



**2008 Speedo  
Short Course Junior  
National Championships  
December 11-13  
&  
Long Course Invitational  
December 14**

**Lee and Joe Jamail  
Texas Swimming Center  
Austin, TX**

**Official Event Information**

2008 Speedo  
Short Course Junior National Championships  
&  
Long Course Invitational

Sanctioned by USA Swimming through South Texas Swimming

**Important Facts About the Meet**



- ◆ There will be no paper entries for this event. All entries must be made on-line (including entries for the Long Course Invitational).
- ◆ The qualification period for this event is November 1, 2007 through the entry deadline.
- ◆ **Short Course Junior Nationals Entry Deadline:** Register for the Speedo Short Course Junior National Championships on-line at [usaswimming.org/ome](http://usaswimming.org/ome) no later than Thursday, November 27, 2008 by 11:59 p.m. Mountain Time.
- ◆ **Long Course Invitational Entry Deadline:** Register for the Long Course Invitational on-line at [usaswimming.org/ome](http://usaswimming.org/ome) no later than Sunday, December 7, 2008 by 11:59 p.m. Mountain Time.
- ◆ Swims which achieve the qualifying time standards for the first time from Friday, November 28, 2008, through Sunday, December 7, 2008, may be sent by e-mail. These entries must be received no later than 11:59 p.m. Mountain Time on Sunday, December 7, 2008, and cannot be used to improve the seed time of a prior entry. See [usaswimming.org/scjrnationals](http://usaswimming.org/scjrnationals) for e-mail instructions.
- ◆ There will be bonus swims at these championships. Each athlete entered in at least one individual event, may swim up to two bonus events during the championships, provided they have achieved the Bonus Time Standards.
- ◆ Relay-only swimmers are not allowed to swim time trials at these championships.
- ◆ Two courses will be used for preliminary heats at these championships.
- ◆ At the discretion of the Meet Referee, the preliminary sessions may be conducted using “Flyover” starts or in an A/B format. Details of any changes to normal meet operations protocol will be announced at the general meeting.
- ◆ 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 200 Freestyle and 200 Medley Relays will be swum as preliminaries and finals, with the preliminary heats at the end of that day’s preliminary session, and the top two heats advancing to finals and swimming at the beginning of that day’s finals session. The preliminaries will be championship seeded. All other relays will be timed finals with all heats swum in the evening session. Relay qualifying times must be made by swimmers age 18 or under when the qualifying time is achieved.
- ◆ Foreign national teams are not permitted to compete in this meet. Foreign athletes who are registered members of USA Swimming clubs will be permitted to swim in this meet.
- ◆ Swimmers may qualify for the 1650 Freestyle using the 1500/1650 time standards or the 800/1000 time standards.

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## Meet Administration



### Facility Address

The University of Texas at Austin  
Lee and Joe Jamail Texas Swimming Center  
1900 Robert Dedman Drive  
Austin, Texas 78712-0363

### Meet Referee

Jay Thomas  
301 SW 63rd Ter.  
Plantation, FL 33317-3436  
Phone 954-792-8090  
[jayfthomas@comcast.net](mailto:jayfthomas@comcast.net)

### Meet Director

Rhonda Dirvin  
1218 Havre Lafitte Drive  
Austin, Texas 78746  
Phone: 512-327-3537  
[jrdirvin@sbcglobal.net](mailto:jrdirvin@sbcglobal.net)

### Facility Coordinator

Christie Binkley  
Longhorn Aquatics  
1900 Robert Dedman Drive  
Austin, Texas 78712-0364  
Phone: 512-471-7703  
[christie.binkley@austin.utexas.edu](mailto:christie.binkley@austin.utexas.edu)

### USA Swimming Vice President, Program Operations

Pat Lunsford  
1 Holyoke Ct.  
Fairfield, OH 45014-5324  
513-874-3209  
[pat@wurkconcepts.com](mailto:pat@wurkconcepts.com)

### USA Swimming National Events Director

Dean Ekeren  
USA Swimming  
1 Olympic Plaza  
Colorado Springs, CO 80909

### Meeting Schedule

Wednesday, December 10	5:00 p.m.	General Meeting	Location to be posted at the Texas Swimming Center on Tuesday
Thursday, December 11	8:00 a.m.	Officials' Meeting	Swim Center

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

### USA Broadcast Policy

USA Swimming has been and, in the future, will be entering into transactions with various media companies to provide media coverage for its various meets and events. There are limitations imposed by these media companies on the spectators at these meets and events, including coach, athlete and volunteer members of USA Swimming, prohibiting photographing, video taping and other audio/visual recordings for commercial non-personal use, and broadcasting, publishing and disseminating the product for any and all commercial purposes. These recording, broadcasting, publishing and disseminating restrictions apply to all media, including such outlets as YouTube, etc.

