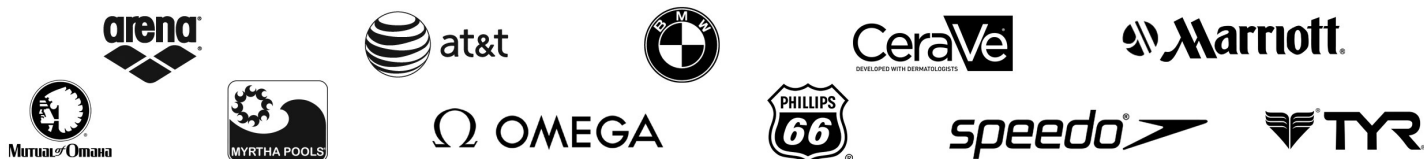




**2013
AT&T Winter
National Championships
December 5-7**

**Allan Jones Aquatic Center
The University of Tennessee
Knoxville, TN**

**Entry Deadline
Tuesday, November 26, 2013 at 11:59pm Mountain Time**



2013 AT&T Winter National Championships
Allan Jones Aquatic Center
The University of Tennessee
Knoxville, TN

Important Facts About the Meet



- ◆ Prelims will begin at 9:00am, and finals will begin at 5:00pm.
- ◆ The qualification period for this event is November 1, 2012 through the entry deadline.
- ◆ **Entry Deadline**; Register for the AT&T Winter National Championships on-line at usaswimming.org/nationals no later than Tuesday, November 26, 2013 by 11:59 p.m. Mountain Time.
- ◆ **New Qualifying Swims**; Swims achieving the qualifying time standards for the first time from Tuesday, November 26, 2013, through Sunday, December 1, 2013, may enter the meet through OME under the title *2013 Nationals: New Qualifying Swims*. These entries must be submitted no later than 11:59pm Mountain Time on Sunday, December 1, 2013, and cannot be used to improve the seed time of a prior entry. Normal entry fees apply.
- ◆ There will be no bonus swims at these championships.
- ◆ Time Trials will be conducted for all swimmers entered in the meet provided there is sufficient time between the end of the preliminary session and the start of warm-ups for the final session. Time Trial sessions shall be limited to one hour each day, and entries will only be taken on-site at the Clerk of Course. Relay-only swimmers will be allowed to swim in time trials.
- ◆ Two courses may be used for preliminary heats. Eight lanes will be used for finals.
- ◆ There will be relays in this competition, including 4 x 50 events. Qualification for the 4 x 50 relays will be the corresponding 4 x 100 relay time standards. The 4 x 50 Relays will be swum as preliminaries and finals, with the preliminaries at the beginning of the preliminary sessions, and the top 16 from preliminaries advancing to finals. The 400 and 800 relays will be swum as timed finals, with all but the fastest three seeded heats swum fastest to slowest at the end of prelim session. All heats of the 400 and 800 relays may be swum in the finals pool. The three fastest seeded heats will be swum slowest to fastest during finals.
- ◆ Foreign athletes (those who are ineligible to represent the USA in international competitions) will be allowed to swim at this competition, and will be permitted in the Championship ("A") Finals including timed final events, however they cannot score team points (including relays) in a USA Swimming National Championship. Foreign entries cannot be processed through the OME system, but may be submitted on the Hy-Tek Meet Entry File found at usaswimming.org/nationals.
- ◆ Swimmers may qualify for the 1650 Freestyle events using the 1500/1650 time standards or the 800/1000 time standards.
- ◆ At the discretion of the Meet Referee, the preliminary sessions may be conducted using "Flyover" starts and/or in an A/B flighted format. Details of any changes to normal meet operations protocol will be announced at the general meeting.
- ◆ 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 and any information or changes announced at the General meeting.

