



2006 ConocoPhillips National Championships and USA Team Trials

**August 1 - 5, 2006
Irvine, California
Event Information**

ConocoPhillips National Championships

Event Information

August 1 - 5, 2006
William Woollett, Jr. Aquatic Center
Irvine, California

Sanctioned by USA Swimming through Southern California Swimming

This information is available on-line at www.usaswimming.org

Important Facts About the Meet



- ◆ This competition is governed and operated by Program Operations.
- ◆ This event will serve as the USA National Team selection for the 2006 Pan Pacific Championships, the 2007 World Championships (combined with Pan Pacific Results), and the 2007 Pan American Games.
- ◆ On-Line Entry Deadline: Monday, July 24, 2006 by 11:59 p.m. MT
- ◆ Paper Entry Deadline: If not registering on-line, paper entries must be received on or before Tuesday, July 25, 2006.
- ◆ Fax Entry Deadline: Only swims achieving the qualifying time standards for the first time from Monday, July 24, 2006, through Sunday, July 30, may be sent by FAX transmission. These faxed entries must be received no later than 11:59 p.m. (PDT) on Sunday, July 30, 2006, and cannot be used to improve the seed time of a prior entry.
- ◆ There will be no bonus events at these championships.
- ◆ There will be relays in this competition. All relays will be timed finals with all heats swum in the evening session. Relay-only swimmers will not be allowed to swim in time trials. Time trials for all other swimmers will be offered according to Rule 207.8.3.
- ◆ Team scores will be kept and awarded.
- ◆ Athletes may qualify for the Olympic Distance events using time standards for those events or the non-Olympic distance events.
- ◆ Swimmers must be eligible to represent the United States in international competition and be a member of USA Swimming to compete in this event.
- ◆ Qualification Period: July 1, 2005 through the entry deadline.
- ◆ 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. USA Swimming Rules and Regulations will govern the conduct of these championships.
- ◆ No swimmer will be issued credential without a coach member present. If home club coach is not planning to attend event, swimmer must be assigned a supervising coach (per USA Swimming rule 202.3.2). Arriving with fellow LSC club/coach is preferred. However, if a swimmer arrives without a coach, he/she must find a willing coach at the facility to sign supervision form before a credential can be issued.
- ◆ Dependent on the number of entries, and at the discretion of the Meet Referee, the preliminary sessions may be conducted in an "A/B" format. If adopted, details of this procedure, including the number of heats of each event to be swum in the "A" session, will be announced at the general meeting.
- ◆ Accommodations for persons with disabilities may be arranged with advance notice.

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Meet Administration



Facility Address

William Woollett, Jr. Aquatic Center
4601 Walnut Avenue
Irvine, CA 92620

Meet Referee

TBD

Meet Directors

Dave Salo
21762 Quiet Oak Drive
Lake Forest, CA 92630
714/272-7211
SprintSalo@aol.com

Kim Hoesterey
32 Brena
Irvine, CA 92620
714/981-1142
KHOEST@aol.com

Local Officials' Coordinator

Ted Olivieri
POB 962
Cedar Glen, CA 92321
909/336-6094
swimoff2@aol.com

USA Swimming Vice President, Program Operations

Mike Saltzstein
POB 2492
La Mesa, CA 91943
619/445-7660
mikesaltzstein@att.net

USA Swimming National Events Director

Dean Ekeren
USA Swimming
1 Olympic Plaza
Colorado Springs, CO 80909
(719) 866-4578
dekeren@usaswimming.org

Meeting Schedule

Monday, July 31 5:00 p.m. General Meeting Theater, Irvine High School

Tuesday, August 1 7:30 a.m. Officials' Meeting Aquatic Center

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

General Information



Heats Begin at 9:00am	Order of Events Long Course Meters Irvine is on Pacific Daylight Time	Finals Begin at 5:30 pm
<u>Women's Events</u>	<u>Day 1 – Tuesday, August 1, 2006</u>	<u>Men's Events</u>
1	W 100 Butterfly M 400 Freestyle	2
3	W 200 Individual Medley M 100 Breaststroke	4
5	W 400 Freestyle M 400 Individual Medley M 4 x 100 Free Relay	6 7
	<u>Day 2 – Wednesday, August 2, 2006</u>	
8	W 100 Backstroke M 200 Freestyle M 100 Backstroke	9 10
11	W 200 Freestyle M 200 Butterfly	12
13	W 4 x 100 Free Relay	
	<u>Day 3 – Thursday, August 3, 2006</u>	
14	W 100 Breaststroke M 100 Butterfly	15
16	W 50 Freestyle M 50 Freestyle	17
18	W 400 Individual Medley	
19	W 4 x 200 Free Relay	
	<u>Day 4 – Friday, August 4, 2006</u>	
21	M 100 Freestyle W 200 Butterfly M 200 Individual Medley	20 22
23	W 200 Backstroke	
25	W 800 Freestyle (heats) M 1500 Freestyle (heats) M 4 x 200 Free Relay	30 24
	<u>Day 5 – Saturday, August 5, 2006</u>	
25	W 800 Freestyle (final)	
26	W 100 Freestyle M 200 Backstroke	27
28	W 200 Breaststroke M 200 Breaststroke M 1500 Freestyle (final)	29 30
31	W 4 x 100 Medley Relay M 4 x 100 Medley Relay	32

On Day 4, the heats of the distance events will be swum at the end of preliminary session.
All heats of relays will be swum in the evening sessions.

General Information (Continued)



Ticket Information

Ticket Information

All Session Pass - week:

Reserved**	\$55.00*
General Admission	
Adults -	\$55.00*
Students/Senior	\$45.00*

*All-session passes include heat sheets.

**Reserved seating is the first 5 rows

All Session Pass – day – prelim+final:

Reserved**	\$15.00*
General Admission	
Adults -	\$15.00*
Students/Senior	\$10.00*

Daily Single Event Tickets:

Prelims

Reserved	\$10.00
General Admission	
Adults	\$10.00
Students/Senior	\$5.00

Finals

Reserved	\$12.00
General Admission	
Adults	\$10.00
Students/Senior	\$5.00

Coaches' Packet

For coaches who plan to attend this meet without swimmers, there will be a special packet available for \$50.00, that will contain a general admission pass, heat sheets, a psych sheet, team roster and inclusion on the mailing list for final results. The packet is available during regular registration hours. Current USA Swimming coach members purchasing this packet may receive a deck pass.

Tickets and/or Packets may be ordered by mail through:

Irvine Novaquatics
14252 Culver Drive, A811
Irvine, CA 92604
Fax 714/731-8065

There is a \$4.00 shipping and handling fee for pre-sale tickets. Tickets purchased after July 25 will be available at WILL CALL Tickets may be ordered by phone, mail, fax or through our website.

Arlene Rodriguez
562/572-4575
jagrswim@aol.com
or www.novaquatics.com

Make checks for tickets payable to:
Irvine Novaquatics, Inc

Transportation

Airlines serving Irvine, California (Orange County)

United	800/521-4041
America West	800/235-9292
American	800/433-7300
America Trans Air	800/225-2995
Continental	800/523-3273
Delta	800/221-1212
Northwest	800/225-2525
Southwest	800/435-9792
US Airways	800/428-4322

Car rental agencies serving Irvine, California

Alamo	800/327-9633
Avis	800/831-2847
Budget Rent-A-Car	800/527-0700
Dollar	800/800-4000
Enterprise	800/736-8222
Hertz	800/654-3131
National	800/227-7368
Thrifty	800/367-2277

General Information (Continued)



Directions to the Pool

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 MACARTHUR 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.