In order to properly carry out the terms of its agreements with these media companies USA Swimming adopts the foregoing limitations and restrictions as its policy for its members and any violation of these limitations and restrictions shall be subject to discipline pursuant to Part Four of the USA Swimming *Rules and Regulations*. The original jurisdiction for hearing a violation of this policy shall be with the National Board of Review. This will allow for video taping for educational and personal purposes but will prohibit others from taping and then attempting to sell or post on other sites.

This policy was approved by the USA Swimming Board of Directors at the April 2008 meeting.

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.



**2008 Speedo Short Course Junior National Championships  
Order of Events  
Short Course Yards**

Heats Begin at 9:30

Finals Begin at 6:00

<u>Women's Events</u>	<u>Day 1– Thursday, December 11</u>	<u>Men's Events</u>
1	200 Freestyle Relay*	2
3	500 Freestyle	4
5	200 IM	6
7	50 Freestyle	8
9	400 Medley Relay	10
	<b><u>Day 2 - Friday, December 12</u></b>	
11	200 Medley Relay*	12
13	400 IM	14
15	100 Butterfly	16
17	200 Freestyle	18
19	100 Breaststroke	20
21	100 Backstroke	22
23	800 Freestyle Relay	24
	<b><u>Day 3 - Saturday, December 13</u></b>	
25	1650 Free	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 preliminary heats at the end of that day's preliminary session, and the top two heats advancing to finals and swimming at the beginning of that day's finals session. The preliminaries will be championship seeded. All other relays will be timed finals with all heats swum in the evening session. Relay qualifying times must be made by swimmers age 18 or under when the qualifying time is achieved.*

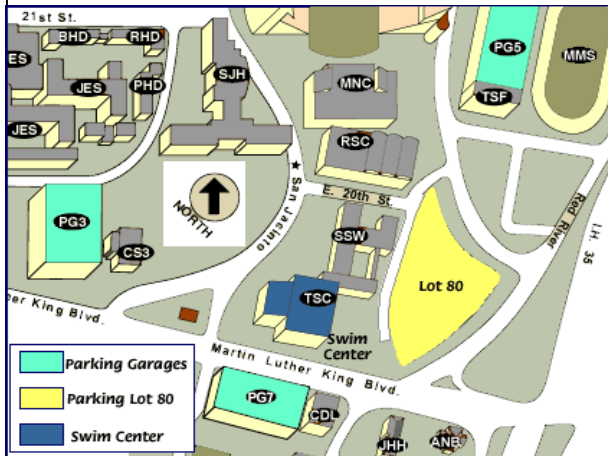
## General Information (Continued)



### Parking

Parking for the swim center is available either in a parking garage for a fee, or on a surface lot on a space available basis. The closest surface lot is C lot 80 next to the swim center. The closest garage is the **Trinity Garage (PG 7)**, across the street from the swim center. **Manor Garage (PG 5)** is the next closest, across from the football stadium, between the stadium and I-35. Please see the map below. There will be tall van spaces set aside on the first level of the garages. Check our website for the latest parking information and expected rates.

**Please be aware of all posted signs including the "at all times" designation and stay away from the A and F spaces.** If you park illegally, you will get a ticket. Please be careful.



### Tickets Orders

Tickets for individual sessions of preliminaries and finals will be at the Texas Swimming Center main entrance (2nd level facing Red River Street) during the event.

#### All Sessions:

- Adult - \$25.00
- Students with ID/Children 3-12 - \$15.00

#### Prelims:

- Adults - \$4.00
- Students with ID/Children 3-12- \$3.00

#### Finals:

- Adults - \$7.00
- Students with ID/Children 3-12- \$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](mailto:usaswimming@polkmajestic.com) with your request.

