

Homegrown. The running joke when someone says they're from Charlotte is "oh you're the one!" and is met with a laugh and a half smile. But here at ATOM, we take the word homegrown very seriously. In fact, we pride ourselves on it. If we are truly providing an environment where champions are inevitable, then that begins at an early age where we dare you to dream as big as you want.

Tomorrow marks the beginning of US Olympic Trials in Omaha, NE. Four current/past ATOM swimmers will compete in Wave 1 of the Olympic Trials representing not only themselves and their families, but the ATOM Family. **Katie Rauch (200 bk), Jacob Rauch (100 breast), Liza Whitmire (200 IM) and Ellie Marquardt (400 free) are ATOM homegrown.** Their swimming dreams started here in 10&U. The road was not always easy, in fact it rarely was. Each of their journeys is unique but all embedded in a dream that began at ATOM. Foundational. Strength. Care. Family. Home. ATOM is beyond pool walls.

Trials are our sport's biggest stage outside of the Olympic Games themselves. It is like Christmas morning and this time around, Christmas morning has the ATOM family involved. Never in our program's history have we been so well-represented on the biggest stage and you can catch all the action!! Below are the details of how you can watch and check results.

The meet is divided into 2 waves to ensure the health and safety of the swimmers, coaches and meet personnel. Wave 1 has a set of time standards and Wave 2 has a separate set of time standards. The Top 2 finishers from Wave 1 are invited to compete in Wave 2 where the Olympic Team will ultimately be chosen.

Everything you need to know about [Wave 1](#)

Click [HERE](#) to read about Ellie Marquardt being chosen as one of the 5 names to watch in Wave 1

Wave 1 June 4-7

Friday, June 4: [Prelims Streaming](#) [Finals Streaming](#) and on The Olympic Channel; 8 p.m. ET
Men's and Women's 100m Freestyle, 200m Butterfly, 100m Backstroke, 800m Freestyle

Saturday, June 5: Jacob Rauch

[Prelims Streaming](#) [Finals Streaming](#) Olympic Channel; 8 p.m. ET
Men's and Women's 200m Freestyle, 100m Breaststroke, 400m Individual Medley

Sunday, June 6: Kate Rauch and Ellie Marquardt

[Prelims Streaming](#) [Finals Streaming](#) Olympic Channel; 8 p.m. ET
Men's and Women's 400m Freestyle, 100m Butterfly, 200m Backstroke

Monday, June 7: Liza Whitmire

[Prelims Streaming](#) [Finals Streaming](#) Olympic Channel; 8 p.m. ET
Men's and Women's 200m Individual Medley, 50m Freestyle, 200m Breaststroke, 1,500m Freestyle

Wave 2 June 13-20

Beginning on Sunday, June 13, nightly coverage will feature qualifying heats and finals competition over eight nights, concluding on Sunday, June 20, in primetime at 8:15 p.m. ET on NBC.