



U.S. OLYMPIC TEAM TRIALS SWIMMING

JUNE 15-23, 2024
LUCAS OIL STADIUM
INDIANAPOLIS, IN

OFFICIAL EVENT INFORMATION

ENTRY DEADLINE IS NOON (EASTERN TIME) TUESDAY, JUNE 4, 2024



IMPORTANT DATES

- ◆ The qualifying period is November 30, 2022, through the entry deadline.
- ◆ Qualifying standards are Long Course Meters (LCM) only.
- ◆ Entries will be accepted beginning Wednesday, March 20, 2024, until Noon (Eastern Time) Tuesday, June 4, 2024, through the On-Line Entry (OME) process at hub.usaswimming.org/landing.
- ◆ The *Late Qualifying Process* can be used to enter swimmers who achieve a new qualifying standard in one or more events after Tuesday, June 4, 2024, but before Monday, June 10, 2024, and must be submitted no later than 11:59 p.m. (Eastern Time) Monday, June 10, 2024. The Late Qualifying Process cannot be used to improve an entry time. Normal entry fees will apply for these entries.
- ◆ The *Late Entry Process* (as described on page 9) is for entries that miss the standard entry deadline. These entries will be accepted until 11:59 p.m. (Eastern Time) Monday, June 10, 2024, for an additional fee.
- ◆ There will be a Coaches' Technical Meeting on Friday, June 14, at 4:00 pm local time in the West Club Lounge on the Street Level at Lucas Oil Stadium.
- ◆ There will be an Athlete Dining Village located in the Bud Light Zone at Lucas Oil Stadium. Lunches and dinners will be offered beginning with dinner on June 14th and ending with dinner on June 22nd. Reservations for any or all days must be made online at hub.usaswimming.org/landing. Please note there will be no meal sales on-site, and no one will be allowed in the Dining Village without a ticket for that meal. Menu offerings will be all you can eat. Prices will be available soon, but are anticipated to be approximately \$30/lunch, and \$40/dinner. Lunch will start each day one hour before the published end of prelims and will be served for two hours. Dinner hours will be 7:30 PM - 11:00 PM. Carry out will be available upon request. The deadline for Athlete Dining Village meal orders is Noon Eastern on Tuesday, June 4. The menus have been endorsed by both the USOPC and USA Swimming nutritionists and can be viewed at usaswimming.org/trials.



IMPORTANT INFORMATION

- ◆ It shall be the swimmers' and coaches' responsibility to acquaint themselves with all of the information contained in this meet information document. World Aquatics Technical Rules and USA Swimming Administrative Rules will govern the conduct of these Trials.
- ◆ Any photographs, videotape 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, disseminated, or otherwise used for any commercial purposes, without the prior written consent of the USOPC.
- ◆ This meet will be conducted in Long Course Meters (LCM).
- ◆ At the Referee's discretion, 10 lanes may be used for preliminary heats. Semi-final and final heats will utilize eight lanes only.
- ◆ At the Referee's discretion, events may be flighted during the preliminary sessions with the faster heats swimming in event order and the remaining heats swum fastest to slowest at the end of the scheduled preliminary session. Specific details will be shared as soon as possible if/when this decision is made.
- ◆ Accommodations for persons with disabilities may be arranged with advance notice to Lucas Oil Stadium.
- ◆ A Clear Bag Policy will be in effect for all spectators. No regular purses, backpacks, etc. are permitted at spectator entrances. Clear bags must be no larger than 12" x 6" x 12". Small clutch bags must be no larger than 4.5" x 6.5". Athlete and coach belongings are not subject to the Clear Bag Policy when entering through dedicated athlete and coach entrances. Athlete and coach belongings will be screened and tagged at the designated team entrances.
- ◆ Please check the USA Swimming website frequently to read any updates to the information in this book (usaswimming.org/trials).
- ◆ Complete Olympic Team selection criteria can be found at usaswimming.org/trials.



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TRIALS ADMINISTRATION

Venue

Lucas Oil Stadium
500 S Capitol Ave
Indianapolis, IN 46225

Governing Body

USA Swimming
1 Olympic Plaza
Colorado Springs, CO 80909
719-866-4578
usaswimming.org

Trials Administration

USA Swimming President/CEO
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USA Swimming Chief Commercial Officer
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Olympic Team Administration

National Team Managing Director
Lindsay Mintenko
lmintenko@usaswimming.org

Head Men's Coach
Anthony Nesty

Head Women's Coach
Todd DeSorbo



PRIOR TO ARRIVING AT TRIALS

Eligibility

All athletes who compete at the Trials should have a U.S. passport valid through January 31, 2025, so please plan accordingly.

