



## **2006 U.S. Open**

**November 30 - December 2, 2006**

**Purdue University  
West Lafayette, IN**

**Event Information**

# 2006 U.S. Open Event Information

November 30 - December 2  
Purdue University  
West Lafayette, IN

Sanctioned by USA Swimming through Indiana Swimming

This information is available on-line at [www.usaswimming.org/usopen](http://www.usaswimming.org/usopen)

## Important Facts About the Meet



- ◆ On-Line Entry Deadline: Thursday, November 16, 2006 by 11:59 p.m. MT
- ◆ Paper Entry Deadline: If not registering on-line, paper entries must be received on or before Friday, November 17, 2006.
- ◆ Fax Entry Deadline: Only swims achieving the qualifying time standards for the first time from Thursday, November 16, 2006, through Sunday, November 26, may be sent by FAX transmission to 719-866-4761. These faxed entries must be received no later than 11:59 p.m. (CST) on Sunday, November 26, 2006, and cannot be used to improve the seed time of a prior entry.
- ◆ There will be no bonus events at this championship.
- ◆ Qualification Period: November 1, 2005 through the entry deadline.
- ◆ Swimmers' and Coaches' Responsibility – It shall be the swimmers' and coaches' responsibility to acquaint themselves with all of the information contained in this meet information book. USA Swimming Rules and Regulations will govern the conduct of this championship.
- ◆ No swimmer will be issued a credential without a coach member present. If home club coach is not planning to attend event, swimmer must be assigned a supervising coach (per USA Swimming rule 202.3.2). Arriving with fellow LSC club/coach is preferred. However, if a swimmer arrives without a coach, he/she must find a willing coach at the facility to sign supervision form before a credential can be issued.
- ◆ Dependent on the number of entries, and at the discretion of the Meet Referee, the preliminary sessions may be conducted in an "A/B" format. If adopted, details of this procedure, including the number of heats of each event to be swum in the "A" session, will be announced at the general meeting.
- ◆ Foreign swimmers representing a club must meet the published time standards. Swimmers representing foreign federations do not need to meet the published standards, but must however, have written permission from their federation to compete.
- ◆ Foreign federations may fax entries directly to USA Swimming at 719-866-4761 by Friday, November 17, 2006. Foreign clubs should send entries by overnight delivery to be received by Friday, November 17, 2006.

## Table of Contents



Meet Administration.....	3
General Information.....	4
Site Information.....	7
Entering the Meet.....	8
Championship Procedures.....	10
Doping Control.....	14
Entry Forms.....	17

## Meet Administration



### Facility Address

Boilermaker Aquatics Center  
1226 Third Street  
West Lafayette, IN 47907  
765-496-1346 phone  
765-494-0767 fax

### Meet Referee

Jim Sheehan  
4 Connor Avenue  
Metuchen, NJ 08840-2255  
201-284-3906  
sheehanjj@optonline.net

### Meet Director

David Fraseur  
Purdue University Aquatic Center  
1226 Third Street  
West Lafayette, IN 47907  
765-496-1346 phone  
765-494-0767 fax  
fraseur@purdue.edu

### USA Swimming National Events Director

Dean Ekeren  
USA Swimming  
1 Olympic Plaza  
Colorado Springs, CO 80909  
(719) 866-4578  
dekeren@usaswimming.org

### Meeting Schedule

Wednesday, November 29	5:00 p.m.	General Meeting	Recreational Sports Center – South Gym
Thursday, November 30	8:00 a.m.	Officials' Meeting	Recreational Sports Center – Room 128

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



**Order of Events**  
Long Course Meters

Heats Begin at 9:30

Finals Begin at 6:00

Women's Events

Day 1– Thursday, November 30

Men's Events

1	200 Meter Individual Medley	2
3	400 Meter Freestyle	4
5	100 Meter Breaststroke	6
7	200 Meter Backstroke	8
9	50 Meter Freestyle	10
11	800 Meter Freestyle Relay	12

Day 2 - Friday, December 1

13	100 Meter Backstroke	14
15	200 Meter Freestyle	16
17	100 Meter Butterfly	18
19	400 Meter Individual Medley	20
21	400 Meter Medley Relay	22

Day 3 - Saturday, December 2

23	800 Meter Freestyle (Women)*	
24	100 Meter Freestyle	25
26	200 Meter Breaststroke	27
28	200 Meter Butterfly	29
	1500 Meter Freestyle (Men)*	30
31	400 Meter Freestyle Relay	32

*West Lafayette, IN is on Eastern Standard Time.*

*In the morning session only, heats for events 23 and 30 will be swum after event 32*

## General Information (Continued)



### Ticket Information

#### All Sessions

Adults	\$25.00*
Students/Children	\$15.00*

#### Prelims

Adults	\$4.00
Students/Children	\$3.00

#### Finals

Adults	\$7.00
Students/Children	\$5.00

\*Heat sheets included with all session passes.

#### Coaches' Packet

For coaches who plan to attend this meet without swimmers, there will be a special packet available for \$50.00, containing a general admission pass, heat sheets, a psych sheet and a team roster. The packet is available during regular registration hours. Current USA Swimming coach members purchasing this packet may receive a deck pass.

