



LANE LINES



Olympic Roster

The 2024 U.S. Olympic Swim Team is ready!

[Click here](#) to see more on our athletes, and follow @USASwimming on Instagram, Facebook, and Twitter to stay up to date on the team.

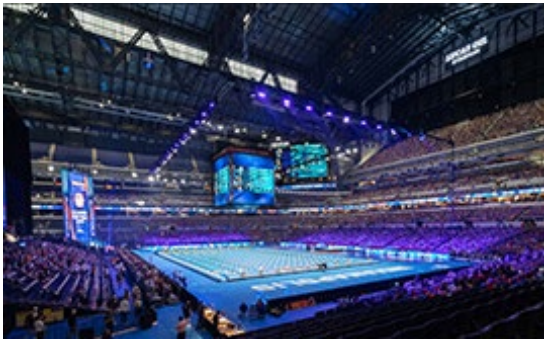
Paris Tickets

USA Swimming's Friends & Family program has a limited number of tickets remaining in the Team



USA section at the Paris Olympic Games!

If you plan to make the trip and still need to purchase tickets to cheer on our Olympians, contact friendsandfamily@usaswimming.org



A Meet for the Ages

Last month's U.S. Olympic Team Trials - Swimming, presented by Lilly, was a historic meet on numerous fronts. From world-record swims by [Regan Smith](#) and [Gretchen Walsh](#), to [attendance records in the stands](#), to a [post-finals proposal](#), it will be hard to forget this meet.

Click here to see the [full results](#).



2025 Events Calendar

The 2024-2025 season is nearly here!

[Click here](#) to see a list of dates for USA Swimming's national competitions in 2025.

Making Team USA

Now that the roster is set, see who's set to represent Team USA in Paris this summer as part of Making Team USA, presented by Xfinity.

Click the image to see the full list of athlete qualifiers across all sports.



USOPC Survey

We are sending an incredibly talented team to Paris after a monumental Olympic Trials in Indianapolis.

For those who joined in person, thank you for being part of the largest indoor swim meet in world history! For those who watched the broadcast or stream, we hope you felt the same excitement at home.

For all of you who witnessed history in some way, the U.S. Olympic & Paralympic Properties is interested in hearing from you in regards to the Making Team USA platform. If you could, please give the USOPP 10 minutes of your time by filling out this survey.

[COMPLETE SURVEY](#)



Golden Goggle Awards Special Pricing

Join us at the 21st Annual Golden Goggle Awards ceremony celebrating the 2024 USA Swimming Olympic Team!

Early bird pricing - [lock in your table or seat for 24% off](#) before the end of the Olympic Closing Ceremonies on August 15!



Junior Pan Pacific Championships

Congrats to the 38 athletes and eight coaches who have been selected to represent the U.S. at this summer's Junior Pan Pacific Championships, taking place August 21-24 in Canberra, Australia.

[Click here](#) to read more and to see the full roster.

Swimming World App Now Available



Catch up on recent swim meets, watch video interviews with Olympians, or challenge your friends with swimming trivia—all in one place. Whether you're looking for the latest gear, custom workouts, or new pools to explore worldwide, Swimming World's App satisfies needs and wants of swimmers, coaches, parents, and fans around the globe.

Download the app now on the [Apple App Store](#) or Google Play Store.

USADA Reminder

How much fluid should athletes be drinking?
How can they tell when they are dehydrated?
What is the best fluid to drink to stay hydrated?

Stay cool and hydrated this summer by reading up on hydration [here](#).

Upcoming National Events

- [Speedo Sectionals \(LCM\)](#)
 - Throughout July | Multi-Site | LCM
- [Futures Championships](#)
 - July 24-28 | Multi-Site | LCM

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

News & Virtual Offerings

News

- [USA Swimming Partners with Yahoo Sports to Distribute Swimming Content Ahead of Olympic Trials and Olympic Games](#)
- [Thirteen Military Academy Athletes Compete at U.S. Olympic Swimming Trials](#)
- [The Basket Carrier Program](#)

USA Swimming Network

- 13-Year-Old Gabi Brito Discusses What it Means to Swim at Olympic Trials as the Youngest Competitor
- Evelyn Entrekin Talks About Her First Age Group Practice and Getting to Swim at Olympic Trials
- Kim Ruiz and her Coach Laura Goodwin from New Wave Swim Team Talk Making Trials at 32

[Download the USA Swimming Network](#) on your phone or Connected TV device for more swimming content.

Educational Offerings

- Safe Sport Trainings
 - Parents: August 7 | 8 p.m. ET | [Register](#)
 - Athletes: August 8 | 8 p.m. ET | [Register](#)
 - Coaches: August 9 | 3 p.m. ET | [Register](#)
- 11-14 Coaching Network
 - Topic: Team Culture
 - August 14 | 12 p.m. ET | [Register](#)

[Click here](#) to view all upcoming webinars and past webinar recordings.

From Our Partners



Toyota

Take a drive through Paris in a Toyota vehicle with Toyota Tour de Paris, an interactive driving game. Visit toyotatourdeparissweeps.com for official rules and enter the sweepstakes for a chance to win Toyota's all-electric bZ4X vehicle!



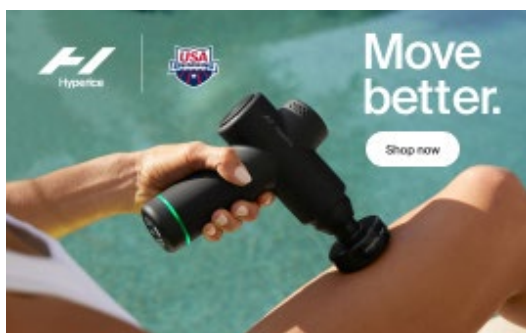
USANA

More professional and Olympic athletes trust USANA than any other nutritional supplement in the world. Backed by a team of leading nutritional scientists and researchers, USANA products are globally recognized for their quality, purity, and effectiveness.



TYR

From our national support for USA swimming to your local recreational or high school team, TYR is investing in all levels of the sport. We provide your team with hands-on sponsorship regardless of your size or performance level. If you are interested in becoming a TYR team, email teamsupport@tyr.com.



Hyperice

Upgrade your warmup and recovery routine with the most advanced warmup and recovery technology on the market. Designed to unlock sore muscles, relieve tension, and maintain your full range of motion, so you always perform at your peak. [Shop now.](#)



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