

Revised 6-9-22  
Revised relay wording  
in red.



## 2022 Speedo Junior National Championships

Monday, August 1 – Friday, August 5

William Woollett Jr. Aquatic Center  
Irvine, CA

**Entry deadline is Tuesday, July 26, 2022**

These championships and associated time trials are sanctioned by USA Swimming



**2022 Speedo Junior National Championships**  
**Monday, August 1 – Friday, August 5**  
**William Woollett Jr. Aquatic Center**  
**Irvine, CA**

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**2021 Speedo Junior National Championships**  
**Monday, August 1 – Friday, August 5**  
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**Irvine, CA**

**Important Facts About the Meet**



- ◆ Please note that information in this document may be modified to meet current USA Swimming, local, state, and/or federal COVID-19 protocols, including mandatory vaccinations, testing, capacity limits, event postponement or cancellation.
- ◆ ***There will be no practice space available at the competition venue for Speedo Junior National participants prior to 6:00 a.m. on Sunday, July 31 due to the Phillips 66 National Championships.*** Junior National participants will be allowed long course training Northridge Aquatic Center on Saturday, July 30, 2022 9:00 a.m. - 8:00 p.m. at Northwood High School, 4515 Portola Parkway. Swimmers and Coaches must present their Junior National credentials.
- ◆ **Entry Deadline**; All entries must be made online at [usaswimming.org/ome](https://usaswimming.org/ome) no later than Tuesday, July 26, 2022, by 11:59 p.m. Mountain Time. The OME entry system will open June 7, 2022.
- ◆ **New Qualifying Swims**; Swims achieving the qualifying time standards for the first time from Wednesday, July 27, 2022, through Sunday, July 31, 2022, may be entered through OME under the title "2022 Junior Nationals: New Qualifying Swims". These entries must be submitted no later than 11:59pm Mountain Time on Sunday, July 31, 2022, and cannot be used to improve the seed time of a prior entry. Normal entry fees apply.
- ◆ The qualification period for this event is June 1, 2021 through the entry deadline.
- ◆ Bonus events will be permitted for this meet. All athletes who qualify for one or more individual events will be permitted to enter and swim in up to two bonus events, provided they have achieved the published Bonus Event Time Standards.
- ◆ All athletes at the meet must be 18 or under on the first day of the meet. College athletes who meet this age requirement are permitted to compete in the meet.
- ◆ All swimmers, coaches, and team staff must be 2022 Premium or Outreach members of USA Swimming and must be current in all required certifications and trainings. Foreign national teams are not permitted to compete in this meet, however foreign athletes who are registered members of USA Swimming clubs will be permitted.
- ◆ The Women's and Men's 400m Freestyle events may be flighted, with the top 5 seeded heats of women swum first, followed by the top 5 seeded heats of men, seeded slowest to fastest, and then the remaining heats alternating women/men fastest to slowest at the end of the preliminary session.
- ◆ The penalty for failure to compete in an individual preliminary heat in which such swimmer is entered and has not been scratched will be one of the following:
  - Being barred from all further individual and relay events of that day as prescribed in section 207.11.6 of the USA Swimming Rules and Regulations, or;
  - Payment of a fine of \$200.
- ◆ Swimmers may qualify for the 800 and 1500 Freestyle events with either the 800m/1000yd time standard or the 1500/1650yd time standard. Swimmers in these events must be positively checked-in at registration in order to compete in the event.
- ◆ **Relays will be timed finals with all heats swum in the evening session. Relay qualifying times must be made by swimmers age 18 or under as of the first day of the meet (whether using team or aggregate times), and each of those swimmer must be entered on the team roster. Each team may enter only one relay per event.**
- ◆ Time Trials will be conducted for all swimmers entered in the meet provided there is sufficient time between the end of the preliminary session and the start of warm-ups for the final session. Relay-only swimmers will be allowed to swim in time trials, provided they actually swim on a relay.
- ◆ Team scores will be kept and awarded.
- ◆ At the discretion of the Meet Referee, the preliminary sessions may be conducted using "Flyover" starts and/or in an A/B flighted format. Details of any changes to normal meet operations protocol will be announced at the technical meeting.
- ◆ It shall be the swimmers' and coaches' responsibility to acquaint themselves with all of the information contained in this meet information book and information or changes announced at the Technical Meeting.

