



2019 Phillips 66 National Championships
Wednesday, July 31st - Sunday, August 4th

Avery Aquatic Center
Stanford, CA

Entry deadline is Tuesday, July 23, 2019

These championships and associated time trials are sanctioned by USA Swimming



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Important Facts About the Meet



- ◆ **Entry Deadline:** All entries must be made online at usaswimming.org/ome no later than Tuesday, July 23, 2019, by 11:59 p.m. Mountain Time. The entry system will open May 1, 2019.
- ◆ **New Qualifying Swims:** Swims achieving the qualifying time standards for the first time from Wednesday, July 24, 2019, through Sunday, July 28, 2019, may be entered through OME under the title "2019 Nationals: New Qualifying Swims". These entries must be submitted no later than 11:59pm Mountain Time on Sunday, July 28, 2019, and cannot be used to improve the seed time of a prior entry. Normal entry fees apply.
- ◆ The qualification period for this event is June 1, 2018 through the entry deadline.
- ◆ Eight swimmers will qualify for each A, B, C, and D heats in the Finals. In the Finals, the B heat will swim first, followed by the A heat. After all the A and B Finals heats are completed, the C Final heat will be swum, followed by the D Final heat. The "D" final will be limited to the top 18-under U.S. athletes that do not qualify for the "A", "B", or "C" final.
- ◆ Athletes who are 18 and under, 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." There will be no bonus events for athletes over the age of 18.
- ◆ Time Trials will be conducted for swimmers who are entered and compete 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.
- ◆ 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 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 event.***
- ◆ Foreign athletes will be allowed to swim at this competition, and will be eligible for the "A", "B", and "C" Finals heats (not the "D" Finals), however foreign athletes are not allowed to score team points, including as part of a relay.
- ◆ 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.



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Heats Begin at 9:00 a.m.

Finals Begin at 5:00 p.m.

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

Administration and Accommodations



Facility Address

Avery Aquatic Center
235 Sam McDonald Mall
Stanford, CA 94305

Hosted by Alto Swim Club

USA Swimming Program & Events Committee Chair

Amy Hoppenrath
ahoppenrath@gmail.com

USA Swimming Senior Development Committee Chair

Allison Beebe
allisonbeebe@gmail.com

Meet Referee

Dave Coddington
djcoddington@comcast.net

Meet Director

Arlene McDonald
arlene@inswimming.org

Assistant Meet Director

Josh Rines
joshuahines@gmail.com

USA Swimming National Events Director

Dean Ekeren
719-866-4578
dekeren@usaswimming.org

Meeting Schedule

Tuesday, July 30	5:00 p.m. Technical Meeting	Arrillaga Family Sports Center (adjacent to pool)
Wednesday, July 31	7:30 a.m. Officials' Meeting	Arrillaga Family Sports Center

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

Broadcast Statement

Any photographs, videotape or other audio and/or visual recordings of the event created by a spectator or participant may be used solely for such spectator or participant'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.



Tickets Information

Tickets are available at usaswimming.org/tickets.

Note: There are a limited number of tickets available for this event, and all spectator seats will be reserved seating. There will only be daily tickets sold for this event.

Pre-Sale Ticket Prices (Prior to July 1, 2019)

Daily Ticket (Prelims & Finals of the Same Day)
Adult: \$45
Youth/Senior (12 and under/65 and older): \$35

Ticket Prices after July 1

Daily Ticket (Prelims & Finals of the Same Day)
Adult: \$55
Youth/Senior (12 and under/65 and older): \$45

Parking Information

Spectator parking will be available in Lot 2 at a charge of \$10 per day. More information about team parking permits will be published at a later date. Team parking permits will be available for purchase through OME.

Hotels

Marriott Bonvoy is a proud sponsor of USA Swimming. USA Swimming has partnered with Pse Tournament Housing to provide attendees/groups with the best available rates. Hotels have been carefully selected to ensure quality and are within close proximity to the venue. Rooms will book up quickly so please book well in advance.

View hotels and book online: <https://pse.tournamenthotels.com/pse/Event/2691> or book by phone at 888-417-6446.





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.

Information/Lost & Found

An Information/Lost & Found booth will be available at the lifeguard office.

