



**2019 SPEEDO WINTER JUNIOR CHAMPIONSHIPS
DECEMBER 11-14 (WED-SAT)
SHORT COURSE YARDS**

**LONG COURSE METERS TIME TRIALS
TUESDAY, DECEMBER 10**

EAST

**GA TECH MCAULEY AQUATIC CENTER
ATLANTA, GA**

WEST

**WEYERHAEUSER KING COUNTY AQUATIC CENTER
FEDERAL WAY, WA**

ENTRY DEADLINE

TUESDAY, DECEMBER 3, 2019 AT 11:59 P.M. MOUNTAIN TIME

**THESE CHAMPIONSHIPS AND ASSOCIATED TIME TRIALS ARE
SANCTIONED BY USA SWIMMING**

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IMPORTANT FACTS ABOUT THE MEET (EAST AND WEST)



- ◆ Swimmers participating in the Speedo Winter Junior Championships must compete at the specific location (East or West) as determined by the LSC in which they are registered with USA Swimming. Please refer to the boundary map on the next page.
- ◆ All athletes at the meet must be 18 or under on the first day of the meet. College athletes who meet this age requirement are permitted to compete in the meet. All participants must be current members of USA Swimming.
- ◆ All swimmers entered in the 1650 Freestyle events must be positively checked-in prior to the scratch deadline in order to compete in the event.
- ◆ 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.
- ◆ The qualification period for this event is November 1, 2018 through the entry deadline. (Tuesday, December 3, 2019).
- ◆ Enter the Speedo Winter Championships online at usaswimming.org/OME beginning Tuesday, October 8, 2019 and no later than 11:59 p.m. Mountain Time, Tuesday, December 3, 2019.
- ◆ Bonus events will be permitted for this meet. All athletes who qualify for one or more individual events will be permitted to enter and swim in up to two bonus events, provided they have achieved the published Bonus Event Time Standards.
- ◆ Time Trials will be conducted for all swimmers who enter and compete in individual events, provided there is sufficient time between the end of the preliminary session and the start of warm-ups for the final session. Time Trial entries will only be taken on-site at the Clerk of Course and, at the discretion of the Meet Referee, through OME. **Relay-only swimmers are not allowed to swim in time trials.**
- ◆ At the discretion of the Meet Referee, two courses and/or ten lanes may be used for preliminary heats. Also, the preliminary sessions may be conducted using "Flyover" starts and/or in an A/B flighted format. Details of any changes to normal meet operations protocol will be announced at the general meeting..
- ◆ Qualification for the 4 x 50 relays will be the corresponding 4 x 100 relay time standards. All relays will be swum as timed finals at the end of the evening sessions. The order for the relays shall be the 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.
- ◆ Swimmers may qualify for the 1650 Freestyle events using the 1500/1650 time standards or the 800/1000 time standards.
- ◆ The scratch deadline for the Wednesday relays shall be at the start of the General Meeting (4:00 p.m.). The scratch deadline for Thursday's preliminaries shall be fifteen (15) minutes after the General Meeting is adjourned. Coaches who cannot attend the General Meeting are encouraged to e-mail their scratches to the Meet Referee before these deadlines. This event will follow the scratch rules as defined in section 207.11.6 of the USA Swimming Rules and Regulations. As provided in this section, the penalty for failure to compete in an individual preliminary heat in which such swimmer is entered and has not been scratched will be one of the following:
 - Being barred from all further individual and relay events of that day as prescribed in section 207.11.6, or
 - Payment of a fine of \$200
- ◆ There will be a long course time trial on Tuesday, December 10th at 4:00 p.m. Any athlete who has achieved at least one Winter Junior Championship qualifying standard in an individual event will be permitted to enter and swim up to two events in the time trials, regardless of whether they are entered in the championships. See page 14 for additional details.
- ◆ Swimmers' and Coaches' Responsibility – It shall be the swimmers' and coaches' responsibility to acquaint themselves with all of the information contained in this meet information book and any information or changes announced at the General meeting.

