



LANE LINES



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ONE YEAR to #SwimTrials24



June 15 marked the one-year out mark to the 2024 U.S. Olympic Team Trials - Swimming. The nine-day meet, which will determine next year's U.S. Olympic Team, is set to become the largest indoor swim meet in history. Olympic Trials by the numbers:

- **3:** The amount of weeks it will take to build three pools (two warm-up, one competition) inside of a football stadium.
- **30,000:** The capacity for spectators. If more than 25,000 fans attend on a given night, it would set the record for highest attendance at an indoor swim meet, surpassing the 1936 Berlin Olympics.
- **0.5:** The percentage of USA Swimming membership that are fast enough to qualify for the competition.
- **52:** The maximum size of the U.S. Olympic Team.

Head to usaswimming.org/Trials to see time standards, event schedule and more.



Message From Shana Ferguson

In honor of the one-year-out mark to the 2024 U.S. Olympic Team Trials - Swimming, USA Swimming Chief Commercial Officer Shana Ferguson gives a message directly from the home of next year's Trials, Indianapolis.

Three-Day Tickets on Sale

See it live! #SwimTrials24 tickets have moved to three-day packages! Get yours at the link below.

[TICKETS](#)



#Phillips66Nats

The nation's fastest swimmers are set to compete this month at the 2023 Phillips 66 National Championships. The competition will serve as the selection meet for four upcoming international competitions.

[EVENT INFO](#) | [TICKETS](#)

From Our Partners



Speedo

Our partners at Speedo have put together a digital magazine that features a swimwear style guide, content with Regan Smith and Abbey Weitzeil and more.

[Click here](#) to check it out.

Hyperice

Upgrade your warm-up and recovery experience with the Official Recovery Partner of USA Swimming. Experience instant sore muscle relief with cutting-edge recovery technology from Hyperice.



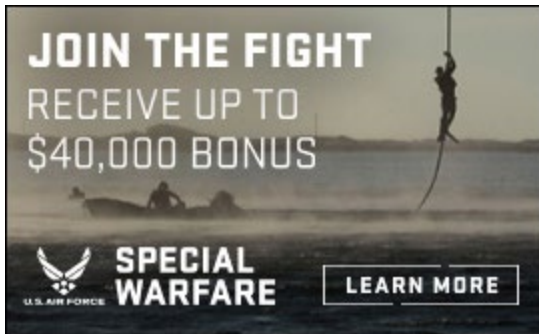
Hyperice | **USA**
Conquer sore muscles with Hyperice

Learn more

Normatec

Normatec

The advertisement features the Hyperice logo and a USA logo. The main text reads "Conquer sore muscles with Hyperice" with a "Learn more" button below it. On the right, a man is shown sitting on a couch with two Normatec massage guns resting on his lap.



JOIN THE FIGHT
RECEIVE UP TO
\$40,000 BONUS

SPECIAL WARFARE
U.S. AIR FORCE

LEARN MORE

The advertisement features a background image of a soldier rappelling down a rope. The text "JOIN THE FIGHT" is in large, bold letters, followed by "RECEIVE UP TO \$40,000 BONUS". At the bottom, there is the Air Force logo, the words "SPECIAL WARFARE", and a "LEARN MORE" button.

Air Force Special Warfare

Join the Fight. Receive up to \$40,000 bonus. Click the image to learn more.



Make-a-Splash Tour Recap

The 2023 Make-a-Splash Tour presented by Phillips 66 visited six cities in May. Check out the [recap video here](#) to see how Olympic icons Rowdy Gaines, Elizabeth Beisel, Chase Kalisz and more were able to impact local communities!



Day in the Life: Kieran Smith

Ever wondered what a day in the life is like at a USA Swimming national meet? Ever wanted to see what an Olympian's meet-day routine is like?

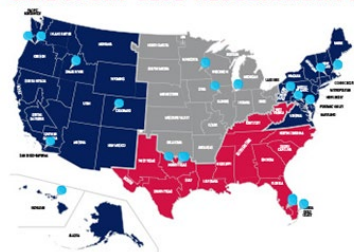
Kieran Smith has you covered. Watch the latest "Day in the Life" video with Kieran Smith below.

WATCH

SSRP Club Spotlight



SAFE SPORT CLUB RECOGNITION PROGRAM



Congratulations to the 20 clubs that became Safe Sport Recognized (SSRP) in the month of May!

[Click here](https://usaswimming.org/SSRP) to see the full list, and visit usaswimming.org/SSRP for more.

USADA Reminder

Have you checked Global Dro for the status of your medications that go in your eyes, ears, nose, mouth, skin? If you're competing at the 2023 Phillips 66 National Championships, be sure to [check](#)

[before you race.](#)

Become familiar with [USADA FAQs](#), as well as available resources, so you can avoid [Chaos](#).

Upcoming Events

- [Phillips 66 National Championships](#)
 - June 27-July 1 | Indianapolis, Ind. | LCM | [TICKETS](#)
- [Speedo Sectionals](#)
 - June-July | Various Sites | LCM
- [TYR Pro Championships](#)
 - July 26-29 | Irvine, Calif. | LCM

Head to usaswimming.org/events to see the full slate of both competitive and non-competitive events coming up.

News & Virtual Offerings

News:

- [PRIDE Month: What You Need to Know](#)
- [Kick Set Podcast | Episode 56: Nick and Gabi Albiero on Pride Month, Sibling Dynamic and Swimming Goals](#)
- [My PRIDE Month Moment: Abbie Fish](#)
- [By the Numbers: 2023 TYR Pro Swim Series](#)
- [Make-a-Splash Tour Attendee Makenna John Carries Experience into Lifeguarding](#)
- [Nominations Open for Women Coaches in Governance](#)
- [Denigan, Tepper Secure Spots on World Aquatics Open Water Championships Teams with World Cup Finishes](#)

Interested in reading swimming news from outside the organization? Check out our [News Notebook page](#) which details programs, athletes and clubs that have made the headlines.

Virtual Offerings:

- 10&Under Networking Webinars:
 - Wed., June 21, 2:30 p.m. ET | [REGISTER](#)
 - Thurs., June 22, 12:30 p.m. ET | [REGISTER](#)
- Monthly Safe Sport Trainings:
 - For Parents:
 - July 19, 10 p.m. ET | [REGISTER](#)
 - August 9, 8 p.m. ET | [REGISTER](#)
 - For Athletes:

- July 20, 10 p.m. ET | [REGISTER](#)
- August 10, 8 p.m. ET | [REGISTER](#)
- For Coaches:
 - July 21, 2 p.m. ET | [REGISTER](#)
 - August 11, 3 p.m. ET | [REGISTER](#)

Social Scene



Instagram

Tokyo Olympian Regan Smith set a new American Record in the 200-meter butterfly with a time of 2:03.87.

[VIEW POST](#)



Twitter

We compiled some of the best photos of Katie Ledecky and Katie Grimes together into a single Twitter thread.

[VIEW POST](#)



YouTube

World-record holder Hunter Armstrong walks teaches fans one of his signature card tricks.

[VIEW POST](#)



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