



2019 USA Swimming Futures Championships August 1-4

Swimmers who are members of USA Swimming may enter the Futures Championships through USA Swimming's Online Meet Entry (OME) system at (usaswimming.org/ome) beginning Monday, June 3, 2019 at 11:00 am Mountain Time. Swimmers must compete in the specific Futures Championships designated for the LSC in which they are registered.

The entry deadline is 11:59 pm Mountain Time on Tuesday, July 23, 2019. The qualification period is June 1, 2018 through the entry deadline. Entries are not accepted until they have been officially submitted in the OME system.

LOCATION	Please refer to the enclosed map to determine in which Futures Championship site each LSC is eligible to participate.
SANCTION	This meet is held under the sanction of USA Swimming. If a USMS swimmer establishes a new Masters record, it is up to that swimmer to request all necessary information and signatures prior to the end of the session in which the performance occurred. It is understood and agreed that USA Swimming shall be free from liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.
ELIGIBILITY	These championships are open to swimmers who are members of USA Swimming, and who have achieved the published time standard in one or more events, however any swimmer who has achieved one or more qualifying standards for the 2019 Phillips 66 National Championships before Monday, June 3, 2019 may not compete in the Futures Championships. Additionally, any swimmer who achieves one or more qualifying standards for the 2019 Phillips 66 National Championships after entering the 2019 Futures Championships will not be eligible to swim those events at the Futures Championships. In such cases, refunds will not be provided.
FORMAT	These championships will be conducted in LCM. The 800m and 1500m freestyle and all relays will be timed final events. All other individual events will be conducted as preliminaries and finals with the fastest 24 swimmers from preliminaries advancing to finals. The order of the final events shall be C, B and A (bonus, consolation and championship). At the Meet Referee's discretion, preliminary sessions may be conducted in flights. Information on flighting, if any, will be provided at the Technical meeting. A Ready Room will be used to assemble and parade "A" finalists and the fastest seeded heats of 800m and 1500m freestyle swimmers. These swimmers must report to the Ready Room no later than five minutes preceding the "Parade Time" for the event.
SCHEDULE	Thursday: Timed Finals begin at 4:00 pm Fri-Sun: Prelims: 9:00 am, Finals: 5:00 pm
SEEDING	Events shall be seeded in order of LCM, SCY, non-conforming LCM, non-conforming SCY and then any bonus entries in the same order.
TECHNICAL MEETING	A technical meeting will be held at the pool two hours prior to the first session on Thursday. It is the Coaches' responsibility to be aware of all information presented at this meeting.
DISTANCE EVENTS	<p>The 800m and 1500m freestyle events will be swum as timed finals. Swimmers may qualify for these events using any of the 800m/1000yd or 1500m/1650yd qualifying standards (i.e. the conforming or non-conforming distance event standards). These distance freestyle events will be swum slowest to fastest, alternating women's and men's heats. On Thursday, the fastest seeded heat of Men's 1500 will be scheduled to finish no later than approximately 5:50 PM, preceded by the fastest seeded heat of Women's 800m, alternating back to a start time of no earlier than 4:00 PM. Any remaining heats of Women's 800m and Men's 1500m will swim fastest to slowest, alternating women, then men, starting approximately 10 minutes after the completion of the 800m Freestyle relays.</p> <p>On Sunday, the fastest heat of the men's 800m and the women's 1500m freestyle events will be swum during the evening (Finals) session. All other heats will be scheduled so the second fastest heat of the men's 800m event finishes approximately one hour prior to the start of the evening session.</p> <p><i>All swimmers entered in the 800 and 1500 Freestyle events must be positively checked-in prior to the scratch deadline in order to compete in the event.</i></p>

RULES

Unless otherwise noted herein, this meet shall be conducted in accordance with current USA Swimming Rules and Regulations. Please note that use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms. Changing into or out of swimsuits other than in locker rooms or other designated areas is prohibited. Any swimmer entered in the meet must be certified by a USA Swimming member-coach as being proficient in performing a racing start or must start each race from within the water. Further, those participants not proficient with a backstroke ledge must start each race from within the water, and without use of the backstroke ledge. When unaccompanied by a member-coach, it is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with these requirements. 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.