To compete in the Trials, a swimmer must also:

- ◆ be a U.S. citizen who is eligible to represent the USA in the 2024 Olympic Games, and;
- ◆ be a currently registered Premium member of USA Swimming in good standing, and;
- ◆ have achieved a qualifying time standard between November 30, 2022, through the entry deadline (qualifying time standards are published in this document). Qualifying time standards are long course only. All entry times must be proven through the USA Swimming SWIMS Database.

Any athlete who has represented another country must submit change of sport nationality approved by World Aquatics to Lindsay Mintenko (lmintenko@usaswimming.org) prior to the entry being accepted.

Competition Category Eligibility

Athletes participating in this event must abide by the policies and criteria of USA Swimming, the International Olympic Committee, World Aquatics, the U.S. Olympic & Paralympic Committee, and the Paris Organizing Committee. This includes USA Swimming's Athlete Inclusion, Competitive Equity, and Eligibility Policy, found here; https://www.usaswimming.org/docs/default-source/governance/governance-lsc-website/rules_policies/operating-policy-manual.pdf at Policy 19.

Coach Representative

No swimmer will be issued a credential without a coach member present. If the home club coach is not planning to attend the event, swimmers must be assigned a supervising coach prior to receiving their credential. Arriving with a 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 the supervision form before a credential can be issued.

USA Swimming Membership

All persons expecting to receive a deck pass should be prepared to show proof of current USA Swimming membership. Non-members who can show proof of having successfully completed all member requirements may join USA Swimming on site at the registration check-in desk. Information regarding the Athlete Protection Training (APT) course can be found in the Safe Sport section below. Coaches must provide proof of CPR, First Aid and Safety Training for Swimming Coaches, or USA Swimming ap-

proved equivalents, and must have successfully passed the required background check and APT Course.

Qualifying Period

The qualifying period is November 30, 2022, through the entry deadline.

Entry Limit

At the Trials, athletes may enter all events for which they have the time standards, plus a total of two time trials. There are no bonus events at the Trials.

Timelines

Tentative timelines for the evening sessions will be posted at usaswimming.org/trials approximately three months prior to the start of the Trials. Pre-scratch timelines for preliminary sessions will be posted after the entry deadline.

Security

Due to heightened security, all participants should be prepared for bag checks upon each entry to the venue. Please plan on some delays.

Safe Sport

The Safe Sport program is USA Swimming's comprehensive abuse prevention program dedicated to reducing the risk of sexual, emotional and physical abuse to athletes. Components of the program include, but are not limited to, providing education and training, enforcing policies, rules and best practice guidelines, promoting healthy boundaries and mandated reporting of violations.

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. Various state laws may also require reporting to law enforcement or to a designated child protection agency.



PRIOR TO ARRIVING AT TRIALS (CONTINUED)

All individuals age 18 and older participating in or associated with this meet acknowledge that they are subject to provisions of the USA Swimming Minor Athlete Abuse Prevention Policy (“MAAPP”) and that they understand that compliance with the MAAPP policy is a precondition of participation in the conduct of this meet. The Minor Athlete Abuse Prevention Policy (“MAAPP”) prohibits adult participants from having one-on-one interaction with minor athletes that is not within an observable and interruptible distance from another adult participant. All adult participants in or associated with this meet, acknowledge that they are subject to the provisions of the USA Swimming MAAPP, and that they understand that compliance with the MAAPP Policy is a condition of participation in this competition.

Recording devices (cell phones, cameras, PDAs, etc.) are not permitted behind the starting blocks during the entire meet, and the use of audio or visual recording devices, including cell phones, is not permitted in changing areas, restrooms or locker rooms. Except where venue facilities require otherwise, changing into or out of swimsuits other than in locker rooms or designated changing areas is prohibited.

All individuals age 18 and older must also complete Athlete Protection Training (“APT”) to be a USA Swimming registered member in good standing. Any athlete age 18 or older, or who turns 18 during the meet, who has not completed Athlete Protection Training will be prohibited from participating. Times achieved by an athlete who turns age 18 on or during the competition, 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 coaches and swimmers. Any person who, in the opinion of the Meet Referee, Meet Director or Meet Marshal, 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,

the 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.

