



**2021 Speedo Summer Championships  
August 3-7 (Tuesday-Saturday)**

**WEST - Woollett Aquatics Center, Irvine, CA**

**EAST - Greensboro Aquatics Center, Greensboro, NC**

**Entry deadline is Tuesday, July 27, 2021**

**These championships and associated time trials are sanctioned by USA Swimming.**

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## 2021 Speedo Summer Championships August 3-7 (Tuesday-Saturday)

West - Woollett Aquatics Center, Irvine, CA  
East - Greensboro Aquatics Center, Greensboro, NC

### Important Facts About the Meet

- ◆ Please note that information in this document may be modified to meet current local, state, and federal COVID-19 protocols, including capacity limits, event postponement or cancellation.
- ◆ Entry Deadline: All entries must be made online at [usaswimming.org/ome](https://usaswimming.org/ome) no later than Tuesday, July 27, 2021, by 11:59 p.m. Mountain Time. The entry system will open June 29, 2021.
- ◆ New Qualifying Swims: Swims achieving the qualifying time standards for the first time from Wednesday, July 28, 2021, through Sunday, August 1, 2021, may be entered through OME under the title "2021 Summer Championships: New Qualifying Swims." These entries must be submitted no later than 11:59 p.m. Mountain Time on Sunday, August 1, 2021, and cannot be used to improve the seed time of a prior entry. Normal entry fees apply.
- ◆ The qualification period for this event is July 1, 2019, through the entry deadline.
- ◆ These events are open to swimmers who are 2021 Premium or Outreach members of USA Swimming, and who have achieved the published time standard in one or more events. .
- ◆ Eight swimmers will qualify for each "A", "B", "C", and "D" heats in the Finals (i.e. 32 swimmers will advance to finals). In the Finals, the order of heats will be "B"/"A", relays, and then "C"/"D". The "D" Final will be limited to the top 18-under athletes that do not qualify for the "A", "B", or "C" Final.
- ◆ Athletes who have qualified in one or more individual events may enter and swim in up to two bonus events, provided they have achieved the published "Bonus Time Standards."
- ◆ Relay qualifying standards will not be separated by ages. All relay standards will be those listed for 19-O.
- ◆ Time Trials will be conducted for swimmers who are entered and compete in individual events, provided there is sufficient time between the end of the preliminary session and the start of warm-ups for the final session. Relay-only swimmers will be allowed in this meet, but will not be allowed to participate in time trials.
- ◆ This competition will follow the scratch rules as defined in section 207.11.6 of the USA Swimming Rules and Regulations. The penalty for failure to compete in an individual preliminary heat in which such swimmer is entered and has not been scratched will be one of the following:
  - ◆ Being barred from all further individual and relay events of that day as prescribed in section 207.11.6, or;
  - ◆ Payment of a fine of \$200
- ◆ Swimmers may qualify for the 800 and 1500 Freestyle events with either the 800/1500 Meter time standards or the 1000/1650 Yard time standards. Swimmers in these events must be positively checked-in prior to the scratch deadline(s) in order to compete in these events.
- ◆ At the discretion of the Meet Referee, the preliminary sessions may be conducted using "Flyover" starts and/or in an A/B flighted format. Details of any changes to normal meet operations protocol will be announced at the Technical Meeting.
- ◆ It shall be the swimmers' and coaches' responsibility to acquaint themselves with all of the information contained in this meet information book and information or changes announced at the Technical Meeting.

## COVID-19 and Safe Sport Information

### COVID-19 Information

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

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

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

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

### Safe Sport Information

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

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

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

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

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

Each club is responsible for the conduct of its swimmers. Any person who, in the opinion of the Meet Director or Meet Marshall, is harmful to others or to other's property may be required to leave the competition. No swimmer will be allowed access to the pool deck without a coach member present. If the home club coach is not planning to attend event, swimmer must designate a supervising coach. Arriving with fellow LSC club/coach is preferred.

