



2005 ConocoPhillips National Championships

August 3 - 7, 2005

Irvine, California

Event Information

ConocoPhillips National Championships Event Information

August 3 - 7, 2005
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



- ◆ Please note, this meet is Wednesday through Sunday.
- ◆ Due to the Mutual of Omaha Duel in the Pool, the venue will be closed Tuesday, August 2, from Noon - 8:00 p.m. An alternate site will be available for warm ups during this time. ConocoPhillips National Championship credentials will not allow admission to the Mutual of Omaha Duel in the Pool.
- ◆ On-Line Entry Deadline: Monday, July 25, 2005 by 11:59 p.m. MT
- ◆ Paper Entry Deadline: If not registering on-line, paper entries must be received on or before Tuesday, July 26, 2005.
- ◆ Fax Entry Deadline: Only swims achieving the qualifying time standards for the first time from Monday, July 25, 2005, through Sunday, July 31, may be sent by FAX transmission. These faxed entries must be received no later than 11:00 a.m. (PDT) on Monday, August 1, 2005, and cannot be used to improve the seed time of a prior entry.
- ◆ There will be no bonus events at these championships.
- ◆ Qualification Period: July 1, 2004 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.
- ◆ Foreign athletes will be permitted to swim at the ConocoPhillips National Championships, but will not be eligible to score team points. Foreign athletes can swim in the A, B and C finals.
- ◆ 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

Dan McAllen
9607 Shadydale Lane
Dallas, TX 75238-4230
214/341-7390
D.mcalleniii@att.net

Meet Directors

Dave Salo
2172 Quiet Oak Drive
Lake Forest, CA 92630
949/480-4426
dsalo@soka.edu

Kim Hoesterey
32 Brena
Irvine, CA 92620
714/731-8067
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

Wednesday, August 3 11:00 a.m. General Meeting Aquatic Center

Wednesday, August 3 2:30 p.m. Officials' Meeting Aquatic Center

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



Order of Events
 Long Course Meters
 Irvine is on Pacific Daylight Time

Heats Begin at 9:00

Finals Begin at 6:30

<u>Women's Events</u>	<u>Day 1- Wednesday, August 3 (4:00 p.m.)</u>	<u>Men's Events</u>
1	800 Meter Freestyle	2
	<u>Day 2 - Thursday, August 4</u>	
3	100 meter Freestyle	4
5	200 Meter Breaststroke	6
7	200 Meter Backstroke	8
9	200 Meter Butterfly	10
	<u>Day 3 - Friday, August 5</u>	
11	200 Meter Freestyle	12
13	400 Meter Individual Medley	14
15	800 Meter Freestyle Relay	16
	<u>Day 4 - Saturday, August 6</u>	
17	100 meter Backstroke	18
19	400 Meter Freestyle	20
21	100 Meter Breaststroke	22
23	100 Meter Butterfly	24
25	400 Meter Freestyle Relay	26
	<u>Day 5 - Sunday, August 7</u>	
27	200 Meter Individual Medley	28
29	1500 Meter Freestyle - women	*
30	50 Meter Freestyle	31
*	1500 Meter Freestyle - Men	32
33	400 Meter Medley Relay	34

In the morning session only, heats for events 29 and 32 will be swum after event 34

General Information (Continued)



Ticket Information

Ticket Information

All Session Pass - week:

Reserved**	\$55.00*
General Admission	
Adults -	\$45.00*
Students/Senior	\$40.00*

*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 -	\$12.00*
Students/Senior	\$10.00*

Daily Single Event Tickets:

Prelims (August 3 and August 9 timed finals session)

Reserved	\$10.00
General Admission	
Adults	\$7.00
Students/Senior	\$5.00

Finals

Reserved	\$12.00
General Admission	
Adults	\$9.00
Students/Senior	\$7.00

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
Irvine, CA 92604
949-480-4093 Fax

There is a \$4.00 shipping and handling fee for pre-sale tickets. Tickets purchased after July 15 will be available at WILL CALL Tickets may be ordered by phone, mail and fax.

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.