### Coaches' Packet

For coaches who plan to attend this meet without swimmers, there will be a special packet available for \$75.00, that will contain a general admission pass, heat sheets, a psych sheet, and team roster. The packet is available during regular registration hours. Current USA Swimming coach members purchasing this packet may receive a deck pass which includes hospitality.

## General Information (Continued)



### Directions to Pool from Austin Bergstrom International Airport (AUS)

- ◆ Turn left onto Bastrop highway TX-71E
- ◆ Merge onto Bastrop highway TX-71E
- ◆ Keep right and merge onto US-183N
- ◆ Merge onto Airport Blvd/TX-111 Loop N toward TX-343 Loop/1st 5th 7th Streets
- ◆ Turn left onto E Martin Luther King Jr Blvd
- ◆ Turn right onto Red River Street
- ◆ Turn left onto Robert Dedman Drive

Estimated travel time—20 minutes depending on traffic

### Hotels

#### AT&T Conference Center

1900 University Ave  
Austin, TX 78705  
(512) 404-3600  
Swim Meet rate \$129  
Contact: Divya Saighal (512) 404-3620  
<http://www.meetatatexas.com/hotel-information.html>  
New on-campus hotel within walking distance of the pool.

#### Radisson Hotel & Suites on Town Lake

111 Cesar Chavez  
Austin TX 78701  
Swim Meet rate \$109  
Contact: Emily Hastings  
(512) 478-9611  
[ehastings@radissonaustin.com](mailto:ehastings@radissonaustin.com)  
Located in the heart of downtown Austin, minutes from the UT Swim Center, Home of Starbucks coffee and home of T.G.I. Fridays restaurant

#### Holiday Inn Town Lake

20 N IH-35  
Austin, TX 78701  
Swim Meet group rate 10+ rooms \$109  
Contact: Brigitte Ards  
(512) 634-1274  
[ards@pacificahost.com](mailto:ards@pacificahost.com)  
Reservations for less than 10 rooms \$129 call 888 615-0509  
Located directly on the Town Lake hike and bike trail, minutes from the UT pool, with free parking

#### Hampton Inn & Suites Downtown

200 San Jacinto  
Austin, Texas 78701  
Complimentary breakfast, fitness room, pool, walk to over 75 restaurants, and only 1 mile to the swim center

#### Hampton Inn and Suites Airport

7712 E Riverside Drive, Austin, TX 78744  
Contact: Cynthia Garcia (512) 356-6602  
[cynthia\\_garcia@hilton.com](mailto:cynthia_garcia@hilton.com)

#### Embassy Suites

North - 5901 North I-35  
Austin, TX  
Swim Meet group rate 10+ rooms \$129  
Contact: Kris Paulson (512) 454-8004 ext. 7025  
[www.embassysuitesaustinnorth.com](http://www.embassysuitesaustinnorth.com)

Downtown – 300 South Congress Ave  
Swim Meet group rate 10+ rooms \$149 King Suite, \$159 Double suite  
Contact: Craig Harms (512) 617-2574  
[www.austindowntown.embassysuites.com](http://www.austindowntown.embassysuites.com)

#### Drury Hotels of Austin North

6711 North I-35  
Swim Meet group rate 10+ rooms \$90-\$129  
Contact: Bekah DePyper  
(800) 436-1167  
[Bekah.depyper@druryinn.com](mailto:Bekah.depyper@druryinn.com)

Individual Reservations: (800) 378-7946  
[www.druryhotels.com/properties/austinnorth.cfm](http://www.druryhotels.com/properties/austinnorth.cfm)

#### Crowne Plaza

6121 North I-35  
Swim Meet rate \$109  
(512) 323-5466  
Group rates (10+ rooms) contact: Shelly Staff  
(512) 371-5243  
[sstaff@cphaustin.com](mailto:sstaff@cphaustin.com)  
[www.crowneplaza.com/austincentral](http://www.crowneplaza.com/austincentral)



**Publicity**

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

**Information/Lost & Found**

“Wet” lost and found items will be located in the large grey bin off the pool deck. Anything of greater value such as camera’s, cell phones, etc. will be taken to the Entrance Monitor desk located at the entrance to the pool deck. Information and general directions can also be obtained at the Entrance Monitor Desk.