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**2013 AT&T Winter National Championships
Order of Events
Short Course Yards**

Heats Begin at 9:00

Finals Begin at 5:00

<u>Women's Events</u>	<u>Day 1– Thursday, December 5</u>	<u>Men's Events</u>
1	200 Freestyle Relay*	2
3	500 Freestyle	4
5	200 Individual Medley	6
7	50 Freestyle	8
9	400 Medley Relay	10
	<u>Day 2 - Friday, December 6</u>	
11	200 Medley Relay*	12
13	400 Individual Medley	14
15	100 Butterfly	16
17	200 Freestyle	18
19	100 Breaststroke	20
21	100 Backstroke	22
23	800 Freestyle Relay	24
	<u>Day 3 - Saturday, December 7</u>	
25	1650 Freestyle	26
27	200 Backstroke	28
29	100 Freestyle	30
31	200 Breaststroke	32
33	200 Butterfly	34
35	400 Free Relay	36

Heats for events 25 and 26 will be swum after event 34

**Qualification for the 4 x 50 relays will be the corresponding 4 x 100 relay time standards. The 200 Freestyle and 200 Medley Relays will be swum as preliminaries and finals, with the preliminaries at the beginning of the morning sessions, and the top 16 from preliminaries advancing to finals. The preliminaries will be championship seeded, and men's and women's heats will be conducted simultaneously in their respective pools. If only one pool is used for the competition, all women's heats will be swum before the men's heats.*

The 400 and 800 relays will be swum as timed finals, with all but the fastest three seeded heats swum fastest to slowest at the end of prelim session. All heats of the 400 and 800 relays may be swum in the finals pool. The three fastest seeded heats will be swum slowest to fastest during finals.

General Information (Continued)



Facility Address

Allan Jones Intercollegiate Aquatic Center
2200 Andy Holt Ave.
Knoxville, TN 37996
865-974-1465

Meet Referee

Jay Thomas
jaythomas@gmail.com

USA Swimming Vice President, Program Operations

Jim Sheehan
jim.Sheehan@marshpm.com

USA Swimming National Events & Marketing Director

Dean Ekeren
dekeren@usaswimming.org

Meet Directors

Christine Scollay
Allan Jones Intercollegiate Aquatic Center
865-974-1465
cscollay@utk.edu

Jackie Bertucci
Director of Operations, Pilot Aquatic Club
865-207-7297
jbartucci@pilotaquaticclub.com

Meeting Schedule

Wednesday, December 4	5:00 PM	General Meeting	University Center Auditorium
Thursday, December 5	7:30 AM	Officials' Meeting	Allan Jones Aquatic Center

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

Directions to Pool from McGhee Tyson Airport

- ◆ Head southwest (0.3 mi)
- ◆ Slight right onto Alcoa Hwy (92 ft)
- ◆ Keep left at the fork and merge onto TN-115 N/US-129 N (1.4 mi)
- ◆ Continue straight onto TN-115 N/US-129 N/Alcoa Hwy (9.5 mi)
- ◆ Take the US-11/US-70/Kingston Pike ramp (0.3 mi)
- ◆ Turn right onto US-11 N/US-70 E/Kingston Pike (0.1 mi)
- ◆ Turn right onto Volunteer Blvd SW (0.4 mi)
- ◆ Turn left onto Andy Holt Ave (Destination on the right)

Estimated travel time - 15 minutes depending on traffic

Broadcast Statement

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

Image Authorization

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

General Information (Continued)



Tickets

Tickets for individual sessions of preliminaries and finals will be available at the Allan Jones Intercollegiate Aquatic Center main entrance during the event.

All Session:

Adult - \$50.00

Youth (12 and Under) and Seniors (60+) - \$30.00

Daily Ticket (includes both prelims and finals for each day):

Adult - \$20.00

Youth (12 and Under) and Seniors (60+) - \$15.00

Single Session (either prelims or finals each day):

Adult - \$15.00

Youth (12 and Under) and Seniors (60+) - \$5.00

Transportation

USA Swimming has negotiated rates with United Airlines if ticketed by Polk Majestic Travel Group. Discounts are based on class of service and availability. For more information, you may contact the PMTG Group Air department at (303) 302-2540 or (800) 218-9481, or contact usaswimming@polkmajestic.com with your request.

Hotels

For up to date hotel information, please refer to usaswimming.org/jrnationals.