Headquarters Hotel Hyatt Regency– Irvine

17900 Jamboree Road
Irvine, 92614
949-975-1234
15 minutes from pool
\$129 per night

Discounted parking, Courtesy shuttle
Breakfast

Marriott Irvine
18000 Von Karman Ave
Irvine, 92612
714-241-8800
15 minutes from pool
\$139 per night

Atrium Hotel at Orange County Airport
18700 MacArthur Blvd
Irvine, CA 92612
949-833-2770
20 minutes from pool
\$99 per night

Best Western Hotel
2700 Hotel Terrace Drive
Santa Ana, 92705
800-432-0053
20 minutes from pool
Price to be determined

Comfort Suites
2620 Hotel Terrace Drive
Santa Ana, CA 92705
714-966-5200
20 minutes from pool
\$74 per night

Courtyard by Marriott
2701 Main Street
Irvine, 92614
714-957-1100
15 minutes from pool
\$129 per night

Courtyard by Marriott
23175 Avenida de la Carlota
Laguna Hills, CA 92653
949-859-5500
20 minutes from pool
\$134 per night

Crowne Plaza Irvine
17941 Von Karman Avenue
Irvine, CA 92614
949-863-1999
20 minutes from pool
Price to be determined

Doubletree Hotel – Irvine Spectrum
90 Pacifica Avenue
Irvine, CA 92618
949-471-8888
10 minutes from pool
\$129 per night

Embassy Suites
1325 E. Dyer Road
Santa Ana, 92705
714-241-3800
15 minutes from pool
\$129 per night

Embassy Suites – Irvine
2120 Main Street
Irvine, 92614
949-553-8332
15 minutes from pool
Price to be determined

Hilton - Irvine
18800 MacArthur Blvd
Irvine, CA 92612
949-833-9999
20 minutes from pool
\$109-\$129 per night

Holiday Inn
2726 S. Grand Ave.
Santa Ana, CA 92705
714-481-6300
20 min from pool
\$86 per night includes breakfast

Homestead Studio Suites and Hotel
30 Technology Drive
Irvine, CA 92618
949-727-4228
15 minutes from pool
Price to be determined

La Quinta Inn
14972 Sand Canyon Avenue
Irvine, CA 92618
949-551-0909
10 minutes from pool
Price to be determined

Marriott Suites
500 Anton Blvd
Costa Mesa, 92626
949-757-1200
20 minutes from pool
\$134 per night

Residence Inn
2855 Main Street
Irvine, 92614
949-261-2020
15 minutes from pool
\$119-\$184 per night

Residence Inn by Marriott
Irvine Spectrum
15 Morgan
Irvine, CA 92614
949-380-3000
10 minutes from pool
\$109-\$174 per night

Residence Inn by Marriott Costa Mesa
881 Baker Street
Costa Mesa, 92626
949-553-0100
20 min from pool
\$119-\$159 per night

Wyndham Orange County
3350 Avenue of the Arts
Costa Mesa, CA 92626
714-751-5100
20 min from pool
Price to be determined - includes breakfast

Site information



Publicity

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

Information/Lost & Found

An Information/Lost & Found booth will be available at the life-guard 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 Woollett Aquatics Complex. Parking is available for spectators, teams and officials on the north side of Irvine High School – adjacent to the Woollett Aquatics Center and on the south side of Heritage Park – adjacent to the Woollett Aquatics Center.

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 Woollett Aquatics Center Rotunda area adjacent and in view of the competition pool and the Warm-up pool. There will be an athletes' hospitality and swimmers' pro-shop adjacent to the Warm-up pool.

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.

Pool Hours

Saturday, July 29	9:00 a.m. - 4:00 p.m.
Sunday, July 30	9:00 a.m. - 8:00 p.m.
Monday, July 31	6:00 a.m. - 10:00 p.m.
Tuesday, August 1	6:00 a.m. - Noon and 8:00 p.m. - 10:00 p.m.
Wednesday, August 2	6:00 a.m. - 9:00 p.m.
Thursday, August 3	6:00 a.m. - 1 hour after finals
Friday, August 4	6:00 a.m. - 1 hour after finals
Saturday, August 5	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 31	1:00 p.m. - 6:00 p.m.
Monday, August 1	8:00 a.m. - Noon and 1:00 p.m. - 6:00 p.m.
Tuesday, August 2	7:00 a.m. - 1:00 p.m. and 3:00 p.m. - 7:00 p.m.
Wednesday, August 3	7:00 a.m. - 3:00 p.m.
Thursday, August 4	See Admin Ref
Friday, August 5	See Admin Ref
Saturday, August 6	See Admin Ref

Team Banners

All team banners must conform to the 5' x 8' size limitation. Commercial logos on banners must not exceed 96 square inches. USA Swimming and the meet host reserve the right to determine banner locations. Banners must be tied, not taped, to the railings and cannot obstruct the view of spectators. Neither the facility nor the meet hosts are responsible for lost or stolen team banners.

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 On-Line

Enter this meet on-line beginning Tuesday, June 20. It can save you time and money!

On-line entries will be accepted from Tuesday, June 20 until Monday, July 24 (at 11:59 p.m.). This deadline is one day earlier than the paper entry deadline.

For help with the on-line entries, contact Larry Herr or Susan Woessner at USA Swimming (719/866-4578).

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

You may modify your on-line entry by adding events to the original entry. You may not delete events.

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

If you are entering on-line, please do NOT submit a paper entry to USA Swimming.

Drug waiver forms will automatically be sent to you via e-mail after you submit your entry on-line. Please have these filled out and bring them with you to the meet. If you wish, you can speed your check-in process at the meet by having these forms signed (using either the form in this book or in the on-line meet info book) and mailing them, prior to July 15, 2006, to USA Swimming, National Events Department, 1 Olympic Plaza, Colorado Springs, CO 80909.

Paper Entries

If not entering on-line, send entry forms by overnight delivery no later than Monday, July 24, 2006. Entry forms must be received on or before Tuesday, July 25, 2006. Please send entries with an overnight service that has tracking capabilities (Not U.S. Postal Service).

Fax Entries

Only swims achieving the qualifying time standards for the first time from Monday, July 24, 2006, through Sunday, July 30, 2006, may be sent by FAX transmission. These faxed entries must be received no later than 11:59 p.m. (PDT) on Sunday, July 30, 2006, and cannot be used to improve the seed time of a prior entry. Fax these entries to 719/866-4761.

Qualifying Period

The qualifying period for this event is July 1, 2005 through the entry deadline.

- ◆ Entry packet must clearly indicate pick-up date.
- ◆ Entries not date marked or not received by the dates specified will not be accepted.
- ◆ All entries must be made on the official entry forms.

Make checks payable to: USA Swimming

Entry Fees:

\$10.00 per individual event

\$25.00 per relay event

If you are not entering on-line, send entry forms to:

USA Swimming

National Events Department

1 Olympic Plaza

Colorado Springs, CO 80909

719/866-4578

Additional Entry Forms are available from Wendy Ethridge at the address listed above, or wendy@usa-swimming.org or on the website (www.usaswimming.org).

If not entering on-line, please type out entry. If this is not possible, print legibly. If you print, use blue or black ink, NEVER red, green, purple, etc. Accurate entry times on the psych sheets depend on careful completion of the entry forms.