## COVID-19 and Safe Sport Information

### (Safe Sport Information - Continued)

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.

Any swimmer entered in the meet must be certified by a USA Swimming member-coach as being proficient in performing a racing start. It is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.

Deck changes are prohibited.

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

Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach areas, spectator areas and open ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present.

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

It is understood and agreed that USA Swimming, the Meet Hosts, Facility Owners, and the LSCs shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.

## Order of Events

### 2021 Speedo Summer Championships

Heats Begin at 9:00 a.m.

Finals Begin at 5:30 p.m.

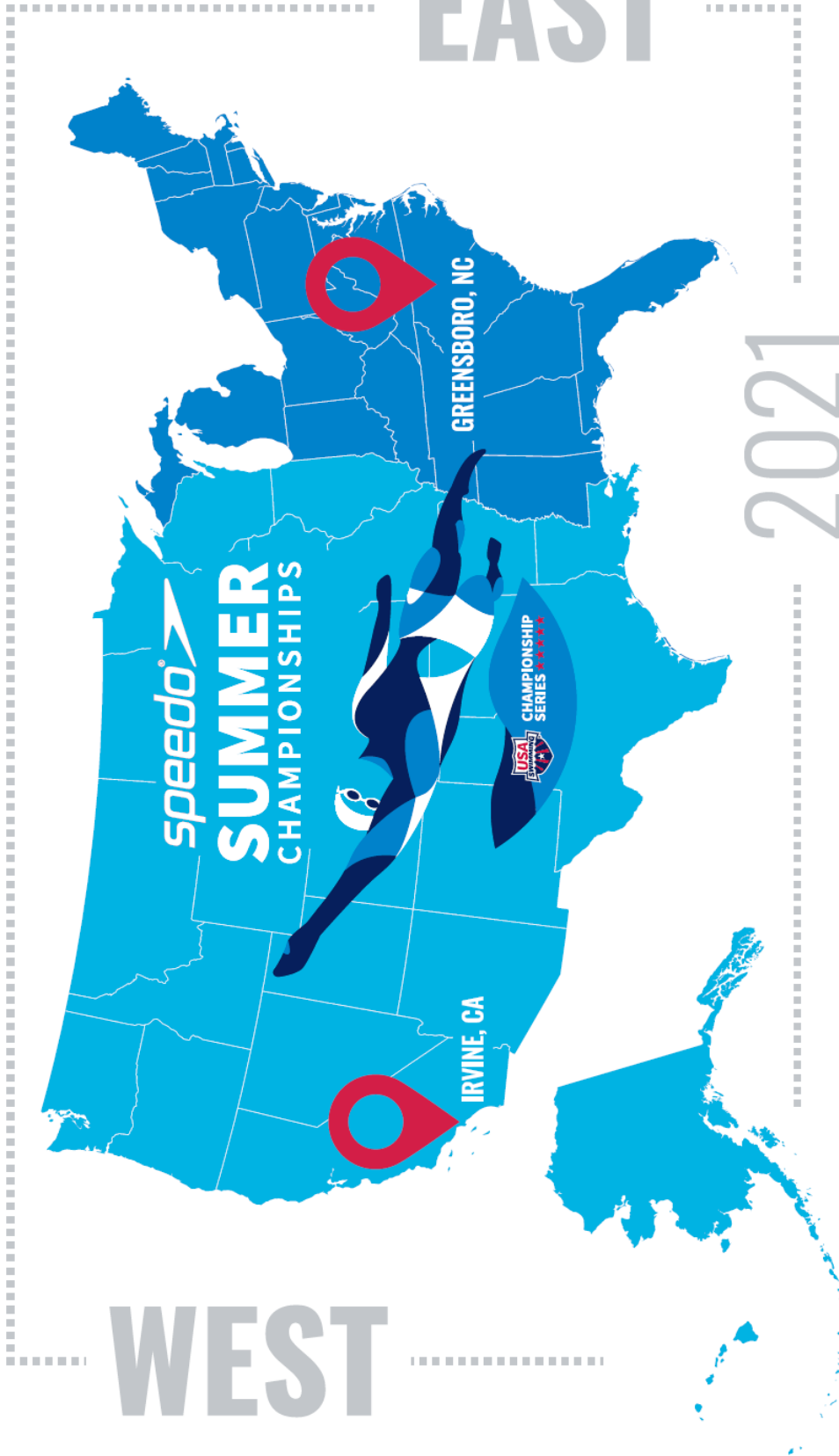
<u>Women's Events</u>	<u>Day 1 – Tuesday, August 3</u>	<u>Men's Events</u>
1	200 Butterfly	2
3	100 Freestyle	4
5	Women's 800 Freestyle	-
-	Men's 1500 Freestyle	6
-	Men's 4 x 100 Free Relay	7
	<b><u>Day 2 – Wednesday, August 4</u></b>	
8	200 Freestyle	9
10	200 Breaststroke	11
12	200 Backstroke	13
14	Women's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

