



**2024 SPEEDO WINTER JUNIOR CHAMPIONSHIPS  
DECEMBER 11-14 (WED-SAT)  
SHORT COURSE YARDS**

**EAST**

**GREENSBORO AQUATIC CENTER  
GREENSBORO, NC**

**WEST**

**LEE AND JOE JAMAIL TEXAS SWIMMING CENTER  
AUSTIN, TX**

**ENTRY DEADLINE**

**TUESDAY, DECEMBER 3, 2024 AT NOON MOUNTAIN TIME**

**THESE CHAMPIONSHIPS AND ASSOCIATED TIME TRIALS ARE  
SANCTIONED BY USA SWIMMING**

## IMPORTANT FACTS ABOUT THE MEET (EAST AND WEST)



- ◆ Swimmers participating in the Speedo Winter Junior Championships must compete at the specific location (East or West) as determined by the LSC in which they are registered with USA Swimming. Please refer to the boundary map on the next page.
- ◆ All athletes at the meet must be 18 years old or younger on the first day of the meet. College athletes who meet this age requirement are permitted to compete in the meet. All participants must be 2024 Premium or Outreach members of USA Swimming, must be current in all required certifications and trainings, and must be prepared to show a current USA Swimming membership card.
- ◆ All swimmers entered in the 1650 Freestyle events must be positively checked-in prior to the scratch deadline in order to compete in the event.
- ◆ Foreign national teams are not permitted to compete in this meet. Foreign athletes who are registered members of USA Swimming clubs will be permitted to swim in this meet.
- ◆ The qualification period for this event is November 1, 2023 through the entry deadline. (Noon Mountain Time on Tuesday, December 3, 2024).
- ◆ Enter the Speedo Winter Championships online at [hub.usaswimming.org/landing](http://hub.usaswimming.org/landing) beginning **Tuesday, October 15, 2024** and no later than **Noon Mountain Time on Tuesday, December 3, 2024**.
- ◆ 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.
- ◆ Swims achieving a bonus or qualifying time standards for the first time from Wednesday, December 4, 2024, through Sunday, December 8, 2024, may enter the meet through OME under the title "2024 Winter Juniors: New Qualifying Swims". These entries must be submitted no later than 11:59 p.m. Mountain Time on Sunday, December 8, 2024, and cannot be used to improve the seed time of a prior entry, unless the improvement achieves a new bonus or qualifying standard. Normal entry fees apply.
- ◆ SCY Time Trials will be conducted for all swimmers who enter and compete in individual events, provided there is sufficient time between the end of the preliminary session and the start of warm-ups for the final session. Time Trial entries will only be taken on-site at the Clerk of Course and, at the discretion of the Meet Referee, through OME.
- ◆ At the discretion of the Meet Referee, two courses may be used for preliminary heats. Additionally, 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 general meeting.
- ◆ Relays will be timed finals with all heats swum in the evening session. **Teams may use a provable team time or aggregate time achieved within the qualification period to qualify a relay. Swimmers contributing to a team or aggregate relay entry time are not required to be on the team's meet roster. Relay qualifying times must be made by swimmers age 18 or under when the qualifying time is achieved.** Teams may submit two relays per event, provided they have achieved the qualification standard within the qualifying period. If a team enters an A and B relay, they must use eight (8) different swimmers. Teams may not use the same swimmer twice in a relay event, or to prove a time. All relay must be entered through OME. **Qualification for the 4 x 50 relays will be the corresponding 4 x 100 relay time standards.**
- ◆ **Relay-only swimmers are not permitted at these competitions.**
- ◆ Swimmers may qualify for the 1650 Freestyle events using the 1500/1650 time standards or the 800/1000 time standards. Swimmers entering the competition with alternate distance standards will be seeded in the first heats.
- ◆ The scratch deadline for the Wednesday relays shall be 15 minutes after the conclusion of the Technical Meeting (Tuesday, December 10, 2024 at 6:00 p.m. local time). Please refer to p. 11 for full scratch procedures. Coaches who cannot attend the Technical Meeting are encouraged to email their scratches to the Administrative Referee before these deadlines. The scratch deadline for Thursday's preliminaries shall be 4:30 p.m. local time Wednesday, December 11. This event will follow the scratch rules as defined in section 207.11.6 of the USA Swimming Rules and Regulations. As provided in this section, 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, or
  - ◇ Payment of a fine of \$200
- ◆ 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 and any information or changes announced at the Technical meeting.