Eligibility and Technical juries consisting of at least one official, one coach, and one athlete will be appointed by the Meet Referee to review protests within their jurisdiction as defined in USA Swimming Rules.

WARM UP

Only feet-first entries are allowed during warm-ups, except in designated lanes and times. No equipment (fins, snorkels, hand paddles, etc.) is permitted in the competition pool at any time. Violations may result in disqualification from next individual event or expulsion from the meet. More detailed warm up procedures will be distributed at registration and during the Technical Meeting.

SCORING AND AWARDS

Team scores will be kept and awarded. Team awards will be presented to the top three teams in Men's, Women's, and Combined categories. Team scoring will be as outlined in the USA Swimming Rules and Regulations. Medals will be awarded to all place winners in the "A" final. 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. Individual High Point Awards will be given to the top scoring male and female.

MEMBERSHIP REQUIREMENT

All persons expecting to receive a deck pass must show a current USA Swimming membership card and be prepared to show acceptable identification (driver's license, passport, etc.) if requested. Non-members who have successfully completed the Athlete Protection Training (APT) course and a USA Swimming background check may join on site at the registration check-in desk. Information regarding the APT course and the background check will be available at meet check-in and is also online at usaswimming.org/protect. Coaches must provide proof of CPR, First Aid and Safety Training for Swimming Coaches or USA Swimming approved equivalents and must have successfully passed the required background check and APT Course.

No swimmer will be issued a credential without a coach member present. If the home club coach is not planning to attend the event, the 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 a supervision form before a credential can be issued.

SWIMS DATABASE

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. 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.

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.

SWIMS data entry from meets in which 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. These times will not be automatically placed in the database. Times from all major international championships will be automatically entered in the database. 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 a club on the USA Swimming mailing list.

RESPONSIBILITY CLAUSE

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

ENTRIES

All entries must be made online at usaswimming.org/ome. You will be required to pay for the online entries with a Visa, Mastercard, American Express or Discover. For questions about OME, please refer to the specific Futures site page included with this information.

OME is not an eligibility report. It is the coach's responsibility to know for which events his or her athlete is qualified. Events can be added to the entries however you may not delete an online entry once it has been submitted/paid for. Once entries are completed, a confirmation will be sent via e-mail. All confirmations should be printed and brought to the meet. All entry times (including scratched events) must be proven, and USA Swimming reserves the right to challenge any submitted time. Drug waiver forms will automatically be sent via e-mail after the entry deadline closes and should be filled out and brought to the meet.

A swimmer may enter any number of individual events in which the qualifying time standard has been met, however a swimmer may only swim three (3) individual events per day (including time trials), and a total of six (6) events (not including time trials) during the meet. All entry times, including bonus events, must be proven. Bonus events will be permitted for this meet according to the following:

- Any athlete who qualifies for one individual event will be permitted to enter and swim in up to two bonus events;
- Any athlete who qualifies for two individual events will be permitted to enter and swim one additional bonus event;
- Any athlete who qualifies for more than two individual events, will not be permitted to enter bonus events;
- There will be no qualifying standards for bonus events, however, a provable entry time must be included.

ENTRY FEES

Individual Events	\$15.00 per event
Relays	\$30.00 per event
Coach/Team Staff Credential	\$20.00 per person

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 Futures: New Qualifying Swims". These entries must be submitted no later than 11:59 pm Mountain Time on Monday, July 29, 2019, and cannot be used to improve the seed time of a prior entry. Bonus events for new qualifiers must be entered by override using any proven time from the meet's qualifying period. Normal entry fees apply.

LATE ENTRIES

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

- Late entries must be submitted through the On-Line Meet Entry system (OME);
- These entries must be received no later than 11:59 pm Mountain Time on the Monday, July 29, 2019;
- 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.

RELAYS

All relays will be timed final events. All but the fastest two seeded heats of the 400 FR and 400 MR will be swum in the preliminary sessions. The fastest two seeded heats in the 400 FR and 400 MR will be swum at the end of that day's finals session. Relay-only swimmers will be allowed in this meet and may swim in time trials. Each team may enter a maximum of two relays in each event. Any swimmer who, prior to July 24, has achieved a Phillips 66 National Championship qualifying standard in the 100's of stroke or the 200 freestyle may not swim that particular stroke on a relay (or swim on the 4x200 freestyle relay if they have the 200 freestyle qualifying standard).