# Order of Events



## 2022 Speedo Junior National Championships

Heats Begin at 9:00am

Finals Begin at 5:00pm

<u>Women's Events</u>	<u>Day 1– Monday, August 1</u>	<u>Men's Events</u>
1	200m Butterfly	2
3	100m Breaststroke	4
5	Women's 800m Freestyle*	-
-	Men's 1500m Freestyle*	6
7	200m Medley Relay	8
	<b><u>Day 2 - Tuesday, August 2</u></b>	
9	100m Freestyle	10
11	400m Individual Medley	12
13	800m Free Relay	14
	<b><u>Day 3 - Wednesday, August 3</u></b>	
15	400m Freestyle	16
17	100m Butterfly	18
19	200m Backstroke	20
21	200m Freestyle Relay	22
	<b><u>Day 4 - Thursday, August 4</u></b>	
23	200m Freestyle	24
25	100m Backstroke	26
27	200m Breaststroke	28
29	400m Freestyle Relay	30
	<b><u>Day 5 - Friday, August 5</u></b>	
31	200m Individual Medley	32
33	Women's 1500m Freestyle*	-
34	50m Freestyle	35
-	Men's 800m Freestyle*	36
37	400m Medley Relay	38

\*The 800m and 1500m freestyle events will be swum slowest to fastest, alternating women's and men's heats, with the fastest heat of each race swum during the evening session. All other heats will be swum so the second fastest heat of the Men's event finishes approximately one hour prior to the start of the evening session.

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

## COVID AND SAFESPORT INFO



### COVID-19 Information

An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. According to the Centers for Disease Control and Prevention, senior citizens and individuals with underlying medical conditions are especially vulnerable.

USA Swimming, Inc. cannot prevent you (or your child(ren)) from becoming exposed to, contracting, or spreading COVID-19 while participating in USA Swimming sanctioned events. It is not possible to prevent against the presence of the disease. Therefore, if you choose to participate in a USA Swimming sanctioned event, you may be exposing yourself to and/or increasing your risk of contracting or spreading COVID-19.

BY ATTENDING OR PARTICIPATING IN THIS COMPETITION, YOU VOLUNTARILY ASSUME ALL RISKS ASSOCIATED WITH EXPOSURE TO COVID-19 AND FOREVER RELEASE AND HOLD HARMLESS USA SWIMMING AND THE LOCAL SWIMMING COMMITTEE (LSC) AND EACH OF THEIR OFFICERS, DIRECTORS, AGENTS, EMPLOYEES OR OTHER REPRESENTATIVES FROM ANY LIABILITY OR CLAIMS INCLUDING FOR PERSONAL INJURIES, DEATH, DISEASE OR PROPERTY LOSSES, OR ANY OTHER LOSS, INCLUDING BUT NOT LIMITED TO CLAIMS OF NEGLIGENCE AND GIVE UP ANY CLAIMS YOU MAY HAVE TO SEEK DAMAGES, WHETHER KNOWN OR UNKNOWN, FORESEEN OR UNFORESEEN, IN CONNECTION THEREWITH.

Every club planning to attend this competition must develop a "Return to Competition" plan. Return to competition can only occur when and if your local authorities have deemed it safe to return to competition. USA Swimming in no way endorses conducting practice or competition in violation of any local, state, or federal guidelines. For additional information, please consult [usaswimming.org](http://usaswimming.org) and/or your LSC.

### Safe Sport Information

The USA Swimming Safe Sport program is USA Swimming's comprehensive abuse prevention program dedicated to creating a healthy and positive environment free from abuse for all its members. Components of the program include, but are not limited to, providing education and training, enforcing policies (such as the Minor Athlete Abuse Prevention Policy), rules and best practice guidelines, promoting healthy boundaries and mandatory reporting of violations.

The Minor Athlete Abuse Prevention Policy prohibits Adult Participants (as defined) from having one-on-one interactions with minor athletes which are not within an observable and interruptible distance from another adult. Adult Participants are required to abide by this policy in full during this meet.