**Lockers**

Men’s and Women’s Locker rooms are adjacent to the competition pool for the Athletes. Lockers are available on a first come/first serve basis as there are not enough lockers for all participants. Lockers are for day use only and you must provide your own lock. The Texas Swimming Center and the meet host will not be held liable for lost or stolen items.

**Medical Assistance**

An Emergency Medical Technician (EMT) will be located on the pool deck in the medical/first aid room. Sports massage therapy services will not be provided.

**Concessions**

Concessions will be provided on the second level of the Texas Swimming Center during competition hours. O’s Campus Café is our concessions provider. They serve among other things: breakfast tacos, bagels, fruit, wraps, salads, smoothies, burgers, candy and drinks.

**Hospitality**

A hospitality room for the coaches and officials will be located just off the pool deck. Food and beverages will be offered throughout the day. The athlete hospitality area will be located on the pool deck.

**About the Facility**

The Lee and Joe Jamail Texas Swimming Center (TSC) at The University of Texas at Austin is the premier competitive aquatic facility in the country and one of the top swimming and diving facilities in the world. Since its completion in 1977, there have been numerous American and world records set in its waters. The TSC serves more than 20 programs and hosts 35 special events every year. The spectator section provides approximately 2000 hard backed seats.

## Entering the Meet



### Entering On-Line

[usaswimming.org/ome](http://usaswimming.org/ome)

**For questions about on-line entries, contact Susan Woessner at USA Swimming (719-332-0184).**

Enter the Speedo Short Course Junior National Championships and the Long Course Invitational on-line beginning Tuesday, October 7, 2008.

On-line entries for the Championships will be accepted until Thursday, November 27, 2008 (at 11:59 p.m.).

On-line entries for the Long Course Invitational will be accepted until Sunday, December 7, 2008 (at 11:59 p.m.).

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 may not delete an on-line entry.

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 you submit your entry on-line. Please have these filled out and bring them with you to the meet (*i.e do not mail to USA Swimming*).

### E-Mail Entries

Swims which achieve the qualifying time standards for the first time from Friday, November 28, 2008, through Sunday, December 7, 2008, may be sent by e-mail. These entries must be received no later than 11:59 p.m. Mountain Time on *Sunday, December 7, 2008*, and cannot be used to improve the seed time of a prior entry. See [usaswimming.org/scjrnationals](http://usaswimming.org/scjrnationals) for e-mail instructions.

### Foreign Entries

Foreign national teams are not permitted to compete in this meet. Foreign athletes who are registered members of USA Swimming clubs will be permitted to swim in this meet.

### Qualifying Period

The qualification period for this event is November 1, 2007 through the entry deadline.

### Entry Fees:

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

### Additional Entry Information

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.

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.

### Relays

- A. Relay teams may be entered at the listed provable time or at the lowest priority non-conforming time standard.
- B. If you are entering an A and B relay, you must use eight (8) different swimmers. You cannot use the same swimmer twice in an event, or to prove a time.
- C. Teams can only submit two relays per event.

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 during the meet. Make copies as needed for each swimmer. Having this completed will save time during check-in at the competition site. If they are under the age of majority in their home state, their parent or legal guardian must sign also.

### Bonus Swims

There will be bonus swims at these championships. Each athlete entered in at least one individual event, may swim up to two bonus events during the championships, provided they have achieved the Bonus Time Standards.

### Pool Hours

Tuesday, December 9	9:00 a.m. - 9:00 p.m.
Wednesday, December 10	9:00 a.m. - 9:00 p.m.
Thursday, December 11	6:00 a.m. - 1 hour after finals
Friday, December 12	6:00 a.m. - 1 hour after finals
Saturday, December 13	6:00 a.m. - 1 hour after finals
Sunday, December 14	6:00 a.m. - 1 hour after finals

### Credential Pick-Up

Credentials can be picked up at the Lee and Joe Jamail Texas Swimming Center on the following schedule.

Tuesday, December 9	3:00 p.m. - 8:00 p.m.
Wednesday, December 10	8:00 a.m. - Noon and 1:00 p.m. - 8:00 p.m.
Thursday, December 11	8:00 a.m. - Noon and 1:00 p.m. - 8:00 p.m.
Friday, December 12	8:00 a.m. - Noon and 1:00 p.m. - 8:00 p.m.
Saturday, December 13	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.