Master Entry Form

- A. Team Name/Code - Do not use your three or four (3 or 4) letter code (ex. DAR). This is a national competition and there may be a half dozen DARs. The full team name is Danvers Aquatic Racers. You have sixteen (16) spaces for the program name; Danvers Racers would be appropriate.
- B. Swimmers' Names - List all swimmers who will compete in the meet.
- C. Coaches'/Chaperones' Names - List all coaches, chaperones, managers and trainers entitled to deck passes. (Also see Championship Procedures)
- D. Entry Times - Entry times for individual events shall be achieved and submitted in accordance with article 207.11. The submitted times of all swimmers must be listed on the entry form and no changes in submitted times, corrections or changes of events entered or additional entries shall be allowed. Typographical or transcription errors that can be readily verified by NTV data may be corrected if attested to by the swimmer, coach or the swimmer's representative prior to the scratch deadline. Any entry time shall be noted by (LC), (SY), or (SM) to the right of the seed time. LC = long course meters, SY = short course yards, SM = short course meters. For example: if the time for a 200 fly made in a long course meet is 2:04.66, the pool length would be marked to the right of that time in the appropriate box. Sample: 2:04.66 (LC). If the time is to be used for an aggregate relay only, enter that time only on the relay entry form. Relay teams may be entered at the listed provable time or at the lowest priority non-confirming time standard. This choice must be indicated on the relay entry form.
- E. 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.
- F. Secondary Club Recognition - The entry form contains a space for secondary "club recognition." You may enter a

Entering the Meet

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.

- G. Relay Proof of Time Entry Form -(Master Entry Form)
- ◆ 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 on the relay entry form. If your relay is an aggregate, list all of the swimmers and their times on the relay entry form. If any of the listed swimmers are not going to compete on a relay, they should not be entered on the Master Entry Form. Enter only those swimmers who may be competing
 - ◆ 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.
 - ◆ 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.
 - ◆ Swimmers listed on the Relay Proof of Time Entry Forms are not considered entered. Names must be included on the master entry form to be officially entered.
 - ◆ Teams can only submit two relays per event.
- H. Waiver and Release Form - The USA Swimming Waiver and Release Form must be sent with the team entry form. Make copies as needed for each swimmer. Swimmers need not have achieved the qualifying time to complete this form. Having this completed will save time during check-in at the competition site. If they are under the age of majority in their home state, their parent or legal guardian must sign also.
- I. Mailing the Entry
- ◆ Reassure yourself that you have proof for all swims. You must be able to prove all entries, including the ones you will scratch.
 - ◆ Make copies for your own records of material sent.
 - ◆ Check to be sure the address is correct on the envelope.
 - ◆ Enclose the following:
 - ✓ Entry Forms
 - ✓ USA Swimming Release Forms (duplicate if needed)
 - ✓ Check made out in the right amount and to correct entity(ies)
 - ✓ Copies of all proof of time, if available
 - ◆ Send overnight by service with tracking capability.



Rules

USA Swimming Rules and Regulations will govern the conduct of these Championships and will serve as the official guide for technical and procedural rules.

Membership Requirement

All persons expecting to receive a deck pass should be prepared to show a current USA Swimming membership card. Deck passes for coaches, managers and officials will be issued only to members in good standing of USA Swimming. Non-members may join by completing the appropriate form and paying the required fee at a table adjacent to the registration desk. Coaches must provide proof of CPR, First Aid and Safety Training for Swimming Coaches or USA Swimming approved equivalents. All meet directors, referees, starters, marshals and stroke and turn judges serving in an official capacity in a sanctioned event must be members of USA Swimming, and all persons acting in any coaching capacity in a sanctioned event must be coach members of USA Swimming.

Foreign Entries

Swimmers must be eligible to represent the United States in international competition and be a member of USA Swimming to compete in this event.

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 NTV Appendix of the current USA Swimming Rules and Regulations, and prior to the start of the meet, verify that proper procedures are in place for the Observed swim.
 - ◆ The time of any swimmer recorded while legally representing a USA Swimming club, secondary school, college or university within the appropriate time frame may be used in proving relay entry times and that swimmer does need to be entered in the championship in question or currently representing that club. Relay times belong to the team. Individual times belong to the swimmer.

Entering Official Times

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

Relay Events - Times and names for each entered relay team must be submitted on the master entry relay form. The entered time must be proven prior to the scratch deadline for each entered relay team, in aggregate or as a team. For the purpose of proving times, a club may name a swimmer on only one of its relay teams in each event. Once the relay team or teams have been proven, any swimmer listed by that organization on the master entry form is eligible to compete on that relay team. Relay teams may be entered at the listed provable time or at the lowest priority non-conforming time standard. This choice must be indicated on the relay entry form or on-line. A club may enter no more than two relay teams in each relay event.

Responsibility Clause (207.13.5)

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 National Times Coordinator or Board of Review. Additional action or penalty may be taken or levied as deemed appropriate by the Corporation.

Such penalty shall also be levied against any USA Swimming verification officer who issues a National Times Verification Form attesting to such false or incorrect time(s).

Appeal of fines are to be made to the National Times Coordinator and/or Board of Review. Any appeal of the decision of the National Times Coordinator shall be in accordance with the provisions of Part Four, specifically Article 401.

Automatic NTVs

Times submitted to the USA Swimming SWIMS database by July 10, 2006 for the ConocoPhillips National 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. Times from the following meets, which achieve the time standards for this meet, are automatically entered into the database. This includes any time trials at those meets.

- ◆ 2005 Grand Prix events held after July 1
- ◆ 2005 Summer Nationals, Irvine, CA
- ◆ 2005 Junior Championships, Irvine, CA
- ◆ 2005 U.S. Open, Auburn, AL
- ◆ 2006 World Cup, East Meadow, NY
- ◆ 2006 Speedo Champions Series (spring and summer sectionals)
- ◆ 2006 Women's and Men's NCAA Division I Championships
- ◆ 2006 Spring Championships, Federal Way, WA
- ◆ 2006 Grand Prix Events

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 interna-

Championship Procedures



tional 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 admittance passes to this event shall be issued to those persons listed on the submitted team roster forms and according to the following schedule and is based upon the total size of the team. There shall be a surcharge of \$20 per person for spectator passes, which money shall become the property of the meet host. For clubs that wish to bring one certified massage therapist with their teams, a \$50 surcharge will apply if the massage therapist exceeds the deck pass formula below. These funds shall become the property of the meet host. All massage therapists must be members of USA Swimming in the Sports Medicine category.

1-3 swimmers in individual events or 1 relay only team with any number of alternates: 1 deck pass; 1 spectator pass.

4-6 swimmers in individual events; 2 deck passes; 1 spectator pass.

7-9 swimmers in individual events; 3 deck passes; 1 spectator pass.

10-20 swimmers in individual events; 4 deck passes; 2 spectator passes.

21-30 swimmers in individual events; 5 deck passes; 2 spectator passes.

31-40 swimmers in individual events; 6 deck passes; 3 spectator passes.

41-50 swimmers in individual events; 7 deck passes, 3 spectator passes.

51 or more swimmers in individual events; 9 deck passes; 5 spectator passes.

Unattached swimmers with a team shall be included in above schedule even if listed on separate entry blank.

Unattached swimmers not with a team: 1 deck pass; 1 spectator pass.