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EAST

2024



WEST



**2024 Speedo Winter Junior Championships Order of Events  
Short Course Yards**

<u>Women's Events</u>	<u>Day 1– Wednesday, December 11*</u>	<u>Men's Events</u>
<b>Timed Finals Begin at 4:00pm</b>		<b>Timed Finals Begin at 4:00pm</b>
1	200 Medley Relay**	2
3	800 Freestyle Relay**	4
<b>Heats Begin at 9:00am</b>	<b><u>Day 2– Thursday, December 12</u></b>	<b>Finals Begin at 5:00pm</b>
5	500 Freestyle	6
7	200 Individual Medley	8
9	50 Freestyle	10
11	400 Medley Relay**	12
	<b><u>Day 3 - Friday, December 13</u></b>	
13	400 Individual Medley	14
15	100 Butterfly	16
17	200 Freestyle	18
19	100 Breaststroke	20
21	100 Backstroke	22
23	200 Freestyle Relay**	24
	<b><u>Day 4 - Saturday, December 14</u></b>	
25	1650 Freestyle***	26
27	200 Backstroke	28
29	100 Freestyle	30
31	200 Breaststroke	32
33	200 Butterfly	34
35	400 Freestyle Relay**	36

\*There will be a 20-minute break after the conclusion of Event 2.

\*\*Qualification for the 4 x 50 relays will be the corresponding 4 x 100 relay time standards. All relays will be swum as timed finals at the end of the evening sessions. The order for the relays shall be the 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.

\*\*\*With the exception of the fastest-seeded heats, the 1650 Freestyle timed finals heats will be swum slowest to fastest after the preliminary session, with the men's and women's events running in their respective pools and scheduled to begin so the second-fastest seeded heats finish one hour and fifteen minutes prior to the start of the finals session. Only the fastest (single) seeded heat of Women's and Men's 1650 Freestyle events will be swum in the final session.



**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 ([www.usaswimming.org/maapp](http://www.usaswimming.org/maapp)) 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 [www.uscenterforsafesport.org/report-a-concern](http://www.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 [www.usaswimming.org/report](http://www.usaswimming.org/report).

All athletes age 18, or who turn 18 during the meet, must complete Athlete Protection Training in order to be a USA Swimming registered member in good standing by the first day of the meet. A member not in good standing 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 during the meet, 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. The requirement to complete Athlete Protection Training is an annual requirement. USA Swimming membership will be affected if a non-athlete member or adult athlete member does not renew Athlete Protection Training annually.

Each club is responsible for the conduct of its swimmers. Any person who, in the opinion of the Meet Referee, Meet Director or Meet Marshall, is harmful to others or to other's 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, 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 a 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.

## GENERAL INFO (EAST AND WEST)



### USA Swimming Contacts

Senior Development Committee Chair  
Jaime Lewis  
[jlewis627@gmail.com](mailto:jlewis627@gmail.com)

Program and Events Coordinator  
Kathleen Scandary  
[kathleenmarynco@hotmail.com](mailto:kathleenmarynco@hotmail.com)

National Events Senior Manager  
Macie McNichols  
[mmcnichols@usaswimming.org](mailto:mmcnichols@usaswimming.org)

Coordinator, National Technical Events (East)  
Trey Freeman  
[tfreeman@usaswimming.org](mailto:tfreeman@usaswimming.org)

Coordinator, Events and Data (West)  
Katie Trace  
[ktrace@usaswimming.org](mailto:ktrace@usaswimming.org)

### Pool Hours

Tuesday, December 10	1:00 p.m. - 8:00 p.m.
Wednesday, December 11	8:00 a.m. - 8:00 p.m.
Thursday, December 12	6:00 a.m. - 1 hour after finals
Friday, December 13	6:00 a.m. - 1 hour after finals
Saturday, December 14	6:00 a.m. - 1 hour after finals

### Credential Pick-Up

Credentials can be picked up at the Pool according to the following schedule:

Tuesday, December 10	1:00 p.m. - 6:00 p.m.
Wednesday, December 11	7:30 a.m. - 7:00 p.m.
Thursday, December 12	7:30 a.m. - end of prelims, and 2:30 p.m. - 6:00 p.m.
Friday, December 13	7:30 a.m. - end of prelims, and 3:30 p.m. - 6:00 p.m.
Saturday, December 14	8:00 a.m. - end of prelims

### 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.

### Team Banners

Team banners will not be allowed at this event.

