



**2009 Speedo
Short Course Junior
National Championships
December 10-12
&
Long Course Invitational
December 13**

**McCorkle Aquatic Pavilion
The Ohio State University
Columbus, OH**

Official Event Information

Entry Deadline: Tuesday, November 24, 2009

9 October 2009

2009 Speedo
Short Course Junior National Championships
&
Long Course Invitational

Sanctioned by USA Swimming through Ohio Swimming

Important Facts About the Meet



- ◆ The qualification period for this event is November 1, 2008 through the entry deadline.
- ◆ **Short Course Junior Nationals Entry Deadline:** Register for the Speedo Short Course Junior National Championships on-line at usaswimming.org/jrscnationals no later than Tuesday, November 24, 2009 by 11:59 p.m. Mountain Time.
- ◆ **Long Course Invitational Entry Deadline:** Register for the Long Course Invitational on-line at usaswimming.org/jrscnationals no later than Friday, December 11, 2009 by 11:59 p.m. Mountain Time.
- ◆ **E-Mail Entries:** Swims which achieve the qualifying time standards for the first time from Wednesday, November 25, 2009, through Sunday, December 6, 2009, may be sent by e-mail. These entries must be received no later than 11:59 p.m. Mountain Time on Sunday, December 6, 2009, and cannot be used to improve the seed time of a prior entry. See usaswimming.org/jrscnationals 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.
- ◆ 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 beginning 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, with all women's heats swum before the men's heats. 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.
- ◆ At its Spring 2009 meeting, the Senior Development Committee approved an increase in championship entry fees to \$15.00/individual event, and \$30.00/relay. A \$20 fee for each non-athlete deck pass (i.e. coach, manager, trainer) was also approved. These changes will be in effect at these championships.
- ◆ Ten lanes will be utilized for this competition (twenty lanes for prelims), including all "A", "B", and "C" Finals. All ten lanes will be eligible for team scoring.

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2009 Speedo Short Course Junior National Championships
Order of Events
 Short Course Yards

Heats Begin at 9:00

Finals Begin at 5:00

<u>Women's Events</u>	<u>Day 1– Thursday, December 10</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
	<u>Day 2 - Friday, December 11</u>	
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
	<u>Day 3 - Saturday, December 12</u>	
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 beginning 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, with all women's heats swum before the men's heats. 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.*

Meet Administration



Facility Address

McCorkle Aquatic Pavilion
The Ohio State University
1847 Neil Avenue
Columbus, Ohio 43210

Meet Referee

Bill Rose
4261 Lusk Dr.
Sacramento, CA 95864-0714
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cbrose@omsoft.com

Meet Director

Christine Z. Thompson
Director of Aquatics
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Facility Coordinator

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Meeting Schedule

Wednesday, December 9	5:00 p.m.	General Meeting	TBD
Thursday, December 10	7:30 a.m.	Officials' Meeting	TBD

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

Directions to McCorkle Aquatic Pavilion

From the North - Take I-71 South to I-270 West to SR 315 South. Exit at Lane Avenue and turn left. Turn right on to Fyffe Road. Turn left on Woody Hayes Drive. Turn right on to Tuttle Park Place. Tuttle Park Place merges left into W. 17th Avenue. Once on W. 17th Avenue, McCorkle Aquatic Pavilion will be on your right.

From the South - Take I-71 North to SR 315 North to Worthington. Follow to Lane Avenue exit and turn right. Turn right on to Fyffe Road. Turn left on Woody Hayes Drive. Turn right on to Tuttle Park Place. Tuttle Park Place merges left into W. 17th Avenue. Once on W. 17th Avenue, McCorkle Aquatic Pavilion will be on your right.

From the East (Airport) - Take I-70 East to SR 315 North to Worthington. Follow to Lane Avenue exit and turn right. Turn right on to Fyffe Road. Turn left on Woody Hayes Drive. Turn right on to Tuttle Park Place. Tuttle Park Place merges left into W. 17th Avenue. Once on W. 17th Avenue, McCorkle Aquatic Pavilion will be on your right.

From the West - Take I-70 East to SR 315 North to Worthington. Follow to the Lane Avenue exit and turn right. Turn right on to Fyffe Road. Turn left on Woody Hayes Drive. Turn right on to Tuttle Park Place. Tuttle Park Place merges left into W. 17th Avenue. Once on W. 17th Avenue, McCorkle Aquatic Pavilion will be on your right.