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2019 SPEEDO WINTER JUNIOR CHAMPIONSHIPS





**2019 Speedo Winter Junior Championships Order of Events
Short Course Yards**

<u><i>Women's Events</i></u>	<u><i>Day 1- Wednesday, December 11</i></u>	<u><i>Men's Events</i></u>
<i>Timed Finals Begin at 6:00pm</i>		<i>Timed Finals Begin at 6:00pm</i>
1	200 Medley Relay*	2
3	800 Freestyle Relay	4
<i>Heats Begin at 9:00am</i>	<u><i>Day 2- Thursday, December 12</i></u>	<i>Finals Begin at 5:00pm</i>
5	500 Freestyle	6
7	200 Individual Medley	8
9	50 Freestyle	10
11	400 Medley Relay	12
	<u><i>Day 3 - Friday, December 13</i></u>	
13	400 Individual Medley	14
15	100 Butterfly	16
17	200 Freestyle	18
19	100 Breaststroke	20
21	100 Backstroke	22
23	200 Freestyle Relay*	24
	<u><i>Day 4 - Saturday, December 14</i></u>	
25	1650 Freestyle	26
27	200 Backstroke	28
29	100 Freestyle	30
31	200 Breaststroke	32
33	200 Butterfly	34
35	400 Freestyle Relay	36

**Qualification for the 4 x 50 relays will be the corresponding 4 x 100 relay time standards.*

Heats for events 25 and 26 will be swum after event 34

All relays will be swum as timed finals at the end of the evening sessions. The order for the relays shall be the 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.

GENERAL INFO (EAST AND WEST)



USA Swimming Contacts

Senior Development Committee Chair

Allison Beebe

AllisonRBeebe@gmail.com

USA Swimming National Events Director

Dean Ekeren

dekeren@usaswimming.org

USA Swimming National Events Manager

Kelly Naze

knaze@usaswimming.org

USA Swimming Online Meet Entry Coordinator

Macie McNichols

mmcnichols@usaswimming.org

Pool Hours

Tuesday, December 10	1:00 p.m. - 8:00 p.m.
Wednesday, December 11	8:00 a.m. - 1 hour after finals
Thursday, December 12	6:00 a.m. - 1 hour after finals
Friday, December 13	6:00 a.m. - 1 hour after finals
Saturday, December 14	6:00 a.m. - 1 hour after finals

Credential Pick-Up

Credentials can be picked up at the Pool according to the following schedule:

Tuesday, December 10	1:00 p.m. - 6:00 p.m.
Wednesday, December 11	7:30 a.m. - 7:00 p.m.
Thursday, December 12	7:30 a.m. - end of prelims, and 2:30 p.m. - 6:00 p.m.
Friday, December 13	7:30 a.m. - end of prelims, and 3:30 p.m. - 6:00 p.m.
Saturday, December 14	8:00 a.m. - end of prelims

Broadcast Statement and Image Authorization

All photographs, videotapes 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. This meet may be covered by the media and/or professional photographers taking photographs, video, web casting, and other forms of obtaining images of athletes participating in the meet. Entry into the meet is acknowledgment and consent to this fact. 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.

Safe Sport

All athletes ages 18 and over participating in or associated with this meet acknowledge that they are subject to provisions of the USA Swimming Minor Athlete Abuse Prevention Policy ("MAAPP") and that they understand that compliance with the MAAPP policy is a precondition of participation in the conduct of this meet. Recording devices (cell phones, cameras, PDAs, etc.) are not permitted behind the starting blocks during the entire meet, and the use of audio or visual recording devices, including cell phones, is not permitted in changing areas, restrooms or locker rooms. Except where venue facilities require otherwise, changing into or out of swimsuits other than in locker rooms or designated changing areas is not appropriate and is prohibited.

Any U.S. swimmer entered in these meets must be certified by a USA Swimming member-coach as being proficient in performing a racing start. It is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement. During warm-up sessions, athletes must enter the water feet-first, except in designated lanes and times. Violations may result in disqualification from next individual event or expulsion from the meet. 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. It is understood and agreed that USA Swimming, the Meet Hosts, Facility Owners, and the LSCs shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.

Team Banners

Team banners will not be allowed at this event.

ENTERING THE MEET (EAST AND WEST)



Meet Entries

All entry questions should be directed to: Macie McNichols at USA Swimming (719-866-4578, mmcnichols@usaswimming.org).

Enter the Speedo Winter Championships online at usaswimming.org/OME beginning Tuesday, October 8, 2019 and no later than 11:59 p.m. Mountain Time, Tuesday, December 3, 2019.

You will be required to pay for the online entries with a Visa, Mastercard, American Express or Discover. Once entries are submitted through OME, refunds will not be provided.

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

You can modify your entry online by adding to the original entry. You cannot delete an online entry once it has been paid for.