## LOCAL INFORMATION (EAST)

**Facility Address**

Greensboro Aquatic Center  
1921 W Gate City Blvd  
Greensboro, NC 27403

**Administrative Referee**

Aimee McMillan  
[Aimee.mcmillan.referee@gmail.com](mailto:Aimee.mcmillan.referee@gmail.com)  
(803) 670-5009

**Meet Referee**

Kenneth Chung  
[kennethychung@gmail.com](mailto:kennethychung@gmail.com)

**Meet Director**

David Hoover  
[David.Hoover@greensboro-nc.gov](mailto:David.Hoover@greensboro-nc.gov)

**Meeting Schedule**

Technical Meeting	Tuesday, December 10	6:00 p.m. ET	Zoom-based conference call
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Officials Meeting	Wednesday, December 11	2:30 p.m. ET	Greensboro Aquatic Center
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(All subsequent officials' briefings will be held one hour prior to the start of each session at the pool)

**Parking**

Parking passes will be sold for the Greensboro Aquatic Center lots and may be purchased at the GAC parking gate. Single-day passes are \$5.00. Complimentary parking passes will be available for coaches at Registration.

All others will be required to purchase parking passes at the parking entrance daily.

**Hotels**

For up to date hotel information, please refer to: <https://www.teamtravelsource-miscsports.com/usa-swimming>

**Ticket Information**

All-Session:

- ◆ General Admission Adult: \$55.00
- ◆ General Admission Youth (12&Under): \$35.00
- ◆ General Admission Seniors (60+): \$35.00

Single Session (Prelims or Finals):

- ◆ General Admission Adult: \$20.00
- ◆ General Admission Youth (12&Under): \$15.00
- ◆ General Admission Senior (60+): \$15.00

**Information/Lost & Found**

"Wet" lost and found items will be located in the green bin at the scoreboard end of the competition pool. Anything of greater value such as cameras, cell phones, etc. will be taken to the GAC front desk located at the main entrance. Information and general directions can also be obtained at the GAC front desk.

**Restrooms and Changing Room Space**

Men's and Women's Locker rooms are adjacent to the competition pool for the Athletes. Lockers are available on a first come/ first serve basis. Lockers are for day use only and you must provide your own lock. The Greensboro Aquatic Center and USA Swimming will not be held liable for lost or stolen items

**Medical Assistance**

An Emergency Medical Technician (EMT) will be located on the pool deck in the medical/first aid room. Sports massage therapy services will not be provided.

**Concessions**

Concessions will be provided in the main corridor at the GAC during competition hours. OVG will be the provider offering fruits, vegetables, sandwiches, yogurt, bagels, pretzels, popcorn and a wide variety of soda and sport drinks.

**About the Facility**

Located on the campus of the Greensboro Coliseum Complex, the Greensboro Aquatic Center ([GreensboroAquaticCenter.com](http://GreensboroAquaticCenter.com)) has evolved into the largest indoor aquatic center in the country (105,323-sq. feet). Since its opening in 2011, the state-of-the-art, multi-purpose, four-pool facility has compiled an impressive national event hosting resume including numerous USA Swimming, U.S. Masters, USA Diving, USA Synchro, NCAA, ACC and YMCA national championships. The GAC also serves local citizens through its daily hosting of fitness classes, club and school swim and dive team practices, private swim lessons and its unique partnership with Guilford County Schools in the development of a privately financed, curriculum-based 'Learn to Swim' healthy lifestyle program.

**Spectator Bag Policy**

For safety and efficiency, the Greensboro Aquatic Center recommends entering without a bag. If necessary, guests are permitted to bring one small bag that meets the following guidelines:

- ◆ **Clear vinyl or Plastic Bag** (no larger than 12"x6"x12")
- ◆ **Small Clutch Bag** (no larger than 4.5"x6.5")
- ◆ **Medical Bags\*** (no larger than 12"x6"x12")
- ◆ **One-Gallon Clear Plastic Storage Bag**
- ◆ **Clear Vinyl or Plastic Backpack** (no larger than 12"x6"x12")
- ◆ **Diaper Bags\*** (no larger than 12"x6"x12")

\*Medical bags, including diaper bags when accompanied by a child, will be inspected and tagged before entry.