If entering with a time achieved as a relay (team time), the four swimmers that actually achieved the time must be listed. If the entry is an aggregate, each swimmer must be listed with their individual times, and only those swimmers who may be competing should be entered. Once the relay team or teams have been proven, any swimmer listed by that organization on the entry 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. If entering an A and B relay, eight (8) different swimmers must be entered. The same swimmer may not be used twice in an event, or to prove an entry time.

COACH CREDENTIALS

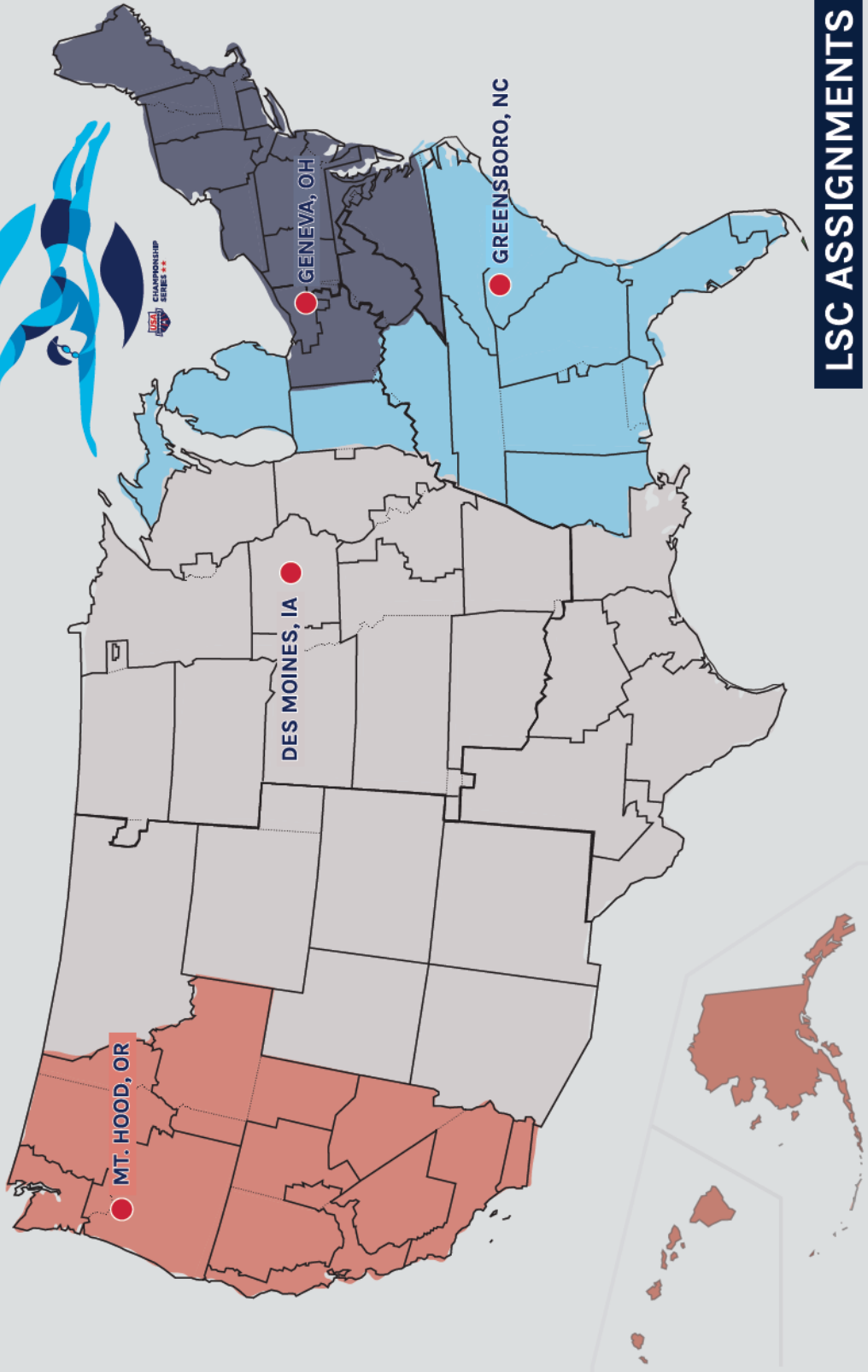
Credentials for coaches, managers and chaperones may be purchased for \$20/each for those persons listed on the submitted team entry through OME, according to the following formula, whether comprised of one or both sexes. Managers and trainers must be included in this formula and on the entry form to receive a deck pass. Athletes entered in the meet will receive a deck pass as part of their entry fee. All others will be required to purchase individual tickets.