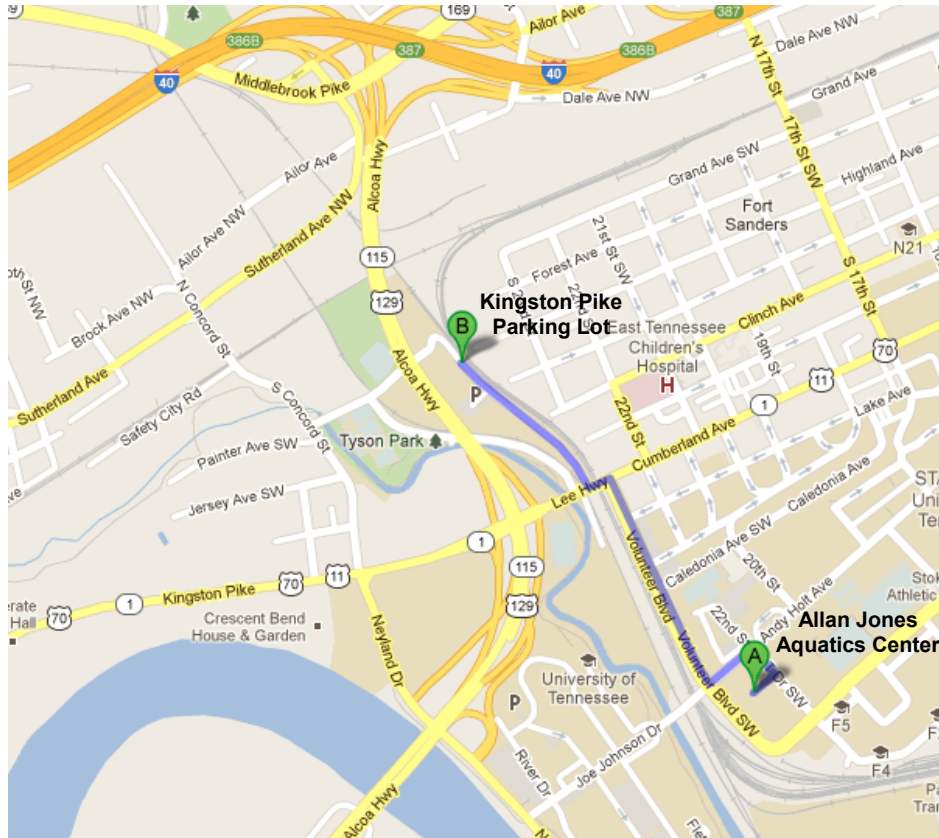
Parking

The University of Tennessee requires a UT permit at all times to park in any lot on campus. Meet parking is allowed in the Kingston Pike Building lot with a UT permit displayed to avoid a ticket.

Five-day, Four-day, and three-day parking cards will be sold for the Kingston Pike Lot. These permits may be purchased at the front desk of the Allan Jones Intercollegiate Aquatic Center Wednesday 10am– 8pm and throughout competition Thursday, Friday and Saturday. The rate for parking is listed below:

Six day \$26.50:	Monday through Saturday
Five-day \$25:	Tuesday through Saturday
Four-day \$20:	Wednesday through Saturday
Three-day \$15	Thursday through Saturday
Individual Day \$5	Sold at the window throughout

- ◆ Shuttle transportation will be provided from the Kingston Pike lot to the Allan Jones Aquatic Center.
- ◆ Parking permits will also be sold at the lot during preliminary sessions.





Information/Lost & Found

“Wet” lost and found items will be located in the large orange bin on the pool deck. Anything of greater value such as camera’s, cell phones, etc. will be taken to the Front Desk located at the main entrance of the Aquatic Center. Information and general directions can also be obtained at the Front Desk.

Lockers

Men’s and Women’s Locker rooms are adjacent to the competition pool for the Athletes. Lockers are not provided. The Allan Jones Intercollegiate Aquatic Center and the meet host will not be held liable for lost or stolen items.

Medical Assistance

First Aid Room is located on the pool deck. Sports massage therapy services will not be provided. On-call physicians will be available.

Concessions

Concessions will be provided on the main entrance level of the Allan Jones Intercollegiate Aquatic Center during competition hours. Aramark is our concessions provider.

Hospitality

A hospitality area for the coaches and officials will be located in a tent just outside the South doors of the pool deck.

Use of Audiovisual

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

Facility

Allan Jones Intercollegiate Aquatic Center: An eight-lane 50-meter by 25-yard competition pool with slanted starting blocks (28 inches above the water surface). Pool depth is 8 feet at each end, 9 feet in the center. Lanes are 9 feet wide formed by 6 inch Competitor lane markers. Warm-up/warm-down pool is located adjacent to the competition pool, with a minimum of two separate 25-yard warm-up/ warm-down lanes available. Seating is available for 1,284 spectators in the balcony overlooking the pool. Only coaches and athletes are permitted on the pool deck, locker rooms are adjacent to the pool.