All swimmers entered in this 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. During warm-up sessions, athletes must enter the water feet-first, except in designated lanes and times. Violations may result in disqualification from the athlete’s next individual event or expulsion from the meet.

Operation of a drone is prohibited without the express written consent of USA Swimming.

It is understood and agreed that USA Swimming, the Local Organizing Committee, Facility Owners, Volunteers, 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.

Accreditation

Deck access credentials for coaches, managers and team support shall be issued to those persons listed on the submitted team entry forms according to the team size formula outlined below. Managers and team support personnel must be included in this formula and listed on the entry to receive a credential. If athletes are scratched from the meet, or re-attached to a team, teams may be asked to surrender coach, manager, or team support credentials in order to maintain compliance with the credential formula.

Athletes entered in the meet will receive a deck pass credential as part of their entry fee. 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 credential formula below. All massage therapists must be members of USA Swimming and will only have access to the athlete services area of the venue.



PRIOR TO ARRIVING AT TRIALS (CONTINUED)

Coach, Manager, and Team Support Credential Formula:

- 1-3 swimmers: 1 deck pass.
- 4-6 swimmers; 2 deck passes.
- 7-9 swimmers; 3 deck passes.
- 10-14 swimmers; 4 deck passes.
- 15-19 swimmers; 5 deck passes.
- 20-24 swimmers; 6 deck passes.
- 25-29 swimmers; 7 deck passes.
- 30-34 swimmers; 8 deck passes.
- 35-39 swimmers; 9 deck passes.
- 40 or more swimmers; 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.

Credentialing Process

All participants in the 2024 Olympic Trials must be properly registered for credentials using the online credential registration system. It is encouraged that teams start the credential process early and that ALL POSSIBLE qualified athletes and team staff get submitted. Credentials can easily be cancelled prior to the event.

Each team should designate one person as its Point of Contact (POC) to be responsible for inputting the credential information for each athlete, coach, or team support member. Large teams can appoint more than one person as the POC and can have separate admins for Men's and Women's teams, but each admin should complete the initial step separately and input a unique club name i.e. Team A – Men and Team B – Women.

The team-designated POC should complete the online form using the link below to establish themselves as the team's administrative POC. After completing the form, the POC will receive an email with login information to access the team's home page where participant names can be added, edited, or reviewed at any time.

Credential link coming soon!

Photos are required for all credentials. Photos should be:

- ✓ Passport-style, front-facing
- ✓ Plain background
- ✓ No hats or sunglasses

Credentials will be required in the Ready Room/Last Call Room for all athletes and will be collected by USADA for doping control purposes. This includes both preliminaries and semi/finals sessions. Credentials will be returned to the athletes immediately following their swim.

Teams and athletes should plan their arrival times at the venue during registration hours in order to obtain the necessary credentials for access to the venue. Credentials must be worn at all times while inside the venue.



ENTRY PROCESS

Qualifying A Swimmer

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

1. USA Swimming Sanctioned competition
2. USA Swimming Approved competitions - Check two weeks before the competition to assure the meet has been approved by the LSC. Prior to the start of the competition, ask the Meet Director for the procedure for getting a time into SWIMS.
3. 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 Manual. Prior to the start of the meet, verify that proper procedures are in place for the Observed swim.

Automatic Proven Times

Times submitted to the USA Swimming SWIMS database will be available for entries. 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.

Using Official Times

Entry times must be achieved 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 proof of time. USA Swimming reserves the right to challenge any submitted time. All scratches must be proven at the Resolution Desk. SWIMS data entry from properly authorized and observed college meets must be requested. These times will not be automatically placed in the database. Times from all major international championships will be automatically entered in the database. Times from any other meets in which 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.

Responsibility Clause

The coach, swimmer, or swimmer representative who enters this competition 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 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 USA Swimming. A \$100 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 or designee and/or Board of Review. Any appeal of the decision shall be in accordance with the provisions of the USA Swimming Rules and Regulations.

Entering the Meet

Entries will be accepted beginning Wednesday, March 20, 2024, until Noon (Eastern Time) Tuesday, June 4, 2024, through the On-Line Entry (OME) process at hub.usaswimming.org/landing. For help with the online entries, contact Trey Freeman at tfreeman@usaswimming.org. OME is not an eligibility report. It is the coach's responsibility to know for which events an athlete is qualified. You can modify your entry online by adding to the original entry; however, you may not delete an online entry. You will be required to pay for the online entries with Visa, Mastercard, American Express, or Discover. There will be no entry refunds once online entries have been submitted.