On Day 1 and Day 5, the distance freestyle events will be swum slowest to fastest, alternating women's and men's heats, with the fastest heat of each race swum during the evening session. All other heats will be scheduled to begin after the preliminary session so the second fastest heat of the men's event finishes approximately one hour prior to the start of the evening session.

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

EAST

2021



WEST







## Local Information (WEST)

3. USA Swimming has also developed concussion and head injury education materials for coaches and administrators. Below is a concussion at the pool checklist for coaches, officials, and parents.

### *Concussion at the pool Checklist*

After entering the meet, you will receive the standard USA Swimming Participant Waiver, a Concussion Information Sheet for Parents and Swimmers, and the Concussion Acknowledgment Document. Please be sure to take the time to read this information to avoid any delays or issues at the meet. Both the waiver and the acknowledgment document will need to be signed and submitted for each athlete at registration.





## Additional 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 with the USA Swimming media staff.

### Pool Hours

Sunday, Aug 1	Noon - 5:00 p.m. EAST
Sunday, Aug 1	Noon - 8:00 p.m. WEST
Monday, Aug 2	8:00 a.m. - 8:00 p.m.
Tuesday, Aug 3	6:00 a.m. - 1 hour after finals
Wednesday, Aug 4	6:00 a.m. - 1 hour after finals
Thursday, Aug 5	6:00 a.m. - 1 hour after finals
Friday, Aug 6	6:00 a.m. - 1 hour after finals
Saturday, Aug 7	6:00 a.m. - 1 hour after finals

### Credential Pick-Up

Credentials and parking permits can be picked up at the venue according to the following schedule:

Sunday, Aug 1	Noon - 5:00 p.m.
Monday, Aug 2	7:30 a.m. - Noon & 1:00 p.m. - 8:00 p.m.
Tuesday, Aug 3	7:30 a.m. - Noon & 1:00 p.m. - 1 hr after finals
Wednesday, Aug 4	7:30 a.m. - Noon & 1:00 p.m. - 1 hr after finals
Thu - Sat, Aug 5-7	See volunteer at the Volunteer Check-In table at the bottom of the stairs leading to the east deck entry (garage side)

### Team Banners

Team banners will not be allowed at this event.

### Credentials

Restricted access to the facility will be strictly enforced. Please wear your credential at all times. There is a \$100 replacement charge for lost credentials. Team Massage Therapist credentials can be purchased through OME at \$100. Massage Therapist credentials will have restricted access and will not allow access to coach hospitality.

## Entry Information

### Entering Online at [usaswimming.org/ome](https://usaswimming.org/ome)

All Entry questions should be directed to Macie McNichols at USA Swimming ([mmcnichols@usaswimming.org](mailto:mmcnichols@usaswimming.org)) or the Administrative Referee for your site.