Pursuant to USA Swimming Rules and Regulations and federal law, it is every member's responsibility to immediately (i.e., within 24 hours) report any incident of child abuse, including physical or sexual abuse, to law enforcement and the U.S. Center for SafeSport. Reporting must occur when an individual has firsthand knowledge of misconduct or where specific and credible information has been received from a victim or knowledgeable third party. A report to the U.S. Center for SafeSport may be made via telephone at 833-5US-SAFE (833-587-7233) or online at [uscenterforsafesport.org/report-a-concern](http://uscenterforsafesport.org/report-a-concern). Various state laws may also require reporting to law enforcement or to a designated child protection agency.

For information on how to report other alleged violations, including without limitation, the USA Swimming Code of Conduct and the Minor Athlete Abuse Prevention Policy, please visit [usaswimming.org/report](http://usaswimming.org/report).

All athletes age 18 and older must complete Athlete Protection Training in order to be a USA Swimming registered member in good standing. Any athlete who turns 18 on or after **July 6, 2022**, who has not completed Athlete Protection Training by the first day of competition, will be prohibited from participating in the competition until such time as all membership requirements are completed. Times achieved by an athlete who turns age 18 on or after **July 6, 2022**, who competes in this USA Swimming sanctioned event without completing this membership requirement, will NOT count for qualification or recognition. This includes participation as a member of a relay.

Each club is responsible for the conduct of its swimmers. Any person who, in the opinion of the Meet Referee, Meet Director or Meet Marshal (with the concurrence of the Referee), is harmful to others or to the property may be required to leave the competition. No swimmer will be allowed access to the pool deck without a coach member present. If the home club coach is not planning to attend event, a swimmer must designate a supervising coach. Arriving with fellow LSC club/coach is preferred, however if a swimmer arrives without a coach, he/she must find a willing coach at the facility to sign supervision form before a credential can be issued.

Any swimmer entered in the meet must be certified by a USA Swimming member-coach as being proficient in performing a racing start. It is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.

Deck changes are prohibited.

Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms.

Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach areas, spectator areas and open ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present.

All U.S. athletes, coaches, and staff expecting to receive a deck pass should be prepared to show proof of current USA Swimming membership. Coaches must meet and have current certifications for all the requirements of coach membership including successfully passing the required background check and APT course.

It is understood and agreed that USA Swimming, the Meet Hosts, Facility Owners, Officials, and the LSCs shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.

## Meet Administration



### Facility Address

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

### Meet Referee

Mickey Smythe  
[mickeysmythe@comcast.net](mailto:mickeysmythe@comcast.net)

### Meet Director

Kim Hoesterey  
[khoest@aol.com](mailto:khoest@aol.com)

### USA Swimming Senior Development Committee

Allison Beebe  
[allisonrbeebe@gmail.com](mailto:allisonrbeebe@gmail.com)

### Program & Events Coordinator

Kathleen Scandary  
[kathleenmarynco@hotmail.com](mailto:kathleenmarynco@hotmail.com)

### USA Swimming National Events Director

Dean Ekeren  
[dekeren@usaswimming.org](mailto:dekeren@usaswimming.org)

### USA Swimming National Events Manager

Macie McNichols  
[mmcnichols@usaswimming.org](mailto:mmcnichols@usaswimming.org)

### Meeting Schedule

Coaches Technical Meeting	Sunday, July 31	6:00 p.m.	Zoom-based Conference Call Zoom info will be sent after entries close
Officials Meeting	Sunday, July 31	7:30 p.m.	Woollett Aquatic Center (all subsequent officials' briefings will be held one hour prior to the start of each session)

### Broadcast Statement and Image Authorization

All photographs, videotapes or other audio and/or visual recordings of the event created by a spectator may be used solely for such spectator's personal non-commercial use, and may not be broadcast, published or disseminated, or used for any commercial purposes, without the prior written consent of USA Swimming. This meet may be covered by the media and/or professional photographers taking photographs, video, web casting, and other forms of obtaining images of athletes participating in the meet. Entry into the meet is acknowledgement and consent to this fact. All participants agree to be filmed and photographed by the official photographer(s) and network(s) of USA Swimming under the conditions authored by USA Swimming, and allow event organizers the right to use names, pictures, likenesses, and biographical information before, during or after the period of participation in USA Swimming competitions to promote such competitions. All participants agree not to use or authorize use of pictures in the uniforms and equipment provided by USA Swimming for the purpose of trade, without the consent of USA Swimming. All participants agree not to use medals or photos, or portraits or films with the medals, which are received for performances in this competition, for the purpose of trade. Furthermore, participants agree to return these uniforms and equipment, bearing USA Swimming logos and marks, if and when requested.