- 1-3 swimmers in individual events; 1 deck pass.
- 4-6 swimmers in individual events; 2 deck passes.
- 7-9 swimmers in individual events; 3 deck passes.
- 10-20 swimmers in individual events; 4 deck passes.
- 21-30 swimmers in individual events; 5 deck passes.
- 31-40 swimmers in individual events; 6 deck passes.
- 41-50 swimmers in individual events; 7 deck passes.
- 51 or more swimmers in individual events; 9 deck 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.

SWIMMERS WITH DISABILITIES	Coaches entering swimmers with disabilities that require any accommodations, including the need for any personal assistants and/or registered service animals, must provide advance notice in writing, accompanying their meet entry file, to the meet director by the entry deadline. Failure to provide advance notice may limit the host's ability to accommodate all requests.
CHECK-IN	Any unproven entries must be cleared prior to the scratch deadline or the swimmer will be scratched from the event. If an entry cannot be proven, the coach is subject to a \$100 fine. All swimmers entered in the 800 and 1500 Freestyle events must be positively checked-in prior to the scratch deadline in order to compete in the event. Swimmers entered in the Women's 1500m and Men's 800m Freestyle events may, when they check-in, indicate their preference to swim the event in the preliminary session. The fastest heat of swimmers that state no preference shall be seeded to compete in the finals session. In order to make their designation, swimmers or their coaches must mark on the positive check-in sheet their preference to swim during preliminaries. The swimmers or coach should clearly write "AM" next to their name when they check-in if they desire to swim in the preliminary session. All relay cards for the 800 FR are due to the Administrative Referee no later than 15 minutes after the conclusion of the technical meeting, and by 10:30 am or 6:30 pm in the session in which the 400 MR and 400 FR will be swum.
SCRATCHES	<p>Thursdays Events: Scratch Box closes Thursday, 15 minutes after the technical meeting. All subsequent day's events scratches are due 30 minutes after the start of the previous evening's finals.</p> <p>Note: Check-in and scratches for Thursday's distance events and Relay Events, and all Friday's events may be submitted to the Administrative Referee by email or text message up until the respective scratch deadline. See the Specific Meet Details for the Administrative Referee's contact information. Use of the Scratch box is preferred.</p> <p>All scratches from finals must be made with the Administrative Referees.</p> <p>These championships will follow the scratch rules as defined in section 207.11.6 of the USA Swimming Rulebook.</p>
TIME TRIALS	<p>Time Trials may be conducted at the discretion of the Meet Referee. Entry fees for time trials will be the same as the meet entry fees. Each swimmer is limited to a maximum of two time trials during the course of the Championships, and time trials will count toward the swimmer's individual event total for each day, but not the meet total. Athletes may need to provide their own lane timer and lap counter for time trial events. Relay-only swimmers will be allowed to swim in time trials.</p> <p>Time Trial entries will be accepted at the meet with the Clerk of Course. Time Trial entries will close at 10am each day.</p> <p>Time Trials will begin approximately 15 minutes after the conclusion of the preliminary session.</p>
SAFETY	Marshals will be in place during warm-up periods and USA Swimming safety rules will be in effect. A warm-up schedule will be posted in the venue. It is the responsibility of the swimmer or of the swimmer's legal guardian to ensure compliance with USA Swimming safety procedures. Flagrant violation of these procedures may result in a disqualification from the meet for unsportsmanlike activity. The main competition pool will be reserved the last 60 minutes for swimmers competing in that session's events.
OFFICIALS' INFO	A meeting for officials will be held one hour prior to each session at the pool. This meet has been designated as a National Qualifying Meet to all officials who wish to and are eligible to be evaluated for advancement or re-certification. Request for evaluation should be made to the Meet Referee.
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.
LIABILITY	USA Swimming, the LSC, the facility, and the host organization shall accept no responsibility for liability or injuries sustained by any individual, athlete, coach, official, meet volunteer, or spectator while traveling to and from or while participating in this event. Damage to the facility, when proved, will cause the offending participant, if unattached, or the offending swimmer's club, if attached, to be held accountable for repairs. All participants and guests must adhere to the facility rules and coaches must supervise their swimmers at all times. Glass containers are not permitted in the facility. Children must be supervised at all times.
DOPING CONTROL	Doping Control may occur at this competition. All athletes competing in the meet are eligible to be tested. All athletes should check the status of all medications they consume at the US Anti-Doping Agency's (USADA) Drug Reference website (usantidoping.org/dro). Documentation may be required to be submitted well in advance of the meet.