Hotel Information

Hyatt Regency– Irvine (Headquarters Hotel)

17900 Jamboree Road
Irvine, 92614
949-975-1234

15 minutes from pool
\$109 per night

Discounted parking, Courtesy shuttle
Breakfast

Marriott Irvine
18000 Von Karman Ave
Irvine, 92612
714-241-8800
15 minutes from pool
\$134 per night

Atrium Hotel at Orange County Airport
18700 MacArthur Blvd
Irvine, CA 92612
949-833-2770
20 minutes from pool
Price to be determined

Best Western Hotel
2700 Hotel Terrace Drive
Santa Ana, 92705
800-432-0053
20 minutes from pool
\$79 per night

Candlewood Suites
16150 Sand Canyon Avenue
Irvine, CA 92618
949-788-0500
15 minutes from pool
Price to be determined

Comfort Suites
2620 Hotel Terrace Drive
Santa Ana, CA 92705
714-966-5200
20 minutes from pool
\$64 per night

Courtyard by Marriott
2701 Main Street
Irvine, 92614
714-957-1100
15 minutes from pool
\$124 per night

Crowne Plaza Irvine
17941 Von Karman Avenue
Irvine, CA 92614
949-863-1999
20 minutes from pool
\$84 per night

Doubletree Hotel – Irvine Spectrum
90 Pacifica Avenue
Irvine, CA 92618
949-471-8888
10 minutes from pool
\$119 per night

Embassy Suites
1325 E. Dyer Road
Santa Ana, 92705
714-241-3800
15 minutes from pool
\$119 per night

Embassy Suites – Irvine
2120 Main Street
Irvine, 92614
949-553-8332
15 minutes from pool
\$119 per night

Hilton - Irvine
18800 MacArthur Blvd
Irvine, CA 92612
949-833-9999
20 minutes from pool
Price to be determined

Holiday Inn
2726 S. Grand Ave.
Santa Ana, CA 92705
714-481-6300

20 min from pool
\$84 per night
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 Irvine
18000 Von Karman Ave
Irvine, 92612
714-241-8800
15 minutes from pool
\$134 per night

Marriott Suites
500 Anton Blvd
Costa Mesa, 92626
949-757-1200
20 minutes from pool
\$129 per night

Residence Inn
2855 Main Street
Irvine, 92614
949-261-2020
15 minutes from pool
\$129 per night

Residence Inn by Marriott
Irvine Spectrum
15 Morgan
Irvine, CA 92614
949-380-3000
10 minutes from pool
Price to be determined

Site information



Publicity

Any swimmer competing in the championship final of an event for the first time at this meet should be sure that is/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. Additional parking is available for spectators, teams and officials on the north side of Irvine High School – adjacent to the Woollett Aquatics Center. Parking in the south side of Heritage Park – adjacent to the Woollett Aquatics Center is available for spectators, teams and officials. Overflow parking will be available on the street (Walnut Avenue). If necessary, parking will be made available at additional area parking with shuttle service.

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 athlete's hospitality and swimmer's 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.

Northwood High School is located 5 minutes from Woollett Aquatics Center. This pool will be used as an alternative training site. It consists of a 50 meter x 25 yard pool.

Beckman High School is located 5 minutes from Woollett Aquatics Center. This pool will be used as an alternative training site. It consists of a 50 meter x 25 yard pool.

Soka University is located 25 minutes from Woollett Aquatics Center. This pool will be used as an alternative training site. It consists of a 50 meter x 25 yard pool.

Pool Hours

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

Credential Pick-Up

Credentials can be picked up at the Aquatic Center on the following schedule.

Monday, August 1	8:00 a.m. - Noon and 1:00 p.m. - 6:00 p.m.
Tuesday, August 2	8:00 a.m. - Noon and 1:00 p.m. - 6:00 p.m.
Wednesday, August 3	7:00 a.m. - 1:00 p.m. and 3:00 p.m. - 7:00 p.m.
Thursday, August 4	7:00 a.m. - 1:00 p.m. and 3:00 p.m. - 7:00 p.m.
Friday, August 5	See Admin Ref
Saturday, August 6	See Admin Ref
Sunday, August 7	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 21. It can save you time and money!

On-line entries will be accepted from Tuesday, June 21 until Monday, July 25 (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 Mike Unger at USA Swimming (719/866-4578).

You will be required to pay for the on-line entries with a Visa or Mastercard.

You can modify your entry on-line by adding to the original entry, but not by deleting 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 these, prior to July 15, 2005, 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 25, 2005. Entry forms must be received on or before Tuesday, July 26, 2005. 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 25, 2005, through Sunday, July 31, 2005, may be sent by FAX transmission. These faxed entries must be received no later than 11:00 a.m. (PDT) on Monday, August 1, 2005, and cannot be used to improve the seed time of a prior entry. Fax these entries to 949/480-4093.