## Tickets and Accommodations



### Tickets Information

Ticket information may be found at [Tickets@novaquatics.com](mailto:Tickets@novaquatics.com) under the USNationals/JRNationals tab.

For additional information;

**Kim Hoesterey**  
714-981-1142  
[Tickets@novaquatics.com](mailto:Tickets@novaquatics.com)

### Parking Information

Limited parking for coaches and officials will be available in the front lot of the Aquatics Center. Additional parking for spectators, coaches, teams and officials will be available on the north side of Irvine High School accessed via Escolar and on the East side of the Aquatics Center adjacent to Heritage Park accessed via Yale Avenue.

### Hotels

Marriott Bonvoy is a proud sponsor of USA Swimming. USA Swimming has partnered with Team Travel Source to provide attendees/groups with the best available rates. Hotels have been carefully selected to ensure quality and are within close proximity to the venue. Rooms will book up quickly so please book well in advance.

For up to date hotel information, please click [here](#)



## Site information



### Publicity

Any swimmer competing in the championship final of an event for the first time at this meet should be sure that his/her biographical information is on file with the USA Swimming media staff.

### Information/Lost & Found

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

### Concessions

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

### Hospitality

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

### About the Facility

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

This facility was the site of the 2005, 2006, 2010, 2014, and 2018 National Championships, the 2005, 2006, 2010, 2013, and 2018 Speedo Junior Nationals, and the 2005 Mutual of Omaha Duel in the Pool. It was also the site for the 2010 Pan Pacific Championships.

### Pool Hours

Saturday	<b>CLOSED FOR NATIONALS*</b>
Sunday	6:00 a.m. - 8:00 p.m.
Mon-Fri	6:00 a.m. - 1 hour after finals

\*Junior National participants will be allowed long course training:

Saturday, July 30, 2022 9:00 a.m. - 8:00 p.m. at Northwood High School, 4515 Portola Parkway.

Sunday, July 31, 2022 8:00 a.m. - 8:00 p.m. at the William Woollett Jr. Aquatics Center (WAC)

Swimmers and Coaches must present their Junior National Credentials.

### Credentials

Restricted access to the facility will be strictly enforced. Please wear your credential at all times. There will be a \$100 replacement charge for lost credentials.

### Credential Pick-Up

Credentials can be picked up at the William Woollett Jr. Aquatic Center according to the following schedule:

Saturday and Sunday	7:30 a.m. - Noon and 1:00 p.m. - 6:30 p.m.
Monday-Tuesday	7:30 a.m. - Noon and 1:00 p.m. - End of Finals
Wednesday-Friday	See Administrative Referee

### Team Banners

Team banners will not be allowed at this event.

### Deck changing

As per 202.4.9 of the USA Swimming Rules and Regulations, deck changing is prohibited.

### Wireless Internet Access

Wireless access will be available throughout the venue.



## Entering the Meet



**Enter Online at [usaswimming.org/ome](https://usaswimming.org/ome).** All Entry questions should be directed to Macie McNichols at USA Swimming ([mmcnichols@usaswimming.org](mailto:mmcnichols@usaswimming.org) or 719-351-6511).

All entries must be made online at [usaswimming.org/ome](https://usaswimming.org/ome) no later than Tuesday, July 26, 2022, by 11:59 p.m. Mountain Time. The OME entry system will open June 7, 2022. You will be required to pay for the online entries with a Visa, Mastercard, American Express or Discover. OME is not an eligibility report. It is the coach's responsibility to know for which events your athlete is qualified. You can modify your entry online by adding to the original entry. You may not delete an online entry once it has been submitted/paid for. Once you complete your online entry, you will be sent confirmations via e-mail. Please keep all of these and bring them with you to the meet (just in case). Drug waiver forms will automatically be sent to you via e-mail after the entry deadline closes. Please have these filled out and bring them with you to the meet.