Lockers

The locker room area will be strictly for use by properly credentialed individuals (athletes, coaches, officials).

Medical Assistance

Medical assistance will be provided at the facility.

Concessions

Concessions will be available for spectators at the entrance of spectator seating.

Hospitality

Coaches' and Officials' hospitality will be available throughout the meet on the upper balcony of the Aquatic Center in view of the competition pool and the warm-up pool. There will be an athletes' hospitality on the warm-up pool deck and pro-shop behind spectator seating.

About the Facility

Stanford's Avery Aquatic Center is the largest competitive swimming facility in the nation, and one of the fastest and finest facilities in the World. The newly renovated facility has four pools (Belardi, Baker, Avery and Maas) and over 2.2 million gallons of water. The Avery Aquatic Center is home to Stanford University's men's and women's swimming and diving, men's and women's water polo, and synchronized swimming teams. The Avery Aquatic Center was proud to host the 2004 and 2011 National Championships and the 2006 FINA Masters World Championships.

The Belardi Competition Pool is a ten-lane, 50 meter pool with depth ranging from 10-11 feet. The Baker Pool is an eight-lane, 50 meter pool, ranging from 4.5 to 8.5 feet deep. The Avery Stadium Pool is 37 meters long and 20 meters wide, and utilizes moveable bulkheads. Maas Diving Pool is 25 meters long by 17 meters wide, with all deep water.

Pool Hours

Sunday, July 28	Noon - 8:00 p.m.
Monday, July 29	8:00 a.m. - 8:00 p.m.
Tuesday, July 30	8:00 a.m. - 8:00 p.m.
Wednesday, July 31	6:00 a.m. - 1 hour after finals
Thursday, Aug 1	6:00 a.m. - 1 hour after finals
Friday, Aug 2	6:00 a.m. - 1 hour after finals
Saturday, Aug 3	6:00 a.m. - 1 hour after finals
Sunday, Aug 4	6:00 a.m. - 1 hour after finals

Credential Pick-Up

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

Mon, July 29 & Tue, July 30	8:00 a.m. - Noon and 1:00 p.m. - 6:30 p.m.
Wednesday, July 31	7:30 a.m. - Noon and 1:00 p.m. - 6:30 p.m.
Thu, Aug 1 through Sun, Aug 4	7:30 a.m. - Noon and 1:00 p.m. - end of Finals

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 will be a \$50 replacement charge for lost credentials.



Entering Online at usaswimming.org/ome

All Entry questions should be directed to Jaime Lewis at USA Swimming (jlewis@usaswimming.org or 719-866-3581).

All entries must be made online at usaswimming.org/ome no later than Tuesday, July 23, 2019, by 11:59 p.m. Mountain Time. The entry system will open May 1, 2019. 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 June 1, 2018 through the entry deadline.

Entry Fees:

Individual Events:	\$20.00
Relay Events:	\$40.00
Coach/Staff:	\$20.00 per credential (\$25 on site)
Foreign Participants:	\$35.00 additional fee per participating athlete, coach, and staff member

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 24, 2019, through Sunday, July 28, 2019, may be entered through OME under the title “2019 Nationals: New Qualifying Swims”. These entries must be submitted no later than 11:59pm Mountain Time on Sunday, July 28, 2019, and cannot be used to improve the seed time of a prior entry. Normal entry fees apply.

Foreign Entries

Foreign athletes will be allowed to swim at this competition, and will be eligible for the “A”, “B”, and “C” Finals heats. Foreign swimmers who are members of USA Swimming may enter through the OME system. Foreign individuals/teams who are not members of USA Swimming, but are members of their respective FINA federation may also enter using the OME system, but must first send the following information to Jaime Lewis at jlewis@usaswimming.org or 719-866-4578.

- ◆ Team name
- ◆ Entry contact information
- ◆ First name
- ◆ Last name
- ◆ Work phone
- ◆ Email address
- ◆ List of qualified athletes with birthdates

Once this information is received by USA Swimming, access information and instructions on how to use the OME system will be sent. Converted times will not be acceptable for entry.