Broadcast Statement

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

Image Authorization

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

General Information (Continued)



Tickets

All-Session Pass (includes Long Course Invitational)

Adult \$50
Youth (ages 3-12 and students with an ID) \$35

Day Pass (Prelims and Finals of Same Day)

Adult \$15
Youth (ages 3-12 and students with an ID) \$10

Single Session Passes

Adult \$10
Youth (ages 3-12 and students with an ID) \$5

Admission is free for children under 3 years of age.

Ticket sales information will be available at usaswimming.org/irscnationals by October 10.

Parking

The athlete drop-off area is located in the traffic circle adjacent to the McCorkle Aquatic Pavilion and the Neil Avenue Garage. Athletes will enter via the team entrance near the loading dock of the Aquatic Pavilion.

Use of available hotel shuttles (varies by hotel) is encouraged, especially on Tuesday through Friday which are days in which the university is still in session.

Parking is available at an hourly rate in the Tuttle Park Place Garage (Tuesday-Sunday) and the Neil Avenue Garage (after 4pm on weekdays and all day on Saturday and Sunday). Rates are \$3.50 for the first hour and \$1.00 for each additional hour. Discounted day passes may be available for purchase on site and will be advertised with ticketing information after October 10.

Transportation

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

Major Airlines

United/United Express	800/864-8331
American/American Eagle	800/433-7300
Continental/Cont Express	800/523-3273
Delta/Delta Connection	800/221-1212
Northwest/KLM	800/225-2525
Southwest	800/435-9792
US Airways/America West	800/428-4322
Air Canada	888/247-2262
Air Tran	800/247-8726
Frontier	800/432-1359
Midwest Connect	800/452-2022

Major Car Rental Agencies

Alamo	800/327-9633
Avis	800/831-2847
Budget Rent-A-Car	800/527-0700
Dollar	800/800-3665
Enterprise	800/736-8222
Hertz	800/654-3131
National	800/227-7368
Thrifty	800/847-4389

Hotels

For complete, up-to-date hotel information please refer to usaswimming.org/irscnationals

Site Information



Publicity

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

Information

Information and general directions may be obtained at the Access Control Table in the Plaza of the Aquatic Pavilion.

Lost & Found

Lost and found items will be located in the large gray bin located behind the Announcer's Table. Items of greater value such as cameras, cell phones, wallets, etc. will also be held behind the Announcer's Table in a secure location. Personal items such as socks, underwear, shampoo, etc. will be discarded.

At the conclusion of the entire event and once items are dry, all items will be taken to the Welcome Center of the Recreation and Physical Activity Center (RPAC) where they may be claimed. Any found water bottles that remain at the conclusion of the event will be discarded.

Locker Rooms and Changing Facilities

Two on-deck changing rooms are located on the west side of the pool deck. Additional changing space is available north of the pool in the Recreation and Physical Activity Center on the pool deck level. Locker space is not available. Belongings may be stored on deck on or under team benches. Towels will not be distributed; you must provide your own. The Ohio State University is not responsible for any lost or stolen items. We ask that you help us maintain positive relations with area hotels; do not bring hotel towels with you to the aquatic facility.

Medical Assistance

An Athletic Trainer will be available in the Athletic Training Room located in the south east corner of the pool deck during warm-ups and competition. Emergency Medical Services will be on call for all competition sessions. All medical emergencies will be transported to The Ohio State University Medical Center located on campus adjacent to the McCorkle Aquatic Pavilion. Sick call will be available daily. The sick call schedule will be noted in the information provided in the coaches' packet. Sports massage therapy services will not be provided.

Concessions

Concessions will be provided on the Plaza level of the Aquatic Plaza during competition hours.

Hospitality

A hospitality room for the coaches and officials will be located just off the west side of the pool deck in the Wet Classroom. Appropriate credentials must be displayed for entry to this room. Light athlete hospitality will be provided upon entry to the facility prior to the first session of each day.

About the Facility

Dedicated October 14, 2005, the Bill and Mae McCorkle Aquatic Pavilion consists of the Mike Peppe Natatorium and the Ron O'Brien Diving Well.