### Responsibility Clause

The coach, swimmer or swimmer representative who enters a USA Swimming Championship thereby attests that all times stated are true and correct as achieved qualifying times for each event entered. He/she assumes all responsibility for false or incorrect times, or times which are unacceptable under USA Swimming rules, and shall be assessed a \$100 penalty payable to USA Swimming for each such time entered, unless absolved of the fine by USA Swimming or designee or Board of Review. Additional action or penalty may be taken or levied as deemed appropriate by the USA Swimming. Such penalty shall also be levied against any USA Swimming verification officer who knowingly entered such a false time(s) into the SWIMS Database. Appeal of fines are to be made to USA Swimming or designee and/or Board of Review. Any appeal of the decision shall be in accordance with the provisions of Part Four, specifically Article 405.

### SWIMS Database—Proof of Time

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

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

### Automatic Proven Times

Times submitted to the USA Swimming SWIMS database no later than 20 days prior to the Championships will be in the database. If a time for a swimmer is visible in the public search feature on the USA Swimming website (Times/Time Standards) and it was swum in the appropriate qualifying period, it is considered a proven official time. Entry times not proven by the scratch deadline for the event will be considered as false or incorrect times and are subject to action under provisions of the USA Swimming Rules and Regulations.

Times from all major international championships will be automatically entered in the database. Times from any other meets in which National time standards were met must be requested from the SWIMS Time Official in the LSC in which the meet was held. LSC officials may charge a fee for data entry requested after the meet ends.

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

### Entering Official Times

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

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

### Qualifying Period

The qualification period for this event is June 1, 2021 through the entry deadline.

### Entry Fees:

Individual Events:	\$20.00
Relay Events:	\$40.00
Coach/Staff:	\$20.00 per credential (\$50 on site)

### Number of Events

A swimmer may only swim three (3) individual events per day (including time trials). A swimmer may enter any number of individual events in which the qualifying time standard has been met. All entry times must be proven.

### Bonus Entries

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

## Entering the Meet



### Relay Proof of Time

◆ If you are using a relay entry time achieved as a relay (team time), you must list the four swimmers that actually achieved the time. If your relay is an aggregate, list all of the swimmers and their times. **Relays will be timed finals with all heats swum in the evening session. Relay qualifying times must be made by swimmers age 18 or under as of the first day of the meet (whether using team or aggregate times), and each of those swimmer must be entered on the team roster. Each team may enter only one relay per event.** If any of the listed swimmers are not going to compete on a relay, they should not be entered. Enter only those swimmers who may be competing.

- A. Relay teams may be entered at the listed provable time or at the lowest priority non-conforming time standard.
- B. **Teams can only submit one relay per event.**

### Foreign Entries

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

### New Qualifying Swims

Swims achieving the qualifying time standards for the first time from Wednesday, July 27, 2022, through Sunday, July 31, 2022, may be entered through OME under the title "2022 Junior Nationals: New Qualifying Swims". These entries must be submitted no later than 11:59pm Mountain Time on Sunday, July 31, 2022, and cannot be used to improve the seed time of a prior entry. Normal entry fees apply.

### Late Entries

Any team or athlete missing the entry deadline will be permitted to enter late, subject to the following requirements:

- A. Late entries must be submitted through the Online Meet Entry system (OME);
- B. Late entries must be received no later than 11:59pm Mountain Time on Sunday, July 31, 2022;
- C. The team or athlete must pay a one-time processing fee of \$150.00, and pay double entry fees.

### Secondary Club Recognition

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

### Waiver and Release Form

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



## Rules

USA Swimming Rules and Regulations will govern the conduct of these Championships. It shall be the swimmers' and coaches' responsibility to acquaint themselves with all of the information contained in this meet information book. No swimmer will be permitted to compete unless he/she is a member as provided in Article 302. This event and associated time trials are held under the sanction of USA Swimming. It is understood and agreed that USA Swimming shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.