Check-In

Coaches are responsible for all business conducted at the General Meeting. If, for any reason, you cannot attend the meeting, be sure to find out what occurred. You must arrive prior to the scratch deadline for your swimmer's first event to prove times if necessary.

- A. Start with the person that is checking the swimmers' and coaches' membership in USA Swimming. Have your coach membership card with you. To avoid any problems with your swimmers, have their membership cards as well.
- B. After you have been cleared, move on to the individual giving out the Coaches' packets. One of the items you will receive is a psych sheet.
- C. Review the psych sheet posted by the Times desk and make sure your swimmers do not have an asterisk (*) by their time.

- D. In the event of an asterisk, go to the Times desk immediately and clear the time. It is your responsibility to do this. If it is not cleared by the scratch deadline, the swimmer will be scratched from the event. If a time cannot be proven the coach is subject to a \$100 fine. You should make sure all your athletes' times are in the Swims database.
- E. If you have a distance swimmer (800 meter or 1500 meter), he/she must be checked in prior to the scratch deadline in order to be seeded.
- F. Check your scratches - make certain they are correct and submitted on time. Do not let your swimmer miss his/her best event because you failed to scratch an entry.
- G. Follow all proof of time, scratch and distance event entry procedures by the required deadlines as published. Assist with all warm-up procedures and/or requests.

Warm-Up and Safety

The meet host 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 jointly by the Meet Director and Meet Referee (or their special designees). Flagrant violation of these procedures may result in a disqualification from the meet for un-sportsmanlike 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.

Seeding

For these Championships, the seeding order is:

1. long course meters (LC)
2. short course meters (SM)
3. short course yards (SY)

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:

- ◆ Tuesday Events; Fifteen minutes following the adjournment of General Meeting.
- ◆ Wednesday - Saturday Events; 6:00 p.m. of the prior evening.

Ready Room

A Ready Room will be used at these Championships prior to each finals heat. Each swimmer must report to the Ready Room 10 minutes preceding the event.

Awards Staging

The top eight swimmers in each event should report to the Awards Staging Area five minutes prior to the awards ceremony.

Kiphuth, the great swimming coach from Yale University.

Relays and Relay Check-In Procedures

A. All relays are conducted on a timed final basis. Teams are limited to two relay entries in each relay event. Entries for all relays must be checked in prior to the scratch deadline in order to be seeded. Each coach shall pick up relay entry forms from the Clerk of Course on which he/she shall list the competing relay swimmers, their first and last names and order of swimming for each entered relay. Relay forms shall be returned to the Clerk of Course for tabulation approximately one (1) hour prior to the start of the relays. However, relay order may be changed up to the time of the swim.

Distance Freestyle

- A. Distance Entry - Any swimmer who qualifies for the 800m or 1500m 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 (207.11.8).
- B. Distance Check-in and Seeding - Entrants in the 800m and 1500m freestyle must check in and confirm their intention to compete before the scratch deadline in order to be seeded. Seeded heat sheets will be published at the end of finals the evening before. The swimmers will be listed in the psych sheet in the order of submitted times, beginning with the fastest (207.8.2).
- C. The women's 800 Freestyle and men's 1500 Freestyle will be conducted on a prelim/finals basis, with the top eight swimmers from prelims advancing to finals. Preliminaries will be swum at the end of the morning session on Day 4.

Finals Session Event Order

There will be a bonus final in each 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

- A. 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 www.usaswimming.org.

Awards

- A. Team Awards
- ◆ Women's Team Champion (high point women's team)
 - ◆ Women's Team Runner-up (2nd highest)
 - ◆ Women's Team Top Ten (third through tenth)
 - ◆ Men's Team Champion (high point men's team)
 - ◆ Men's Team Runner-up Champion (2nd highest)
 - ◆ Men's Team Top Ten (third through tenth)
 - ◆ Men's and Women's Combined Team Champion
 - ◆ Men's and Women's Combined Team Runner-up Champion (second highest)
 - ◆ Men's and Women's Combined Team Top 10 (3rd through 10th)
 - ◆ Men's and Women's Combined Team (11th - 25th)
- B. Individual Awards—Medals will be awarded to all place winners in the "A" final. An "18&Under" National Champion medal will be presented to the highest placing 18&under swimmer in each individual event.
- C. Individual High Point Awards - Male and Female Awards will be given at the ConocoPhillips National Swimming Championships. These awards are named after Robert J.

- D. Rookie of the Meet - The Rookie of the Meet Awards are given to the male and female swimmers who, attending their first USA Swimming national championship in an individual event, achieve the highest placing in the meet. Only swimmers who are U.S. citizens are eligible for this award. The presentation ceremony will take place during the relay break the final evening of competition. The U.S. Open does not count as a national championship. If your athlete is a rookie at this Nationals, please indicate this in the column on the entry blank.
- E. ConocoPhillips Performance Award - This award, sponsored by USA Swimming corporate partner, ConocoPhillips, is presented to the swimmer who achieves the single most outstanding performance of the meet. The presentation ceremony takes place during the relay break on the final evening.
- F. Counsilman Award - James "Doc" Counsilman - Coach of the Year Award. Award is for the coach who most impacts the sport during the year. This award is voted on by coaches in attendance at the event. Nomination forms are found in coaches packets. This award is only voted on at the summer meet, but presented at the USAS Convention.

Time Trials

Time Trials will be conducted for swimmers entered in the meet with a proven individual time, provided there is sufficient time between the end of the preliminary session and the start of warm-ups for the final session. Relay-only swimmers will not be allowed to swim in Time Trials. These Time Trials shall be held under a separate sanction of the LSC where the meet is held.

- A. Time Trials will be conducted in long course meters each day.
- B. A Time Trial Pre-Registration form is provided for your convenience.
- C. A swimmer is limited to a maximum of two Time Trials during the course of the Championships.
- D. A swimmer must be entered in the meet with a proven time (individual) to participate in the Time Trials.
- E. Except as noted below, long course 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 800 and 1500 Freestyle will typically be offered on only one day of the meet. The day will be determined by the Meet Referee, depending on the size of the meet, time available, etc; and be announced at the General Meeting.
- ◆ The 50 Freestyle is the last event swum in Time Trials, except on the day(s) it is contested in the meet, when it is the first event in Time Trials.

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

Reimbursement Policy

Athletes participating in these Championships and ranked in the top 100 of the combined 2005 and 2006 (through May 31) world rankings will receive travel expense reimbursement based on the schedule below.

World Rank	Reimbursement
1st - 8th	Round-trip Supersaver Airfare plus \$300 total per diem
9th - 16th	Round-trip Supersaver Airfare plus \$200 total per diem

The balance of the fund will be divided into equal shares and distributed as follows:

17th - 50th	Two shares of remaining funds
51st - 100th	One share of remaining funds

NOTE: Local athletes that qualify via the rankings are still eligible to apply for ConocoPhillips Grant Money.

Doping Control



Doping Control

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

ATHLETES SHOULD CHECK THE STATUS OF ALL MEDICATIONS (OVER THE COUNTER and PRESCRIPTION) PRIOR TO CONSUMPTION TO ENSURE THAT THEY ARE NOT CONSUMING A PROHIBITED SUBSTANCE.

Most medications fall into one of the following categories when it comes to drug testing: Permitted, Requires an Abbreviated Therapeutic Use Exemption, Prohibited, Prohibited In-Competition, or Prohibited—Threshold. Athletes should utilize one of the following resources to determine which category their medication falls under.

