procedures and/or
requests.

Warm-Up and Safety
A complete schedule of warm-up procedures is included
in this information and must be adhered to by all partici-
pants. 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 proce-
dures 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 for swimmers competing in that day’s
events for 60 minutes prior to the start of the session.

Scratch Procedures
As provided in section 207.11.6 of the USA Swimming
Rules and Regulations, the Steering Committee and the
Vice President of Program Operations have established
the scratch rules for these Trials. The procedures de-
defined in section 207.11.8 shall be used for this competi-
tion with the following exception as it relates to failure to
compete in a preliminary event.

In place of section 207.11.6C, the following shall apply:

After the heats have been seeded, any swimmer
who fails to compete in an event heat in which such
swimmer is entered and has not been scratched in
accordance with sub-paragraphs 207.11.6A & B
must pay a penalty fee of $200 in order to swim in
any further events that 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.

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 Gen-
eral Meeting.
♦ It will be at the General Meeting.
♦ After the General Meeting, the scratch box will be
located with the Clerk of Course for the remainder of
the meet.

B. Scratch Deadlines:

♦ The scratch deadline for the first day’s events shall
be fifteen (15) minutes after the General Meeting is
adjourned.
♦ The scratch deadline for all subsequent day’s
events shall be at the conclusion of the previous
day’s Finals.

Ready Room/Last Call
A Ready Room/Last Call area will be used at this com-
petition for all heats, including preliminaries. Swimmers
must report to the Ready Room/Last Call area ten
minutes before their events, with their credential.

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 con-
firm 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. Distance events at this competition are conducted as
preliminals-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.

Awards
Individual Awards will be given through 8th place, but a
recognition ceremony will only recognize those athletes
achieving a place on the U.S. Olympic Team. Please see
the timelines to determine when the recognition ceremo-
nies will be held. Swimmers who are added to the U.S.
Olympic team due to doubles will be honored at an ap-
propriate time each evening.

Time Trials
At this competition, long course Time Trials will be con-
ducted 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 Sunday, July 3. Teams will receive more
information on Time Trials in their registration packets
and at the General Meeting. On days when time trials are
held, they may be limited to one hour.

Swimmers may enter a maximum of two time trials dur-
ing the meet. On a given day, time trial events must be
included in the event limit of three. These Time Trials
shall be held under a separate sanction of the LSC
where the meet is held and shall conform to the following
conditions and format, subject to the time limitations;

1. Swimmers must be entered in the meet with a prov-
en time to be eligible to participate in the Time Tri-
als.
2. Entry fees for Time Trials shall be $30.00 per event.
3. Time Trial entries and payment (cash or check) will
be accepted at the Clerk of Course.
4. The women’s 800 and men’s 1500 freestyle events
will only be offered on day 5.
Trials Order of Events

Heats 10:00am

June 26 - Sunday
400 IM - men
100 Fly - women
400 Free - men
400 IM - women
100 Breast - men

June 27 - Monday
100 Back - women
200 Free - men
100 Breast - women
100 Back - men
400 Free - women

June 28 - Tuesday
200 Free - women
200 Fly - men
200 IM - women

June 29 - Wednesday
100 Free - men
200 Fly - women
200 Breast - men

June 30 - Thursday
100 Free - women
200 Back - men
200 Breast - women
200 IM - men

July 1 - Friday
50 Free - men
800 Free - women
100 Fly - men
200 Back - women

July 2 - Saturday
50 Free - women
1500 Free - men

July 3 - Sunday
No Preliminaries

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

June 26 - Sunday
400 IM - men - FINAL
100 Fly - women - semifinal
400 Free - men - FINAL
400 IM - women - FINAL
100 Breast - men - semifinal

June 27 - Monday
100 Fly - women - FINAL
200 Free - men - semifinal
100 Breast - women - semifinal
100 Breast - men - FINAL
400 Free - women - FINAL
100 Back - men - semifinal
100 Back - women - semifinal

June 28 - Tuesday
200 Free - women - semifinal
200 Free - men - FINAL
100 Back - women - FINAL
100 Back - men - FINAL
100 Breast - women - FINAL
200 Fly - men - semifinal
200 IM - women - semifinal

June 29 - Wednesday
100 Free - men - semifinal
200 Free - women - FINAL
200 Fly - men - FINAL
200 Fly - women - semifinal
200 Breast - men - semifinal
200 IM - women - FINAL

June 30 - Thursday
100 Free - women - semifinal
200 Breast - men - FINAL
200 Breast - women - semifinal
200 Fly - women - FINAL
100 Free - men - FINAL
200 Breast - women - semifinal
200 IM - men - semifinal

July 1 - Friday
50 Free - men - semifinal
200 Breast - women - FINAL
200 Back - men - FINAL
200 Back - women - semifinal
200 IM - men - FINAL
100 Free - women - FINAL
100 Fly - men - semifinal