## Membership Requirement

All persons expecting to receive a deck pass should be prepared to show a current USA Swimming membership card. Non-members who have successfully completed the Athlete Protection Training (APT) course and a USA Swimming background check may join on site at the registration check-in desk. Information regarding the APT course and the background check will be available at meet check-in and is also online at [usaswimming.org/protect](http://usaswimming.org/protect). Coaches must provide proof of CPR, First Aid and Safety Training for Swimming Coaches or USA Swimming approved equivalents, and must have successfully passed the required background check and APT Course.

No swimmer will be issued credential without a coach member present. If the home club coach is not planning to attend event, swimmer must be assigned a supervising coach. Arriving with fellow LSC club/coach is preferred. However, if a swimmer arrives without a coach, he/she must find a willing coach at the facility to sign supervision form before a credential can be issued.

## Registration

Credentials for this event will be provided at no charge for participating athletes and officials who are members of USA Swimming. Credentials for coaches, managers and chaperones to serve as deck passes for this event shall be issued to those persons listed on each team's deck pass request list in OME. These deck credentials cost \$20 each and are issued according to the following schedule, based upon the total number of participating athletes. 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 \$80 surcharge will apply if the massage therapist exceeds the deck pass formula below. These funds shall become the property of the meet host. All massage therapists, managers, and trainers must be non-athlete members of USA Swimming.

- ◆ 1-3 swimmers in individual events, or one relay-only team with any number of alternates: 1 deck pass
- ◆ 4-6 swimmers in individual events; 2 deck passes
- ◆ 7-9 swimmers in individual events; 3 deck passes
- ◆ 10-14 swimmers in individual events; 4 deck passes
- ◆ 15-19 swimmers in individual events; 5 deck passes
- ◆ 20-24 swimmers in individual events; 6 deck passes
- ◆ 25-29 swimmers in individual events; 7 deck passes
- ◆ 30- 34 swimmers in individual events; 8 deck passes
- ◆ 35-39 swimmers in individual events; 9 deck passes
- ◆ 40 or more swimmers in individual events; 10 deck passes
- ◆ Unattached swimmers not with a team: 1 deck pass

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

## Check-In

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

- A. Start with the person that is checking the swimmers' and coaches' membership in USA Swimming. Have your coach membership card with you. To avoid any problems with your swimmers, have their membership cards as well.
- B. Review the psych sheet posted by the Administrative Referee and make sure your swimmers do not have an asterisk (\*) by their time.
- C. In the event of an asterisk, go to the Administrative Referee immediately and clear the time. It is your responsibility to do this. If it is not cleared by the scratch deadline, the swimmer will be scratched from the event. If a time cannot be proved, the coach is subject to a \$100 fine. You should make sure all your athletes' times are in the SWIMS database.
- E. Swimmers in the 800 and 1500 Freestyle events must be positively checked-in by the scratch deadline in order to compete in the event.
- F. Check your scratches - make certain they are correct and submitted on time. Do not let your swimmer miss his/her best event because you failed to scratch an entry.
- G. Follow all proof of time, scratch and distance event entry procedures by the required deadlines as published.

## Relays and Relay Check-In Procedures

- A. **Teams are limited to one relay entries in each relay event.**
- B. **Relay qualifying times must be made by swimmers age 18 or under as of the first day of the meet (whether using team or aggregate times).**
- C. 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.
- D. All relays will be timed finals with all heats swum in the evening session.
- D. The order for relays shall be:
  - Women's 2nd Fastest Heat
  - Women's Fastest Heat
  - Men's 2nd Fastest Heat
  - Men's Fastest Heat
  - Women's 3rd Fastest Heat
  - Men's 3rd Fastest Heat
  - Women's 4th Fastest Heat
  - Men's 4th Fastest Heat, Etc.



## Warm-Up and Safety

USA Swimming will provide a complete schedule of warm-up procedures to include lane usage and times, which must be adhered to by all participants. This information will be distributed with the meet information at registration, posted throughout the venue, announced on a regular basis before and during the meet, and monitored by the Meet Referee (or his/her special designees). Flagrant violation of these procedures may result in a disqualification from the meet for unsportsmanlike activity. Encourage your swimmers to cooperate with marshals. The main competition pool will be reserved the last 60 minutes for swimmers competing in that session's events.