The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming.

Deck Changing

Except where venue facilities require otherwise, changing into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and is prohibited.

Pool Hours

Tuesday, December 3	1:00 p.m. - 8:00 p.m.
Wednesday, December 4	8:00 a.m. - 9:00 p.m.
Thursday, December 5	6:00 a.m. - 1 hour after finals
Friday, December 6	6:00 a.m. - 1 hour after finals
Saturday, December 7	6:00 a.m. - 1 hour after finals

Credential Pick-Up

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

Tuesday, December 3	1:00 p.m. - 7:00 p.m.
Wednesday, December 4	8:00 a.m. - Noon and 1:00 p.m. - 8:00 p.m.
Thursday, December 5	8:00 a.m. - Noon and 1:00 p.m. - 6:00 p.m.
Friday, December 6	8:00 a.m. - Noon and 1:00 p.m. - 6:00 p.m.
Saturday, December 7	See Admin Ref

Team Banners

Team banners will not be allowed at these Championships.

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.

Wireless Internet Access

Wireless access is available throughout the Allan Jones Intercollegiate Aquatic Center. Spectators should connect to UT-visitor and enter an email address for access.

Television

The 2013 AT&T Winter National Championships will be broadcast on NBC Universal. Check local listings for times in your area.

Entering the Meet



Meet Entries

All Event Entry questions should be directed to: Anthony Buhr at abuhr@usaswimming.org (719-866-3581).

Enter the Winter National Championships on-line at usaswimming.org/OME beginning Tuesday, October 8, 2013 and no later than 11:59 p.m. Mountain Time, Tuesday, November 26, 2013.

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

OME is not an eligibility report; Coaches are responsible for knowing events for which their athletes are qualified.

You can modify your entry on-line by adding to the original entry. You cannot delete an on-line entry once it has been paid for.

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).

Drug waiver forms will automatically be sent to you via e-mail after the entry deadline. Please have these filled out and bring them with you to the meet (*i.e. do not mail to USA Swimming*).

Qualifying Period

The qualification period for this event is November 1, 2012 through the entry deadline.

Number of Events

A swimmer may only swim three (3) individual events per day (including time trials). A swimmer may enter any number of individual events in which the qualifying time standard has been met. All entry times must be proven.

Bonus Events

Bonus events will not be offered for this meet.

Entry Fees:

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

Foreign Entries

Foreign athletes (those who are ineligible to represent the USA in international competitions) will be allowed to swim at this competition, and will be permitted in the Championship ("A") Finals including timed final events, however they cannot score team points (including relays) in a USA Swimming National Championship. Foreign entries cannot be processed through the OME system, but may be submitted on the Hy-Tek Meet Entry File found at usaswimming.org/nationals.

All foreign participants must be members in good standing of their country's FINA affiliated federation. Foreign entries must be proven with meet results and must be submitted by the entry deadline. Foreign athletes who are not members of USA Swimming, may e-mail entries directly to Anthony Buhr at abuhr@usaswimming.org

New Qualifying Swims

A meet will open in OME starting Tuesday, November 26, 2013 with the title 2013 Nationals: New Qualifying Swims. Only swims achieving the qualifying time standards for the first time from Tuesday, November 26, 2013, through Sunday, December 1, 2013, may be entered in this manner. These entries must be submitted no later than 11:59pm Mountain Time on Sunday, December 1, 2013, and cannot be used to improve the seed time of a prior entry. Normal entry fees apply.

Late Entries

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

- A. Late entries must be submitted through the On-Line Meet Entry system (OME);
- B. These entries must be received no later than 11:59 p.m. Mountain Time on Sunday, December 1, 2013;
- C. The team or athlete must pay a one-time processing fee of \$150.00, and pay entry fees of \$30 per individual event and \$60 per relay event.

Secondary Club Recognition

The on-line entry form contains a space for secondary "club recognition." You may enter a second club for each of your athletes if you wish. The secondary club will be listed in the psych sheet, meet roster and heat sheets, if space is available. Each athlete will have only 16 characters for both his/her club and his/her secondary club. The club does not need to be a USA Swimming member club. It may be any club that your athlete wishes to recognize. Listing this club is for recognition purposes only. Listing this club has nothing to do with representation, team scoring or credentials.