Qualifying Period

The qualifying period for this event is July 1, 2004 through the entry deadline.

- ◆ Entry packet must clearly indicate pick-up date.
- ◆ Entries not datemarked 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 (i.e. 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 only have 16 characters for both their club and their secondary club. The club does not need to be a USA Swimming member club. It can 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 must bring their 2005 USA Swimming membership cards in order to verify their membership. 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

Foreign Entries - All foreign participants must be members in good standing of their country's FINA affiliated federation. Foreign entries must be proven with meet results. All foreign team entries must be submitted by the entry deadline. Foreign club teams should use overnight delivery to send their entries to USA Swimming so they arrive by the entry deadline. Entries for foreign national teams ONLY may be accepted via fax to 719/866-4761. Foreign entries should NOT use the on-line entry feature.

Applying for a NTV

- § Applying for a National Times Verification (NTV)
- § An application must be made to the NTV Chairman from the LSC in which the competition is being held. NTVs are not issued automatically and are not automatic entries to meets.
- § NTVs are only written for the following swims:
 - At a USA Swimming Sanctioned competition, request the NTV immediately upon the swimmer achieving a time standard.
 - At a 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 obtaining an NTV.
 - For a USA Swimming Observed swim, 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 an NTV. 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 Chairman and/or Board of Review. Any appeal of the decision of the National Times Chairman shall be in accordance with the provisions of Part Four, specifically Article 401.

Automatic NTVs

NTVs received at USA Swimming by July 10, 2005 for the ConocoPhillips National Championships will be in the database. It is highly suggested to help the registration procedure at the event by having the coach bring that season's NTVs to the meet. NTVs issued after that date must be hand carried to the meet for proof of 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.

- § 2004 Olympic Trials, Long Beach, CA
- § 2004 Olympic Games, Athens, Greece
- § 2004 Summer Nationals, Stanford, CA
- § 2004 Short Course World Championships, Indianapolis, IN
- § 2004 U.S. Open, San Antonio, TX
- § 2005 World Cup, East Meadow, NY



- § 2005 World Championship Trials, Indianapolis, IN
- § 2005 Speedo Champions Series (spring and summer sectionals)
- § 2005 Women's and Men's NCAA Division I Championships
- § 2005 Spring Nationals, Orlando, FL
- § 2005 Grand Prix Events

NTVs from properly authorized and observed college meets must be requested. They will not be automatically placed in the database. NTVs from all major international championships will be automatically entered in the database. NTVs from any other meets in which National time standards were met must be requested from the NTV Official in the LSC in which the meet was held. NTV officials may charge \$5.00 for every NTV requested after a meet ends. Request NTVs at the meet where the time is performed.

Note: Relay lead offs or split times must be requested from the NTV official in the LSC where the time was achieved. Requesting an NTV 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

Plan to arrive in time for the General Meeting. You are responsible for all business conducted at this meeting. If, for any reason, you cannot attend the meeting, be sure to find out what occurred. You must arrive at least twenty-four (24) hours 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), they 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 their best event because you failed to scratch an entry.
- G. Follow all NTV proof, 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 unsportsmanlike activity. Encourage your swimmers to cooperate with marshals. The main competition pool will be reserved the last 60 minutes for swimmers competing in that day's events.

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

Ready Room

A Ready Room will be used at these Championships prior to each heat (prelims and finals). 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.

Relays and Relay Check-In Procedures

- A. All relays are conducted on a timed final basis with only the two fastest heats to be swum in the final session. All others to be swum in the preliminary session. 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, ages, computer ID number 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, they 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. Order of Distance Events - The 800m and 1500m freestyle events are conducted on a timed final basis. All heats shall be swum as follows:

800 Freestyle; Women's heats slowest to fastest, followed by Men's heats slowest to fastest

1500 Freestyle; second fastest Men's heat last, second fastest Women's heat next to last, third fastest Men's heat third from last, third fastest Women's heat fourth from last and continuing until all heats are swum. Only the fastest (single) heat will be swum in the final session. All other heats are to be held during prelims. The starting time for each preliminary heat shall be scheduled so that the second fastest heat of the men's 1500m freestyle is concluded 60 minutes before the evening finals session is scheduled to begin.