ORDER OF EVENTS

Women's Event #	Thursday, August 1	Men's Event #
1	800 Freestyle	-
-	1500 Freestyle	2
3	800 Freestyle Relay	4
	Friday, August 2	
5	200 Freestyle	6
7	100 Breaststroke	8
9	100 Butterfly	10
11	400 IM	12
13	400 Free Relay	14
	Saturday, August 3	
15	200 Butterfly	16
17	50 Freestyle	18
19	200 Breaststroke	20
21	100 Backstroke	22
23	400 Freestyle	24
	Sunday, August 4	
25	100 Freestyle	26
-	800 Freestyle	27
28	200 Backstroke	29
30	1500 Freestyle	-
31	200 IM	32
33	400 Medley Relay	34



LSC ASSIGNMENTS



**GREENSBORO AQUATIC CENTER
1921 WEST LEE STREET
GREENSBORO, NC 27403**

EVENT PERSONNEL

Referee:	Anne Lawley	513-405-3805	6lawley6@gmail.com
Administrative Referee:	Anissa Kanzari	937-307-6835	kanzari.anissa@gmail.com
Meet Director:	Susan Braman	336-315-8498	Susan.Braman@greensboro-nc.gov
	Jay Dodson	336-337-0169	starcoachjay@gmail.com

OME

Questions about OME and proof of times for this Futures site should be directed to Beth Williams at entries@staraquatics.net

SCHEDULE

Day 1: Timed Finals begin at 4:00 pm
Days 2-4: Prelims: 9:00 am, Finals: 5:00 pm

Practice lanes will be available 7:00 am -11:00 am and Noon – 9:00 pm beginning 48 hours prior to the start of competition.

ABOUT THE FACILITY

Greensboro Aquatic Center which opened in 2012 is a 120,000 square foot in-door facility with a 50M stretch competition pool with depth of 9-10' with water temperature 79-80 degrees and spectator seating for 1,900. There is a separate 25 yard dive well, a recreational shallow water 25 yard pool and a second brand new 50M pool with 8 long course lanes and 19 short course lanes. The competition pool has been certified for USA Swimming events both Short and Long Course and meets all NCAA and FINA standards for competition. Several National and American records have been set at the GAC. Omega race equipment is used along with two state of the art Daktronics scoreboards. There is a Pro Shop on site as well as Concessions. The GAC resides on the Greensboro Coliseum property and has over 4,000 lit parking spaces on site.

LOCKERS

The GAC has three sets of locker rooms, all with lockers. Bring your own lock.

MEDICAL ASSISTANCE

There is a first-aid room just off deck. GAC certified staff serve as first responders. An EMT (Emergency Medical Technician) will be on site during the event. Sports massage or therapy services will not be provided.

CONCESSIONS

Concessions are available inside of the GAC and include a wide variety of snacks, drinks, smoothies, yogurt, fruit and other healthy options. Concessions will be open during competition hours.

HOSPITALITY

A hospitality room is located just off deck from the competition pool. It will be well stocked with beverages and snacks.

PARKING

All session and daily parking passes will be sold for Greensboro Coliseum and Aquatic Center lots. They will be available for sale at registration on the first day and at the parking booth upon entry daily. The GAC has in and out return privileges by presenting your valid parking pass on re-entry.