July 2 - Saturday
200 Back - women - FINAL
100 Fly - men - FINAL
800 Free - women - FINAL
50 Free - men - FINAL
50 Free - women - semifinal

July 3 - Sunday
50 Free - women - FINAL
1500 Free - men - FINAL
Schedule: Competition Pool

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

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

<table>
<thead>
<tr>
<th>Time</th>
<th>Lanes</th>
<th>Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>9:00 - 9:15 a.m.</td>
<td>Lanes 0 &amp; 9</td>
<td>Pace lanes; push off only, circle swimming only</td>
</tr>
<tr>
<td></td>
<td>Lanes 1 - 8</td>
<td>General warm-up; circle swimming only</td>
</tr>
<tr>
<td>9:15 - 9:45 a.m.</td>
<td>Lanes 0 &amp; 9</td>
<td>Pace lanes; push off only; circle swimming only</td>
</tr>
<tr>
<td></td>
<td>Lanes 1 &amp; 8</td>
<td>Sprint lanes*; one way only</td>
</tr>
<tr>
<td></td>
<td>Lanes 2 - 7</td>
<td>General warm-up</td>
</tr>
</tbody>
</table>

*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 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.

<table>
<thead>
<tr>
<th>Time</th>
<th>Lanes</th>
<th>Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>5:30 - 6:00 p.m.</td>
<td>Lanes 0 &amp; 9</td>
<td>Pace lanes; push off only, circle swimming only</td>
</tr>
<tr>
<td></td>
<td>Lanes 1 - 8</td>
<td>General warm-up; circle swimming only</td>
</tr>
</tbody>
</table>

COMPETITION POOL LIMITED TO SWIMMERS COMPETING IN CURRENT EVENING’S SEMIFINALS AND FINALS DURING FINAL 60 MINUTES OF WARM UPS

<table>
<thead>
<tr>
<th>Time</th>
<th>Lanes</th>
<th>Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>6:00 - 6:15 p.m.</td>
<td>Lanes 0 &amp; 9</td>
<td>Pace lanes; push off only, circle swimming only</td>
</tr>
<tr>
<td></td>
<td>Lanes 1 - 8</td>
<td>General warm-up; circle swimming only</td>
</tr>
<tr>
<td>6:15 - 6:45 p.m.*</td>
<td>Lanes 0 &amp; 9</td>
<td>Pace lanes; push off only; circle swimming only</td>
</tr>
<tr>
<td></td>
<td>Lanes 1 &amp; 8</td>
<td>Sprint lanes*; one way only</td>
</tr>
<tr>
<td></td>
<td>Lanes 2 - 7</td>
<td>General warm-up</td>
</tr>
</tbody>
</table>

*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 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 or bungee cords will be allowed in the competition pool.

Schedule: Warm-up Pool

♦ The warm-up pool will be available for all Trials athletes continuously throughout the day during the published venue hours.
♦ Two lanes (one 50m and one 25m) will be reserved for swimmer warm-down associated with lactate testing.
♦ 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.
Trials Site Information

About the Facility
This will be a temporary venue utilizing two Myrtha pools. The competition will be conducted in eight 50-meter lanes, and the warm-up pool will consist of eight 50-meter lanes and five 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.

Pool Hours
Wed, June 22: 4:00p.m. - 8:00p.m.
Thu, June 23 - Sat, June 25: 6:30a.m. - 8:00p.m.
Sun, June 26 - Sun, Jul 3: 6:30a.m. until 1 hour after the conclusion of finals

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

Registration/Credential Pickup
All credentials may be picked up according to the following schedule in Room 212 of the CenturyLink Convention Center (second level). Athletes must be accompanied by their coach at Registration to receive their credentials.

Wed, June 22: 3:00p.m. - 8:00p.m.
Thu, June 23 - Sat, Jul 2: 7:00a.m. - 7:00p.m.
Sun, July 3: 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. $75.00 WILL BE CHARGED FOR REPLACEMENTS.

Parking passes for complimentary team parking in Lot A will be distributed at registration.

Ticket Information
Tickets are currently on sale and can be purchased at usaswimming.org/trials.

All-Session tickets cost $550, $450, or $350 depending on venue location.

THE ARENA WILL NOT OPEN FOR SPECTATORS UNTIL SUNDAY, JUNE 26, THE FIRST DAY OF COMPETITION. 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 - $3
Finals Heat Sheets - $3
All-Session Heat Sheets - $40

Meeting Schedule
General Meeting
Sat, June 25 - 4:00p.m.
CenturyLink Center Omaha, Ballroom A (Second Level)

Officials’ Briefing
Sun, Jun 26 – 8:30 a.m.
CenturyLink Center Omaha, Officials’ Meeting Room (Northeast Arena Corridor)
All subsequent officials’ meetings will be held one hour prior to the start of each session. All officials are required to attend.