#### Tickets and/or Packets may be ordered by mail through:

Purdue Athletic Ticket Office  
Intercollegiate Athletic Facility  
1000 North University Street  
West Lafayette, IN 47907-2071  
765-494-3194 or 1-800-49SPORT [77678] phone  
765-496-1580 fax

#### Make checks for tickets payable to:

Purdue University

### Transportation

#### Airlines serving Indianapolis, IN:

Air Canada	800-776-3000
America West	800-235-9292
American Airlines	800-433-7300
Continental Airlines	800-525-0280
Delta Air Lines	800-221-1212
Northwest Airlines	800-225-2525
TWA	800-221-2000
United Airlines	800-241-6522
US Airways	800-428-4322

#### Car Rentals

#### Car rental agencies serving Indianapolis:

Alamo	800-462-5266
Avis	800-831-2847
Budget	800-527-0700
Dollar	800-800-3665
Enterprise	800-325-8007
Hertz	800-654-3131
National	800-227-7368
Payless	404-768-2120
Thrifty	800-367-2277

## General Information (Continued)



### Directions to the Pool

#### From Indianapolis

Begin on I-465 North for 9.1 miles. Merge onto I-65 North via exit 20 on the left toward Chicago for 49.3 miles. Take the IN-26 exit (Exit 172) toward Lafayette/Rossville for 0.2 miles. Turn left on IN-26 West for 5 miles.

### Hotels

#### Best Western Lafayette

(reservation cutoff date – Oct. 29)  
888/295-2346  
765/447-0575  
15 minutes from Aquatic Center  
\$82.00 - \$92.00  
(Includes hot breakfast buffet)

#### Holiday Inn Select – City Centre

(reservation cutoff date – Oct. 26)  
765/423-1000  
5 minutes from the Aquatic Center  
Single Room Rate \$90.00  
Double Room Rate \$100.00

#### Lee's Inn and Suites

(reservation cutoff date – Oct. 29)  
765/447-3434  
17 minutes from Aquatic Center  
Two Double Beds \$68.00  
One King \$68.00  
(Includes extended continental breakfast, indoor pool and hot tub, exercise room)

#### University Inn Conference Center & Inn

(reservation cutoff date – Oct. 24)  
800/777-9808  
5 minutes from the Aquatic Center  
Single Room Rate \$78.00  
Double Room Rate \$88.00

#### Union Club Hotel

(Call hotel for special team pricing)  
800/320-6291  
On campus  
\$87 - \$105

#### Marriott Towne Place Suites

(reservation cutoff date – Oct. 31)  
765/446-8668  
17 minutes from Aquatic Center  
One Bedroom Suite, includes one queen size bed and a sleeper sofa. Can serve up to 4 individuals.  
\$102.00 per night  
M-F Hot breakfast Weekends Continental Breakfast included

#### Days Inn and Suites

(reservation cutoff date – Oct. 31)  
765/446-8558  
17 minutes from Aquatic Center  
\$62.00 - 67.00  
Continental breakfast included

#### Baymont Inn

(reservation cutoff date – Oct. 28)  
17 minutes from Aquatic Center  
765/446-2400  
Double or King  
\$64.00 for 1 – 4 people  
Includes continental breakfast

#### Signature Inn

(reservation cutoff date – Nov. 1)  
17 minutes from Aquatic Center  
765/447-4142  
Queen or Double  
\$69.00 for 1 – 4 people  
Includes breakfast

#### Knights Inn Lafayette

(reservation cutoff date – Nov. 1)  
17 minutes from Aquatic Center  
765/494-1163  
Queen or Double  
\$40.99

#### Red Roof Inn

(reservation cutoff date – Nov. 15)  
15 minutes from Aquatic Center  
765/448-4671  
1/800/733-7663  
Double beds - \$44.99  
King bed - \$49.99

#### Homewood Suites

(use code "USOSCH")  
15 minutes from campus  
765/448-9700  
3939 State Road 26 East  
Lafayette, IN 47905  
\$99 per night  
Apartment style with separate living room  
Hot breakfast buffet  
Complimentary wireless and cable TV/  
HBO

#### Hampton Inn

(use code "USOSCH")  
15 minutes from campus  
765/447-1600  
3941 State Road 26 East  
Lafayette, IN 47905  
\$79 per night/1-2 people  
\$89 per night/3-4 people  
Hot breakfast buffet  
Complimentary wireless and cable TV/  
HBO

## Site information



### Publicity

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

### Information/Lost & Found

Information and Lost and Found will be located in the Aquatics Center Lifeguard office.

### Lockers

Lockers are located within the Aquatic Center locker rooms and additional lockers are available at the Recreational Sports Center. All lockers are 'Daily Use' only [cannot keep lock on locker over-night]. You must bring your own lock. Restroom facilities are located on the first [locker rooms] and spectator level.

### Medical Assistance

Trainers will be located in the Aquatic Center trainer's room. Doctors will be on-call throughout the event.

### Parking

Coaches and meet participants may park in 'reserved areas' or in any legal parking space on campus. Reserved areas will be close to the Aquatic Center.

### Concessions

Concessions will be available on the second [spectator] floor of the Aquatic Center.

### Hospitality

Coaches; officials; VIP hospitality will be located at the Aquatic Center front entry / foyer area. Meals will be served in the Recreational Sports Center South Gym. Entry to this gym is thru a connecting hallway – signage will be provided.

### About the Facility

The Boilermaker Aquatic Center houses a 50 meter by 25 yard pool with 2 moveable Stark fiberglass bulkheads which allows the facility to be configured as an 8-lane 50 meter course; two 8-lane 25 meter courses; or two 8-lane 25 yard courses. The racing course is 7 – 9 feet deep with 9 foot wide lanes. There is one warm-up/down area, the dive pool which has six 25 yard lanes, 8 feet wide. This facility has been host to the 2005 Women's NCAA Championships; 2004 Men's Big Ten Championships; 2003 Women's Big Ten Championships; 2002 and 2005 NCAA Zone Diving Championships.