HOTELS

<https://pse.tournamenthotels.com/pse/Event/3105>

REGISTRATION

Registration will be held in the Coliseum SEC (Special Events Center) located steps away from the Greensboro Aquatic Center.

TICKETS

All Session Passes will be sold through TM (Ticket Master) beginning June 1, 2019 and will be available on site the first day of the meet. All daily and single session tickets will be sold at the GAC entrance Box-Office.

- All Sessions Pass- Adult (13 and over) - \$45.00
- All Sessions Pass- Child 12&U - \$30.00
- Daily Pass - Prelims & Finals / Adult 13&O - \$15
- Daily Pass - Prelims & Finals / Child 12&U - \$10
- Single Session - Prelims OR Finals / Adult 13&O - \$10
- Single Session - Prelims OR Finals / Child 12&U - \$5



**SPIRE INSTITUTE
5201 SPIRE CIRCLE
GENEVA, OH 44041**

- EVENT PERSONNEL**
- | | | | |
|-------------------------|---------------|--------------|--|
| Referee: | Mickey Smythe | 317-748-9888 | mickeysmythe@comcast.net |
| Administrative Referee: | Lucy Duncan | 317-946-1371 | lucyuss@aol.com |
| Meet Director: | Josh Ptak | 440-476-1805 | jptak@spireinstitute.org |
- OME** Questions about OME and proof of times for this Futures site should be directed to Josh Ptak at jptak@spireinstitute.org
- SCHEDULE**
- Day 1: Timed Finals begin at 4:00 pm
Days 2-4: Prelims: 9:00 am, Finals: 5:00 pm
- Practice lanes will be available 7:00 am -11:00 am and Noon – 9:00 pm beginning 48 hours prior to the start of competition.
- ABOUT THE FACILITY**
- SPIRE Institute, located in Geneva Ohio, houses an indoor, 10-lane, 50-meter Myrtha Competition Pool. Water depth at the start end is 14' and 8.2' at the turn end. Competitor lane lines with Myrtha starting blocks, Colorado electronic timing equipment and scoreboard. There also is a separate Myrtha pool with a depth ranging from 3'6"-6' for continuous warm-up and warm-down in six 25-yard lanes. The competition course has been certified in accordance with 104.2.2C (4). The copy of such certification is on file with USA Swimming.
- LOCKERS**
- 4 locker rooms for credentialed personnel only are located in the aquatics center. 2 off the competition pool deck and 2 off of the warm-up pool deck. SPIRE Institute is not responsible for lost, stolen, or damaged property.
- MEDICAL ASSISTANCE**
- First Aid is located between the competition and warm up pools. Athletic Trainers and Facility Lifeguards will be on site for the duration of the event. There will be a medical doctor on call for the duration of the meet. EMS is located 2 minutes from the SPIRE Campus.
- CONCESSIONS**
- SPIRE Institute offers a full-service, healthy foods option food court just off the pool deck called SPIRE Fuel. This expansive food court features a soup and salad bar, grill station, pizza and pasta area, breakfast selection, and culinary theater. SPIRE Fuel will be open for the duration of the meet.
- HOSPITALITY**
- Coaches and Officials hospitality will be available throughout the competition. The Hospitality Room is located just off the pool deck near the meet administrative office/timing room. Athlete Hospitality will be on the warm up pool deck.
- PARKING**
- SPIRE Institute has parking on the South and East ends of the Aquatics Center. Parking is FREE on SPIRE Campus.
- HOTELS**
- <https://pse.tournamenthotels.com/pse/Event/3104>
- REGISTRATION**
- Registration will be available at the venue beginning Wednesday, July 31st at 1:00 pm.
- TICKETS**
- All Session Adult: \$45.00
All Session Senior (65+)/Youth (7-12): \$30.00
Daily (Prelims & Finals) Adult: \$15.00
Daily (Prelims & Finals) Senior (65+)/Youth (7-12): \$10.00
Single Session Adult: \$10.00
Single Session Senior (65+)/Youth (7-12): \$5.00
Heat Sheets - \$1.00
- Children 6 and Under are FREE.