A letter from each team’s/delegation’s FINA federation must be submitted prior to the entry deadline confirming that all members of the delegation are in good standing with the federation. All coach and staff members’ names must be submitted through OME or by emailing Jaime Lewis at jlewis@usaswimming.org prior to the entry deadline. Foreign coaches and staff members that are not submitted before the entry deadline will not be able to obtain a deck pass on site.

There will be an additional \$35.00 fee assessed per participating foreign athlete, coach, and staff member.

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, July 28, 2019*;
- C. The team or athlete must pay a one-time processing fee of \$150.00, *and* pay double entry fees.



Bonus Entries

Athletes who are 18 and under, 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." There will be no bonus events for athletes over the age of 18.

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 will be automatically generated by the online 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 a 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. It shall be the swimmers' and coaches' responsibility to acquaint themselves with all of the information contained in this meet information book. No U.S. swimmer will be permitted to compete unless he/she is a member as provided in Article 302. Any U.S. 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. 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. This event and associated time trials are held under the sanction of USA Swimming. It is understood and agreed that USA Swimming shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.

Membership Requirements

All U.S. athletes, coaches, and staff 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. U.S. Coaches must provide proof of CPR, First Aid and Safety Training for Swimming Coaches or USA Swimming approved equivalents, and must have successfully passed the required background check and APT Course.

All foreign athletes, coaches, and staff expecting to receive a deck pass should be prepared to show a letter from their FINA recognized National Federation confirming their good standing with the federation.

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.
- 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 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.

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 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 the 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.

Appeal of fines are to be made to the Vice President for Program Operations or designee and/or Board of Review. Any appeal of the decision of the Vice President for Program Operations or designee 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 Championships 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 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.

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. The cost for these credentials are \$20/each. Managers and trainers must be included in this formula and on the entry form to receive a credential. Athletes entered in the meet will receive a deck pass as part of their entry fee. All others will be required to purchase individual tickets. For clubs that wish to bring one certified massage therapist with their teams, a \$80 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, managers, and trainers must be non-athlete members of USA Swimming.

- ◆ 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 at the Technical 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. Review the psych sheet posted by the Times desk and make sure your swimmers do not have an asterisk (*) by their time.
- C. 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 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 event.**
- 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 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. Location of Scratch Box
 - ◆ The scratch box will be located at the Registration Desk prior to the start of the meet and until the Technical Meeting.
 - ◆ It will be at the Technical Meeting.
 - ◆ After the Technical 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 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 sub-paragraphs 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
- ◆ Payment of a fine of \$200

Until the fine is paid, the swimmer will be barred from all further individual and relay events as prescribed in section 207.11.6C.

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 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. **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 event.**
- 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 session 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.

Seeding

For these Championships, the seeding order is:

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

Finals Session Event Order

Eight swimmers will qualify for each "A", "B", "C", and "D" heats in the Finals. In the Finals, the "B" heat will swim first, followed by the "A" heat. After all the "A" and "B" Finals heats are completed, the "C" Final heat will be swum, followed by the "D" Final heat. The "D" final will be limited to the top 18-under U.S. 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. Foreign athletes are not allowed to score team points.

Results

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

Awards

- A. Individual Awards - 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 be presented to the highest placing 18-under swimmer in each individual event.
- B. Individual High Point Awards - Male and Female Awards will be given at the Phillips 66 National Swimming 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. The presentation ceremony takes place during the relay break on the final evening.
- E. Team Awards - Awards will be presented to the top three teams in Women's, Men's, and Combined team scores.



Relays and Relay Check-In Procedures

- A. 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.
- C. 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. On nights 1-4, the relay order shall be:
 - 2nd Fastest Heat
 - Fastest Heat
 - 3rd Fastest Heat
 - 4th Fastest Heat
 - Etc.
- F. On Sunday evening, 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.

Time Trials

Time Trials will be conducted for swimmers who compete 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. 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 prov-

en 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 General 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, and payment is by cash or check made payable to Alto Swim Club.

Video Review

USA Swimming will be providing a "VIDEO REVIEW" station on deck for coaches and athletes. Club Development Sport Performance Consultants 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.