Waiver and Release Form

The USA Swimming Waiver and Release Form will be automatically generated by the on-line system. These forms must be submitted at the registration desk. Make copies as needed for each swimmer. Having this completed will save time during check-in at the competition site. Additionally, a parent or legal guardian must sign form if swimmer is under the age of majority in his/her home state.



Rules

USA Swimming Rules and Regulations will govern the conduct of these Championships and will serve as the official guide for technical and procedural rules. It shall be the swimmers' and coaches' responsibility to acquaint themselves with all of the information contained in this meet information book.

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.

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

SWIMS Database—Proof of Time

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

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

Entering Official Times

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

Relay Events - Times and names for each entered relay team must be submitted on the master entry 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

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 the Corporation 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.

Such 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 of Program Operations or designee shall be in accordance with USA Swimming Rules and Regulations.

Automatic Proven Times

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.

Seeding

For these Championships, the seeding order is:

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



Registration

Credentials for coaches, managers and chaperones shall be issued to those persons listed on the submitted team entry forms, according to the following formula, based upon the total size of the team, whether comprised of one or both sexes. Managers and trainers must be included in this formula and on the entry form to receive a deck pass. Athletes entered in the meet will receive a deck pass as part of their entry fee. There is a surcharge of \$20 per person for spectator passes. All others will be required to purchase individual tickets. For clubs that wish to bring one certified massage therapist with their teams, a \$50 surcharge will apply if the massage therapist exceeds the deck pass formula below. These funds shall become the property of the meet host. All massage therapists must be non-athlete members of USA Swimming.

- 1-3 swimmers in individual events: 1 deck pass; 1 spectator pass.
 - 4-6 swimmers in individual events; 2 deck passes; 1 spectator pass.
 - 7-9 swimmers in individual events; 3 deck passes; 1 spectator pass.
 - 10-20 swimmers in individual events; 4 deck passes; 2 spectator passes.
 - 21-30 swimmers in individual events; 5 deck passes; 2 spectator passes.
 - 31-40 swimmers in individual events; 6 deck passes; 3 spectator passes.
 - 41-50 swimmers in individual events; 7 deck passes, 3 spectator passes.
 - 51 or more swimmers in individual events; 9 deck passes; 5 spectator passes.
- Unattached swimmers with a team shall be included in above schedule even if listed on separate entry blank.
- Unattached swimmers not with a team: 1 deck pass; 1 spectator pass.

Check-In

Coaches are responsible for all business conducted at the General Meeting. If, for any reason, you cannot attend the meeting, be sure to find out what occurred. You must arrive prior to the scratch deadline for your swimmer's first event to prove times if necessary.

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

Warm-Up and Safety

Program Operations will provide a complete schedule of warm-up procedures to include lane usage and times, which must be adhered to by all participants. This information will be distributed with the meet information at registration, posted throughout the venue, announced on a regular basis before and during the meet, and monitored by the Meet Referee (or his/her 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.

Scratch Procedures

- A. Location of Scratch Box
 - ◆ The scratch box will be located at the Registration Desk prior to the start of the meet and until the General Meeting.
 - ◆ It will be at the General Meeting.
 - ◆ After the General Meeting, the scratch box will be located with the Clerk of Course for the remainder of the meet.
- B. Scratch Deadlines:
 - ◆ The scratch deadline for the first day's events shall be fifteen (15) minutes after the General Meeting is adjourned. The scratch deadline for all subsequent day's events shall be thirty (30) minutes after the time established for the start of the finals sessions.

Ready Room

A Ready Room will be used at these Championships prior to each "A" finals heat. Each swimmer in the "A" final (including the fastest-seeded heats of the 1650 events) must report to the Ready Room five minutes preceding the event. Bonus and Consolation heats will report directly to their assigned starting block. No relay heats will report to the Ready Room.