## 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. USA Swimming Rules and Regulations will govern the conduct of these championships.

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 (per USA Swimming rule 202.3.2). Arriving with fellow LSC club/coach is preferred. However, if a swimmer arrives without a coach, he/she must find a willing coach at the facility to sign supervision form before a credential can be issued.

Two courses will be used for preliminary heats at these championships.

At the discretion of the Meet Referee, the preliminary sessions may be conducted using "Flyover" starts or in an A/B format. Details of any changes to normal meet operations protocol will be announced at the general meeting.

## Membership Requirement

All persons expecting to receive a deck pass should be prepared to show a current USA Swimming membership card. Non-members may join by completing the appropriate form and paying the required fee at a table adjacent to the registration desk. Coaches must provide proof of CPR, First Aid and Safety Training for Swimming Coaches or USA Swimming approved equivalents.

## 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 swim-

mer 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 (207.8.5)

The coach, swimmer or swimmer representative who signs a USA Swimming Championship entry form attests that all times stated in the entry form are true and correct as achieved qualifying times for each event entered. He/she assumes all responsibility for false or incorrect times, or times which are unacceptable under USA Swimming rules, and shall be assessed a \$100 penalty payable to 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 the 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 the provisions of Part Four, specifically Article 406.

## 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.

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

## Registration

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



## Credential Formula

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

## Check-In

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 (1650 freestyle), 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. Assist with all warm-up procedures and/or requests.

## 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 day's events.

## Seeding

For these Championships, the seeding priority is:

1. Short Course Yards (SCY)
2. Short Course Meters (SCM)
3. Long Course Meters (LCM)

## 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 individual event Championship Finals heat. Each swimmer must report to the Ready Room five minutes preceding the event. Bonus and Consolation heats will report directly to their assigned starting block.

## Awards Staging

All medalists in each event should report to the Awards Staging Area five minutes prior to the awards ceremony.

## 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 preliminary heats at the end of that day's preliminary session, and the top two heats advancing to finals and swimming at the beginning of that day's finals session. The preliminaries will be championship seeded. All other relays will be timed finals with all heats swum in the evening session.
- C. Relay qualifying times must be made by swimmers age 18 or under when the qualifying time is achieved.
- 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 yard freestyle events may enter at their fastest time or at the qualifying time standard, if entered in two or more events on the day of the distance freestyle (207.10.8).
- B. Swimmers may qualify for the 1650 Freestyle using the 1500/1650 time standards or the 800/1000 time standards.
- C. Distance Check-in and Seeding - Entrants in the 1650 yard freestyle must check in and confirm their intention to com-



pete before the scratch deadline in order to be seeded. Seeded heat sheets will be published at the end of finals the evening before. The swimmers will be listed in the psych sheet in the order of submitted times, beginning with the fastest (207.12.11).

### 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 a championship final only). The order of the final events shall be C, B and A (bonus, consolation and championship).

With the exception of the fastest heat, the 1650 Freestyle events (timed finals) will be swum during prelims with the second fastest heat last, third fastest heat next to last, fourth fastest heat third from last and continuing until all heats are swum. Only the fastest (single) seeded heat of Women's and Men's 1650 Freestyle events will be swum in the final session. The starting time for each heat held during the preliminary session shall be scheduled so that the second fastest heat of the Men's event is concluded 60 minutes before the evening finals session is scheduled to begin.

For all timed final relays, the order will be second fastest women's heat, fastest women's heat, second fastest men's heat, fastest men's heat followed by the remaining heats, fastest to slowest alternating women then men.

### Results

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

### Awards

- A. Team Awards
  - ◆ Women's Team Champion (high point women's team)
  - ◆ Women's Team Runner-up (second highest)
  - ◆ Women's Team Top Ten (3rd through 10th)
  - ◆ Men's Team Champion (high point men's team)
  - ◆ Men's Team Runner-up (second highest)
  - ◆ Men's Team Top Ten (3rd through 10th)
  - ◆ Men's and Women's Combined Team Champion
  - ◆ Men's and Women's Combined Team Runner-up (second highest)
  - ◆ Men's and Women's Combined Team Top 25 (3rd through 25th)
- B. Individual Awards—Medals will be awarded to all place winners in the "A" final.
- C. Individual High Point Awards - Male and Female High Point Awards will be given at these Championships.