All entries must be made online at [usaswimming.org/ome](https://usaswimming.org/ome) no later than Tuesday, July 27, 2021, by 11:59 p.m. Mountain Time. The entry system will open June 29, 2021. You will be required to pay for the online entries with a Visa, Mastercard, American Express or Discover.

OME is not an eligibility report. It is the coach's responsibility to know for which events your athlete is qualified. You can modify your entry online by adding to the original entry. You may not delete an online entry once it has been submitted/paid for. Once you complete your online entry, you will be sent confirmations via e-mail. Please keep all of these and bring them with you to the meet (just in case).

Drug waiver forms will automatically be sent to you via e-mail after the entry deadline closes. Please have these filled out and bring them with you to the meet.

### Qualifying Period

The qualification period for this event is July 1, 2019 through the entry deadline.

### Entry Fees:

Individual Events: \$20.00  
Relay Events: \$40.00  
Coach/Staff: \$20.00 per credential (\$25 on site)

### Number of Events

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

### New Qualifying Swims

Swims achieving the qualifying time standards for the first time from Wednesday, July 28, 2021, through Sunday, August 1, 2021, may be entered through OME under the title "2021 Summer Championships: New Qualifying Swims." These entries must be submitted no later than 11:59 p.m. Mountain Time on Sunday, August 1, 2021, and cannot be used to improve the seed time of a prior entry. Normal entry fees apply.

### Foreign Entries

Foreign swimmers who are members current Premium or Outreach members of USA Swimming may enter through the OME system. No foreign delegations are allowed.

### Late Entries

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

- A. Late entries must be submitted through the Online Meet Entry system (OME);
- B. Late entries must be submitted no later than 11:59 p.m. Mountain Time on *Sunday, August 1, 2021*;
- C. The team or athlete must pay a one-time processing fee of \$150.00, *and* pay double entry fees.

### Bonus Entries

Athletes who have qualified in one or more individual events may enter and swim in up to two bonus events, provided they have achieved the published "Bonus Time Standards."

### Secondary Club Recognition

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

### Waiver and Release Form

The USA Swimming Waiver and Release Form and COVID-19 Waiver will be automatically generated by the online system. These forms must be submitted at the registration desk in order to receive event credentials and coach packets. 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 a swimmer is under the age of majority in his/her home state.

## Championship Procedures

### Rules

This event and associated time trials are held under the sanction of USA Swimming. Unless otherwise noted herein, these meets shall be conducted in accordance with current USA Swimming Rules and Regulations. A Meet Committee consisting of at least one official, one coach, and one athlete will be appointed by the Meet Referee to review conflicts arising from administrative matters.

### Membership Requirements

All athletes, coaches, and staff expecting to receive a deck pass should be prepared to show proof of current USA Swimming membership. 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](http://usaswimming.org/protect). Coaches must meet and have current certifications for all the requirements of coach membership including successfully passing the required background check and APT course.

No swimmer will be issued a credential without an assigned coach member present. Arriving at Registration with the home club coach is preferred. If the home club coach is not planning to attend the event, the home club coach and swimmer must assume responsibility to find a supervising coach in advance of arrival at the meet. That supervising coach should plan to arrive at Registration with the swimmer. If a swimmer arrives without a supervising coach, he/she must find a willing coach at the facility to sign the athlete supervision form before an athlete can be issued a credential.

### SWIMS Database—Proof of Time

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

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

rently 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. USA Swimming reserves the right to challenge any submitted time. All scratches must be proven.

### Responsibility Clause

The coach, swimmer or swimmer representative who enters a USA Swimming Championship thereby attests that all times stated are true and correct as achieved qualifying times for each event entered. He/she assumes all responsibility for false or incorrect times, or times which are unacceptable under USA Swimming rules, and shall be assessed a \$100 penalty payable to USA Swimming for each such time entered, unless absolved of the fine by USA Swimming. 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 knowingly entered such a false time(s) into the SWIMS Database. Any appeal of these decisions shall be in accordance with the provisions of Part Four, specifically Article 405.