Drug Reference Line

Call the USADA Drug Reference Line at 1-800-233-0393. Hours of operation for the Drug Reference Line are 8:00 a.m.— 4:00 p.m. (Mountain Time), Monday through Friday. If a pharmacist doesn't answer your call, leave a message with a phone number, the name of the substance(s), and indicate that the athlete is a swimmer and he will return your call. You may call the line at any time after hours, and your call will be returned as soon as possible.

Drug Reference Online

Athletes, parents, coaches and sports medicine professionals may now check the status of a medication online at USADA's website: www.usantidoping.org/dro. This can be used at any time and is a simple way to check the status of most medications.

Medications Requiring an Abbreviated Therapeutic Use Exemption (ATUE) form:

Medications that fall under this category require an Abbreviated Therapeutic Use Exemption (ATUE) form to be on file PRIOR to testing. Examples are Asthma Inhalers (requires a diagnosis of asthma or exercise-induced asthma), and some forms of Glucocorticosteroids. ATUE forms should be submitted to USADA at least **THREE WEEKS BEFORE** the athlete competes and must include the signature of the prescribing physician. The ATUE form can be found on the perforated pages in this book. All forms should be sent a minimum of three weeks before to:

United States Anti-Doping Agency
1330 Quail Lake Loop, Suite 260
Colorado Springs, CO 80906
FAX: 719-785-2029

If a medication is classified as permitted, it is not necessary to submit an ATUE form.

Athletes should keep a copy of their forms for their records and take them to drug testing if selected for testing. FORMS GENERALLY EXPIRE ONE YEAR FROM THE DATE THEY ARE SIGNED BY THE PHYSICIAN. (IN SOME CASES THE EXEMPTION IS FOR 2 YEARS). Forms should be re-submitted immediately if there is a change in the medication, the dosage, or the prescribing physician.

2006 World Anti-Doping Agency (WADA) Prohibited Classes and Methods:

Substances and Methods Prohibited at All Times (In and Out of Competition):

1. Anabolic Agents,
 - A. Anabolic Androgenic Steroids
 - B. Other Anabolic Agents
2. Hormones and Related Substances
3. Beta-2 Agonists

According to the US Anti-Doping Agency 2006 Guide to Prohibited Substances:

All beta-2 agonists including their D- and L-isomers are prohibited.

As an exception, formoterol, salbutamol (albuterol), levalbuterol, salmeterol and terbutaline, when administered by inhalation, require an Abbreviated Therapeutic Use Exemption.

Despite the granting of any form of Therapeutic Use Exemption, a concentration of salbutamol (free plus glucuronide) greater than 1,000 ng/mL, this will be considered an Adverse Analytical Finding unless the athlete proves that the abnormal result was the consequence of the therapeutic use of inhaled salbutamol.

4. Agents with Anti-Estrogenic Activity
5. Diuretics and other masking agents

Doping Control



Substances and Methods Prohibited in Competition:

1. Stimulants
2. Narcotics
3. Cannabinoids
4. Glucocorticosteroids

According to the US Anti-Doping Agency 2006 Guide to Prohibited Substances:

All glucocorticosteroids are prohibited when administered orally, rectally, intravenously or intramuscularly. Their use requires a Therapeutic Use Exemption approval.

Administration by inhalation, iontophoresis, or local injection requires an Abbreviated Therapeutic Use Exemption.

Topical preparations when used for dermatological, otic, nasal, buccal cavity and ophthalmic disorders are not prohibited and do not require any form of Therapeutic Use Exemption.

Prohibited Methods include:

1. Enhancement of Oxygen Transfer
2. Chemical and Physical Manipulation
3. Gene Doping

Supplements

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

It is the role of USA Swimming to educate swimmers, coaches and parents on the issues of dietary supplements, including general and specific risks, normal values and toxicity, drug testing and drug interactions, stacking, and conventional dietary alternatives. It is also the role of USA Swimming to validate or repudiate via research review or sanctioned research the answers to the many questions that surround scientific and anecdotal evidence versus actual application. Any recommendations or opinions offered by USA Swimming regarding the use of dietary supplements are based on a yellow-orange-red light continuum Health & Contamination Risk Chart for Dietary Supplements and the most current publicly available scientific and consumer-specific information.

Claims made by the manufacturers/ distributors of dietary supplements regarding the effectiveness of their products are not strictly regulated by the US Food and Drug Administration. Any commercial dietary supplement is susceptible to containing substances that may appear on the Prohibited Substance list(s) of FINA and/or the IOC. The potential exists for commercial supplements to contain substances that do not appear on the product’s list of ingredients (see Dietary Supplement Health and Education Act for more information). Statistics indicate that in some cases, the use of legal dietary supplements has been linked to positive test results for prohibited substances in athletics.

The choice to use a dietary supplement is the sole responsibility of the athlete and one that should not be made in haste. An athlete is advised to weigh the options heavily, consider the consequences, and take responsibility for his/her actions.

Feb/01, rev:Jul/03

Sanctions

Sanctions for positive tests conform with the FINA rules. All parties should refer to the FINA website (www.fina.org) for specifics relating to sanctions for a positive drug test. Penalties may also apply to any individual assisting a swimmer taking prohibited substances.

Summary

The use of drugs to enhance performance is strictly forbidden in aquatic sports. It is the responsibility of the athlete to check the status of any substance he/she plans to consume and ensure that no prohibited substances are consumed.

DOPING CONTROL RULE FOR ATHLETES PREVIOUSLY ELIGIBLE FOR OUT OF COMPETITION DRUG TESTING:

Athletes who previously eligible for out of competition (no-advance-notice) drug testing and officially retired have a 9 month waiting period before they can compete (should they choose to return to competition) and must again be subject to out-of-competition testing. The athlete is not permitted to compete in ANY USA Swimming sanctioned or FINA sanctioned events. If you have an athlete in this situation, please email smichael@usaswimming.org immediately.

2006 ConocoPhillips National Championships

Entry Form - WOMEN

Two Athletes Per Page, Duplicate Form As Needed -Form must be completed for all athletes (complete through signature)~ Please print clearly

Coach Name: _____ Team Name: _____ Club Code: _____ E-mail address: _____

		Athlete Name/Age					
		14 Digit Registration Number					
		Relay Only (Y/N)					
		Foreign Athlete (Y/N)					
		Athlete Signature					
		Secondary Club Recognition (Optional)					
		First Appearance at National Championships (Y/N)					
Entry Time (SY, SM or LC)	Event #	Event	Time Standards			Event #	Entry Time (SY, SM or LC)
			SY	SM	LC		
Tuesday, August 1							
	1	100 Fly	55.39	1:00.89	1:03.09	1	
	3	200 IM	2:02.89	2:15.59	2:21.49	3	
	5	400 Free	4:49.49	4:09.99	4:20.89	5	
Wednesday, August 2							
	8	100 Back	56.09	1:01.59	1:05.39	8	
	11	200 Free	1:49.09	2:00.19	2:04.49	11	
Thursday, August 3							
	14	100 Breast	1:03.59	1:10.99	1:13.29	14	
	16	50 Free	23.29	25.99	26.79	16	
	18	400 IM	4:21.39	4:48.29	4:57.79	18	
Friday, August 4							
	21	200 Fly	2:01.49	2:13.49	2:17.29	21	
	23	200 Back	2:00.99	2:14.09	2:19.99	23	
	25	800 Free	10:01.09	8:43.39	8:56.29	25	
Saturday, August 5							
	26	100 Free	50.59	55.69	57.69	26	
	28	200 Breast	2:17.49	2:33.79	2:38.09	28	