### Pool Hours

Tuesday, November 28	9:00 a.m. - 9:00 p.m.
Wednesday, November 29	9:00 a.m. - 9:00 p.m.
Thursday, November 30	6:00 a.m. - 1 hour after finals
Friday, December 1	6:00 a.m. - 1 hour after finals
Saturday, December 2	6:00 a.m. - 1 hour after finals

### Credential Pick-Up

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

Tuesday, November 28	1:00 p.m. - 5:00 p.m.
Wednesday, November 29	9:00 a.m. - 12:00 noon and 1:00 p.m. - 8:00 p.m.
Thursday, November 30	6:00 a.m. - 12:00 noon
Friday, December 1	6:00 a.m. - See Admin Ref
Saturday, December 2	6:00 a.m. - See Admin Ref

### Team Banners

All team banners must conform to the 5' x 8' size limitation. Commercial logos on banners must not exceed 96 square inches. USA Swimming and the meet host reserve the right to determine banner locations. Banners must be tied, not taped, to the railings and cannot obstruct the view of spectators. Neither the facility nor the meet hosts are responsible for lost or stolen team banners.

### Credentials

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

## Entering the Meet



### Entering On-Line

Enter this meet on-line beginning October 15. It can save you time and money! Foreign athletes cannot enter on-line.

On-line entries will be accepted from October 15 until Thursday, November 16 (at 11:59 p.m.). This deadline is one day earlier than the paper entry deadline.

For help with the on-line entries, contact Larry Herr or Susan Woessner at USA Swimming (719/866-4578).

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

You may add to the original entry, but not delete.

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

If you are entering on-line, please do NOT submit a paper entry to USA Swimming.

Drug waiver forms and release forms will automatically be sent to you via e-mail after you submit your entry on-line. Please have these filled out and bring them with you to the meet. If you wish, you can speed your check-in process at the meet by having these forms signed (using either the form in this book or in the on-line meet info book) and mailing these to arrive prior to November 17, 2006, to USA Swimming, National Events Department, 1 Olympic Plaza, Colorado Springs, CO 80909.

### Paper Entries

If not entering on-line, send entry forms by overnight delivery no later than Thursday, November 16, 2006. Entry forms must be received on or before Friday, November 17, 2006. Please send entries with an overnight service that has tracking capabilities. Foreign federations may fax entries directly to USA Swimming at 719-866-4761 by no later than Friday, November 17th. If not faxing, foreign teams should send by overnight delivery.

- ◆ Entry packet must clearly indicate pick-up date.
- ◆ Entries not datemarked or not received by the dates specified will not be accepted.
- ◆ All entries must be made on the official entry forms.

### Fax Entries

Only swims achieving the qualifying time standards for the first time from Thursday, November 16, 2006, through Sunday, November 26, may be sent by FAX transmission. These faxed entries must be received no later than 11:59 p.m. (CST) on Sunday, November 26, 2006, and cannot be used to improve the seed time of a prior entry. Fax these entries to 719-866-4761.

### Qualifying Period

The qualifying period for this event is November 1, 2005 through the entry deadline.

### Make checks payable to: USA Swimming

#### Entry Fees:

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

If you are not entering on-line, send entry forms to:  
USA Swimming National Events Department  
1 Olympic Plaza  
Colorado Springs, CO 80909  
719/866-4578

Additional Entry Forms are available on the website ([www.usaswimming.org](http://www.usaswimming.org)).

If not entering on-line, please type out entry. If this is not possible, print legibly. If you print, use blue or black ink, NEVER red, green, purple, etc. Accurate entry times on the psych sheets depend on careful completion of the entry forms.

### Master Entry Form

- A. Team Name/Code - Do not use your three or four (3 or 4) letter code (i.e. DAR). This is a national competition and there may be a half dozen DARs. The full team name is Danvers Aquatic Racers. You have sixteen (16) spaces for the program name, Danvers Racers would be appropriate.
- B. Swimmers' Names - List all swimmers who will compete in the meet.
- C. Coaches'/Chaperones' Names - List all coaches, chaperones, managers and trainers entitled to deck passes. (Also see Championship Procedures)
- D. Entry Times - Entry times for individual events shall be achieved and submitted in accordance with article 207.11. In order to assure seeded positions, the best competitive times of all entries must be submitted in accordance with article 102.5.1. The submitted times of all swimmers must be listed on the entry form and no changes in submitted times shall be allowed. Typographical or transcription errors that can be readily verified by SWIMS data may be corrected if attested to by the swimmer, coach or the swimmer's representative prior to the scratch deadline. Any entry time shall be noted by (LC), (SY), or (SM) to the right of the seed time. LC = long course meters, SY = short course yards, SM = short course meters. For example: if the time for a 200 fly made in a long course meet is 2:04.66, the pool length would be marked to the right of that time in the appropriate box. Sample: 2:04.66 (LC). If the time is to be used for an aggregate relay only, enter that time only on the relay entry form. Relay teams may be entered at the listed provable time or at the lowest priority non-confirming time standard. This choice must be indicated on the relay entry form.
- E. Number of Events - A swimmer may only swim three (3) individual events and one (1) relay per day (including time trials). A swimmer may enter any number of individual events in which the qualifying time standard has been met. All entry times must be proven.

