Revised 1/11/18

2018 Speedo Junior National Championships

Tuesday, July 31 – Saturday, August 4

William Woollett, Jr. Aquatic Center
Irvine, CA

Entry deadline is Monday, July 23, 2018

These championships and associated time trials are sanctioned by USA Swimming

2018 Speedo Junior National Championships
William Woollett, Jr. Aquatic Center
Irvine, CA

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2018 Speedo Junior National Championships
William Woollett, Jr. Aquatic Center
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Important Facts About the Meet

- Please note there will be no practice space available at the competition venue for Speedo Junior National participants prior to 6:00 a.m. on Monday, July 30th due to the Phillips 66 National Championships. Please plan accordingly. Speedo Junior National participants will be allowed in the spectator areas of the venue on Sunday, July 29th by displaying their credential. Off-site training will be available July 29th. More information to come.
- Entry Deadline; All U.S. entries must be made online at *usaswimming.org/ome* no later than Monday, July 23, 2018, by 11:59 p.m. Mountain Time. The OME entry system will open June 4, 2018.
- New Qualifying Swims: Swims achieving the qualifying time standards for the first time from Monday, July 23, 2018, through Sunday, July 29, 2018, may be entered through OME under the title "2018 Junior Nationals: New Qualifying Swims". These entries must be submitted no later than 11:59pm Mountain Time on Sunday, July 29, 2018, and cannot be used to improve the seed time of a prior entry. Normal entry fees apply.
- The qualification period for this event is June 1, 2017 through the entry deadline.
- 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.
- 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.
- Foreign national teams are not permitted to compete in this meet, however foreign athletes who are registered members of USA Swimming clubs will be permitted.
- The 400 Freestyle and 400 IM events will have the final two heats circle-seeded. All other prelim/final events will have the final three heats circle-seeded.
- The Women's and Men's 400m Individual Medleys may be flighted, with the top 5 seeded heats of women swum first, followed by the top 5 seeded heats of men, seeded slowest to fastest, and then the remaining heats alternating women/men fastest to slowest at the end of the preliminary 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, the Steering Committee and the Vice President of Program Operations have 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
- Swimmers may qualify for the 800 and 1500 Freestyle events with either the 800 time standard or the 1500 time standard. ***Swimmers in these events must be positively checked-in at registration in order to compete in the event.***
- All 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.
- Relay-only swimmers will be allowed to swim in time trials, provided they actually swim on a relay. Time trial entries will only be taken on-site at the Clerk of Course.
- Team scores will be kept and awarded.
- At the discretion of the Meet Referee, 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 technical meeting.
- It shall be the swimmers' and coaches' responsibility to acquaint themselves with all of the information contained in this meet information book and information or changes announced at the Technical Meeting.

Order of Events

2018 Speedo Junior National Championships
William Woollett, Jr. Aquatic Center
Irvine, CA

Heats Begin at 9:00am — Finals Begin at 6:00pm

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

*The Women's and Men's 400m Individual Medleys may be flighted, with the top 5 seeded heats of women swum first, followed by the top 5 seeded heats of men, seeded slowest to fastest, and then the remaining heats alternating women/men fastest to slowest at the end of the preliminary session.

In the morning session only, heats for events 29 and 32 will be swum after event 31

All relays will be timed finals with all heats swum in the evening session

Meet Administration

Facility Address
William Woollett, Jr. Aquatics Center
4601 Walnut Avenue
Irvine, CA 92604

Meet Referee
Cecil Gordon
302-545-2492
cecilcgordon@aol.com

USA Swimming Vice President for Program Operation
Dan McAllen
214-316-9215
d.mcalleniii@sbcglobal.net

USA Swimming Senior Development Committee Chair
John Morse
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Meet Director
Kim Hoesterey
714-981-1142
khoest@aol.com

USA Swimming National Events Director
Dean Ekeren
719-866-4578
dekeren@usaswimming.org

Meeting Schedule

Monday, July 30	5:00 p.m. Technical Meeting	Irvine High School Theater (adjacent to pool)
Tuesday, July 31	7:30 a.m. Officials' Meeting	Aquatic Center Conference Room

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

Broadcast Statement
Any photographs, videotape or other audio and/or visual recordings of the event created by a spectator or participant may be used solely for such spectator or participant'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.

Tickets and Accommodations

Tickets Information

Ticket information may be found at *novaquatics.com* under the *USNationals/JRNationals* tab.

All Session Pass - week:

Adults	$60.00*
Students/Senior	$48.00*

Day Pass – prelim+final:

Adults	$15.00*
Student/Senior	$10.00*

*include heat sheets.