### Automatic Proven Times

Times submitted to the USA Swimming SWIMS database no later than 20 days prior to the event will be in the database. If a time for a swimmer is visible in the public search feature on the USA Swimming website (Times/Time Standards) and it was swum in the appropriate qualifying period, it is considered a proven official time. Entry times not proven by the scratch deadline for the event will be considered as false or incorrect times and are subject to action under provisions of the USA Swimming Rules and Regulations. 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 Times Official in the LSC in which the meet was held. LSC officials may charge a fee for data entry requested after the meet ends.

### Registration

Deck access credentials for Coaches, Managers and Team Support shall be issued to those persons listed on the submitted team entry forms according to the following team size formula. The cost for these credentials are \$20/each. Managers and Team Support personnel must be included in this formula and on the entry form to receive a credential. If athletes are scratched from the meet, teams may be asked to surrender Coach, Manager, or Team Support credentials in order to maintain compliance with the credential formula. All Team Man-

## Championship Procedures

agers and Trainers must be non-athlete members of USA Swimming. Athletes entered in the meet will receive a deck pass credential as part of their entry fee. For clubs that wish to bring one certified Massage Therapist with their teams, a \$100 surcharge will apply if the Massage Therapist exceeds the deck pass credential formula below. These funds shall become the property of the meet host. All Massage Therapists must be non-athlete members of USA Swimming and will have limited access around the venue, including no hospitality access.

- ◆ 1-3 swimmers in individual events, or one relay-only team with any number of alternates: 1 deck pass
- ◆ 4-6 swimmers in individual events; 2 deck passes
- ◆ 7-9 swimmers in individual events; 3 deck passes
- ◆ 10-14 swimmers in individual events; 4 deck passes
- ◆ 15-19 swimmers in individual events; 5 deck passes
- ◆ 20-24 swimmers in individual events; 6 deck passes
- ◆ 25-29 swimmers in individual events; 7 deck passes
- ◆ 30- 34 swimmers in individual events; 8 deck passes
- ◆ 35-39 swimmers in individual events; 9 deck passes
- ◆ 40 or more swimmers in individual events; 10 deck passes
- ◆ Unattached swimmers not with a team: 1 deck pass

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

### Check-In

Coaches are responsible for all business conducted during the Technical Meeting. If, for any reason, you cannot attend the meeting, be sure to find out what occurred.

- A. Be prepared to show your coach membership card. To avoid any problems with your swimmers, have their membership cards as well.
- B. Review the posted psych sheet and make sure your swimmers do not have an asterisk (\*) by their time.
- C. In the event of an asterisk, contact the Administrative Referee immediately and clear the time. It is your responsibility to do this. If it is not cleared by the scratch deadline, the swimmer will be scratched from the event. If a time cannot be proved, the coach is subject to a \$100 fine. You should make sure all your athletes' times are in the SWIMS database.
- E. Swimmers in the 800 and 1500 Freestyle events must be positively checked-in prior to the scratch deadline(s) in order to compete in these events.
- 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

USA Swimming will provide a complete schedule of warm-up procedures to include lane usage and times,

which must be adhered to by all participants. This information will be distributed with the meet information at registration, posted throughout the venue, announced on a regular basis before and during the meet, and monitored by the Meet Referee (or his/her special designees). Flagrant violation of these procedures may result in a disqualification from the meet for unsportsmanlike activity. Encourage your swimmers to cooperate with marshals. The main competition pool will be reserved the last 60 minutes for swimmers competing in that session's events.

### Scratch Procedures

- A. Scratches may be submitted by email to the site's Administrative Referee prior to the deadlines
- B. The scratch deadline for the first day's events shall be fifteen (15) minutes after the Technical Meeting is adjourned. The scratch deadline for all subsequent day's events shall be thirty (30) minutes after the time established for the start of the finals sessions.