Coach Signature: _____ 14 Digit Registration Number (required) _____ Date: _____

2006 ConocoPhillips National Championships

Entry Form - MEN

Two Athletes Per Page, Duplicate Form As Needed -Form must be completed for all athletes (complete through signature)~ Please print clearly

Coach Name: _____ Team Name: _____ Club Code: _____ E-mail address: _____

		Athlete Name/Age					
		14 Digit Registration Number					
		Relay Only (Y/N)					
		Foreign Athlete (Y/N)					
		Athlete Signature					
		Secondary Club Recognition (Optional)					
		First Appearance at National Championships (Y/N)					
Entry Time (SY, SM or LC)	Event #	Event	Time Standards			Event #	Entry Time (SY, SM or LC)
			SY	SM	LC		
Tuesday, August 1							
	2	400 Free	4:27.19	3:51.29	4:02.99	2	
	4	100 Breast	56.29	1:02.59	1:05.59	4	
	6	400 IM	3:56.59	4:21.99	4:34.29	6	
Wednesday, August 2							
	9	200 Free	1:38.89	1:49.49	1:54.09	9	
	10	100 Back	49.99	55.69	58.69	10	
	12	200 Fly	1:49.69	2:00.09	2:05.09	12	
Thursday, August 3							
	15	100 Fly	49.19	53.89	56.19	15	
	17	50 Free	20.49	22.69	23.79	17	
Friday, August 4							
	20	100 Free	44.89	49.59	52.19	20	
	22	200 IM	1:50.49	2:02.09	2:08.79	22	
	30	1500 Free	15:34.99	15:17.79	16:06.49	30	
Saturday, August 5							
	27	200 Back	1:48.79	2:00.89	2:07.19	27	
	29	200 Breast	2:02.59	2:17.49	2:22.79	29	

Coach Signature: _____ 14 Digit Registration Number (required) _____ Date: _____

2006 ConocoPhillips National Swimming Championships

Relay Proof of Time Entry Form – Women

Club: _____

NOTE: For each relay team entered, list the qualifying time that can be proven for that team, either as team time or aggregate time, and list the names of swimmers qualifying the relay. The named swimmers need not be entered in this meet or compete therein. Do not list the same swimmer on more than one relay team in the same event. Qualifying times must have been proven through the NTV system. Any swimmer listed on the Official Entry Form can compete on any entered relay team in the meet. Relay times belong to the TEAM. Individual times belong to the SWIMMER. 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.

All Times Must be Noted (LC), (SY), or (SM) and four names must be listed for ALL entries.

Event 13 **Wednesday, August 2** **4 x 100 meter freestyle relay**

SC Yards	3:31.99
SC Meters	3:57.19
LC Meters	3:58.39

Team "A" Qualifying Time _____	Team "B" Qualifying Time _____
Enter at { } Qualifying Time or { } lowest priority non-conforming time standard.	Enter at { } Qualifying Time or { } lowest priority non-conforming time standard.

Name	Age	Individual Entry Time	Name	Age	Individual Entry Time
1. _____			1. _____		
2. _____			2. _____		
3. _____			3. _____		
4. _____			4. _____		

Event 19 **Thursday, August 3** **4 x 200 meter freestyle relay**

SC Yards	7:40.59
SC Meters	8:34.89
LC Meters	8:40.99

Team "A" Qualifying Time _____	Team "B" Qualifying Time _____
Enter at { } Qualifying Time or { } lowest priority non-conforming time standard.	Enter at { } Qualifying Time or { } lowest priority non-conforming time standard.

Name	Age	Individual Entry Time	Name	Age	Individual Entry Time
1. _____			1. _____		
2. _____			2. _____		
3. _____			3. _____		
4. _____			4. _____		

Event 31 **Saturday, August 5** **4 x 100 meter medley relay**

SC Yards	3:56.89
SC Meters	4:23.99
LC Meters	4:25.89

Team "A" Qualifying Time _____	Team "B" Qualifying Time _____
Enter at { } Qualifying Time or { } lowest priority non-conforming time standard.	Enter at { } Qualifying Time or { } lowest priority non-conforming time standard.

Name	Age	Individual Entry Time	Name	Age	Individual Entry Time
1. _____			1. _____		
2. _____			2. _____		
3. _____			3. _____		
4. _____			4. _____		

A fine of \$100 will be imposed on the organization obtaining deck credentials for each relay-only swimmer who does not compete in a National Championship relay. No penalty shall apply if the Referee is notified prior to the event and accepts proof that failure to compete was due to the relay-only swimmer's illness or injury, or to circumstances beyond the swimmer's control.

NOTE: Four swimmers and the proven relay time (team time) or four swimmers and individual provable times (aggregate time entries) must be listed.

** All relay swimmers who will be competing must be listed on the master entry form.

2006 ConocoPhillips National Swimming Championships

Relay Proof of Time Entry Form – Men

Club: _____

NOTE: For each relay team entered, list the qualifying time that can be proven for that team, either as team time or aggregate time, and list the names of swimmers qualifying the relay. The named swimmers need not be entered in this meet or compete therein. Do not list the same swimmer on more than one relay team in the same event. Qualifying times must have been proven through the NTV system. Any swimmer listed on the Official Entry Form can compete on any entered relay team in the meet. Relay times belong to the TEAM. Individual times belong to the SWIMMER. 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.

All Times Must be Noted (LC), (SY), or (SM) and four names must be listed for ALL entries.

Event 7	Tuesday, August 1	4 x 100 meter freestyle relay	
		SC Yards	3:05.89
		SC Meters	3:26.59
		LC Meters	3:33.59

Team "A" Qualifying Time _____	Team "B" Qualifying Time _____
Enter at { } Qualifying Time or { } lowest priority non-conforming time standard.	Enter at { } Qualifying Time or { } lowest priority non-conforming time standard.
Name Age Individual Entry Time	Name Age Individual Entry Time
1. _____	1. _____
2. _____	2. _____
3. _____	3. _____
4. _____	4. _____

Event 24	Friday, August 4	4 x 200 meter freestyle relay	
		SC Yards	6:55.79
		SC Meters	7:42.29
		LC Meters	7:53.79

Team "A" Qualifying Time _____	Team "B" Qualifying Time _____
Enter at { } Qualifying Time or { } lowest priority non-conforming time standard.	Enter at { } Qualifying Time or { } lowest priority non-conforming time standard.
Name Age Individual Entry Time	Name Age Individual Entry Time
1. _____	1. _____
2. _____	2. _____
3. _____	3. _____
4. _____	4. _____

Event 32	Saturday, August 5	4 x 100 meter medley relay	
		SC Yards	3:27.29
		SC Meters	3:51.59
		LC Meters	3:55.69

Team "A" Qualifying Time _____	Team "B" Qualifying Time _____
Enter at { } Qualifying Time or { } lowest priority non-conforming time standard.	Enter at { } Qualifying Time or { } lowest priority non-conforming time standard.
Name Age Individual Entry Time	Name Age Individual Entry Time
1. _____	1. _____
2. _____	2. _____
3. _____	3. _____
4. _____	4. _____

A fine of \$100 will be imposed on the organization obtaining deck credentials for each relay-only swimmer who does not compete in a National Championship relay. No penalty shall apply if the Referee is notified prior to the event and accepts proof that failure to compete was due to the relay-only swimmer's illness or injury, or to circumstances beyond the swimmer's control.