Once you complete your online entry, you will be sent confirmations via email. Please keep all of these and bring them with you to the meet (just in case).

Waiver forms will automatically be sent to you via email after the entry deadline. Please have these filled out and bring them with you to the meet (*i.e. do not mail to USA Swimming*).

Qualifying Period

The qualification period for this event is November 1, 2018 through the entry deadline. (Tuesday, December 3, 2019).

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

Bonus events will be permitted for this meet. All athletes who qualify for one or more individual events will be permitted to enter and swim in up to two bonus events, provided they have achieved the published Bonus Event Time Standards.

Entry Fees:

\$20.00 per individual event

\$40.00 per relay event

\$20.00 per credentialed coach (\$25 on site)

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.

New Qualifying Swims

Swims achieving a bonus or qualifying time standards for the first time from Wednesday, December 4, 2019, through Sunday, December 8, 2019, may enter the meet through OME under the title 2019 Winter Juniors: New Qualifying Swims. These entries must be submitted no later than 11:00am Mountain Time on Monday, December 9, 2019, and cannot be used to improve the seed time of a prior

entry, unless the improvement achieves a new bonus or qualifying standard. 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:

- A. Late entries must be submitted through the Online Meet Entry system (OME);
- B. These entries must be received no later than 11:00 am Mountain Time on Monday, December 9, 2019;
- C. The team or athlete must pay a one-time processing fee of \$150.00, *and* pay entry fees of \$40 per individual event and \$80 per relay event.

Secondary Club Recognition

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

Relay Proof of Time

- 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 online system. These forms must be submitted at the registration desk. Make copies as needed for each swimmer. Having this completed will save time during check-in at the competition site. Additionally, a parent or legal guardian must sign form if swimmer is under the age of majority in his/her home state.

Rules

USA Swimming Rules and Regulations will govern the conduct of these Championships. It shall be the swimmers' and coaches' responsibility to acquaint themselves with all of the information contained in this meet information book. No U.S. swimmer will be permitted to compete unless he/she is a member as provided in Article 302. Any U.S. swimmer entered in the meet must be certified by a USA Swimming member-coach as being proficient in performing a racing start. It is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement. This event and associated time trials are held under the sanction of USA Swimming. It is understood and agreed that USA Swimming shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.



Membership Requirement

All persons expecting to receive a deck pass must be prepared to show a current USA Swimming membership card. Non-members who have successfully completed the Athlete Protection Training (APT) course and a USA Swimming background check may join on site at the registration check-in desk. Information regarding the APT course and the background check will be available at meet check-in and is also online at usaswimming.org/protect. 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 credential without a coach member present. If the home club coach is not planning to attend event, swimmer must be assigned a supervising coach. Arriving with fellow LSC club/coach is preferred. However, if a swimmer arrives without a coach, he/she must find a willing coach at the facility to sign supervision form before a credential can be issued.

SWIMS Database—Proof of Time

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

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

Entering Official Times

Individual Events - All individual entry times must be made prior to the entry deadline and must be proven prior to the scratch deadline for that event through the SWIMS Database. No swimmer will be permitted to swim without said proof. USA Swimming reserves the right to challenge any submitted time. All individual entry times must be proven in the SWIMS Database, prior the scratch deadline, even if scratched.

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 online. A club may enter no more than two relay teams in each relay event.

Responsibility Clause

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 USA Swimming and/or Board of Review. Any appeal of the decision of USA Swimming 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.

Times from all college dual, invitational and conference meets should be in the database. If a qualifying time was swum at a USA Swimming observed high school meet, verify that it is in the database before using it for entry. Contact the LSC Times Official in the LSC where the meet was held if there are missing times or questions about whether the meet was observed. 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. Long Course Meters (LCM)
- 3. Non-conforming SCY (distance events)
- 4. Non-conforming LCM (distance events)



Registration

Restricted access to the facility will be strictly enforced. Please wear your credential at all times. There is a \$100 replacement charge for lost credentials. Credentials for coaches, managers and chaperones shall be issued to those persons listed on the submitted team entry forms, according to the following formula, based upon the total size of the team, whether comprised of one or both sexes. The cost for these credentials is \$20/each. Managers and trainers must be included in this formula and on the entry form to receive a credential. Athletes entered in the meet will receive a deck pass as part of their entry fee. All others will be required to purchase individual tickets. For clubs that wish to bring one certified massage therapist with their teams, a \$100 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.