### Scratch Rules

This event will follow the scratch rules as defined in section 207.11.6 of the USA Swimming Rules and Regulations. The penalty for failure to compete in an individual preliminary heat in which such swimmer is entered and has not been scratched in accordance with subparagraphs 207.11.6A and B will be one of the following:

- ◆ Being barred from all further individual and relay events of that day as prescribed in section 207.11.6C, or
- ◆ Fine of \$200 payable to host.

### Ready Room

A Ready Room will be used at these Championships prior to each individual event "A" finals heat. Each swimmer must report to the Ready Room no later than five minutes preceding the event. All other heats and relays will report directly to the starting blocks.

### Awards Staging

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

### Distance Freestyle

- A. Positive check-in for the 800 and 1500 Freestyle events may be submitted by email to the site's Administrative Referee prior to the deadlines.
- B. Distance Entry - Any swimmer who qualifies for the 800m or 1500m freestyle events may enter at his/her fastest time or at the qualifying time standard, if entered in two or more individual events on the day of the distance freestyle.
- C. On Day 1 and Day 5, the distance freestyle events will be swum slowest to fastest, alternating women's and men's heats, with the fastest heat of each race swum during the evening session. All other heats will be scheduled to begin after the preliminary ses-



## Championship Procedures

sion so the second fastest heat of the Men's event finishes approximately one hour prior to the start of the evening session.

- D. Swimmers may qualify for the 800 and 1500 Freestyle events with either the 800/1500 Meter time standards or the 1000/1650 Yard time standards.

### Relays and Relay Check-In Procedures

- A. Teams are limited to two relay entries in each relay event.
- B. Relay qualifying standards will not be separated by ages. All relay standards will be those listed for 19-O.
- C. Relay Cards with the first and last names and order of swimming for each entered relay may be submitted by email to the site's Administrative Referee prior to the start of the relays.
- D. Relay order may be changed up to the time of the swim.
- E. All relays will be timed finals with all heats swum in the evening following the conclusion of the "B"/"A" Finals, and prior to the "C"/"D" Finals.
- E. The relay order shall be: 2nd Fastest Heat, Fastest Heat, 3rd Fastest Heat, 4th Fastest Heat, Etc., except on night 5 when the order will be; the 2nd fastest Women's relay heat will swim first, followed by the fastest Women's heat, followed by the 2nd Fastest Men's heat, the Fastest Men's heat, and then alternating the remaining Women's and Men's heats.

### Seeding

For this competition, the seeding order is:

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

### Finals Session Event Order

Eight swimmers will qualify for each "A", "B", "C", and "D" heats in the Finals (i.e. 32 swimmers will advance to finals). In the Finals, the order of heats will be "B"/"A", relays, and then "C"/"D". The "D" Final will be limited to the top 18-under athletes that do not qualify for the "A", "B", or "C" Final.

### 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. Relays will score double.

### Results

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

### Awards

Individual Awards - Medals will be presented to the top eight place winners in each event.

### Time Trials

Time Trials will be conducted for swimmers who compete in individual events, provided there is sufficient time between the end of the preliminary session and the start of warm-ups for the final session. Relay-only swimmers are not allowed to participate in the Time Trials. These Time Trials shall be held under a separate sanction and shall be limited to a maximum of one hour each day.

- A. Registration for Time Trials will be open at the Clerk of Course. Hours for Time Trial registration will be announced at the technical meeting.
- B. Time Trials will be conducted in long course meters each day.
- 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 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:

- ◆ First Day: that day's events, followed by the remaining events in the meet.
- ◆ Remaining Days: 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. The day will be determined by the Meet Referee, depending on the size of the meet, time available, etc; and be announced at the Technical Meeting.
- ◆ The 50s are the last events swum in Time Trials, except on the day(s) which they are contested in the meet, when they will be the first event of time trials.