## Entering the Meet

- F. Secondary Club Recognition - The entry form contains a space for secondary "club recognition." You may enter a second club for each of your athletes if you wish. The secondary club will be listed in the psych sheet, meet roster and heat sheets, if space is available. Each athlete will only have 16 characters for both their club and their secondary club. The club does not need to be a USA Swimming member club. It can be any club that your athlete wishes to recognize. Listing this club is for recognition purposes only. Listing this club has nothing to do with representation, team scoring or credentials.
- G. Relay Proof of Time Entry Form -(Master Entry Form)
- ◆ If you are using a relay entry time achieved as a relay (team time), you must list the four swimmers that actually achieved the time on the relay entry form. If your relay is an aggregate, list all of the swimmers and their times on the relay entry form. If any of the listed swimmers are not going to compete on a relay, they should not be entered on the Master Entry Form. Enter only those swimmers who may be competing on the Master Entry Form.
  - ◆ Relay teams may be entered at the listed provable time or at the lowest priority non-conforming time standard. This choice must be indicated on the relay entry form.
  - ◆ If you are entering an A and B relay, you must use eight (8) different swimmers. You cannot use the same swimmer twice in an event, or to prove a time.
  - ◆ Swimmers listed on the Relay Proof of Time Entry Forms are not considered entered. Names must be included on the Master Entry Form to be officially entered.
  - ◆ Teams can only submit two relays per event.
- H. Waiver and Release Form - The USA Swimming Waiver and Release Form must be sent with the team entry form. Make copies as needed for each swimmer. Swimmers need not have achieved the qualifying time to complete this form. Having this completed will save time during check-in at the competition site. If they are under the age of majority in their home state, their parent or legal guardian must sign also.
- I. Mailing the Entry
- ◆ Reassure yourself that you have proof for all swims. You must be able to prove all entries, including the ones you will scratch.
  - ◆ Make copies for your own records of material sent.
  - ◆ Check to be sure the address is correct on the envelope.
  - ◆ Enclose the following:
    - ✓ Entry Forms
    - ✓ USA Swimming Release Forms (duplicate if needed)
    - ✓ Check made out in the right amount and to correct entity(ies)
    - ✓ Copies of all proof of time, if available
  - ◆ Send overnight by service with tracking capability.



## Rules

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

## Membership Requirement

All persons expecting to receive a deck pass must bring their current USA Swimming membership cards in order to verify their membership. Deck passes for coaches, managers and officials will be issued only to members in good standing of USA Swimming. Non-members may join by completing the appropriate form and paying the required fee at a table in the registration area. Coaches must provide proof of CPR, First Aid and Safety Training for Swimming Coaches or USA Swimming approved equivalents. All meet directors, referees, starters, marshals and stroke and turn judges serving in an official capacity in a sanctioned event must be members of USA Swimming, and all persons acting in any coaching capacity in a sanctioned event must be coach members of USA Swimming.

## Qualifying A Swimmer

The U.S. Open Swimming Championships are open to any registered USA Swimming swimmer who has achieved the time standards as printed in this book during the qualifying period, as well as foreign swimmers receiving invitations from USA Swimming Headquarters. The SWIMS database will provide proof of time for USA Swimming members.

## Foreign Entries

Foreign Entries - All foreign participants must be members in good standing of their country's FINA affiliated federation. Foreign entries must be proven with meet results. All foreign team entries must be submitted by the entry deadline. Foreign club teams should use overnight delivery to send their entries to USA Swimming so they arrive by the entry deadline. Entries for foreign national teams ONLY may be accepted via fax to 719/866-4761. Foreign entries should NOT use the on-line entry feature.

## 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 NTV Appendix of the current USA Swimming Rules and Regulations, and prior to the start of the meet, verify that proper procedures are in place for the Observed swim.
  - ◆ The time of any swimmer recorded while legally representing a USA Swimming club, secondary school, college or university within the appropriate time frame may be used in proving relay entry times and that swimmer does need to be entered in the championship in question or currently representing that club. Relay times belong to the team. Individual times belong to the swimmer.

## Entering Official Times

Individual Events - All individual entry times must be made prior to the entry deadline and must be proven prior to the scratch deadline for that event through the SWIMS database. Program Operations reserves the right to challenge any submitted time. All scratches must be proven.

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

## Responsibility Clause (207.13.5)

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

Such penalty shall also be levied against any USA Swimming verification officer who submits a false or incorrect time(s) into the SWIMS database.

Appeal of fines are to be made to the National Times Coordinator and/or Board of Review. Any appeal of the decision of the National Times Coordinator shall be in accordance with the provisions of Part Four, specifically Article 401.

## Automatic Proofs of Time

Times submitted to the SWIMS database at USA Swimming by November 10, 2006 for the U.S. Open will be considered proofs of time. 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. Times from the following meets, which achieve the time standards for this meet, are automatically entered into the database. This includes any time trials at those meets.

- ◆ 2005 U.S. Open, Auburn, AL
- ◆ 2006 World Cup, East Meadow, NY
- ◆ 2006 USA Swimming Spring Champs, Federal Way, WA
- ◆ 2006 Speedo Champions Series (Spring and Summer)
- ◆ 2006 Women's and Men's NCAA Division I Championships
- ◆ 2006 Grand Prix Events
- ◆ 2006 ConocoPhillips National Championships, Irvine, CA
- ◆ 2006 Speedo Junior Championships, Irvine, CA
- ◆ 2006 Pan Pac Championships, Victoria, BC Canada



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

Note: Relay lead offs and/or intermediate split times must be requested from the SWIMS Time official in the LSC where the time was achieved. Requesting SWIMS data entry won't enter a swimmer into a competition nor place your club on the USA Swimming mailing list.