Please note this is not a comprehensive list. The Greensboro Aquatic Center reserves the right to deny any bag at any time on a case-by-case basis.

Please note that athletes **are** allowed to bring in their bags and do not have to abide by the above policy.

## LOCAL INFORMATION (WEST)



### Facility Address

Lee and Joe Jamail Texas Swim Center  
1900 Red River St  
Austin, TX 78712

### Meet Referee

Phil Barnes  
[gjbarnes@gmail.com](mailto:gjbarnes@gmail.com)

### Administrative Referee

Tracy Meece  
[tjmeece1974@gmail.com](mailto:tjmeece1974@gmail.com)

### Meet Director

Bridgette Laitala  
[bridgette.rhoades@austin.utexas.edu](mailto:bridgette.rhoades@austin.utexas.edu)

### Meeting Schedule

Technical Meeting	Tuesday, December 10	6:00 p.m. CT	Zoom-based conference call
Officials Meeting	Wednesday, December 11	2:30 p.m. CT	Texas Swim Center

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

### Parking

Parking information coming soon!

### Hotels

For up to date hotel information, please refer to; <https://www.teamtravelsource-miscsports.com/usa-swimming>

### Ticket Information

All-Session:

- ◆ General Admission Adult (18&O): \$50.00
- ◆ General Admission Youth (6-17): \$30.00

Single Session (Prelims or Finals):

- ◆ General Admission (6 & Older): \$10.00

Children age 5 and younger are free.

Purchase tickets [here](#).

### Information/Lost & Found

"Wet" lost and found items will be located in the large grey bin off the pool deck. Anything of greater value such as camera's, cell phones, etc. will be taken to the Entrance Monitor desk located at the entrance to the pool deck. Information and general directions can also be obtained at the Entrance Monitor Desk.

### Lockers

Men's and Women's Locker rooms are adjacent to the competition pool for the Athletes. Lockers are available on a first come/first serve basis as there are not enough lockers for all participants. Lockers are for day use only and you must provide your own lock. The Texas Swimming Center, USA Swimming, and the meet host will not be held liable for lost or stolen items.

### Medical Assistance

An Emergency Medical Technician (EMT) will be located on the pool deck in the medical/first aid room. Sports massage therapy services will not be provided.

### Concessions

Concessions will be provided on the second level of the Texas Swimming Center during competition hours. O's Campus Café is our concessions provider. They serve among other things: breakfast tacos, bagels, fruit, wraps, salads, smoothies, burgers, candy and drinks.

### About the Facility

The Lee and Joe Jamail Texas Swimming Center (TSC) at The University of Texas at Austin is the premier competitive aquatic facility in the country and one of the top swimming and diving facilities in the world. Since its completion in 1977, there have been numerous American and world records set in its waters. The TSC serves more than 20 programs and hosts 35 special events every year. The spectator section provides approximately 2000 hard backed seats.



## ENTERING THE MEET (EAST AND WEST)



### Meet Entries

All entry questions should be directed to: Katie Trace at USA Swimming ([ktrace@usaswimming.org](mailto:ktrace@usaswimming.org)).

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 individual entry times must be proven in the SWIMS Database, prior the scratch deadline, even if scratched.

- ◆ Enter the Speedo Winter Championships online at [hub.usaswimming.org/landing](http://hub.usaswimming.org/landing) beginning Tuesday, October 15, 2024 and no later than 11:59 a.m. Mountain Time, Tuesday, December 3, 2024.
- ◆ You will be required to pay for the online entries with a Visa, Mastercard, American Express or Discover. Once entries are submitted through OME, refunds will not be allowed.
- ◆ OME is not an eligibility report; Coaches are responsible for knowing events for which their athletes are qualified.
- ◆ You can modify your entry online by adding to the original entry. You cannot delete an online entry once it has been paid for.
- ◆ Once you complete your online entry, you will be sent confirmations via email. Please keep these emails and bring them with you to the meet (just in case).
- ◆ USA Swimming Waiver forms will be sent to you via email after the entry deadline. Please complete the electronic waiver and submit prior to arrival (*i.e. do not mail to USA Swimming*).