Relays and Relay Check-In Procedures

- A. Teams are limited to two relay entries in each relay event.
- B. Qualification for the 4 x 50 relays will be the corresponding 4 x 100 relay time standards. The 200 Freestyle and 200 Medley Relays will be swum as preliminaries and finals, with the preliminaries at the beginning of the morning sessions, and the top 16 from preliminaries advancing to finals. The preliminaries will be championship seeded, and men's and women's heats will be conducted simultaneously in their respective pools. If only one pool is used for the competition, all women's heats will be swum before the men's heats.
- C. The 400 and 800 relays will be swum as timed finals, with all but the fastest three seeded heats swum fastest to slowest at the end of prelim session. All heats of the 400 and 800 relays may be swum in the finals pool. The three fastest seeded heats will be swum slowest to fastest during finals.
- D. 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 1650 freestyle 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. Swimmers may qualify for the 1650 Freestyle events using the 1500/1650 time standards or the 800/1000 time standards.
- C. Distance Check-in and Seeding - Entrants in the 1650 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.
- D. Order of Distance Events - The preliminary heats of the 1650 freestyle will be swum slowest to fastest, alternating women's and men's heats. The starting time for each heat held during the preliminary session shall be scheduled so that the second-fastest seeded heat of the Men's event is concluded 60 minutes before the evening finals session is scheduled to begin. Only the fastest seeded heat in each event will swim in the Finals session.
- E. The 1650 Freestyle events will be timed finals, with the single fastest-seeded heat in each event swum in the evening session. All other heats will be swum after the conclusion of prelims.

Finals Session Event Order

There will be a bonus, consolation, and championship final in each individual event at this Championship (except the 1650 yard freestyle events, which will have only the fastest heat swimming in the finals session). The 200 Relays will have only an A Final and a B Final, and all other relays will be timed finals. The order of the final events shall be C, B and A (bonus, consolation and championship).

Meet Scoring

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

Results

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

Awards

An awards ceremony will be conducted immediately after each event. The top three swimmers in each individual event, and the top three relays in each relay event, should report to the Awards Staging Area following the "A" Final for their event, and immediately dress in official team apparel for the medal ceremony.

- A. Team Awards - Awards will be provided for the top three teams in Men's, Women's, and Combined categories. There will be no awards for college teams.
- B. Medals - A medal ceremony will be conducted for the top three place winners in each event. Fourth through eighth place finishers should pick up their medals in the awards staging area. An "18&Under" National Champion medal will also be presented to the highest placing American 18&under swimmer in each individual event.

- C. Individual High Point Awards - Male and Female Awards will be given at the National Championships. These awards are named after Robert J. Kiphuth, the great swimming coach from Yale University.
- D. Phillips 66 Performance Award - This award, sponsored by USA Swimming corporate partner, Phillips 66, is presented to the swimmer who achieves the single most outstanding performance of the meet, based on the FINA power points system.

Time Trials

Time Trials will be conducted on a time-available basis, and may be limited to approximately one hour each day. These Time Trials shall be held under a separate sanction.

- A. Time Trials will be conducted in short course yards each day.
- B. A swimmer is limited to a maximum of two Time Trials during the course of the Championships.
- C. A swimmer must be entered in the meet with a proven time to participate in the Time Trials
- D. The Time Trial entry deadline shall be one hour prior to the estimated/published conclusion of that days preliminary session.
- E. Except as noted below, Time Trials shall be swum in the order listed under the meet program as follows:
 - ◆ First Day: that day's events, followed by the remaining events in the meet.
 - ◆ Second Day and Third Day: that day's events, followed by the remaining events in the meet.
 - ◆ The distance freestyle events will typically be offered on only one day of the meet. The day will be determined by the Meet Referee, depending on the size of the meet, time available, etc; and be announced at the General Meeting.

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



Phillips 66 Athlete Reimbursement Policy

1. Reimbursement is available for the following USA Swimming competitions:

- a. 2013 Phillips 66 National Championships and World Championship Trials
- b. 2013 10K Open Water National Championships
- c. 2013 US Open
- d. 2013 AT&T Winter National Championships

2. Eligibility Criteria

- a. Athletes must be US citizens and eligible to represent the United States in International competition.
- b. For pool competitions, reimbursement will be awarded to those athletes who are ranked in Olympic events in the indicated Top 100 World Rankings from www.fina.org.
- c. For the 2013 Phillips 66 National Championships/World Championship Trials, LCM World Rankings from June 17, 2012 through June 17, 2013 will be used.
- d. For the 2013 US Open, LCM World Ranking from July 22, 2012 through July 22, 2013 will be used.
- e. For the 2013 AT&T Winter National Championships, the LCM World Rankings from November 25, 2012 through November 25, 2013 will be used.
- f. A time swum in the current competition that would have made the Top 100 World Rankings does not qualify an athlete for reimbursement.
- g. For 2013 10K Open Water Nationals, reimbursement is based on results from the current and previous year's Championships, rather than World Rankings.
- h. Local athletes who qualify via the rankings are eligible to receive funding.