Daily Single Event Tickets:

Prelims

Adult	$10.00
Student/Senior	$5.00

Finals

Adult	$10.00
Student/Senior	$5.00

Will Call and pre-sale tickets will be available in front of the aquatic Center from 10:00 am-noon and 1:00-3:00pm Sunday, July 29 and Monday July 30, 2018.

For ticket questions, please contact:
Kim Hoesterey
714-731-8065 or *khoest@aol.com*

Directions to Pool from Airport

From John Wayne (SNA) Airport
Start out going SOUTHWEST on DEPARTING FLIGHTS ACC toward AIRPORT EXIT. Turn SLIGHT LEFT onto AIRPORT DEPARTURES. AIRPORT DEPARTURES becomes AIRPORT WAY. Stay STRAIGHT to go onto AIRPORT EXIT/AIRPORT WAY. Turn LEFT onto MAC-ARTHUR BLVD. Merge onto I-405 S toward SAN DIEGO. Take the CULVER DR exit. Turn LEFT onto CULVER DR. Turn RIGHT onto WALNUT AVE.

From Los Angeles International (LAX) Airport
Start out going SOUTHEAST on ramp. Stay STRAIGHT to go onto ramp. Merge onto S SEPULVEDA BLVD/CA-1 S. Take the I-105 E/IMPERIAL HWY WEST ramp toward IMPERIAL TERMINAL. Merge onto I-105 E toward NORWALK. Merge onto I-405 S toward LONG BEACH. Take CA-22 E toward GARDEN GROVE. Merge onto I-5 S toward SAN DIEGO. Take the CULVER DR exit. Turn RIGHT onto CULVER DR. Turn LEFT onto WALNUT AVE.

Hotels

Marriott is a proud sponsor of USA Swimming. USA Swimming has partnered with Pse Tournament Housing to provide at-tendees/groups with the best available rates. Hotels have been carefully selected to ensure quality and are within close proximity to the venue. Rooms will book up quickly so please book well in advance.

View hotels and book online: *https://pse.tournamenthotels.com/pse/Event/1907* or book by phone at 888-417-6446.

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 with the USA Swimming media staff.

Information/Lost & Found
An Information/Lost & Found booth will be available at the lifeguard office.

Lockers
Day lockers will be available for use at the Woollett Aquatics Center for use by athletes, coaches and officials. The locker room area will be strictly for use by properly credentialed individuals (athletes, coaches, officials).

Medical Assistance
Medical assistance will be provided at the facility.

Parking
Restricted Parking for athletes, coaches and officials will be available in the front of the Aquatics Center. Parking is available for spectators, teams and officials on the north side of Irvine High School accessed via Escolar - on the East side of the Aquatics Center adjacent to Heritage Park.

Concessions
Concessions will be available for spectators at the entrance of spectator seating.

Hospitality
Coaches' and Officials' hospitality will be available throughout the meet in the Aquatic Center Rotunda area adjacent and in view of the competition pool and the Warm-up pool. There will be an athletes' hospitality on the Warm-up pool deck and pro-shop behind spectator seating.

About the Facility
Woollett Aquatics Center was completed as a major renovation of the original Heritage Park Aquatics Complex – site of the 1980 USA National Championships and the 1990 Junior Nationals West Championships. The newly renovated Center was completed in September of 2004. The center is an outdoors facility consisting of one constant depth (7 feet) competition pool (50 meter by 25 yard) and variable depth warm-up pool (50 meter x 25 yard). In addition, a 25 yard by 25 meter teaching pool is available if necessary for additional warm-up space. Expansive locker room facilities for both men and women are adjacent to the warm-up pool.

This facility was the site of the 2005, 2006, 2010, and 2014 National Championships, the 2005, 2006, 2010, and 2013 Speedo Junior Nationals, and the 2005 Mutual of Omaha Duel in the Pool. It was also the site for the 2010 Pan Pacific Championships.

Pool Hours

Sunday, July 29	CLOSED FOR NATIONALS
Monday, July 30	6:00 a.m. - 9:00 p.m.
Tuesday, July 31	6:00 a.m. - 1 hour after finals
Wednesday, August 1	6:00 a.m. - 1 hour after finals
Thursday, August 2	6:00 a.m. - 1 hour after finals
Friday, August 3	6:00 a.m. - 1 hour after finals
Saturday, August 4	6:00 a.m. - 1 hour after finals

Credential Pick-Up
Credentials can be picked up at the Aquatic Center on the following schedule:

Sunday, July 29	2:00p.m. - 7:00 p.m.
Monday, July 30	7:30 a.m. - Noon and 2:00 p.m. - 7:00 p.m.
Tue, Jul 31 - Wed, Aug 1	7:30 a.m. - Noon and 1:00 p.m. - end of Finals
Thu, Aug 2 - Sat, Aug 4	Contact Administrative Referee

Team Banners
Team banners will not be allowed at this event.