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

## Championship Procedures

### Transgender Participants

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

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

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

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

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

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

### Video Review

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

## Doping Control

### ***The 2021 Speedo USA Swimming Summer Championships are subject to Doping Control.***

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

### **What substances are banned?**

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

### **What about medication?**

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

The [USADA wallet card](#) also provides information on the most commonly ingested medications. If and when a medication is prohibited, athletes may choose to stop taking or replace the medication with a non-prohibited substance or explore the [Therapeutic Use Exemption](#) process.

*Your health is your first priority. Any decision to stop or start a medication should be made in consultation with your medical provider. It's important to understand that Dietary Supplements are not medication. They are regulated and manufactured differently. For these reasons, USADA is unable to provide guidance on specific dietary supplement products. For more information visit [USADA's Supplement 411 resource](#).*

### **Therapeutic Use Exemptions?**

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

### **Understand the Sample Collection Process:**

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

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

**NCAA doping control rules are different than the rules for this meet. Be sure all athletes have checked their meds with USADA and understand this information.**

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



# 2021 TIME STANDARDS

## SPEEDO SUMMER CHAMPIONSHIPS

\* Qualifying period 7/1/2019 through entry deadline

WOMEN				MEN		
SCY	SCM	LCM	19& OVER STANDARDS	LCM	SCM	SCY
22.29	24.89	25.99	50 FR	23.19	21.89	19.79
48.89	53.89	56.39	100 FR	50.49	47.59	43.09
1:45.89	1:56.69	2:01.79	200 FR	1:51.39	1:45.89	1:35.59
4:43.79	4:05.09	4:16.89	400/500 FR	3:57.79	3:44.59	4:19.39
9:48.09	8:32.09	8:48.09	800/1000 FR	8:12.99	7:56.89	9:04.99
16:18.09	16:07.59	16:49.19	1500/1650 FR	15:44.89	14:53.39	15:10.09
53.29	58.59	1:02.99	100 BK	56.79	52.09	46.79
1:55.39	2:07.89	2:15.59	200 BK	2:03.29	1:56.39	1:44.79
1:00.69	1:07.79	1:10.99	100 BR	1:03.29	59.29	53.39
2:11.69	2:27.29	2:33.79	200 BR	2:18.09	2:12.69	1:58.29
52.99	58.29	1:00.89	100 FL	54.49	51.89	47.29
1:57.79	2:09.49	2:14.59	200 FL	2:01.69	1:54.99	1:45.09
1:58.29	2:10.49	2:17.99	200 IM	2:04.69	1:56.29	1:45.19
4:12.09	4:37.99	4:53.19	400 IM	4:26.89	4:11.29	3:46.99
03:25.5	03:50.7	03:54.6	4x100 FR-R	03:32.1	03:29.6	03:06.3
07:33.0	08:17.8	08:26.1	4x200 FR-R	07:45.2	07:31.8	06:49.2
03:46.4	04:15.8	04:20.5	4x100 MED-R	03:53.6	03:51.9	03:24.8



# 2021 TIME STANDARDS

## SPEEDO SUMMER CHAMPIONSHIPS

\* Qualifying period 7/1/2019 through entry deadline

WOMEN				MEN		
SCY	SCM	LCM	19& OVER BONUS	LCM	SCM	SCY
22.79	25.39	26.59	50 FR	23.99	22.69	20.49
49.69	54.69	57.59	100 FR	51.99	48.99	44.39
1:47.39	1:58.39	2:04.29	200 FR	1:54.29	1:48.99	1:38.39
4:48.09	4:08.79	4:21.39	400/500 FR	4:02.79	3:52.29	4:28.29
9:56.79	8:39.69	8:58.69	800/1000 FR	8:23.09	8:03.99	9:13.19
16:32.59	16:21.89	17:11.29	1500/1650 FR	16:05.09	15:17.09	15:34.19
54.49	59.89	1:04.39	100 BK	58.79	55.39	49.69
1:57.69	2:10.49	2:18.29	200 BK	2:06.99	1:59.99	1:47.99
1:02.89	1:10.19	1:13.29	100 BR	1:06.09	1:01.99	55.79
2:15.49	2:31.59	2:38.29	200 BR	2:23.29	2:15.89	2:01.19
53.99	59.39	1:02.39	100 FL	56.49	53.69	48.99
1:59.39	2:11.19	2:16.99	200 FL	2:05.09	1:58.09	1:47.89
2:00.59	2:13.09	2:20.99	200 IM	2:08.29	2:00.39	1:48.89
4:15.19	4:41.39	4:57.29	400 IM	4:33.09	4:17.59	3:52.69