Finals Session Event Order

There will be a bonus final in each event at this Championship (except the 800m and 1500m freestyle events). 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.
- B. After each evening's finals at these championships, the results will be available at www.usaswimming.org.

- C. For 18 & under combined team scoring at these championships, scoring will be calculated on the basis of the top 16 athletes, 18 & under, competing in each individual event. College or university teams competing at these championships shall not be eligible for this 18 & under scoring.

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. At the ConocoPhillips Nationals, men's & women's 18 & under combined national team champion (1st through 10th). Teams must score in both the men's and women's competition to be eligible for the Combined Team title. Team awards will be distributed for first through third places following the last evening's finals. Awards for remaining places will be sent from USA Swimming Headquarters.
- 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. Kiphuth, the great swimming coach from Yale University.
- 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. It is voted on by the attending media. The presentation ceremony takes place during the relay break on the final evening.
- F. George Haines - Coach of the Championships Award - This award is presented to the "Coach of the Championships" for the ConocoPhillips National Championships. This award is voted on by coaches in attendance at the event. Nomination forms will be found in coaches packets.
- G. 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 or relay time, provided there is sufficient time between the end of the preliminary session and the start of warm-ups for the final session. These Time Trials shall be held under a separate sanction of the LSC where the meet is held and shall conform to the listed conditions and format, subject to the time limitations in 207.5 and 207.6;

- 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 or relay) 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 swam in Time Trials, except on day five, 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 2004 and 2005 world rankings (thru May 31) 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 Drug Control Coordinator at (719) 866-4962.

Drug Reference Line

Most medications fall into one of the following categories when it comes to drug testing: Prohibited at all times (In-and Out-of-Competition), Prohibited In-Competition, Requires an Abbreviated Therapeutic Use Exemption (ATUE) form, and Permitted. Any time an athlete plans to take a medication (over the counter or prescription) or substance he/she should call the USADA Drug Reference Line at 1-800-233-0393 to determine which category the medication falls under. 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 anytime 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), Corticosteroid eye drops, Corticosteroid ear drops, etc. Abbreviated Therapeutic Use Exemption 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
2550 Tenderfoot Hill Street, Suite 200
Colorado Springs, CO 80906
FAX: 719-785-2001

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 a copy should be taken to the meet and to drug testing should the athlete be selected for testing.

Athletes must re-submit their ATUE forms once EVERY TWELVE MONTHS - FORMS EXPIRE ONE YEAR FROM THE DATE THEY ARE SIGNED BY THE PHYSICIAN.

Forms should be re-submitted immediately if there is a change in the medication, the dosage, or the prescribing physician.

Prohibited Classes and Methods

Classes of substances Prohibited at all times (in and out of competition) include:

- 1) Anabolic Agents
 - A. Anabolic Androgenic Steroids
 - B. Other Anabolic Agents
- 2) Beta-2 Agonists (certain B-2 Agonists require an ATUE form be on file)
- 3) Hormones and Related Substances
- 4) Diuretics and other masking agents
- 5) Agents with Anti-Estrogenic Activity

Prohibited Methods (prohibited in and out of competition) include:

- 1) Enhancement of oxygen transfer
- 2) Chemical and Physical Manipulation.
- 3) Gene Doping

Classes of prohibited substances prohibited in competition include:

- 1) Stimulants
- 2) Narcotics
- 3) Cannabinoids (e.g., marijuana, hashish)
- 4) Glucocorticosteroids

(The World Anti-Doping Code 2005 Prohibited List states that "all Glucocorticosteroids are prohibited when administered orally, rectally, intravenously, or intramuscularly. All other routes of administration require an Abbreviated Therapeutic Use Exemption. Dermatological preparations are not prohibited.)

Doping Control



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.

2005 ConocoPhillips National Championships

Official USA Swimming Master Entry Form

August 3-7, 2005

Irvine, California

Name of Team for Program: _____

--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--

Official Team Name: _____

--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--

Official Club Address: _____ (City) _____ (State) _____ (Zip)

Coach: _____ Phone () _____ () _____
Office Home

Home Address: (Street) _____ (City) _____ (State) _____ (Zip)

E-mail Address: _____

Is Head Coach attending meet? Yes No Your Local Swimming Committee: _____

LSC Code: LSC Assigned Team Code:

ENTRY DEADLINE:

Send entry forms by trackable overnight delivery no later than Monday, July 25, 2005. Entry forms must be received on or before Tuesday, July 26, 2005. Do not use the U.S. Postal Service's registered, certified or regular mail.