## Registration

Credentials for this event will be provided at no charge for participating athletes and officials who are members of USA Swimming. Credentials for coaches, managers and chaperones to serve as admittance passes to this event shall be issued to those persons listed on the submitted team roster forms and according to the following schedule and is based upon the total size of the team. There shall be a surcharge of \$20 per person for spectator passes, which money shall become the property of the meet host. For clubs that wish to bring one certified massage therapist with their teams, a \$50 surcharge will apply if the massage therapist exceeds the deck pass formula below. These funds shall become the property of the meet host. All massage therapists must be members of USA Swimming in the Sports Medicine category.

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

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

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

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

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

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

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

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

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

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

## Check-In

Plan to arrive in time for the General Meeting. You 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.

- A. Start with the person that is checking the swimmers' and coaches' membership in USA Swimming. Have your coach membership card with you. To avoid any problems with your swimmers, have their membership cards as well.
- B. After you have been cleared, move on to the individual giving out the Coaches' packets. One of the items you will receive is a psych sheet.
- C. Review the psych sheet posted by the Times desk and make sure your swimmers do not have an asterisk (\*) by their time.
- D. In the event of an asterisk, go to the Times desk immediately and clear the time. It is your responsibility to do this. If it is not cleared by the scratch deadline, the swimmer will be scratched from the event. If a time cannot be proven the coach is subject to a \$100 fine. You should make sure all your athletes' times are in the SWIMS database.
- E. If you have distance swimmers (800 meter or 1500 meter), they must be checked in prior to the scratch deadline in order to be seeded.
- F. Check your scratches - make certain they are correct and submitted on time. Do not let your swimmers miss their best events because you failed to scratch an entry.
- G. Follow all proof of time, scratch and distance event entry procedures by the required deadlines as published. Assist with all warm-up procedures and/or requests.

## Warm-Up and Safety

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

## Seeding

For this championship, the seeding order is:

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

## Scratch Procedures

- A. Location of Scratch Box
  - ◆ The scratch box will be located at the Registration Desk prior to the start of the meet and until the General Meeting.
  - ◆ It will be at the General Meeting.
  - ◆ After the General Meeting, the scratch box will be located with the Clerk of Course for the remainder of the meet.

- B. Scratch Deadlines:
- ◆ Thursday, November 30  
15 minutes after adjournment of General Meeting.
  - ◆ Friday, December 1  
30 minutes prior to the start of the Thursday evening session.
  - ◆ Saturday, December 2  
30 minutes prior to the start of the Friday evening session.

#### Ready Room

A Ready Room will be used at this championship prior to each heat (prelims and finals). Each swimmer must report to the Ready Room 10 minutes preceding the event.

#### Awards Staging

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

#### Relays and Relay Check-In Procedures

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

#### Distance Freestyle

- A. Distance Entry - Any swimmer who qualifies for the 800m or 1500m freestyle events may enter at his/her fastest time or at the qualifying time standard, if entered in two or more events on the day of the distance freestyle (207.11.8).
- B. Distance Check-in and Seeding - Entrants in the 800m and 1500m freestyle must check in and confirm their intention to compete before the scratch deadline in order to be seeded. Seeded heat sheets will be published at the end of finals the evening before. The swimmers will be listed in the psych sheet in the order of submitted times, beginning with the fastest (207.8.2).
- C. Order of Distance Events - The 800m and 1500m freestyle events are conducted on a timed final basis. All heats other than the fastest shall be swum as follows:  
Women's heats - slowest to fastest.  
Men's heats - slowest to fastest.

Only the fastest (single) heat will be swum in the final session. All other heats are to be held during prelims. The starting time for each preliminary heat shall be scheduled so that the second fastest heat of the men's 1500m freestyle is concluded 60 minutes before the evening finals' session is scheduled to begin.

- D. Qualifying and Seeding - Women may qualify for the 800m freestyle using the 1500m freestyle time standard. Men may qualify for the 1500m freestyle using the 800m freestyle time standard. Entries of this nature will be seeded at the lowest priority, non-conforming time standard. Enter slowest non-conforming qualifying time (SCY) on entry blank. You will be required to show proof of time for the alternate (800/1500) event.

#### Finals Session Event Order

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

#### Meet Scoring

- A. Scoring will be on a sixteen (16) place basis. Individual events: 20, 17, 16, 15, 14, 13, 12, 11, 9, 7, 6, 5, 4, 3, 2, 1. Relay events receive double these point values.
- B. There will be team scoring for club and university teams. There will be no scoring of National Teams.
  1. Men's Team High Point (club & university)
  2. Women's Team High Point (club & university)
  3. Combined Team overall scoring (club & university)

#### Results

After each evening's finals at this championship, the results will be available at [www.usaswimming.org](http://www.usaswimming.org).

#### Awards

- A. Awards are given to 1st, 2nd and 3rd place finishers in each event. The awards procedure will be announced at the General Meeting.
- B. Individual High Point Awards - Awards will be given for the individual man and woman scoring the most points in individual events.
- C. ConocoPhillips Performance Award - This award is sponsored by USA Swimming corporate partner, ConocoPhillips, and is presented to the swimmer who achieves the single most outstanding performance of the meet. It is voted on by the attending media. The presentation ceremony takes place during the relay break on the final evening.
- D. Although team scores will be kept, there are no team awards presented.