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.

Entering the Meet

Entering Online at *usaswimming.org/ome*

All Entry questions should be directed to Jaime Lewis at USA Swimming (*jlewis@usaswimming.org* or 719-866-4578).

All U.S. entries must be made online at *usaswimming.org/ome* no later than Monday, July 23, 2018, by 11:59 p.m. Mountain Time. The OME entry system will open June 4, 2018. You will be required to pay for the online entries with a Visa, Mastercard, American Express or Discover.

OME is not an eligibility report. It is the coach's responsibility to know for which events your athlete is qualified. You can modify your entry online by adding to the original entry. You may not delete an online entry once it has been submitted/paid for. Once you complete your online 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 the entry deadline closes. Please have these filled out and bring them with you to the meet. Having this completed will save time during check-in at the competition site. Additionally, a parent or legal guardian must sign form if a swimmer is under the age of majority in his/her home state.

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.

New Qualifying Swims
Swims achieving the qualifying time standards for the first time from Monday, July 23, 2018, through Sunday, July 29, 2018, may be entered through OME under the title "2018 Junior Nationals: New Qualifying Swims". These entries must be submitted no later than 11:59pm Mountain Time on Sunday, July 29, 2018, and cannot be used to improve the seed time of a prior entry. Normal entry fees apply.

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

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. Late entries must be submitted no later than 11:59 p.m. Mountain Time on *July 29, 2018;*
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 $50 per relay event.

Qualifying Period
The qualifying period is June 1, 2017, through the entry deadline.

Bonus Entries
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.

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.

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 a swimmer is under the age of majority in his/her home state.

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 cannot use the same swimmer twice in an event, or to prove a time.
C. Teams can only submit two relays per event.

Relay qualifying times must be made by swimmers age 18 or under when the qualifying time is achieved.

Championship Procedures

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. 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.
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 should 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. Program Operations reserves the right to challenge any submitted time. All scratches must be proven.

Relay Events - Entered times must be proven prior to the scratch deadline for each 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 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. This choice must be indicated during the entry process. A club may enter no more than two relay teams in each relay event.

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 the Vice President of Program Operations or designee or Board of Review. Additional action or penalty may be taken or levied as deemed appropriate by the USA Swimming.

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

Appeal of fines are to be made to the Vice President for Program Operations or designee and/or Board of Review. Any appeal of the decision of the Vice President for Program Operations or designee shall be in accordance with the provisions of Part Four, specifically Article 405.

Automatic Proven Times

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 properly authorized and observed college meets must be requested. These times will not be automatically placed in the database. Times from all major international championships will be automatically entered in the database. Times from any other meets in which National time standards were met must be requested from the SWIMS Time Official in the LSC in which the meet was held. LSC officials may charge a fee for data entry requested after the meet ends.

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

Registration

Credentials for this event will be provided at no charge for participating athletes and officials who are members of USA Swimming. Credentials for coaches, managers and chaperones to serve as deck passes for this event shall be issued to those persons listed on each team's deck pass request list in OME. These deck credentials cost $20 each and are issued according to the following schedule, based upon the total number of participating athletes. For clubs that wish to bring one certified massage therapist with their teams, a $80 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, managers, and trainers must be non-athlete members of USA Swimming.

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.

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. Review the psych sheet posted by the Times desk and make sure your swimmers do not have an asterisk (*) by their time.
C. 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 proved, the coach is subject to a $100 fine. You should make sure all your athletes' times are in the SWIMS database.
E. **Swimmers in the 800 and 1500 Freestyle events must be positively checked-in at registration 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.

Relays and Relay Check-In Procedures

A. Teams are limited to two relay entries in each relay event.
B. 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.
C. All relays will be timed finals with all heats swum in the evening session.
D. 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.

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 session'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 Technical Meeting.
- It will be at the Technical Meeting.
- After the Technical 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 Technical 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.

Scratch Rules
This event will follow the scratch rules as defined in section 207.11.6 of the USA Swimming Rules and Regulations.

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 Relay heats will report directly to their assigned starting block.

Awards Staging
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.

Distance Freestyle
A. **Swimmers in the 800 and 1500 Freestyle events must be positively checked-in at registration in order to compete in the event.**
B. Distance Entry - Any swimmer who qualifies for the 800m or 1500m freestyle events may enter at his/her fastest time or at the qualifying time standard, if entered in two or more individual events on the day of the distance freestyle.
C. The 800m and 1500m freestyle events will be swum slowest to fastest, alternating women's and men's heats, with the fastest heat of each race swum during the evening session. All other heats will be swum so the second fastest heat of the Men's event finishes approximately one hour prior to the start of the evening session.
D. Swimmers may qualify for the 800 and 1500 Freestyle events using either the 800 or 1500 qualifying standards (i.e. the conforming *or* non-conforming distance event standards).