SEND ENTRIES TO:

USA Swimming – National Events Department
1 Olympic Plaza
Colorado Summers, CO 80909
719/866-4578

Make Checks Payable to: **USA Swimming**

This entry blank is _____ of _____ entry blanks.

Women Individual events _____ x \$10.00 = _____	Women Relay events _____ x \$25.00 = _____
Men Individual events _____ x \$10.00 = _____	Men Relay events _____ x \$25.00 = _____
Entry Fee Total \$ _____	

CREDENTIALS

We have entered a total of _____ swimmers in individual events in the meet. (All names and information must be listed for each swimmer on this entry blank.)

PASSES

Deck	Spectator		Deck	Spectator	
1	1	1-3 swimmers in individual events or 1 only relay team	5	2	21-30 swimmers in individual events
2	1	4-6 swimmers in individual events	6	3	31-40 swimmers in individual events
3	1	7-9 swimmers in individual events	7	3	41-50 swimmers in individual events
4	2	10-20 swimmers in individual events	9	5	51 or more swimmers in individual event

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

Unattached swimmers not with a team are permitted one deck pass and one spectator pass.

Deck passes are issued only to current members of USA Swimming.

Using the formula above, we wish to purchase _____ Spectator passes at \$10 each, and we request _____ deck passes.

Credentials Total: \$ _____

List names of coaches, chaperones, managers and/or trainers entitled to deck passes. Proof of appropriate USA Swimming membership is required for all deck passes. (See book for details)

- _____ Position _____
- _____ Position _____
- _____ Position _____
- _____ Position _____

Totals: Entry Fees \$ _____
Spectator Passes \$ _____

Total \$ _____ Please staple check to this entry blank.

The undersigned coach or team representative of all swimmers listed on this entry form hereby certifies that all times stated on this entry form are true and correct. The undersigned further assumes responsibility for any false or incorrect times, and acknowledges that a fine of \$100.00 will be paid to USA Swimming for each time that is false, incorrect, or unacceptable (207.11).

Coach/Team Representative Signature _____ 14 Digit Registration Number _____
(VERY IMPORTANT)

2005 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		
Wednesday, August 3							
	1	800 Free	10:01.09	8:43.39	8:56.29	1	
Thursday, August 4							
	3	100 Free	50.59	55.69	57.69	3	
	5	200 Breast	2:17.49	2:33.79	2:38.09	5	
	7	200 Back	2:00.99	2:14.09	2:19.99	7	
	9	200 Fly	2:01.49	2:13.49	2:17.29	9	
Friday, August 5							
	11	200 Free	1:49.09	2:00.19	2:04.49	11	
	13	400 IM	4:21.39	4:48.29	4:57.79	13	
Saturday, August 6							
	17	100 Back	56.09	1:01.59	1:05.39	17	
	19	400 Free	4:49.49	4:09.99	4:20.89	19	
	21	100 Breast	1:03.59	1:10.99	1:13.29	21	
	23	100 Fly	55.39	1:00.89	1:03.09	23	
Sunday, August 7							
	27	200 IM	2:02.89	2:15.59	2:21.49	27	
	29	1500 Free	16:46.89	16:35.19	17:06.69	29	
	30	50 Free	23.29	25.99	26.79	30	

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

2005 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		
Wednesday, August 3							
	2	800 Free	9:20.99	8:10.89	8:24.29	2	
Thursday, August 4							
	4	100 Free	44.89	49.59	52.19	4	
	6	200 Breast	2:02.59	2:17.49	2:22.79	6	
	8	200 Back	1:48.79	2:00.89	2:07.19	8	
	10	200 Fly	1:49.69	2:00.09	2:05.09	10	
Friday, August 5							
	12	200 Free	1:38.89	1:49.49	1:54.09	12	
	14	400 IM	3:56.59	4:21.99	4:34.29	14	
Saturday, August 6							
	18	100 Back	49.99	55.69	58.69	18	
	20	400 Free	4:27.19	3:51.29	4:02.99	20	
	22	100 Breast	56.29	1:02.59	1:05.59	22	
	24	100 Fly	49.19	53.89	56.19	24	
Sunday, August 7							
	28	200 IM	1:50.49	2:02.09	2:08.79	28	
	31	50 Free	20.49	22.69	23.79	31	
	32	1500 Free	15:34.99	15:17.79	16:06.49	32	

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

2005 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 15 Friday, August 5 4 x 200 meter freestyle relay

	7:33.69
SC Yards	8:27.09
SC Meters	8:34.09
LC Meters	

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 25 Saturday, August 6 4 x 100 meter freestyle relay

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

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 33 Sunday, August 7 4 x 100 meter medley relay

	3:56.49
SC Yards	4:24.39
SC Meters	4:25.49
LC Meters	

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.