### Qualifying Period

The qualification period for this event is November 1, 2023 through the entry deadline (Noon MT on Tuesday, December 3, 2024).

### 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 Events

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.

### Entry Fees:

\$20.00 per individual event  
\$40.00 per relay event  
\$20.00 per credentialed coach (\$25 on site)

### Foreign Entries

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

### New Qualifying Swims

Swims achieving a bonus or qualifying time standards for the first time from Wednesday, December 4, 2024, through Sunday, Decem-

ber 8, 2024, may enter the meet through OME under the title *2024 Winter Juniors: New Qualifying Swims*. These entries must be submitted no later than 11:59 p.m. Mountain Time on Sunday, December 8, 2024, and cannot be used to improve the seed time of a prior entry, unless the improvement achieves a new bonus or qualifying standard. 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. These entries must be received no later than 11:59 pm Mountain Time on Sunday, December 8, 2024;
- C. The team or athlete must pay a one-time processing fee of \$150.00, *and* pay entry fees of \$40 per individual event and \$80 per relay event.

### 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.

### Entering Relays and Relay Check-In Procedures

- A. Teams may use a provable team time or aggregate time achieved within the qualification period to qualify a relay.
- B. Relay qualifying times (team or aggregate) must be made by swimmers age 18 or under when the qualifying time was achieved.
- C. Teams may submit two relays per event, provided they have achieved the qualification standard within the qualifying period.
- D. If a team entered an A and B relay, they must use eight (8) different swimmers. Teams may not use the same swimmer twice in a relay event, or to prove a time.
- E. A and B relays must be entered through OME.
- F. Qualification for the 4x50 relays will be the corresponding 4x100 relay time standards.
- G. 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. For Wednesday's relays, relay forms shall be returned to the Clerk of Course before 3:00 p.m. local time on Wednesday. Relay forms for all other days shall be returned to the Clerk of Course for tabulation approximately thirty (30) minutes after the start of finals. However, relay order may be changed up to the time of the swim.
- H. All relays will be timed finals with all heats swum in the evening session.
- I. **Relay-Only swimmers are not permitted at these competitions.**

## CHAMPIONSHIP PROCEDURES (EAST AND WEST)



### 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 U.S. swimmer will be permitted to compete unless he/she is a member as provided in Article 302. Any U.S. 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. 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 must 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.

### 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.

### Responsibility Clause

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 USA Swimming and/or Board of Review. Additional action or penalty may be taken or levied as deemed appropriate by USA Swimming.

Such penalty shall also be levied against any USA Swimming verification officer who entered such a false or incorrect time(s) into the SWIMS Database.

Appeal of fines are to be made to USA Swimming and/or Board of Review. Any appeal of the decision of USA Swimming shall be in

accordance with the provisions of Part Four, specifically Article 407.

### Automatic Proven Times

If a time for a swimmer is visible in the public search feature on the USA Swimming website (Times/Individual Times Search) 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 college dual, invitational and conference meets should be in the database. If a qualifying time was swum at a USA Swimming observed high school meet, verify that it is in the database before using it for entry. Contact the LSC Times Official in the LSC where the meet was held if there are missing times or questions about whether the meet was observed. 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.

### Seeding

For these Championships, the seeding order is:

1. Short Course Yards (SCY)
2. Long Course Meters (LCM)
3. Non-Conforming SCY (Distance Events)
4. Non-Conforming LCM (Distance Events)
5. Short Course Yards (SCY) Bonus
6. Long Course Meters (LCM) Bonus
7. Non-Conforming SCY Bonus (Distance Events)
8. Non-Conforming LCM Bonus (Distance Events)

### Registration

Restricted access to the facility will be strictly enforced. Please wear your credential at all times. There is a \$100 replacement charge for lost credentials. Credentials for coaches, managers and chaperones shall be issued to those persons listed on the submitted team entry forms, according to the following formula, based upon the total size of the team, whether comprised of one or both sexes. The cost for these credentials is \$20/each. Managers and trainers must be included in this formula and on the entry form to receive a credential. Athletes entered in the meet will receive a deck pass as part of their entry fee. All others will be required to purchase individual tickets. For clubs that wish to bring one certified massage therapist with their teams, a \$100 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 non-athlete members of USA Swimming.