# 2021 TIME STANDARDS

## SPEEDO SUMMER CHAMPIONSHIPS

\* Qualifying period 7/1/2019 through entry deadline

### WOMEN

### MEN

SCY	SCM	LCM	18& UNDER STANDARDS	LCM	SCM	SCY
22.79	25.39	26.59	50 FR	23.99	22.69	20.49
49.69	54.69	57.59	100 FR	51.99	48.99	44.39
1:47.39	1:58.39	2:04.29	200 FR	1:54.29	1:48.99	1:38.39
4:48.09	4:08.79	4:21.39	400/500 FR	4:02.79	3:52.29	4:28.29
9:56.79	8:39.69	8:58.69	800/1000 FR	8:23.09	8:03.99	9:13.19
16:32.59	16:21.89	17:11.29	1500/1650 FR	16:05.09	15:17.09	15:34.19
54.49	59.89	1:04.39	100 BK	58.79	55.39	49.69
1:57.69	2:10.49	2:18.29	200 BK	2:06.99	1:59.99	1:47.99
1:02.89	1:10.19	1:13.29	100 BR	1:06.09	1:01.99	55.79
2:15.49	2:31.59	2:38.29	200 BR	2:23.29	2:15.89	2:01.19
53.99	59.39	1:02.39	100 FL	56.49	53.69	48.99
1:59.39	2:11.19	2:16.99	200 FL	2:05.09	1:58.09	1:47.89
2:00.59	2:13.09	2:20.99	200 IM	2:08.29	2:00.39	1:48.89
4:15.19	4:41.39	4:57.29	400 IM	4:33.09	4:17.59	3:52.69



# 2021 TIME STANDARDS

## SPEEDO SUMMER CHAMPIONSHIPS

\* Qualifying period 7/1/2019 through entry deadline

### WOMEN

### MEN

SCY	SCM	LCM	18& UNDER BONUS	LCM	SCM	SCY
23.49	26.19	26.99	50 FR	24.39	23.19	20.99
50.99	56.19	58.39	100 FR	52.89	50.59	45.79
1:49.79	2:00.99	2:05.39	200 FR	1:56.29	1:51.09	1:40.29
4:52.09	4:12.19	4:23.79	400/500 FR	4:06.29	3:56.09	4:32.69
10:03.59	8:45.59	9:03.49	800/1000 FR	8:33.79	8:14.79	9:25.49
16:46.19	16:35.39	17:20.49	1500/1650 FR	16:14.99	15:29.57	15:46.99
56.59	1:02.19	1:05.59	100 BK	59.69	56.79	50.99
2:01.29	2:14.49	2:20.69	200 BK	2:09.59	2:02.99	1:50.69
1:04.29	1:11.79	1:14.29	100 BR	1:07.59	1:04.09	57.69
2:19.79	2:36.39	2:40.09	200 BR	2:27.19	2:21.19	2:05.89
55.99	1:01.59	1:03.39	100 FL	57.39	54.89	50.09
2:03.29	2:15.49	2:19.59	200 FL	2:08.19	2:02.09	1:51.59
2:03.79	2:16.59	2:22.49	200 IM	2:10.49	2:04.29	1:52.49
4:23.69	4:50.79	5:01.89	400 IM	4:38.39	4:25.89	4:00.19