Mike Peppe Natatorium
14,156 square foot competitive pool of 934,324 gallons
50-meter x 25-meter competitive pool
Two moveable bulkheads
Parapet gutters on ends
Rollout gutters on sides
20' decks on all sides of the pool
One 10-lane 50-meter pool competitive course
Two 10-lane 25-yard pool competitive courses
Two 10-lane 25-meter pool competitive courses
Bleachers for 627 plus additional deck seats available
Spectator seating for 1,284 in numbered seats, plus handicap seating, with the ability to add an additional 314 temporary seats
7'6" to 10' water depth

Ron O'Brien Diving Well
4,638 square foot pool of 436,792 gallons
8-lane 25 meter pool for continuous warm-ups during competition
14' to 17' water depth

Pool Hours

Tuesday, December 8	9:00 a.m. - 9:00 p.m.
Wednesday, December 9	9:00 a.m. - 9:00 p.m.
Thursday, December 10	6:00 a.m. - 1 hour after finals
Friday, December 11	6:00 a.m. - 1 hour after finals
Saturday, December 12	6:00 a.m. - 1 hour after finals
Sunday, December 13	6:00 a.m. - 1 hour after finals

Credential Pick-Up

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

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

Team Banners

Team banners will not be allowed at these championships.

Credentials

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

Wireless Internet Access

Wireless internet is available free of charge at the venue.

Entering the Meet



Meet Entries

All Event Entry questions should be directed to:
Susan Woessner, swoessner@usaswimming.org or 719-866-3589 or 719-332-0184.

Enter the Speedo Short Course Junior National Championships on-line at usaswimming.org/irscnationals beginning Tuesday, October 13, 2009 and no later than by 11:59 p.m. Mountain Time. Tuesday, November 24, 2009.

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

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

You can modify your entry on-line by adding to the original entry. You cannot delete an on-line entry.

Once 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 Wednesday, November 25, 2009, through Sunday, December 6, 2009, may be sent by e-mail. These entries must be received no later than 11:59 p.m. Mountain Time on Sunday, December 6, 2009, and cannot be used to improve the seed time of a prior entry. See usaswimming.org/irscnationals 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.

Late Entries

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

- A. Late entries must be submitted through the On-Line Meet Entry system (OME);
- B. These entries must be received no later than 11:59 p.m. Mountain Time on Sunday, December 6, 2009;
- C. The team or athlete must pay a one-time processing fee of \$150.00, and pay entry fees of \$30 per individual event and \$60 per relay event.

Qualifying Period

The qualification period for this event is November 1, 2008 through the entry deadline.

Entry Fees:

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

Number of Events

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

Bonus Events

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.

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.

Relay Proof of Time

If you are using a relay entry time achieved as a relay (team time), you must list the four swimmers that actually achieved the time. If your relay is an aggregate, list all of the swimmers and their times. If any of the listed swimmers are not going to compete on a relay, they should not be entered. Enter only those swimmers who may be competing.

- 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 may not use the same swimmer twice in an event, or to prove a time.
- C. Teams may only submit two relays per event.
- D. Relay qualifying times must be made by swimmers age 18 or under when the qualifying time is achieved.

Waiver and Release Form

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



Rules

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

Membership Requirement

All persons expecting to receive a deck pass should be prepared to show a current USA Swimming membership card. Non-members 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, and must have previously submitted to the required background check.

No swimmer will be issued credential without a coach member present. If the home club coach is not planning to attend event, swimmer must be assigned a supervising coach (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.

SWIMS Database—Proof of Time

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

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

Entering Official Times

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

Relay Events - Times and names for each entered relay team must be submitted on the master entry relay form. The entered time must be proven prior to the scratch deadline for each entered relay team, in aggregate or as a team. For the purpose of proving times, a club may name a swimmer on only one of its relay teams in each event. Once the relay team or teams have

been proven, any swimmer listed by that organization on the master entry form is eligible to compete on that relay team. Relay teams may be entered at the listed provable time or at the lowest priority non-conforming time standard. This choice must be indicated on the relay entry form or on-line. A club may enter no more than two relay teams in each relay event.

Responsibility Clause (207.8.3)

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

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

Appeal of fines are to be made to the Vice President of Program Operations or designee and/or Board of Review. Any appeal of the decision of the Vice President of Program Operations or designee shall be in accordance with the provisions of Part Four, specifically Article 407.

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.

Seeding

For these Championships, the seeding order is:

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



Registration

Credentials for coaches, managers and chaperones shall be issued to those persons listed on the submitted team entry forms, according to the following formula, based upon the total size of the team, whether comprised of one or both sexes. Managers and trainers must be included in this formula and on the entry form to receive a deck pass. All non-athlete deck passes will be assessed a \$20 fee. Athletes entered in the meet will receive a deck pass as part of their entry fee. There is a surcharge of \$20 per person for spectator passes. Spectator passes must be purchased through OME and will not be sold on-site. All others will be required to purchase individual tickets. For clubs that wish to bring one certified massage therapist with their teams, a \$50 surcharge will apply if the massage therapist exceeds the deck pass formula below. These funds shall become the property of the meet host. All massage therapists must be non-athlete members of USA Swimming.