California Concussion Law

California has modified its existing school concussion law to apply the requirements to youth sports organizations in which athletes participate, including swimming. These requirements apply to out of state coaches whose swimmers are attending the 2019 Phillips 66 National Championships and 2019 Speedo Junior National Championships.

1. The law requires that a youth athletic program must immediately remove an athlete from an athletic activity for the remainder of the day, if the athlete is suspected of sustaining a concussion or head injury, and prohibit the athlete from returning to the activity until the athlete is evaluated by a licensed health care provider, trained in the management of concussions, and acting within the scope of his or her practice. The athlete must receive written clearance from the licensed health care provider to return to the athletic activity. If the athlete is diagnosed with a concussion, they must go through a graduated return to play protocol of no less than seven days under the supervision of a licensed health care provider. Youth sports organizations must also notify the parents or guardians of athletes 17 or younger who have been removed from athletic activities due to suspected concussions.

2. Coaches and administrators must successfully complete the concussion and head injury education required under the bill at least once either online or in person. The following courses from the Center for Disease Control and Prevention (CDC) or the National Federation of State High School Associations (NFHS) satisfy the requirements.

[CDC Concussion Course](#)

[NFHS Concussion Course](#)

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.

If you have any questions on this please contact George Ward, Senior Director of Risk Management, USA Swimming at gward@usaswimming.org.

The 2019 Phillips 66 National 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 resources on this tab in conjunction with the next step about medication and the resources available pertaining to medication to determine whether or not a substance is prohibited." [Read the Athlete Guide to the WADA Prohibited List](#)

What about medication?

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

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 illness 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



TIME STANDARDS

2019

PHILLIPS 66 NATIONAL CHAMPIONSHIPS

Women			Men	
SCY	LCM		LCM	SCY
22.29	25.99	50 Freestyle	23.19	19.79
48.89	56.39	100 Freestyle	50.49	43.09
1:45.89	2:01.79	200 Freestyle	1:51.39	1:35.59
4:43.79	4:16.89	400/500 Freestyle	3:57.79	4:19.39
9:48.09	8:48.09	800/1000 Freestyle	8:12.99	9:04.99
16:18.09	16:49.19	1650/1500 Freestyle	15:44.89	15:10.09
53.29	1:02.99	100 Backstroke	56.79	46.79
1:55.39	2:15.59	200 Backstroke	2:03.29	1:44.79
1:00.69	1:10.99	100 Breaststroke	1:03.29	53.39
2:11.69	2:33.79	200 Breaststroke	2:18.09	1:58.29
52.99	1:00.89	100 Butterfly	54.49	47.29
1:57.79	2:14.59	200 Butterfly	2:01.69	1:45.09
1:58.29	2:17.99	200 Individual Medley	2:04.69	1:45.19
4:12.09	4:53.19	400 Individual Medley	4:26.89	3:46.99
x	3:52.69	4x100 Free Relay	3:29.29	x
x	8:22.19	4x200 Free Relay	7:42.79	x
x	4:18.29	4x100 Medley Relay	3:50.09	x

Qualification Period 6/1/2018 through Entry Deadline

Women		18& Under Bonus	Men	
SCY	LCM		LCM	SCY
22.79	26.59	50 Freestyle	23.99	20.49
49.69	57.59	100 Freestyle	51.99	44.39
1:47.39	2:04.29	200 Freestyle	1:54.29	1:38.39
4:48.09	4:21.39	400/500 Freestyle	4:02.79	4:28.29
9:56.79	8:58.69	800/1000 Freestyle	8:23.09	9:13.19
16:32.59	17:11.29	1650/1500 Freestyle	16:05.09	15:34.19
54.49	1:04.39	100 Backstroke	58.79	49.69
1:57.69	2:18.29	200 Backstroke	2:06.99	1:47.99
1:02.89	1:13.29	100 Breaststroke	1:06.09	55.79
2:15.49	2:38.29	200 Breaststroke	2:23.29	2:01.19
53.99	1:02.39	100 Butterfly	56.49	48.99
1:59.39	2:16.99	200 Butterfly	2:05.09	1:47.89
2:00.59	2:20.99	200 Individual Medley	2:08.29	1:48.89
4:15.19	4:57.29	400 Individual Medley	4:33.09	3:52.69