- ◆ 1-3 swimmers in individual events: 1 deck pass.
- ◆ 4-6 swimmers in individual events; 2 deck passes.
- ◆ 7-9 swimmers in individual events; 3 deck passes.
- ◆ 10-20 swimmers in individual events; 4 deck passes.
- ◆ 21-30 swimmers in individual events; 5 deck passes.
- ◆ 31-40 swimmers in individual events; 6 deck passes.
- ◆ 41-50 swimmers in individual events; 7 deck passes.
- ◆ 51 or more swimmers in individual events; 9 deck 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.

## CHAMPIONSHIP PROCEDURES (EAST AND WEST)



### 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 member card ready on the USA Swimming App to present to Registration Staff. To avoid any problems with your swimmers, have their proof of membership as well.
- B. After you have been cleared, move on to the individual giving out the Coaches' packets.
- C. Review the posted psych sheet to make sure your swimmers do not have an indicator (\*, #, \$) by their time (this can be done prior to arriving at the meet).
  - ◆ \* Next to Time—Unproven Time
  - ◆ # Next to Time—Athlete's registration is expired or missing.
  - ◆ \$ Next to Time—Athlete's Athlete Protection Training requirement is missing or expired.
- A. In the event of an indicator, go to the Times desk immediately to rectify the issue. It is your responsibility to do this. If it is not cleared by the scratch deadline, the swimmer will be scratched from the event.
- B. All swimmers entered in the 1650 Freestyle events must be positively checked-in prior to the scratch deadline in order to compete in the event.
- C. 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.
- D. Follow all proof of time, scratch and distance event entry procedures by the required deadlines as published. 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.

### 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 day's events.

### Scratch Procedures

- A. Location of Scratch Box
  - ◆ The scratch box will be located at the Registration Desk prior to 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 Wednesday relays shall be 15 minutes after the conclusion of the Technical Meeting (6:00 p.m. local time Tuesday). Coaches who cannot attend the Technical Meeting are encouraged to text or email their scratches to the Administrative Referee before these deadlines.
  - ◆ The scratch deadline for Thursday's preliminary session will be 4:30 p.m. local time Wednesday.
  - ◆ The scratch deadline for Fri and Sat preliminaries shall be thirty (30) minutes after the time established for the start of the previous evening's finals session.
  - ◆ This event will follow the scratch rules as defined in section 207.11.6 of the USA Swimming Rules and Regulations. As

provided in this section, USA Swimming has established that 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, or payment of a fine of \$200

### Ready Room

A Ready Room will be used at these Championships prior to each individual "A" finals heat. Each swimmer in the "A" final (including the fastest-seeded heats of the 1650 events) must report to the Ready Room five minutes preceding the event. Bonus, Consolation, and all Relay heats will report directly to their assigned starting block. No relay heats will report to the Ready Room.

### Distance Freestyle

- A. Distance Entry - Any swimmer who qualifies for the 1650 yard 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.
- B. Swimmers may qualify for the 1650 Freestyle events using the 1500/1650 time standards or the 800/1000 time standards. Swimmers entering the competition with alternate distance standards will be seeded last.
- C. All swimmers entered in the 1650 Freestyle events must be positively checked-in prior to the scratch deadline in order to compete in the event.
- D. With the exception of the fastest-seeded heats, the 1650 Freestyle timed finals heats will be swum slowest to fastest after the preliminary session, with the men's and women's events running in their respective pools and scheduled to begin so the second-fastest seeded heats finish one hour and fifteen minutes prior to the start of the finals session. Only the fastest (single) seeded heat of Women's and Men's 1650 Freestyle events will be swum in the final session.

### Finals Session Event Order

There will be a bonus (C), consolation (B), and championship final (A) in each individual event at this Championship (except the 1650 yard freestyle events, which will have only the fastest heat swimming in the finals session). 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

Results will be loaded to the USA Swimming Times Database at the conclusion of the event.

### Awards

An awards recognition ceremony will be conducted for the top three finishers in each individual and relay event. The schedule for awards ceremonies will be announced at the technical meeting. The coach of each first place winner will present awards for that event.

- ◆ Team Awards - Team awards will be presented to the top three teams in Men's, Women's, and Combined categories.
- ◆ Medals - A medal ceremony will be conducted for the top three place winners in each individual and relay event. Fourth through eighth place finishers should pick up their medals in the awards staging area.
- ◆ Individual High Point Awards - Male and Female High Point Awards will be given at these Championships.