#### Time Trials

Time Trials will be conducted for swimmers entered in the meet with a proven individual or relay time, provided there is sufficient time between the end of the preliminary session and the start of warm-ups for the final session. These Time Trials shall be held under a separate sanction of the LSC where the meet is held and shall conform to the listed conditions and format, subject to the time limitations in 207.5 and 207.6;

- A. Time Trials will be conducted in long course meters each day.
- B. A Time Trial Pre-Registration form is provided for your convenience.
- C. A swimmer is limited to a maximum of two Time Trials during the course of the Championships.
- D. A swimmer must be entered in the meet with a proven time (individual or relay) to participate in the Time Trials.
- E. Except as noted below, long course Time Trials shall be swum in the order listed under the meet program as follows:
  - ◆ Each Day: that day's events, followed by the remaining events in the meet.
  - ◆ The 800 and 1500 Freestyle will typically be offered on only one day of the meet and will be determined by the Meet Referee, depending on the size of the meet, time available, etc; and be announced at the General Meeting.

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

**Reimbursement Policy**

Priority #1: National "A" Team athletes will be eligible for the equivalent of advance purchase round trip, economy class airfare and \$60 per diem.

Priority #2: National "B" Team athletes will be eligible for the equivalent of advance purchase, round trip economy class airfare.

If the available funds do not allow for the maximum reimbursement described in priority #1 and priority #2, the funds shall be distributed evenly among the athletes in each priority level. Athletes at a lower priority level cannot receive funding until all the higher priority level athletes are reimbursed to the maximum extent allowed by policy. Receipts for airfare should be submitted to the USA Swimming National Team Division.

## Doping Control



### Doping Control

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

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

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

### Drug Reference Line

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

### Drug Reference Online

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

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

Medications that fall under this category require an Abbreviated Therapeutic Use Exemption (ATUE) form to be on file PRIOR to testing. Examples are Asthma Inhalers (requires a diagnosis of asthma or exercise-induced asthma), and some forms of Glucocorticosteroids. ATUE forms should be submitted to USADA at least **THREE WEEKS BEFORE** the athlete competes and must include the signature of the prescribing physician. The ATUE form can be found on the perforated pages in this book. All forms should be sent a minimum of three weeks before to:

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

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

Athletes should keep a copy of their forms for their records and take them to drug testing if selected for testing. FORMS GENERALLY EXPIRE ONE YEAR FROM THE DATE THEY ARE SIGNED BY THE PHYSICIAN. (IN SOME CASES THE EXEMPTION IS FOR 2 YEARS). Forms should be re-submitted immediately if there is a change in the medication, the dosage, or the prescribing physician.

## **2006 World Anti-Doping Agency (WADA) Prohibited Classes and Methods:**

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

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

*According to the US Anti-Doping Agency 2006 Guide to Prohibited Substances:*

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

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

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

4. Agents with Anti-Estrogenic Activity
5. Diuretics and other masking agents

## Doping Control (Continued)



### Substances and Methods Prohibited in Competition:

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

*According to the US Anti-Doping Agency 2006 Guide to Prohibited Substances:*

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

*Administration by inhalation, iontophoresis, or local injection requires an Abbreviated Therapeutic Use Exemption.*

*Topical preparations when used for dermatological, otic, nasal, buccal cavity and ophthalmic disorders are not prohibited and do not require any form of Therapeutic Use Exemption.*

### Prohibited Methods include:

1. Enhancement of Oxygen Transfer
2. Chemical and Physical Manipulation
3. Gene Doping

### Supplements

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

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

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

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

*Feb/01, rev:Jul/03*

### Sanctions

Sanctions for positive tests conform with the FINA rules. All parties should refer to the FINA website ([www.fina.org](http://www.fina.org)) for specifics relating to sanctions for a positive drug test. Penalties may also apply to any individual assisting a swimmer taking prohibited substances.

### Summary

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

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

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

# 2006 U.S. Open Championships

## Entry Form - WOMEN

*Two Athletes Per Page, Duplicate Form As Needed Form must be completed for all athletes (complete through signature)~ Please print clearly*

**Coach Name:** \_\_\_\_\_ **Team Name:** \_\_\_\_\_ **Club Code:** \_\_\_\_\_ **E-mail:** \_\_\_\_\_

	<b>Athlete Name/Age</b>					
	<b>14 Digit Registration Number</b>					
	<b>Foreign Citizen (Y/N)</b>					
	<b>Relay Only (Y/N)</b>					
	<b>Secondary Club Recognition (Optional)</b>					
	<b>Athlete Signature</b>					
Entry Time (SY, SM or LC)	Event	Event Number	Time Standards			Entry Time (SY, SM or LC)
			SY	SM	LC	
<b>Thursday, November 30</b>						
	200 IM	1	2:06.09	2:19.19	2:24.29	
	400 Free	3	4:55.89	4:15.49	4:25.59	
	100 Breast	5	1:05.19	1:12.79	1:14.99	
	200 Back	7	2:03.59	2:16.99	2:22.29	
	50 Free	9	23.89	26.59	27.29	
<b>Friday, December 1</b>						
	100 Back	13	57.69	1:03.39	1:06.69	
	200 Free	15	1:51.69	2:03.09	2:06.99	
	100 Fly	17	57.09	1:02.79	1:04.39	
	400 IM	19	4:27.79	4:55.29	5:03.39	
<b>Saturday, December 2</b>						
	800 Free	23	10:07.99	8:49.39	9:04.09	
	100 Free	24	51.89	57.09	58.89	
	200 Breast	26	2:20.69	2:37.29	2:41.59	
	200 Fly	28	2:05.09	2:17.49	2:20.29	