### Time Trials

Time Trials will be conducted on a time-available basis for swimmers entered in the meet with a proven individual time, 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 not be allowed to swim in Time Trials. These Time Trials shall be held under a separate sanction of the LSC where the meet is held.

- A. Time Trials will be conducted in short course yards each day.
- B. A Time Trial Pre-Registration form is provided for your convenience.
- C. A swimmer is limited to a maximum of two Time Trials during the course of the Championships.
- D. A swimmer must be entered in the meet with a proven time (individual) to participate in the Time Trials.
- 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 1650 yard 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 50 Freestyle is the last event swum in Time Trials, except on the day(s) it is contested in the meet, when it is the first event in Time Trials.

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

## Long Course Invitational



### Format

There will be a two session long course invitational on the day following the Speedo Short Course Junior Nationals (Sunday, December 14, 2008). There will be no time standards for the Long Course Invitational, however only athletes that participate in individual events at the 2008 Short Course Junior National Championships will be permitted to enter the Long Course Invitational.

### Entries

Register for the Long Course Invitational on-line at [usaswimming.org/ome](http://usaswimming.org/ome) no later than *Sunday, December 7, 2008* by 11:59 p.m. Mountain Time.

### Entry Fees:

\$10.00 per individual event

**2008 USA Swimming Long Course Invitational**  
**Lee and Joe Jamail Texas Swimming Center**  
**Sunday, December 14, 2008**  
Long Course Meters  
All Events Timed Finals

**Sessions 1 Begins at 9:00am**

Women's Events

1	400 IM
3	100 Butterfly
5	100 Breaststroke
7	100 Backstroke
9	100 Freestyle
11	400 Freestyle

Men's Events

2
4
6
8
10
12

**Sessions 2 Begins at 2:00pm**

13	200 IM
15	200 Backstroke
17	200 Breaststroke
19	50 freestyle
21	200 Freestyle
23	200 Butterfly
25	800 Freestyle (Women)
	1500 Freestyle (Men)

14
16
18
20
22
24
26



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.

**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.**

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

**Drug Reference Online:**

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

**Drug Reference Line:**

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

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

Inhalers used for treatment of asthma and local injections of Glucocorticosteroids may be allowed if an abbreviated therapeutic use exemption (TUE) notification is filed (see the Prohibited List below). The Abbreviated TUE form is available on the USA Swimming Website and must be filed before either in- or out-of-competition testing for beta-2 agonists (for example, Albuterol) and must be filed before testing at a competition for inhaled or local injections of Glucocorticosteroids. The forms should be submitted 3 weeks prior to the time needed to:

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

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

Athletes should keep a copy of their forms for their records and take them to drug testing if selected for testing.

Forms should be re-submitted immediately if there is a change in the medication or the route of administration.

NOTE: These forms do expire. Athletes will receive an approval letter that indicates the date of expiration.

**2008 World Anti-Doping Agency (WADA) Prohibited Classes and Methods:**

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

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

*According to the US Anti-Doping Agency 2008 Guide to Prohibited Substances:*

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

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

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

4. Hormone Antagonists and Modulators
5. Diuretics and other masking agents



### **Substances and Methods Prohibited in Competition:**

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

*According to the US Anti-Doping Agency 2008 Guide to Prohibited Substances:*

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

*Other routes of administration (intraarticular/periarticular/peritendinous/epidural/intradermal injections and inhalation) require an Abbreviated Therapeutic Use Exemption except as noted below.*

*Topical preparations when used for dermatological (including iontophoresis/phonophoresis), auricular, nasal, ophthalmic, buccal, gingival and perianal disorders are not prohibited and do not require any form of Therapeutic Use Exemption.*

### **Prohibited Methods include:**

1. Enhancement of Oxygen Transfer (for example, bottled oxygen or blood doping)
2. Chemical and Physical Manipulation
3. Gene Doping

### **Supplements:**

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

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

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

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

*Feb/01, rev:Jul/03*

### **Sanctions:**

Sanctions for positive tests conform with the FINA rules. All parties should refer to the FINA website ([www.fina.org](http://www.fina.org)) for specifics relating to sanctions for a positive drug test, or other anti-doping rules violation. Penalties may also apply to any individual assisting a swimmer in doping.