NOTE: Four swimmers and the proven relay time (team time) or four swimmers and individual provable times (aggregate time entries) must be listed.
 ** All relay swimmers who will be competing must be listed on the master entry form.

USA SWIMMING TIME TRIAL PRE-REGISTRATION FORM (See other side for rules & procedures)

Team Name:	LSC:	Coach:	Phone:
------------	------	--------	--------

Meet Name:	Meet Dates:	Site:
------------	-------------	-------

This page is for Time Trials on Day 1 2 3 4 5 (Circle one; use a separate page for each day of the meet.)

Office Use Only	SWIMMERS' NAME (Last, First)	AGE	SEX (M/F)	Athlete Registration # 14 Characters	EVENT # See Schedule of events	Event Name (i.e - M 100 Back)	Seed Time

Enter conforming times only - i.e., if this is a long course meet, enter long course times.

Number of individual events on this page _____ X \$10.00 = _____

Page _____ of _____ Pages

Enclose a separate check payable USA Swimming for total number of pre-entered time trials.

USA SWIMMING CHAMPIONSHIPS TIME TRIAL RULES AND PROCEDURES

1. Use a separate form for each day of the meet. Entering time trials in advance will save time waiting in sign-up lines. Bring copies of completed forms to the meet for verification.
 2. Swimmers may compete in a maximum of two time trials during the course of the Championships.
 3. The combination of meet events and time trial events may not exceed three per day.
 4. Time trials are conducted on a time available basis only. Refunds or rollovers will be allowed for time trials cancelled on any given day due to time limitations.
 5. The 800 and 1500 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.
 6. You may add, cancel, or change time trials upon arrival at the meet. Refunds, rollovers, or credit will be allowed, except for no-shows.
- * The 50 Free is the last event swum in time trials, except on the day(s) it is contested in the meet, when it is the first event in time trials.

Day One

W 100 Fly
M 400 Free
W 200 IM
M 100 Breast
W 400 Free
M 400 IM
M 4 x 100 FR
W 100 Back
M 200 Free
M 100 Back
W 200 Free
M 200 Fly
W 4 x 100 FR
W 100 Breast
M 100 Fly
W 400 IM
W 4 x 200 FR
M 100 Free
W 200 Fly
M 200 IM
W 200 Back
M 100 Fly
W 400 IM
W 4 x 200 FR
M 100 Free
W 200 Fly
M 200 IM
W 200 Back
M 4 x 200 FR
W 100 Free
M 200 Back
W 200 Breast
M 200 Breast
W 4 x 100 MR
M 4 x 100 MR
W 100 Fly
W 100 Free
M 200 Back
W 200 Breast
M 200 Breast
W 4 x 100 MR
M 4 x 100 MR
W 50 Free
M 50 Free

Day Two

W 100 Back
M 200 Free
M 100 Back
W 200 Free
M 200 Fly
W 4 x 100 FR
W 100 Breast
M 100 Fly
W 400 IM
W 4 x 200 FR
M 100 Free
W 200 Fly
M 200 IM
W 200 Back
M 4 x 200 FR
W 100 Free
M 200 Back
W 200 Breast
M 200 Breast
W 4 x 100 MR
M 4 x 100 MR
W 100 Fly
M 400 Free
W 200 IM
M 100 Breast
W 400 Free
M 400 IM
M 4 x 100 FR
W 100 Fly
M 400 Free
W 200 IM
M 100 Breast
W 400 Free
M 400 IM
M 4 x 100 FR
W 50 Free
M 50 Free

Day Three

W 50 Free
M 50 Free
W 100 Breast
M 100 Fly
W 400 IM
W 4 x 200 FR
M 100 Free
W 200 Fly
M 200 IM
W 200 Back
M 4 x 200 FR
W 100 Free
M 200 Back
W 200 Breast
M 200 Breast
W 4 x 100 MR
M 4 x 100 MR
W 100 Fly
M 400 Free
W 200 IM
M 100 Breast
W 400 Free
M 400 IM
M 4 x 100 FR
W 100 Back
M 200 Free
M 100 Back
W 200 Free
M 200 Fly
W 4 x 100 FR

Day Four

M 100 Free
W 200 Fly
M 200 IM
W 200 Back
M 4 x 200 FR
W 100 Free
M 200 Back
W 200 Breast
M 200 Breast
W 4 x 100 MR
M 4 x 100 MR
W 100 Fly
M 400 Free
W 200 IM
M 100 Breast
W 400 Free
M 400 IM
M 4 x 100 FR
W 100 Back
M 200 Free
M 100 Back
W 200 Free
M 200 Fly
W 4 x 100 FR
W 100 Breast
M 100 Fly
W 400 IM
W 4 x 200 FR
W 50 Free
M 50 Free

Day Five

W 100 Free
M 200 Back
W 200 Breast
M 200 Breast
W 4 x 100 MR
M 4 x 100 MR
W 100 Fly
M 400 Free
W 200 IM
M 100 Breast
W 400 Free
M 400 IM
M 4 x 100 FR
W 100 Back
M 200 Free
M 100 Back
W 200 Free
M 200 Fly
W 4 x 100 FR
W 100 Breast
M 100 Fly
W 400 IM
W 4 x 200 FR
M 100 Free
W 200 Fly
M 200 IM
W 200 Back
M 4 x 200 FR
W 50 Free
M 50 Free

USA Swimming Waiver and Release Form
TO BE RETURNED TO USA SWIMMING PRIOR TO JULY 15th, 2006
(Duplicate as needed for each athlete.)

EACH COMPETITOR AND HIS/HER PARENT OR GUARDIAN, IF APPLICABLE, MUST COMPLETE THIS WAIVER AND RELEASE FORM.
THIS INCLUDES INDIVIDUAL AND RELAY ONLY SWIMMERS.

In signing below, the athlete affirms to have read the entry form and agrees to abide by the conditions herein. I verify the events in which I am entered and that I am a registered amateur athlete according to the USA Swimming Code of Regulations; that in consideration of your accepting this entry, I, intending to be legally bound, do hereby for ourselves, our heirs, executors and administrators, waive, release, and forever discharge any and all rights and claims for damages which we or either of us may hereafter have against USA Swimming, Inc., the host team, the Local Swimming Committee (LSC), and/or their respective officers, agents, representatives, successors and/or assigns, for any and all damages which may be sustained or suffered by me in connection with, or entry in and/or arising out of my traveling to, participating in and returning from said meet.

GENERAL ACKNOWLEDGEMENT & ACCEPTANCE

I hereby acknowledge that all information and signatures on this form are applicable to my participation in these USA Swimming Championships and I agree to abide by the regulations specified in these documents and in the Rules and Regulations of USA Swimming for the management and conduct of the USA Swimming program.

OATH OF ELIGIBILITY

I declare that I am eligible and in good standing with regulations laid down by USA Swimming, the International Federation for Amateur Swimming (FINA), and the International Olympic Committee (IOC). I also declare I am not under suspension or disciplinary action imposed for use of illegal drugs or other athlete regulation infractions. I agree to sign additional documents to this effect when required to do so by USA Swimming or the local organizing committee. I certify that, to the best of my knowledge and belief, I am in good physical condition and have no disease or injury that would impair my performance in competition and agree that while a participant in this competition, I will keep myself in top physical condition and retain my eligibility status.