Seeding
For these Championships, the seeding order is:
1. Long Course Meters (LCM)
2. Short Course Yards (SCY)
3. Non-conforming LCM (distance events)
4. Non-conforming SCY (distance events)

Finals Session Event Order
There will be a bonus, consolation, and championship final in each individual event at this Championship (except the 800m and 1500m 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 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/jrnationals*.

Championship Procedures

Awards

A. Team Awards - Team awards will be presented to the top three teams in Men's, Women's, and Combined categories.
B. Individual Awards - Medals will be awarded to all place winners in the "A" final.
C. Individual High Point Awards - High Point Awards will be given to the top scoring male and female.

Video Review

USA Swimming will be providing a "VIDEO REVIEW" station on deck for coaches and athletes. Club Development Sport Performance Consultants will make video of all races available shortly after the each heat is completed. Coaches (and athletes) have the option to bring their own flash drive and we can download the race for them. Look for the USA Swimming Video Review banner and stop by with your athlete to watch and review video of your athletes' races. There is no charge for this service. Time Trials video will not be available.

Time Trials

Time Trials will be conducted for all swimmers entered in the meet 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.

A. Time Trials will be conducted in long course meters each day.
B. A swimmer is limited to a maximum of two Time Trials during the course of the Championships.
C. Relay-only swimmers will be allowed to swim in time trials provided they actually swim on a relay.
D. The Time Trial entry deadline shall be one hour prior to the estimated/published conclusion of that days preliminary session.
E. Except as noted below, Time Trials shall be swum in the order listed under the meet program as follows:

- First Day: that day's events, followed by the remaining events in the meet.
- Remaining Days: 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.
- The 50s are the last events swum in Time Trials, except on the day(s) which they are contested in the meet, when they will be the first event of time trials.

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

The 2018 Speedo Junior National 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 *http://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 resources on this tab in conjunction with the next step about medication and the re- sources 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 USA- DA'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 ex- emption, 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 ath- letes 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.

TIME STANDARDS 2018

SPEEDO JUNIOR NATIONAL CHAMPIONSHIPS

Girls SCY	Girls LCM		Boys LCM	Boys SCY
22.79	26.59	50 Freestyle	23.99	20.49
49.69	57.59	100 Freestyle	51.99	44.39
1:47.39	2:04.29	200 Freestyle	1:54.29	1:38.39
4:48.09	4:21.39	400/500 Freestyle	4:02.79	4:28.29
9:56.79	8:58.69	800/1000 Freestyle	8:23.09	9:13.19
16:32.59	17:11.29	1650/1500 Freestyle	16:05.09	15:34.19
54.49	1:04.39	100 Backstroke	58.79	49.69
1:57.69	2:18.29	200 Backstroke	2:06.99	1:47.99
1:02.89	1:13.29	100 Breaststroke	1:06.09	55.79
2:15.49	2:38.29	200 Breaststroke	2:23.29	2:01.19
53.99	1:02.39	100 Butterfly	56.49	48.99
1:59.39	2:16.99	200 Butterfly	2:05.09	1:47.89
2:00.59	2:20.99	200 Individual Medley	2:08.29	1:48.89
4:15.19	4:57.29	400 Individual Medley	4:33.09	3:52.69
x	3:56.49	4x100 Free Relay	3:34.89	x
x	8:29.99	4x200 Free Relay	7:47.69	x
x	4:22.69	4x100 Medley Relay	3:56.99	x

Bonus

(Revised 9/20/2017)

Girls SCY	Girls LCM		Boys LCM	Boys SCY
23.49	26.99	50 Freestyle	24.39	20.99
50.99	58.39	100 Freestyle	52.89	45.79
1:49.79	2:05.39	200 Freestyle	1:56.29	1:40.29
4:52.09	4:23.79	400/500 Freestyle	4:06.29	4:32.69
10:03.59	9:03.49	800/1000 Freestyle	8:33.79	9:25.49
16:46.19	17:20.49	1650/1500 Freestyle	16:14.99	15:46.99
56.59	1:05.59	100 Backstroke	59.69	50.99
2:01.29	2:20.69	200 Backstroke	2:09.59	1:50.69
1:04.29	1:14.29	100 Breaststroke	1:07.59	57.69
2:19.79	2:40.09	200 Breaststroke	2:27.19	2:05.89
55.99	1:03.39	100 Butterfly	57.39	50.09
2:03.29	2:19.59	200 Butterfly	2:08.19	1:51.59
2:03.79	2:22.49	200 Individual Medley	2:10.49	1:52.49
4:23.69	5:01.89	400 Individual Medley	4:38.39	4:00.19

Qualification Period 6/1/2017 through Entry Deadline