**MT. HOOD COMMUNITY COLLEGE AQUATIC CENTER
26000 SE STARK
GRESHAM, OR 97030**

EVENT PERSONNEL	Referee:	Phil Lakota	817-980-8827	philswim@mindspring.com
	Administrative Referee:	Susan Huckeby	406-491-4698	shuckeby@msn.com
	Meet Director:	Christine Logue	503-702-7845	Christine@ortrucking.org
OME	Questions about OME and proof of times for this Futures site should be directed to Christine Logue at Christine@ortrucking.org .			
SCHEDULE	Day 1:	Timed Finals begin at 4:00 pm		
	Days 2-4:	Prelims: 9:00 am, Finals: 5:00 pm		
	Practice lanes will be available 7:00 am -11:00 am and Noon – 9:00 pm beginning 48 hours prior to the start of competition.			
ABOUT THE FACILITY	Renovated in 2007, Mt Hood Aquatic Center (MHAC) is one of the premiere aquatic facilities on the West FACILITY Coast, hosting numerous high school and collegiate championship events, as well as USA Swimming, US Masters Swimming, and USA Water Polo competitions. MHAC has been the site of the Speedo Western Region Section Championship meet continuously since 2007. MHAC also hosted the 2008 Masters LC Nationals and the 2016 Masters LC Nationals meet.			
	The outdoor competition pool is 50 meters by 25 yards, 8 lanes, 2.5 meters per lane; the start end of the competition course is 16.0 feet deep; the scoreboard end of the pool is 6.0 feet deep. Electronic timing and matrix scoreboard systems added during the 2007 renovation. The competition course has been certified in accordance with 104.2.2C(4). and is on file with USA Swimming.			
	The 25-yard indoor pool will serve as the warmup/down pool and runs from 3.5 feet deep to 13.0 feet deep.			
LOCKERS	Limited pay-for-use day lockers will be available at the Aquatic Center for use by athletes, coaches, and officials ONLY. The locker room area will be strictly for properly credentialed individuals (athletes, coaches and officials) ONLY. Other ADA-accessible, public-use restrooms are available both in the indoor facility and in the outdoor concessions area. The Aquatic Center will not be responsible for lost or stolen items. Towel service is not available.			
MEDICAL ASSISTANCE	First Aid assistance will be provided on-site by the Facility ARC-certified Lifeguards and staff. The First Aid room is located just off the indoor pool deck, down the center hallway, second door on the left.			
CONCESSIONS	On-site concessions will be provided by Lancer Food Service and will be available throughout the meet.			
HOSPITALITY	Coaches and Officials hospitality will be available throughout the meet in the designated Hospitality Area.			
PARKING	Parking and seating available for 3,000 spectators.			
HOTELS	https://pse.tournamenthotels.com/pse/Event/3099			
REGISTRATION	Registration will be available at the venue beginning Wednesday, July 31st at 1:00 pm.			
TICKETS	Coming soon!			