## Scratch Procedures

- A. Location of Scratch Box
- ◆ The scratch box will be located at the Registration Desk prior to the start of the meet and until the Technical Meeting.
  - ◆ It will be at the Technical Meeting.
  - ◆ After the Technical Meeting, the scratch box will be located with the Clerk of Course for the remainder of the meet.
- B. Scratch Deadlines:
- ◆ The scratch deadline for the first day's events shall be fifteen (15) minutes after the Technical Meeting is adjourned. The scratch deadline for all subsequent day's events shall be thirty (30) minutes after the time established for the start of the finals sessions.

## Scratch Rules

This event will follow the scratch rules as defined in section 207.11.6 of the USA Swimming Rules and Regulations. The penalty for failure to compete in an individual preliminary heat in which such swimmer is entered and has not been scratched in accordance with sub-paragraphs 207.11.6A and B will be one of the following:

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

Until the fine is paid, the swimmer will be barred from all further individual and relay events as prescribed in section 207.11.6C.

## Ready Room

A Ready Room will be used at these Championships prior to each "A" finals heat. Each swimmer in the "A" final (including the fastest-seeded heats of the distance events) must report to the Ready Room five minutes preceding the event. Bonus, Consolation, and Relay heats will report directly to their assigned starting block.

## Awards Staging

All medalists in each event should report to the Awards Staging Area in full team warm-up attire immediately following the "A"

Finals for their event.

## Distance Freestyle

- A. Swimmers in the 800 and 1500 Freestyle events must be positively checked-in before the scratch deadline in order to compete in the event.
- B. Distance Entry - Any swimmer who qualifies for the 800m or 1500m freestyle events may enter at his/her fastest time or at the qualifying time standard, if entered in two or more individual events on the day of the distance freestyle.
- C. The 800m and 1500m freestyle events will be swum slowest to fastest, alternating women's and men's heats, with the fastest heat of each race swum during the evening session. All other heats will be swum so the second fastest heat of the Men's event finishes approximately one hour prior to the start of the evening session.
- D. Swimmers may qualify for the 800 and 1500 Freestyle events using either the 800m/1000yd or 1500m/1650yd qualifying standards (i.e. the conforming or non-conforming distance event standards).

## Seeding

For these Championships, the seeding order is:

1. Long Course Meters (LCM)
2. Short Course Yards (SCY)
3. Non-conforming LCM (distance events)
4. Non-conforming SCY (distance events)

## Finals Session Event Order

There will be a bonus, consolation, and championship final in each individual event at this Championship (except the 800m and 1500m freestyle events, which will have a championship final only). The order of the final events shall be C, B and A (bonus, consolation and championship).

## Meet Scoring

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

## Results

After each evening's finals at these championships, the results will be available at [here](#).

## Awards

All medalists in each event should report to the Awards Staging Area in full team warm-up attire immediately following the "A" Finals for their event.

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



### Time Trials

Time Trials will be conducted for all swimmers entered in the meet provided there is sufficient time between the end of the preliminary session and the start of warm-ups for the final session.

- A. Time Trials will be conducted in long course meters each day.
- B. A swimmer is limited to a maximum of two Time Trials during the course of the Championships.
- C. Relay-only swimmers will be allowed to swim in time trials provided they actually swim on a relay.
- D. The Time Trial entry deadline shall be one hour prior to the estimated/published conclusion of that days preliminary session.
- E. Except as noted below, Time Trials shall be swum in the order listed under the meet program as follows:
  - ◆ First Day: that day's events, followed by the remaining events in the meet.
  - ◆ Remaining Days: that day's events, followed by the remaining events in the meet.
  - ◆ The distance freestyle events will typically be offered on only one day of the meet. The day will be determined by the Meet Referee, depending on the size of the meet, time available, etc., and be announced at the General Meeting.
  - ◆ The 50s are the last events swum in Time Trials, except on the day(s) which they are contested in the meet, when they will be the first event of time trials.

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

### California Concussion Law

California has modified its existing school concussion law to apply the requirements to youth sports organizations in which athletes participate, including swimming. These requirements apply to out of state coaches whose swimmers are attending the 2019 Phillips 66 National Championships and 2019 Speedo Junior National Championships.