Personal Coaches of Olympians Meeting
A meeting for the personal coaches of all athletes qualifying for the 2016 Olympic Team will be held at 10:00 a.m. on Sun, July 3, 2016. The meeting will be held in Meeting Room 214 in the CenturyLink Convention Center.

Olympic Team Athletes and Staff
There will be a mandatory meeting of all Olympic team athletes, coaches, and staff at 10:00 a.m. on Monday, July 3. The meeting will be held at the Hilton Hotel.

Information/Lost & Found
Lost and Found for participants will be located in the Athlete Services Area. 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 CenturyLink Convention Center next to the warm-up pool. Athletes must provide their own locks. The CenturyLink Center Omaha and the meet hosts will not be held liable for lost or stolen items.

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 General Meeting.

Paying
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 CenturyLink Center. 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 available in lots B, C, and D for $8 per vehicle per entry. Bus parking is typically in Lot D for $20 per bus per entry. There are no in and out privileges in any parking location.

Please see page 14 for a downtown area map with parking lots.

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.
Trials Site Information (Con’t.)

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

Airlines Serving Omaha
American Airlines 800-433-7300
Continental 800-523-3273
Delta 800-221-1212
Frontier 800-432-1359
Southwest 800-435-9792
United 800-864-8331

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

Directions from Airport to Century 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 is an official sponsor of USA Swimming.

Television Broadcast Schedule
The Trials will be shown live on NBC and the NBC Sports Network according to the following schedule (all times Central)

<table>
<thead>
<tr>
<th></th>
<th>Prelims Time</th>
<th>Finals Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sun, June 26</td>
<td>NBCSN TBD</td>
<td>NBC 7-8pm</td>
</tr>
<tr>
<td>Mon, June 27</td>
<td>NBCSN TBD</td>
<td>NBC 7-8pm</td>
</tr>
<tr>
<td>Tue, June 28</td>
<td>NBCSN TBD</td>
<td>NBC 7-8pm</td>
</tr>
<tr>
<td>Wed, June 29</td>
<td>NBCSN TBD</td>
<td>NBC 7-8pm</td>
</tr>
<tr>
<td>Thu, June 30</td>
<td>NBCSN TBD</td>
<td>NBC 7-8pm</td>
</tr>
<tr>
<td>Fri, July 1</td>
<td>NBCSN TBD</td>
<td>NBC 7-8pm</td>
</tr>
<tr>
<td>Sat, July 2</td>
<td>NBCSN TBD</td>
<td>NBCSN 7-8:30pm</td>
</tr>
<tr>
<td>Sun, July 3</td>
<td>No Prelims</td>
<td>NBC 7-8pm</td>
</tr>
</tbody>
</table>
CENTURYLINK CENTER PARKING

Complimentary parking for teams, officials, and media will be in Lot A in the back of the CenturyLink Center. 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.
Doping Control Information

The 2016 US 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 USA-DA’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 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 athletic competition. An athlete may compete on a national 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 USA-DA: “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 USA-DA’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.
### 2016 Trials Time Standards

<table>
<thead>
<tr>
<th>Women</th>
<th>Event</th>
<th>Men</th>
</tr>
</thead>
<tbody>
<tr>
<td>26.19</td>
<td>50 Freestyle</td>
<td>23.29</td>
</tr>
<tr>
<td>56.49</td>
<td>100 Freestyle</td>
<td>50.69</td>
</tr>
<tr>
<td>2:02.39</td>
<td>200 Freestyle</td>
<td>1:51.89</td>
</tr>
<tr>
<td>4:17.99</td>
<td>400 Freestyle</td>
<td>3:58.69</td>
</tr>
<tr>
<td>8:49.99</td>
<td>800 Freestyle</td>
<td>x</td>
</tr>
<tr>
<td></td>
<td>1500 Freestyle</td>
<td>15:49.99</td>
</tr>
<tr>
<td>1:03.39</td>
<td>100 Backstroke</td>
<td>57.19</td>
</tr>
<tr>
<td>2:16.59</td>
<td>200 Backstroke</td>
<td>2:03.79</td>
</tr>
<tr>
<td>1:11.49</td>
<td>100 Breaststroke</td>
<td>1:03.69</td>
</tr>
<tr>
<td>2:34.99</td>
<td>200 Breaststroke</td>
<td>2:18.39</td>
</tr>
<tr>
<td>1:01.19</td>
<td>100 Butterfly</td>
<td>54.79</td>
</tr>
<tr>
<td>2:14.99</td>
<td>200 Butterfly</td>
<td>2:01.99</td>
</tr>
<tr>
<td>2:18.69</td>
<td>200 Individual Medley</td>
<td>2:05.09</td>
</tr>
<tr>
<td>4:54.99</td>
<td>400 Individual Medley</td>
<td>4:27.49</td>
</tr>
</tbody>
</table>

Times are Long Course Meters only. Qualifying Period is July 30, 2014, through the entry deadline.