**MIDAMERICAN ENERGY AQUATIC CENTER AT THE WELLMARK YMCA
501 GRAND AVE
DES MOINES, IA 50309**

EVENT PERSONNEL	<table border="0"> <tr> <td>Referee:</td> <td>Peter LaGow</td> <td>443-621-8232</td> <td>peterlagow@gmail.com</td> </tr> <tr> <td>Administrative Referee:</td> <td>Betsy Russell</td> <td>617-699-1033</td> <td>betsy@byrussell.com</td> </tr> <tr> <td>Meet Director:</td> <td>John Van Meter</td> <td>515-471-8560</td> <td>john.vanmeter@dymymca.org</td> </tr> <tr> <td>Safety Director:</td> <td>Frankie Hansen</td> <td>515-471-8546</td> <td>frankie.hanson@dymymca.org</td> </tr> </table>	Referee:	Peter LaGow	443-621-8232	peterlagow@gmail.com	Administrative Referee:	Betsy Russell	617-699-1033	betsy@byrussell.com	Meet Director:	John Van Meter	515-471-8560	john.vanmeter@dymymca.org	Safety Director:	Frankie Hansen	515-471-8546	frankie.hanson@dymymca.org
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OME	Questions about OME and proof of times for this Futures site should be directed to John Van Meter at john.vanmeter@dymymca.org .																
SCHEDULE	<p>Day 1: Timed Finals begin at 4:00 pm Days 2-4: Prelims: 9:00 am, Finals: 5:00 pm</p> <p>Practice lanes will be available 7:00 am -11:00 am and Noon – 9:00 pm beginning 48 hours prior to the start of competition.</p>																
ABOUT THE FACILITY	The Prairie Meadows Pool is an indoor 8 lane, 50 Meter long course competition pool. The start end is at the south end of the pool and turns off of the bulk head. Starting end is 10 feet deep with the turn end at 7 feet deep. Lane width of 8' 3." Competitor lane lines with Paragon starting blocks, Colorado Timing System electronic timing system will be used. There also is a separate warmup/cool down pool with a depth ranging from 3'6"-5' for continuous warm-up and warm-down in four 25-yard lanes. The competition course has been certified in accordance with USA Swimming Rule 104.2.2C(4). A copy of such certification is on file with USA Swimming.																
LOCKERS	Two locker rooms for credentialed personnel only are located off of the aquatics center. Wellmark YMCA is not responsible for lost, stolen or damaged property.																
MEDICAL ASSISTANCE	First Aid is located between the competition and warm up pools. Facility Lifeguards will be on site for the duration of the event. EMS is located a few minutes from the Wellmark YMCA.																
CONCESSIONS	The Wellmark YMCA will have an onsite cafe as well as a general concession stand in the spectator seating area. The Wellmark YMCA is conveniently located near restaurants downtown in the skywalk system and at street level. www.catchdesmoines.com Additional details will be provided at www.dsmymarlins.com as the event draws near.																
HOSPITALITY	Coaches and Officials hospitality will be available throughout the competition. The Hospitality Room is located off the pool deck in the "wet classroom".																
PARKING	Wellmark YMCA parking is available throughout downtown (free garage and street parking on Sunday). The 5th & Keo garage is conveniently located across the street from the YMCA. Also available is street (metered) parking and most of the downtown hotels have their own parking and are within walking distance of the YMCA via the skywalk system.																
HOTELS	https://pse.tournamenthotels.com/pse/Event/3100																
REGISTRATION	Registration will be available at the venue beginning Wednesday, July 31st at 1:00 pm.																
TICKETS	Ticket info coming soon!																



2019 USA SWIMMING FUTURES CHAMPIONSHIPS
August 1-4

Long Course Meters



FUTURES CHAMPIONSHIPS 2019
TIME STANDARDS

WOMEN

MEN

SCY	LCM		LCM	SCY
24.09	27.39	50 Freestyle	24.89	21.39
52.09	59.39	100 Freestyle	53.79	46.49
1:52.59	2:07.79	200 Freestyle	1:58.09	1:41.79
5:03.49	4:28.79	400 Freestyle	4:09.99	4:37.09
10:20.49	9:13.79	800 Freestyle	8:40.69	9:34.29
17:14.39	17:40.19	1500 Freestyle	16:38.99	16:05.49
58.09	1:06.89	100 Backstroke	1:00.79	52.09
2:04.99	2:23.99	200 Backstroke	2:11.89	1:52.79
1:05.99	1:15.99	100 Breaststroke	1:08.69	58.69
2:22.69	2:43.39	200 Breaststroke	2:29.09	2:08.59
57.49	1:04.69	100 Butterfly	58.39	51.09
2:05.39	2:21.89	200 Butterfly	2:10.19	1:53.69
2:08.29	2:26.39	200 Individual Medley	2:12.79	1:55.09
4:30.69	5:07.29	400 Individual Medley	4:42.39	4:07.59
3:34.09	4:04.29	4x100 Free Relay	3:40.89	3:12.89
7:36.39	8:40.89	4x200 Free Relay	8:00.49	6:58.59
3:57.09	4:33.79	4x100 Medley Relay	4:05.89	3:32.79

Qualification Period 6/1/2018 through Entry Deadline

Any swimmer who has achieved one or more qualifying standards for the 2019 Phillips 66 National Championships before Monday, June 3, 2019 may not compete in the Futures Championships. Additionally, any swimmer who achieves one or more qualifying standards for the 2019 Phillips 66 National Championships after entering the 2019 Futures Championships will not be eligible to swim those events at the Futures Championships.