### **Summary:**

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

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

Athletes who 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 or FINA sanctioned events. If you have an athlete in this situation, please email [smichael-miller@usaswimming.org](mailto:smichael-miller@usaswimming.org) immediately.



### 2008 Speedo Short Course Junior National Championships

TIME STANDARDS						
WOMEN			Event	MEN		
LCM	SCM	SCY		SCY	SCM	LCM
27.59	26.79	24.09	50 Freestyle	21.59	23.89	24.79
59.29	57.39	52.19	100 Freestyle	46.89	51.69	53.99
2:07.59	2:03.39	1:52.09	200 Freestyle	1:42.49	1:53.29	1:58.09
4:26.59	4:16.49	4:57.09	400 Freestyle	4:36.59	3:59.39	4:09.79
9:09.89	8:54.89	10:14.39	800/1000 Freestyle	9:36.29	8:23.99	8:40.19
17:38.69	16:54.49	17:00.99	1500/1650 Freestyle	16:03.49	16:02.39	16:37.59
1:06.89	1:03.39	57.79	100 Backstroke	52.19	57.99	1:00.99
2:23.59	2:17.49	2:04.19	200 Backstroke	1:53.09	2:05.39	2:12.29
1:15.29	1:12.59	1:05.29	100 Breaststroke	58.69	1:05.09	1:08.79
2:42.19	2:37.09	2:21.39	200 Breaststroke	2:07.99	2:23.29	2:29.39
1:04.79	1:02.49	57.29	100 Butterfly	51.19	56.09	58.59
2:21.99	2:17.49	2:05.69	200 Butterfly	1:53.99	2:04.59	2:10.59
2:24.49	2:19.19	2:06.89	200 I.M.	1:54.59	2:06.49	2:13.19
5:05.29	4:55.29	4:28.49	400 I.M.	4:04.09	4:29.89	4:43.19
3:59.99	3:57.19	3:30.29	400 Free Relay	3:08.89	3:31.09	3:38.29
8:36.99	8:38.19	7:42.99	800 Free relay	6:53.79	7:40.99	7:54.99
4:26.19	4:18.89	3:51.89	400 Medley Relay	3:29.59	3:55.69	4:01.99

BONUS STANDARDS						
WOMEN			Event	MEN		
LCM	SCM	SCY		SCY	SCM	LCM
27.79	27.39	24.59	50 Freestyle	21.69	23.99	24.79
01:00.2	58.29	52.89	100 Freestyle	47.09	52.09	53.99
2:09.09	2:05.89	1:54.19	200 Freestyle	1:43.09	1:54.19	1:58.09
4:30.69	4:21.89	5:03.29	400 Freestyle	4:39.59	4:02.09	4:09.79
9:15.99	9:00.99	10:21.29	800/1000 Freestyle	9:39.29	8:26.89	8:40.79
17:46.69	17:13.09	17:24.29	1500/1650 Freestyle	16:13.69	15:56.19	16:41.69
1:07.89	1:04.89	59.09	100 Backstroke	53.09	59.09	1:01.39
2:25.99	2:20.79	2:06.99	200 Backstroke	1:54.79	2:07.49	2:12.39
1:16.79	1:14.69	1:06.89	100 Breaststroke	59.49	1:06.09	1:10.09
2:44.99	2:41.39	2:24.29	200 Breaststroke	2:09.79	2:25.59	2:29.79
1:05.79	1:04.29	58.49	100 Butterfly	51.89	56.89	58.89
2:24.19	2:19.99	2:07.39	200 butterfly	1:54.89	2:05.79	2:10.59
2:27.59	2:22.89	2:09.49	200 I.M.	1:56.29	2:08.49	2:13.59
5:09.69	5:01.19	4:33.09	400 I.M.	4:08.09	4:34.69	4:43.89

Qualifying period is November 1, 2007 through the entry deadline.  
 Qualification for the 4 x 50 relays will be the corresponding 4 x 100 relay time standards.