2005 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 16 **Friday, August 5** **4 x 200 meter freestyle relay**

	6:53.59
SC Yards	7:39.89
SC Meters	7:51.59
LC Meters	

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 26 **Saturday, August 6** **4 x 100 meter freestyle relay**

	3:05.89
SC Yards	3:26.59
SC Meters	3:33.59
LC Meters	

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 34 **Sunday, August 7** **4 x 100 meter medley relay**

	3:27.29
SC Yards	3:51.59
SC Meters	3:55.69
LC Meters	

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:
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Meet Name:	Meet Dates:	Site:
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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 # <small>14 Characters</small>	EVENT # <small>See Schedule of events</small>	Event Name <small>(i.e - M 100 Back)</small>	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. In the modified four-day format, time trials for the 800 Freestyle will only be offered Day One, immediately following the end of the Men's 800 Freestyle. No other time trial events will be offered on this day.
6. The 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.
7. You may add, cancel, or change time trials upon arrival at the meet. Refunds, rollovers, or credit will be allowed, except for no-shows.

Typical Time Trial Order of Events for the Modified 4 Day Schedule

<u>Day One</u>	<u>Day Two</u>	<u>Day Three</u>	<u>Day Four</u>	<u>Day Five</u>
800 Free (Only offered on this day. Only event offered this day)	100 Free	200 Free	100 Back	50 Free*
	200 Breast	400 IM	400 Free	200 IM
	200 Back	800 F.R.	100 Breast	400 M.R.
	200 Fly	100 Back	100 Fly	1500 Free
	200 Free	400 Free	400 F.R.	100 Free
	400 IM	100 Breast	200 IM	200 Breast
	800 F.R.	100 Fly	400 M.R.	200 Back
	100 Back	400 F.R.	100 Free	200 Fly
	400 Free	200 IM	200 Breast	200 Free
	100 Breast	400 M.R.	200 Back	400 IM
	100 Fly	100 Free	200 Fly	800 F.R.
	400 F.R.	200 Breast	200 Free	100 Back
	200 IM	200 Back	400 IM	400 Free
	400 M.R.	200 Fly	800 F.R.	100 Breast
	50 Free*	1500 Free**	50 Free*	100 Fly
		50 Free*		400 F.R.

* The 50 Free is the last event swum in time trials, except on day five it is the first event in time trials.

**Depending on the size of the meet, 1500 may be offered on an alternate day or days, subject to the discretion of the Meet Referee.

USA Swimming Waiver and Release Form
TO BE RETURNED TO USA SWIMMING PRIOR TO JULY 15th, 2005
(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) 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:** Declaration forms and medical necessity statements must be received by USA Swimming no later than one week prior to the first day of competition. If you are unable to meet this deadline please contact USA Swimming at 719-866-4962 before competition begins.

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 USA Swimming, 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 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

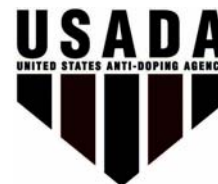
Relationship

Parent/Guardian Name (please print)

Date

Abbreviated Therapeutic Use Exemption Form Instructions

[as of March 8, 2005]



Please read the International Standard for Therapeutic Use Exemptions for the requirements of receiving an exemption. Below are only a portion of the requirements for exemption. Failure to follow these instructions will delay the processing of your request(s).