**Coach Signature:** \_\_\_\_\_ **14 Digit Registration Number (required)** \_\_\_\_\_ **Date:** \_\_\_\_\_

# 2006 U.S. Open Championships

## Entry Form - MEN

*Two Athletes Per Page, Duplicate Form As Needed Form must be completed for all athletes (complete through signature)~ Please print clearly*

**Coach Name:** \_\_\_\_\_ **Team Name:** \_\_\_\_\_ **Club Code:** \_\_\_\_\_ **E-mail:** \_\_\_\_\_

	<b>Athlete Name/Age</b>					
	<b>14 Digit Registration Number</b>					
	<b>Foreign Citizen (Y/N)</b>					
	<b>Relay Only (Y/N)</b>					
	<b>Secondary Club Recognition (Optional)</b>					
	<b>Athlete Signature</b>					
Entry Time (SY, SM or LC)	Event	Event Number	Time Standards			Entry Time (SY, SM or LC)
			SY	SM	LC	
<b>Thursday, November 30</b>						
	200 IM	2	1:52.99	2:04.79	2:10.59	
	400 Free	4	4:32.29	3:55.69	4:05.89	
	100 Breast	6	57.59	1:03.99	1:06.79	
	200 Back	8	1:50.99	2:03.29	2:09.09	
	50 Free	10	20.99	23.29	24.19	
<b>Friday, December 1</b>						
	100 Back	14	51.29	57.09	59.79	
	200 Free	16	1:40.69	1:51.49	1:55.69	
	100 Fly	18	50.49	55.29	57.19	
	400 IM	20	4:00.99	4:26.79	4:37.39	
<b>Saturday, December 2</b>						
	100 Free	25	45.99	50.79	52.99	
	200 Breast	27	2:04.99	2:20.19	2:25.29	
	200 Fly	29	1:51.79	2:02.29	2:06.99	
	1500 Free	30	15:47.79	15:30.39	16:18.59	

**Coach Signature:** \_\_\_\_\_ **14 Digit Registration Number (required)** \_\_\_\_\_ **Date:** \_\_\_\_\_





# USA Swimming Waiver and Release Form

TO BE RETURNED BY MAIL OR FAX (719-866-4669) TO USA SWIMMING PRIOR TO NOVEMBER 18th

(Duplicate as needed for each athlete.)

EACH COMPETITOR AND HIS/HER PARENT OR GUARDIAN, IF APPLICABLE, MUST COMPLETE THIS WAIVER AND RELEASE FORM.  
THIS INCLUDES INDIVIDUAL AND RELAY ONLY SWIMMERS.

In signing below, the athlete affirms to have read the entry form and agrees to abide by the conditions herein. I verify the events in which I am entered and that I am a registered amateur athlete according to the USA Swimming Code of Regulations; that in consideration of your accepting this entry, I, intending to be legally bound, do hereby for ourselves, our heirs, executors and administrators, waive, release, and forever discharge any and all rights and claims for damages which we or either of us may hereafter have against USA Swimming, Inc., the host team, the Local Swimming Committee (LSC), and/or their respective officers, agents, representatives, successors and/or assigns, for any and all damages which may be sustained or suffered by me in connection with, or entry in and/or arising out of my traveling to, participating in and returning from said meet.

## GENERAL ACKNOWLEDGEMENT & ACCEPTANCE

I hereby acknowledge that all information and signatures on this form are applicable to my participation in these USA Swimming Championships and I agree to abide by the regulations specified in these documents and in the Rules and Regulations of USA Swimming for the management and conduct of the USA Swimming program.

## OATH OF ELIGIBILITY

I declare that I am eligible and in good standing with regulations laid down by USA Swimming, the International Federation for Amateur Swimming (FINA), and the International Olympic Committee (IOC). I also declare I am not under suspension or disciplinary action imposed for use of illegal drugs or other athlete regulation infractions. I agree to sign additional documents to this effect when required to do so by USA Swimming or the local organizing committee. I certify that, to the best of my knowledge and belief, I am in good physical condition and have no disease or injury that would impair my performance in competition and agree that while a participant in this competition, I will keep myself in top physical condition and retain my eligibility status.

## DOPING

I understand that it is the policy of USA Swimming to discourage and prevent the use of prohibited doping substances and prohibited doping methods. The FINA Anti-Doping Rules are available on-line or from USA Swimming. I know that I should call the USADA Drug Reference Line (1-800-233-0393) to check the status of all medications and substances I am currently using, and to satisfy any questions or concerns that I may have about medications and prohibited substances and methods. **MANDATORY DEADLINE:** Declaration forms and medical necessity statements must be received by USA Swimming no later than one week prior to the first day of competition. If you are unable to meet this deadline please contact USA Swimming at 719-866-4962 before competition begins.

I do not currently engage in, nor do I intend to use any prohibited substances and methods. I acknowledge that the use of prohibited substances or prohibited methods may subject me to disqualification and other sanctions imposed by USA Swimming, USADA, FINA or IOC.

## DRUG TESTING

I understand that USADA will conduct drug testing on athletes during and outside of competition. By registering for this competition, I hereby consent to and authorize USADA to test me for prohibited substances and prohibited methods at any time. I further acknowledge and agree that my refusal to participate in a drug test may subject me to disqualification and sanctions, the same as if I had tested positive for a prohibited substance.