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.

Team 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.
- C. Review the posted psych sheet to make sure your swimmers do not have an asterisk (*) by their time (this can be done prior to arriving at the meet).
- 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

- E. are in the SWIMS database.
- E. All swimmers entered in the 1650 Freestyle events must be positively checked-in prior to the scratch deadline in order to compete in the event.
- F. Check your scratches - make certain they are correct and submitted on time. Do not let your swimmer miss his/her best event because you failed to scratch an entry.
- G. Follow all proof of time, scratch and distance event entry procedures by the required deadlines as published.

Warm-Up and Safety

USA Swimming will provide a complete schedule of warm-up procedures to include lane usage and times, which must be adhered to by all participants. This information will be distributed with the meet information at registration, posted throughout the venue, announced on a regular basis before and during the meet, and monitored by the Meet Referee (or his/her special designees). Flagrant violation of these procedures may result in a disqualification from the meet for unsportsmanlike activity. Encourage your swimmers to cooperate with marshals. The main competition pool will be reserved the last 60 minutes for swimmers competing in that 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 Wednesday relays shall be at the start of the General Meeting (4:00 p.m.). The scratch deadline for Thursday's preliminaries shall be fifteen (15) minutes after the General Meeting is adjourned. Coaches who cannot attend the General Meeting are encouraged to e-mail their scratches to the Meet Referee before these deadlines.
 - ◆ The scratch deadline for Friday's and Saturday's preliminaries shall be thirty (30) minutes after the time established for the start of the previous evening's finals session.

This event will follow the scratch rules as defined in section 207.11.6 of the USA Swimming Rules and Regulations. As provided in this section, USA Swimming has established that the penalty for failure to compete in an individual preliminary heat in which such swimmer is entered and has not been scratched will be one of the following:

- ◆ Being barred from all further individual and relay events of that day as prescribed in section 207.11.6, or
- ◆ Payment of a fine of \$200

Ready Room

A Ready Room will be used at these Championships prior to each "A" finals heat. Each swimmer in the "A" final (including the fastest-seeded heats of the 1650 events) must report to the Ready Room five minutes preceding the event. Bonus, Consolation, and all Relay heats will report directly to their assigned starting block. No relay heats will report to the Ready Room.



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.
- C. All relays will be swum as timed finals at the end of the evening sessions. The order for the relays shall be the 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. Relays will follow the same scratch procedures as the individual events. Scratches are due prior to the scratch deadline for that days events. 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. Swimmers may qualify for the 1650 Freestyle events using the 1500/1650 time standards or the 800/1000 time standards.
- C. All swimmers entered in the 1650 Freestyle events must be positively checked-in prior to the scratch deadline in order to compete in the event.
- D. With the exception of the fastest heat, the 1650 Freestyle events (timed finals) will be swum during prelims, with the men's and women's events running simultaneously in their respective pools. Only the fastest (single) seeded heat of Women's and Men's 1650 Freestyle events will be swum in the final session. If only one pool is used for the competition, heats will be swum during prelims, alternating women's and men's heats, 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. 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.

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 only the fastest heat swimming in the finals session). The order of the final events shall be C, B and A (bonus, consolation and championship).

Meet Scoring

Scoring will be on a sixteen (16) place basis. Individual events: 20, 17, 16, 15, 14, 13, 12, 11, 9, 7, 6, 5, 4, 3, 2, 1. Relay events receive double these point values.

Results

After each evening's finals at these Championships, the results will be available at usaswimming.org/winterjrseast and usaswimming.org/winterjrswest.

Awards

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. The coach of each first place winner will present awards for that event.

- A. Team Awards - Team awards will be presented to the top three teams in Men's, Women's, and Combined categories.
- B. Medals - A medal ceremony will be conducted for the top three place winners in each individual and relay event. Fourth through eighth place finishers should pick up their medals 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 for all swimmers who enter and compete in individual events, provided there is sufficient time between the end of the preliminary session and the start of warm-ups for the final session. Time Trial entries will only be taken on-site at the Clerk of Course and, at the discretion of the Meet Referee, through OME. **Relay-only swimmers are not allowed to swim in time trials.**

- A. Time Trials will be conducted in short course yards each day.
- B. A swimmer is limited to a maximum of two Time Trials during the course of the Championships.
- C. A swimmer must be entered in the meet with a proven time to participate in the Time Trials
- D. The Time Trial entry deadline shall be one hour prior to the estimated/published conclusion of that days preliminary session.
- E. Entry fees for Time Trials are the same as those established for the Championships.
- 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 distance freestyle events 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.