1. The correct Abbreviated Therapeutic Use Exemption (TUE) form must be completed fully.
2. All information on the form ***MUST*** be ***clear and legible*** (typed or block letters work best) to allow faxing. Please avoid using abbreviations as these will be read by the international medical community.
3. The doctor ***MUST*** use the generic rather than the brand name (For example: Salbutamol rather than Albuterol). These forms will be faxed to International Federations and WADA, and brand names differ from country to country.
4. **Badminton** athletes must submit their requests for use of prohibited substances on the International Badminton Federation (IBF) Abbreviated TUE form. This form may be found at www.intbadfed.org.
5. **Basketball** athletes must submit their requests for use of prohibited substances on the International Basketball Federation (FIBA) Abbreviated TUE form. Please note that there are two Abbreviated TUE forms: one for Beta-2 agonists and one for glucocorticosteroids. Athletes submitting notification of Beta-2 agonists (for Asthma) must comply with the FIBA Information for Asthmatic Players. This information as well as the FIBA Abbreviated TUE forms may be obtained by contacting USADA.
6. **Bobsled & Skeleton** athletes submitting notification of Beta-2 Agonists (for Asthma) must have the medical evaluation completed by an asthma or respiratory specialist.
7. **Cyclists** must submit requests for use of prohibited substances on the International Cycling Union (UCI) Abbreviated TUE form which can be found at <http://www.uci.ch/modello.asp?1stlevelid=C&level1=1&level2=15&idnews=3220>.
8. **Gymnastics** athletes submitting notification of Beta-2-Agonists (for Asthma) must comply with the International Gymnastics Federation (FIG) Information for Asthmatics Exemption Procedures. These procedures may be obtained by contacting USADA.
9. **Paralympic** athletes should not fill out this form unless they participate in Paralympic Sailing or Paralympic Wheelchair Tennis. All other Paralympic athletes must submit their requests for use of prohibited substances on the International Paralympic Committee's TUE Application and Notification form. This form can be found at www.paralympic.org.
10. **Rowing** athletes must submit their requests for use of prohibited substances on the Federation Internationale des Societes d'Aviron (FISA) Abbreviated TUE form. This form may be obtained from www.worldrowing.com.
11. **Tennis** athletes must submit their requests for use of prohibited substances on the International Doping Tests and Management Abbreviated TUE form. This form may be found at www.idtm.com.
12. **Track and Field** athletes must submit their requests for use of prohibited substances on the International Association of Athletics Federation (IAAF) International Abbreviated TUE form. This form may be found at www.iaaf.org. Athletes submitting notification of Beta-2 Agonists (for Asthma) must comply with the IAAF Abbreviated TUE exemption procedures. The IAAF Exemption Procedures can also be found at www.iaaf.org.
13. **Volleyball** athletes must submit their requests for the use of prohibited substances on the International Volleyball Federation (FIVB) Abbreviated TUE form. This form may be found at www.fivb.org. The FIVB also requests that the athlete's medical file as it pertains to the diagnosis be submitted in conjunction with the FIVB Abbreviated TUE form before consideration.

Your Abbreviated TUE form may be returned or denied for all of the above reasons as well as for:

1. Missing signatures by the doctor, the athlete or the athlete's parent/guardian (if applicable).
2. Missing athlete or doctor contact information including, but not limited to, address, city, state, zip code, phone number.
3. Missing medical information including, but not limited to, Diagnosis; the Prohibited substances; the dose, route of administration and frequency of the prohibited substance.
4. Failure to fully comply with the WADA International Standard and/or your International Federation procedures.
5. Illegible handwriting (PLEASE PRINT)



ABBREVIATED THERAPEUTIC USE EXEMPTIONS

Please be sure that you are filling out the correct form for your sport and including any additional information that your sport may require.

Please complete ALL sections. Type or print in block letters.

beta-2 agonists by inhalation <input type="checkbox"/>	glucocorticosteroids by <input type="checkbox"/> non-systemic routes *
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* All routes other than orally, rectally, intravenously and intramuscularly.

Dermatological glucocorticosteroids do not require a TUE.

1. Athlete Information (Please type or print in block letters.)

Last Name: First Name:

Female Male Date of Birth (month/day/year):

Mailing Address:

City:..... State:..... Zip Code:.....

Tel. Work: Tel. Home: Tel. Mobile:

Email: Fax:

Sport: Discipline/Position:

International or National Sporting Organization:

Paralympic Athletes: Please use IPC TUE Application and Notification form

2. Medical information (Please type or print in block letters.)

Diagnosis:.....

.....

.....

.....

Prohibited substance(s): <i>Generic name</i>	Dose	Route	Frequency
1.			
2.			
3.			
Intended duration of treatment: (Please check appropriate box.)	One-Time Only <input type="checkbox"/> emergency <input type="checkbox"/> one year <input type="checkbox"/> or duration (week/month):		



Athlete's Name: _____

Abbreviated TUE

3. Medical practitioner's and athlete's declaration

(Please type or print in block letters.)