- 1-3 swimmers in individual events 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.

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.

Race Ready Area

A Race Ready Area will be used at these Championships prior to each "A" finals heat. Each swimmer in the "A" final must report to the Race Ready Area five minutes preceding the event. Bonus, Consolation, and all Relay heats will report directly to their assigned starting block.

Awards Ceremonies

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

Relays and Relay Check-In Procedures

- A. Teams are limited to two relay entries in each relay event.
- B. Qualification for the 4 x 50 relays will be the corresponding 4 x 100 relay time standards. The 200 Freestyle and 200 Medley Relays will be swum as preliminaries and finals, with the preliminaries at the beginning of the preliminary sessions, and the top two heats advancing to finals at the beginning of the finals session. The preliminaries will be championship seeded, with all women's heats swum before the men's heats.
- C. All other relays will be swum as timed finals at the end of that evening's finals sessions. The order shall be;

- Women's 2nd Fastest Heat
- Women's Fastest Heat
- Men's 2nd Fastest Heat
- Men's Fastest Heat
- Women's 3rd Fastest Heat
- Men's 3rd Fastest Heat
- Women's 4th Fastest Heat



Men's 4th Fastest Heat
Etc.

- D. Relay qualifying times must be made by swimmers age 18 or under when the qualifying time is achieved.
- E. 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.
- B. Distance Check-in and Seeding - Entrants in the 1650 yard freestyle must check in and confirm their intention to compete before the scratch deadline in order to be seeded. Seeded heat sheets will be published at the end of finals the evening before. The swimmers will be listed in the psych sheet in the order of submitted times, beginning with the fastest (207.12.7).
- C. 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.
- D. Swimmers may qualify for the 1650 Freestyle using the 1500/1650 time standards or the 800/1000 time standards.

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).

Meet Scoring

Scoring will be on a twenty (20) place basis. Individual events: 24, 21, 20, 19, 18, 17, 16, 15, 14, 13, 11, 9, 8, 7, 6, 5, 4, 3, 2, 1. Relay events receive double these point values.

Results

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

Awards

- A. Team Awards - Awards will be provided for the top ten team in Men's, Women's, and Combined categories. There will be no awards for college teams. The top three teams in each category will be awarded following the conclusion of the championships. Fourth through tenth place awards will be mailed within two weeks after the championships.
- B. Medals - A medal ceremony will be conducted for the top

three place winners in each individual and relay event. Fourth through tenth place medals may be picked up in the awards staging area.

- 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, and may be limited to approximately one hour each day. 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 individual time to participate in the Time Trials (i.e. Relay-only swimmers are not allowed to participate in Time Trials at this meet).
- E. The Time Trial entry deadline shall be one hour prior to the estimated/published conclusion of that days preliminary session.
- F. 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 13, 2009). There will be no time standards for the Long Course Invitational, however only athletes that participate in individual or relay events at the 2009 Speedo Short Course Junior National Championships will be permitted to enter the Long Course Invitational.

Entry Fees:

\$15.00 per individual event

Entries

Register for the Long Course Invitational on-line at usaswimming.org/jrscnationals no later than *Friday, December 11, 2009* by 11:59 p.m. Mountain Time.

Positive Check-In

In addition to entering the Long Course Invitational, all swimmers must check-in with the Administrative Referee at the venue to confirm their intention to swim.

2009 USA Swimming Long Course Invitational

McCorkle Aquatic Pavilion

Sunday, December 13, 2009

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
13	1500 Freestyle (Women)
	800 Freestyle (Men)

Men's Events

2
4
6
8
10
12
14

Sessions 2 Begins approximately one hour after conclusion of Session 1

15	200 IM	16
17	200 Backstroke	18
19	200 Breaststroke	20
21	50 Freestyle	22
23	200 Freestyle	24
25	200 Butterfly	26
27	800 Freestyle (Women)	
	1500 Freestyle (Men)	28

Doping Control



Testing

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

Medications

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

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

Drug Reference Online: usantidoping.org/dro

Drug Reference Line: 800-233-0393

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

Supplements

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

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

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@usaswimming.org immediately.

More Information

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

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



2009 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	400/500 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	400/500 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	16:02.39	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, 2008 through the entry deadline.
 Qualification for the 4 x 50 relays will be the corresponding 4 x 100 relay time standards.