3. Application Process

- a. USA Swimming Athlete Services staff will compile a list of all athletes eligible to receive funding and the amount of funding each athlete will receive.
- b. Coaches who have athletes on this list will be contacted via email following the competition to clearly designate if the funds should be sent to the Club or to the Athlete.
Note: NCAA athletes may not receive funds directly; funds must be sent to the club. USA Swimming Athlete Services staff will notify, via email, all funding recipients to request a current w-9 form, if needed, and verify the appropriate address.
- c. The list of recipients/funding will be sent to the Times and Recognition Committee Chair for checks and balances.
- d. Swimmers not listed on the Top 100 World Rankings, but having achieved a time that earns them a place on the list may submit a time from the SWIMS database within the qualifying period to the Athletes Services staff member on site.

4. Reimbursement Structure: Pool (LCM National Championships/Trials, Winter National Championships/US Open)

<u>Rank</u>	<u>Reimbursement</u>
1 st - 8 th	\$675
9 th - 16 th	\$575
17 th - 25 th	\$475
26 th - 50 th	\$375
51 st - 100 th	\$175

Reimbursement Structure: 10K Open Water Nationals

*athletes may receive funding in one category only

<u>Status</u>	<u>Reimbursement</u>
Current Year National Team Member	\$675
Top 6 Finishers at 10K OW Nationals	\$375

- a. Checks will be mailed directly to the address provided by the recipient. Coaches and Athletes must take the responsibility to make sure the funds are sent to the appropriate recipient. USA Swimming is not responsible for lost checks or checks mailed to the incorrect address.
- b. USA Swimming staff will work for disbursement of funds 2 weeks from the final day of the competition.



Testing

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

Medications: The 2013 Prohibited List is in effect for this competition and may be found at usada.org

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

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

Drug Reference Online: globaldro.com

Drug Reference Line: 800-233-0393 or 719-785-2000

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

Supplements

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

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, rev: Sep/11

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

Athletes who were previously eligible for out of competition (no-advance-notice) doping control and officially retired have a 9 month waiting period before they can compete (should they choose to return to competition) and must again be subject to out-of-competition testing during this reinstatement period. The athlete is not permitted to compete in any USA Swimming sanctioned 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.

More Information

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

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



2013 AT&T Winter National Championships
Allan Jones Aquatic Center
The University of Tennessee
Knoxville, TN

Women			Event	Men		
LCM	SCM	SCY		SCY	SCM	LCM
26.69	26.19	23.29	50 Fr	20.59	22.89	23.59
57.69	56.29	50.89	100 Fr	45.19	49.99	51.79
2:04.59	2:01.49	1:49.69	200 Fr	1:39.09	1:49.89	1:53.29
4:20.79	4:12.29	4:51.99	400/500 Fr	4:28.89	3:52.49	4:01.09
8:54.49	8:42.99	10:01.19	800/1000 Fr	9:20.59	8:10.09	8:21.49
17:06.69	16:34.79	16:45.19	1500/1650 Fr	15:34.89	15:17.79	15:59.99
1:05.49	1:02.59	56.49	100 Bk	50.49	55.89	58.59
2:19.89	2:15.39	2:01.19	200 Bk	1:49.39	2:01.59	2:06.69
1:13.79	1:11.99	1:04.09	100 Br	56.79	1:03.19	1:05.59
2:39.19	2:34.89	2:18.29	200 Br	2:03.39	2:17.79	2:22.89
1:03.19	1:01.99	55.89	100 Fl	49.79	54.49	55.99
2:17.89	2:15.89	2:02.69	200 Fl	1:50.19	2:00.69	2:04.59
2:21.89	2:17.59	2:03.69	200 IM	1:51.39	2:03.19	2:08.19
4:58.59	4:52.09	4:22.99	400 IM	3:57.79	4:23.59	4:32.59
3:52.69		3:23.39	4X100 Fr-R	3:00.69		3:29.29
8:22.19		7:18.99	4x200 Fr-R	6:41.29		7:42.79
4:18.29		3:44.19	4x100 Med-R	3:16.99		3:50.09

* Qualifying period is November 1, 2012 through the entry deadline

* **No Bonus Standards**