1. The law requires that a youth athletic program must immediately remove an athlete from an athletic activity for the remainder of the day, if the athlete is suspected of sustaining a concussion or head injury, and prohibit the athlete from returning to the activity until the athlete is evaluated by a licensed health care provider, trained in the management of concussions, and acting within the scope of his or her practice. The athlete must receive written clearance from the licensed health care provider to return to the athletic activity. If the athlete is diagnosed with a concussion, they must go through a graduated return to play protocol of no less than seven days under the supervision of a licensed health care provider. Youth sports organizations must also notify the parents or guardians of athletes 17 or younger who have been removed from athletic activities due to suspected concussions.

2. *Coaches and administrators must successfully complete the concussion and head injury education required under the bill at least once either online or in person.* The following courses from the Center for Disease Control and Prevention (CDC) or the National Federation of State High School Associations (NFHS) satisfy the requirements.

[CDC Concussion Course](#)

[NFHS Concussion Course](#)

3. USA Swimming has also developed concussion and head injury education materials for coaches and administrators. Below is a concussion at the pool checklist for coaches, officials, and parents.

[Concussion at the pool Checklist](#)

After entering the meet, you will receive the standard USA Swimming Participant Waiver, a Concussion Information Sheet for Parents and Swimmers, and the Concussion Acknowledgment Document. Please be sure to take the time to read this information to avoid any delays or issues at the meet. Both the waiver and the acknowledgment document will need to be signed and submitted for each athlete at registration.

***The 2022 Speedo Junior National Championships are subject to Doping Control.***

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

**What substances are banned?**

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

**What about medication?**

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

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

**Therapeutic Use Exemptions?**

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

**Understand the Sample Collection Process:**

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

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

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

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

# 2022 TIME STANDARDS

## SPEEDO JUNIOR NATIONAL CHAMPIONSHIPS

Qualifying from June 1, 2021 through Entry Deadline

### WOMEN

### MEN

SCY	LCM		LCM	SCY
22.79	26.59	50 FR	23.99	20.49
49.69	57.59	100 FR	51.99	44.39
1:47.39	2:04.29	200 FR	1:54.29	1:38.39
4:48.09	4:21.39	400/500 FR	4:02.79	4:28.29
9:56.79	8:58.69	800/1000 FR	8:23.09	9:13.19
16:32.59	17:11.29	1500/1650 FR	16:05.09	15:34.19
54.49	1:04.39	100 BK	58.79	49.39
1:57.69	2:18.29	200 BK	2:06.99	1:47.99
1:02.79	1:13.29	100 BR	1:05.89	55.79
2:15.49	2:38.29	200 BR	2:23.29	2:01.19
53.99	1:02.39	100 FL	56.49	48.99
1:59.39	2:16.99	200 FL	2:05.09	1:47.89
2:00.59	2:20.99	200 IM	2:08.29	1:48.89
4:15.19	4:57.29	400 IM	4:33.09	3:52.69
x	x	4x50 FR-R	x	x
x	3:55.69	4x100 FR-R	3:33.59	x
x	8:29.99	4x200 FR-R	7:47.69	x
x	x	4x50 Med-R	x	x
x	4:21.49	4x100 Med-R	3:56.29	x

SCY	LCM	BONUS	LCM	SCY
23.39	26.89	50 FR	24.29	20.79
50.69	58.19	100 FR	52.89	45.39
1:49.29	2:04.99	200 FR	1:55.69	1:39.39
4:53.09	4:23.79	400/500 FR	4:05.29	4:30.49
10:06.79	9:06.69	800/1000 FR	8:33.79	9:25.49
16:51.29	17:25.59	1500/1650 FR	16:14.99	15:46.99
55.39	1:04.79	100 BK	58.89	49.99
2:00.19	2:19.59	200 BK	2:08.49	1:49.49
1:03.19	1:13.79	100 BR	1:06.59	56.59
2:18.29	2:38.59	200 BR	2:24.99	2:03.79
55.09	1:02.69	100 FL	57.09	49.59
2:02.09	2:18.99	200 FL	2:06.89	1:50.79
2:02.69	2:22.09	200 IM	2:09.79	1:50.69
4:22.39	5:00.99	400 IM	4:36.99	3:58.79