DOPING

I understand that it is the policy of USA Swimming to discourage and prevent the use of prohibited doping substances and prohibited doping methods. The FINA Anti-Doping Rules are available on-line or from USA Swimming. I know that I should call the USADA Drug Reference Line (1-800-233-0393) or check at the Drug Reference Online (www.usantidoping.org/dro) to check the status of all medications and substances I am currently using, and to satisfy any questions or concerns that I may have about medications and prohibited substances and methods.

Mandatory Deadline: Abbreviated Therapeutic Use Exemption (ATUE) Forms must be submitted in advance of a competition (3 weeks is requested). Please contact USADA with any questions regarding the process of submitting ATUE forms. Standard Therapeutic Use Exemption Forms should be submitted well in advance of competition (the process may take months). Contact USADA for more information on this process.

I do not currently engage in, nor do I intend to use any prohibited substances and methods. I acknowledge that the use of prohibited substances or prohibited methods may subject me to disqualification and other sanctions imposed by USADA, FINA or IOC.

DRUG TESTING

I understand that USADA will conduct drug testing on athletes during and outside of competition. By registering for this competition, I hereby consent to and authorize USADA to test me for prohibited substances and prohibited methods at any time. I

any time. I further acknowledge and agree that my refusal to participate in a drug test may subject me to disqualification and sanctions, the same as if I had tested positive for a prohibited substance.

I hereby authorize USA Swimming to include the results of any drug testing of me in the published statistics for drug testing and to include my name in the list of athletes who have been drug tested, which USA Swimming publishes on their website. In the event I refuse to submit to a drug test or a drug test has a positive result, I recognize that I am subject to the adjudication processes established by the US Anti-Doping Agency (USADA) and FINA, because of my refusal or positive test.

AUTHORIZATION AND EVENT PROMOTION

I 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 give the event organizers the right to use my name, picture, likeness, and biographical information before, during or after the period of my participation in these competitions to promote the competition in which I compete or to promote the success of the team on which I competed. I understand and agree not to use or authorize use of pictures of myself in the uniforms and equipment provided by USA Swimming for the purpose of trade, without the consent of USA Swimming. I agree not to use the medals or photos, portraits or films of myself with the medals, which I receive for my performance in this competition, for the purpose of trade. Furthermore, it is agreed that I shall return these uniforms and equipment, bearing USA Swimming logos and marks, if and when requested.

AUTHORIZATION FOR MEDICAL SERVICES

I hereby give consent for USA Swimming to provide me with medical care and treatment and emergency medical services associated with participation in this competition. Additionally, I hereby agree that, in the event I elect to obtain any of these services or treatments from any sources other than that provided or approved by USA Swimming, I shall accept full and complete responsibility. I further authorize the release of any medical information necessary to process a claim for accident/medical payment insurance for an injury or illness incurred while I am participating as a member of the USA Swimming delegation at this competition.

ASSUMPTION OF RISK OF SERIOUS INJURY

I Understand and Appreciate That My Participation in the Sport of Swimming Carries a Risk of Serious Injury, Including Permanent Paralysis or Death. I Voluntarily and Knowingly Recognize, Accept and Assume this Risk.

RELEASE

The Undersigned, Parent(s) and Natural Guardians(s) or Legal Guardians of _____, Does Thereby Represent He/She (They) Is (Are), in Fact, Acting in Such Capacity and Agrees to Save and Hold Harmless and Indemnify Each and All of the Parties Herein Referred to Above, as Releasees, from All Liability, Loss, Cost, Claim or Damage Whatsoever May Be Imposed upon Said Releasees Because of Any Defect in or Lack of Such Capacity to So Act and Release Said Releasees on Behalf of Both of the Undersigned.

MISCELLANEOUS

This Waiver and Release Form shall be construed in accordance with and subject to the laws of the State of Colorado. If any paragraph, section, sentence, clause or phrase contained in this Waiver and Release Form becomes or is held by any court of competent jurisdiction to be illegal, null or void or against public policy, the remaining paragraphs, sections, sentences, clauses or phrases contained in this Waiver and Release Form shall not be affected thereby.

Participant's Signature

Date

Team Name

(If Applicant Is under Age of Majority in His/Her Home State, the Parent(s) or Guardian(s) must Execute the Following Waiver in Addition to the Above)
This is to certify on this date that I, as parent/guardian of _____, participating in this competition, give my consent to USA Swimming and its medical representatives to obtain medical care from any licensed physician, hospital or clinic for the above mentioned athlete for injury that could arise from activities in this competition. I further consent to the random drug testing of the above-mentioned athlete during the competition and for the twelve (12) month period following the competition, to the disclosure of test results, and to the other terms and conditions set forth in the paragraph above entitled USA Swimming DRUG TESTING.

Parent/Guardian Signature

Relationship

Parent/Guardian Name (please print)

Date

2006 ConocoPhillips National Championships & USA Team Trials
August 1-5
Irvine, CA

WOMEN			EVENT	MEN		
LCM	SCM	SCY		SCY	SCM	LCM
26.79	25.99	23.29	50 FREESTYLE	20.49	22.69	23.79
57.69	55.69	50.59	100 FREESTYLE	44.89	49.59	52.19
2:04.49	2:00.19	1:49.09	200 FREESTYLE	1:38.89	1:49.49	1:54.09
4:20.89	4:09.99	4:49.49	400/500 FREESTYLE	4:27.19	3:51.29	4:02.99
8:56.29	8:43.39	10:01.09	800 FREESTYLE	x	x	x
x	x	x	1500 FREESTYLE	15:34.99	15:17.19	16:06.49
1:05.39	1:01.59	56.09	100 BACKSTROKE	49.99	55.69	58.69
2:19.99	2:14.09	2:00.99	200 BACKSTROKE	1:48.79	2:00.89	2:07.19
1:13.29	1:10.99	1:03.59	100 BREASTSTROKE	56.29	1:02.59	1:05.59
2:38.09	2:33.79	2:17.49	200 BREASTSTROKE	2:02.59	2:17.49	2:22.79
1:03.09	1:00.89	55.39	100 BUTTERFLY	49.19	53.89	56.19
2:17.29	2:13.49	2:01.49	200 BUTTERFLY	1:49.69	2:00.09	2:05.09
2:21.49	2:15.59	2:02.89	200 IM	1:50.49	2:02.09	2:08.79
4:57.79	4:48.29	4:21.39	400 IM	3:56.59	4:21.99	4:34.29

Qualifying period is July 1, 2005 through the entry deadline.

2008 U.S. Olympic Team Trials – Swimming

Qualification period begins April 1, 2005

Women	EVENT	Men
26.39	50 Free	23.49
57.19	100 Free	51.59
2:03.39	200 Free	1:52.89
4:19.39	400 Free	3:59.99
8:50.49	800 Free	X
x	1500 Free	15:53.59
1:04.59	100 Back	57.99
2:17.99	200 Back	2:04.99
1:12.59	100 Breast	1:04.69
2:35.99	200 Breast	2:20.79
1:02.39	100 Fly	55.59
2:16.69	200 Fly	2:03.99
2:20.49	200 IM	2:07.39
4:55.89	400 IM	4:30.49

Qualifying period 4/1/2005 through entry deadline