## CHAMPIONSHIP PROCEDURES (EAST AND WEST)



### Short Course Yards Time Trials

Time Trials will be conducted for all swimmers who enter and compete in individual events during 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 swimmer is limited to a maximum of two Time Trials during the course of the Championships.
- ◆ The Time Trial entry deadline shall be one hour prior to the estimated/published conclusion of that days preliminary session.
- ◆ Entry fees for Time Trials are the same as those established for the Championships.
- ◆ The order for Time Trials shall be that day's events, followed by the remaining events in the meet, followed by the previous day's events.
- ◆ Distance freestyle events will typically be offered on only one day of the meet as determined by the Meet Referee and announced at the Technical Meeting.



## DOPING CONTROL INFORMATION

### The 2024 Speedo Winter Juniors is 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 World Aquatics 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 [Anti-Doping 101](#) 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 Summary of Modifications for 2024](#)

#### 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 DRQ](#) 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 option 2. Leave a voicemail and someone will return your call within 24 hours.

It's important to understand that Dietary Supplements are not medication. They are regulated and manufactured differently. For these reasons, USA-DA is unable to provide guidance on specific dietary supplement products. For more information visit USADA's [Supplement Connect](#) 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." It may take 30 days to obtain approval so please complete a TUE pre-check now if you take a medication that is prohibited.

#### 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 Masters and USA Swimming) or World Aquatics sanctioned events. If you have an athlete in this situation, please email [smichael@usaswimming.org](mailto:smichael@usaswimming.org) immediately.





# 2024 TIME STANDARDS

## SPEEDO WINTER JUNIOR CHAMPIONSHIPS

\* Qualifying period 11/1/2023 through entry deadline

### WOMEN

### MEN

SCY	LCM	EVENT	LCM	SCY
23.29	26.89	50 FR	24.09	20.59
50.39	58.19	100 FR	52.59	44.99
1:49.09	2:04.99	200 FR	1:55.29	1:38.59
4:53.59	4:26.69	400/500 FR	4:05.29	4:29.29
10:11.49	9:06.79	800/1000 FR	8:28.19	9:24.29
17:02.19	17:26.79	1500/1650 FR	16:14.79	15:40.39
55.09	1:04.79	100 BK	58.79	49.29
1:59.39	2:19.59	200 BK	2:08.29	1:47.99
1:03.09	1:13.79	100 BR	1:05.99	55.69
2:17.19	2:38.59	200 BR	2:24.39	2:01.89
54.69	1:02.69	100 FL	56.59	48.79
2:01.69	2:18.39	200 FL	2:06.39	1:49.29
2:02.19	2:22.09	200 IM	2:09.49	1:49.79
4:21.69	5:00.29	400 IM	4:35.89	3:56.99
x	x	4x50 FR-R	x	x
3:27.49	3:58.09	4x100 FR-R	3:35.79	3:05.79
7:32.79	8:35.09	4x200 FR-R	7:52.39	6:49.59
x	x	4x50 Med-R	x	x
3:47.79	4:24.19	4x100 Med-R	3:58.69	3:23.39

### WOMEN

### MEN

SCY	LCM	BONUS	LCM	SCY
23.89	27.39	50 FR	24.59	21.29
51.89	59.29	100 FR	53.59	46.39
1:52.29	2:07.79	200 FR	1:57.79	1:41.59
5:02.59	4:28.79	400/500 FR	4:09.99	4:37.09
10:20.49	9:13.79	800/1000 FR	8:40.69	9:34.29
17:14.39	17:40.19	1500/1650 FR	16:38.99	16:05.49
57.09	1:06.79	100 BK	1:00.59	51.49
2:04.19	2:23.99	200 BK	2:11.89	1:52.79
1:05.49	1:15.99	100 BR	1:08.19	57.99
2:22.69	2:43.39	200 BR	2:29.09	2:07.99
56.59	1:04.69	100 FL	57.99	50.59
2:05.39	2:21.89	200 FL	2:10.19	1:53.69
2:06.39	2:26.19	200 IM	2:12.79	1:53.89
4:30.69	5:07.29	400 IM	4:42.39	4:06.99