I hereby authorize USA Swimming to include the results of any drug testing

of me in the published statistics for drug testing and to include my name in the list of athletes who have been drug tested, which USA Swimming publishes on their website. In the event I refuse to submit to a drug test or a drug test has a positive result, I recognize that I am subject to the adjudication processes established by the US Anti-Doping Agency (USADA) and FINA, because of my refusal or positive test.

## AUTHORIZATION AND EVENT PROMOTION

I 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 give the event organizers the right to use my name, picture, likeness, and biographical information before, during or after the period of my participation in these competitions to promote the competition in which I compete or to promote the success of the team on which I competed. I understand and agree not to use or authorize use of pictures of myself in the uniforms and equipment provided by USA Swimming for the purpose of trade, without the consent of USA Swimming. I agree not to use the medals or photos, portraits or films of myself with the medals, which I receive for my performance in this competition, for the purpose of trade. Furthermore, it is agreed that I shall return these uniforms and equipment, bearing USA Swimming logos and marks, if and when requested.

## AUTHORIZATION FOR MEDICAL SERVICES

I hereby give consent for USA Swimming to provide me with medical care and treatment and emergency medical services associated with participation in this competition. Additionally, I hereby agree that, in the event I elect to obtain any of these services or treatments from any sources other than that provided or approved by USA Swimming, I shall accept full and complete responsibility. I further authorize the release of any medical information necessary to process a claim for accident/medical payment insurance for an injury or illness incurred while I am participating as a member of the USA Swimming delegation at this competition.

## ASSUMPTION OF RISK OF SERIOUS INJURY

I Understand and Appreciate That My Participation in the Sport of Swimming Carries a Risk of Serious Injury, Including Permanent Paralysis or Death. I Voluntarily and Knowingly Recognize, Accept and Assume this Risk.

## RELEASE

The Undersigned, Parent(s) and Natural Guardians(s) or Legal Guardians of \_\_\_\_\_, Does Thereby Represent He/She (They) Is (Are), in Fact, Acting in Such Capacity and Agrees to Save and Hold Harmless and Indemnify Each and All of the Parties Herein Referred to Above, as Releasees, from All Liability, Loss, Cost, Claim or Damage Whatsoever May Be Imposed upon Said Releasees Because of Any Defect in or Lack of Such Capacity to So Act and Release Said Releasees on Behalf of Both of the Undersigned.

## MISCELLANEOUS

This Waiver and Release Form shall be construed in accordance with and subject to the laws of the State of Colorado. If any paragraph, section, sentence, clause or phrase contained in this Waiver and Release Form becomes or is held by any court of competent jurisdiction to be illegal, null or void or against public policy, the remaining paragraphs, sections, sentences, clauses or phrases contained in this Waiver and Release Form shall not be affected thereby.

Participant's Signature

(If Applicant Is under Age of Majority in His/Her Home State, the Parent(s) or Guardian(s) must Execute the Following Waiver in Addition to the Above)

Date

Team Name

This is to certify on this date that I, as parent/guardian of \_\_\_\_\_, participating in this competition, give my consent to USA Swimming and its medical representatives to obtain medical care from any licensed physician, hospital or clinic for the above mentioned athlete for injury that could arise from activities in this competition. I further consent to the random drug testing of the above-mentioned athlete during the competition and for the twelve (12) month period following the competition, to the disclosure of test results, and to the other terms and conditions set forth in the paragraph above entitled USA Swimming DRUG TESTING.

Parent/Guardian Signature

Relationship

Parent/Guardian Name (please print)

Date









# USA SWIMMING CHAMPIONSHIPS TIME TRIAL RULES AND PROCEDURES

1. *Use a separate form for each day of the meet. Entering time trials in advance will save time waiting in sign-up lines. Bring copies of completed forms to the meet for verification.*
2. *Swimmers must be entered in the meet (individual event or relay only) with a proven time.*
3. *Swimmers may compete in a maximum of two time trials during the course of the Championships.*
4. *The combination of meet events and time trial events may not exceed three per day.*
5. *Time trials are conducted on a time available basis only. Refunds or rollovers will be allowed for time trials cancelled on any given day due to time limitations.*
6. *The 800 and 1500 Freestyle will typically be offered on only one day of the meet. The day will be determined by the Meet Referee, depending on the size of the meet, time available, etc; and be announced at the General Meeting.*
7. *You may add, cancel, or change time trials upon arrival at the meet. Refunds, rollovers, or credit will be allowed, except for no-shows.*

## Typical Time Trial Order of Events for the Three Day Schedule

### Day One

200 IM  
 400 Free  
 100 Breast  
 200 Back  
 50 Free  
 800 FR  
 100 Back  
 200 Free  
 100 Fly  
 400 IM  
 400 MR  
 100 Free  
 200 Breast  
 200 Fly  
 400 FR

### Day Two

100 Back  
 200 Free  
 100 Fly  
 400 IM  
 400 MR  
 100 Free  
 200 Breast  
 200 Fly  
 400 FR  
 200 IM  
 400 Free  
 100 Breast  
 200 Back  
 50 Free  
 800 FR  
 800 Free  
 1500 Free

### Day Three

100 Free  
 200 Breast  
 200 Fly  
 400 FR  
 200 IM  
 400 Free  
 100 Breast  
 200 Back  
 50 Free  
 800 FR  
 100 Back  
 200 Free  
 100 Fly  
 400 IM  
 400 MR