All information is required unless otherwise noted.

I certify that the above-mentioned treatment is medically appropriate and that the use of alternative medications not on the Prohibited List would be unsatisfactory for this condition.

Name:

Medical Speciality:

Address:

Tel: Fax (optional):

E-mail (optional):

Signature of Medical Practitioner: Date:

I, certify that the information under section one is accurate and that I am requesting approval to use a Substance or Method from the World Anti-Doping Agency (WADA) Prohibited List. I authorize the release of personal medical information to the Anti-Doping Organization including its Therapeutic Use Exemption Committee (TUEC) as well as to WADA staff, to the WADA TUEC, and to other Anti-Doping Organizations under the provisions of the WADA Code. I understand that if I ever wish to revoke the right of the Anti-Doping Organization TUEC or WADA TUEC to obtain my health information on my behalf, I must notify my medical practitioner in writing of that fact. I acknowledge that this form is effective upon receipt (if complete) by the appropriate Anti-Doping Organization.

I understand that National-Level Athletes must submit the Form to USADA. International-level Athletes may submit the completed Form to USADA and USADA will forward the Form to the appropriate International Federation (IF). I understand that using any prohibited substance in- or out-of-competition that requires an Abbreviated TUE is at my own risk of committing a doping violation until a complete form is received by USADA and/or my IF (if applicable).

Athlete's signature: Date:

Parent's/Guardian's signature: Date:

(If the athlete is a minor or has a disability preventing him/her to sign this form, a parent or guardian shall sign together with or on behalf of the athlete.)

Incomplete Applications will be returned and will need to be resubmitted.

Please submit the completed form to the U.S. Anti Doping Agency and keep a copy for your records.

United States Anti-Doping Agency
2550 Tenderfoot Hill Street, Suite 200
Colorado Springs, CO 80906
Fax: (719) 785-2001

Telephone: (866) 601-2632 (toll-free) or (719) 785-2000

Drug Reference Online: www.usantidoping.org/dro

Drug Reference Line: (800) 233-0393 or (719) 785-2020 (outside of the U.S.)

or drugreference@usantidoping.org

E-mail: webmaster@usantidoping.org

Web Site: www.usantidoping.org

2005 ConocoPhillips National Championships Time Standards
August 3-7
Irvine, CA

WOMEN			EVENT	MEN		
SCY	SCM	LCM		SCY	SCM	LCM
23.29	25.99	26.79	50 FREESTYLE	20.49	22.69	23.79
50.59	55.69	57.69	100 FREESTYLE	44.89	49.59	52.19
1:49.09	2:00.19	2:04.49	200 FREESTYLE	1:38.89	1:49.49	1:54.09
4:49.49	4:09.99	4:20.89	400/500 FREESTYLE	4:27.19	3:51.29	4:02.99
10:01.09	8:43.39	8:56.29	800 FREESTYLE	9:20.99	8:10.89	8:24.29
16:46.89	16:35.19	17:06.69	1500 FREESTYLE	15:34.99	15:17.79	16:06.49
56.09	1:01.59	1:05.39	100 BACKSTROKE	49.99	55.69	58.69
2:00.99	2:14.09	2:19.99	200 BACKSTROKE	1:48.79	2:00.89	2:07.19
1:03.59	1:10.99	1:13.29	100 BREASTSTROKE	56.29	1:02.59	1:05.59
2:17.49	2:33.79	2:38.09	200 BREASTSTROKE	2:02.59	2:17.49	2:22.79
55.39	1:00.89	1:03.09	100 BUTTERFLY	49.19	53.89	56.19
2:01.49	2:13.49	2:17.29	200 BUTTERFLY	1:49.69	2:00.09	2:05.09
2:02.89	2:15.59	2:21.49	200 IM	1:50.49	2:02.09	2:08.79
4:21.39	4:48.29	4:57.79	400 IM	3:56.59	4:21.99	4:34.29
3:31.99	3:57.19	3:58.39	400 FREE RELAY	3:05.89	3:26.59	3:33.59
7:33.69	8:27.05	8:34.09	800 FREE RELAY	6:53.59	7:39.89	7:51.59
3:56.49	4:24.39	4:25.49	400 MEDLEY RELAY	3:27.29	3:51.59	3:55.69

Qualifying period is July 1, 2004 through the entry deadline