LCM TIME TRIALS



Format

There will be a two-session long course time trial on Tuesday afternoon, December 10th beginning at 4:00 p.m. Dependent on the number of entries, the Referee may decide to run the time trials as a single session. Any athlete who has achieved at least one Winter Junior Championship qualifying standard in an individual event will be permitted to enter and swim up to two events in the time trials, regardless of whether they are entered in the championships.

Entry Fees:

\$20.00 per event

Entries

Entries will be accepted online at usaswimming.org/OME beginning at 8:00am Mountain Time on Monday, December 9th, and closing at Noon Local Time on Tuesday, December 10th.

Long Course Time Trials Tuesday, December 10th All Events Timed Finals

Sessions 1 begins at 4:00pm

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

***The 2019 Speedo Winter Junior Championships are subject to Doping Control.***

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

What substances are banned?

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

What about medication?

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

The [USADA wallet card](#) also provides information on the most commonly ingested medications. If and when a medication is prohibited, athletes may choose to stop taking or replace the medication with a non-prohibited substance or explore the [Therapeutic Use Exemption](#) process. *Your health is your first priority. Any decision to stop or start a medication should be made in consultation with your medical provider.* It's important to understand that Dietary Supplements are not medication. They are regulated and manufactured differently. For these reasons, USADA is unable to provide guidance on specific dietary supplement products. For more information visit [USADA's Supplement 411 resource](#)."

Therapeutic Use Exemptions?

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

Understand the Sample Collection Process:

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

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

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

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



OFFICIAL TIME STANDARDS

2019 Speedo Winter Junior Championships

WOMEN		EVENT	MEN	
LCM	SCY		SCY	LCM
26.89	23.39	50 Freestyle	20.79	24.29
58.19	50.69	100 Freestyle	45.39	52.89
2:04.99	1:49.29	200 Freestyle	1:39.39	1:55.69
4:23.79	4:53.09	500 Freestyle	4:30.49	4:05.29
9:03.49	10:03.59	1000 Freestyle	9:25.49	8:33.79
17:20.49	16:46.19	1650 Freestyle	15:46.99	16:14.99
1:05.19	55.79	100 Backstroke	49.99	58.89
2:20.39	2:00.99	200 Backstroke	1:49.99	2:08.99
1:13.79	1:03.19	100 Breaststroke	56.99	1:06.99
2:39.09	2:18.79	200 Breaststroke	2:04.59	2:25.79
1:02.99	55.39	100 Butterfly	49.59	57.09
2:18.99	2:02.09	200 Butterfly	1:51.59	2:07.69
2:22.09	2:02.69	200 Individual Medley	1:50.79	2:09.79
5:00.99	4:22.39	400 Individual Medley	3:59.09	4:37.29
x	3:29.19	4x100 Free-R	3:07.29	x
x	7:32.99	4x200 Free-R	6:50.59	x
x	3:48.89	4X100 Med-R	3:26.59	x

WOMEN		EVENT	MEN	
LCM	SCY	BONUS	SCY	LCM
27.29	23.99	50 Freestyle	21.19	24.69
58.99	51.59	100 Freestyle	46.69	53.79
2:06.79	1:51.39	200 Freestyle	1:40.99	1:57.29
4:28.79	5:03.49	500 Freestyle	4:34.29	4:08.19
9:13.79	10:20.49	1000 Freestyle	9:34.29	8:40.69
17:40.19	17:14.39	1650 Freestyle	16:05.49	16:38.99
1:06.39	57.29	100 Backstroke	51.69	1:00.29
2:22.79	2:03.59	200 Backstroke	1:52.09	2:10.79
1:15.29	1:04.99	100 Breaststroke	58.19	1:07.99
2:41.99	2:21.49	200 Breaststroke	2:07.19	2:27.99
1:04.29	56.89	100 Butterfly	50.79	57.89
2:20.79	2:04.49	200 Butterfly	1:52.89	2:09.19
2:24.49	2:05.29	200 Individual Medley	1:53.29	2:11.69
5:04.59	4:26.09	400 Individual Medley	4:03.89	4:40.39

* Qualification period will be 11/1/2018 to entry deadline

* This will be a SCY run meet