Entry Fees

\$40.00 per event

\$40.00 per credentialed coach and team staff

Once you complete your online entry, you will be sent confirmations via email. Please keep all confirmations and bring them with you to the meet (just in case).

Drug waiver forms will automatically be sent to you via email after you submit your entry online. Please have these filled out and bring them with you to the meet and submit at registration.

Late Entry Process

The *Late Entry Process* is for entries that miss the standard entry deadline. These entries will be accepted through the Online Meet Entry system (OME) until 11:59 p.m. (Eastern Time) Monday, June 10, 2024. The team or athlete must pay a one-time processing fee of \$150.00 and pay entry fees of \$80 per event.



ENTRY PROCESS (CONTINUED)

Late Qualifying Process

Swimmers who achieve a new qualifying standard in one or more events after Tuesday, June 4, 2024 but before Monday, June 10, 2024, may enter the meet through OME under the title 2024 Trials: New Qualifying Swims. These entries must be submitted no later than 11:59 p.m. (Eastern Time) Monday, June 10, 2024. These entries cannot be used to improve the seed time of a prior entry. Normal entry fees will apply for these entries.

Online Entry (OME) Process

1. Swimmers' Names - List all swimmers who will compete in the meet.
2. Coaches'/Team Support Names - List all coaches, managers, and trainers entitled to deck passes.
3. Entry Times - Entry times for individual events shall be achieved and submitted in accordance with USA Swimming rules. The submitted times of all swimmers must be listed on the entry. No changes in submitted times, corrections or changes of events entered or additional entries shall be allowed. Typographical or transcription errors that can be readily verified in the SWIMS database may be corrected if attested to by the swimmer, coach or the swimmer's representative prior to the scratch deadline.
4. Number of Events – At the Trials, athletes may enter all events for which they have the time standards, plus a total of two time trials. There are no bonus events at the Trials. All entry times must meet the qualifying standard and be proven through the SWIMS system.
5. Secondary Club Recognition - The entry 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. 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 or credentials.
6. Waiver and Release Form - The USA Swimming Waiver and Release Forms must be submitted on-site at registration. Make copies as needed for each swimmer. Having this completed will save time during check-in at the competition site. If athletes are under the age of majority in their home state, their parent or legal guardian must also sign.



Registration

The Registration Area is located in Meeting Rooms 6 & 7 on the Event Level of Lucas Oil Stadium and will open at 3:00 PM on Tuesday, June 11. Credentials must be worn at all times while inside the venue. Athletes and coaches will not be allowed in the spectator seating area without spectator tickets.

1. Have your USA Swimming app open and ready to show your digital membership card . To avoid any problems with your swimmers, have their proof of membership as well.
2. After you have been cleared, move on to the individual giving out the registration packets.
3. Review the psych sheet posted by the Times desk and make sure your swimmers do not have an indicator (*, #, \$) by their time.

* next to time indicates an unproven time

next to time indicates the athlete's registration is expired or missing.

\$ next to time indicates the Athlete's Athlete Protection Training (APT) requirement is missing or expired.

In the event of an indicator (*, #, \$), go to Registration immediately and clear the swimmer or time. It is your responsibility to do this.

4. If a time is not cleared by the scratch deadline, the swimmer will be scratched from the event. If a time cannot be proven, the coach is subject to a \$100 fine. Before arriving in Indianapolis, please make sure all your athletes' times are in the SWIMS database.
5. If you have a distance swimmer (800 meter or 1500 meter), he/she must be checked-in prior to the scratch deadline in order to compete.
6. Check your scratches to 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.
7. Follow all proof of time, scratch and distance event entry procedures by the required deadlines as published. Assist with all warm-up procedures and/or requests.

Parking

Complimentary parking for teams, officials, and media that require parking will be in the South Lot at Lucas Oil Stadium. Teams entered in the meet will be emailed a parking permit to be used upon arrival for Registration as well as a map detailing available parking. Additional parking permits will be distributed at Registration. In order to avoid congestion in the public areas, a vehicle drop-off area for athletes will be available at the Northeast corner of Lucas Oil Stadium.

Technical Meeting

There will be a Coaches' Technical Meeting Friday, June 14, at 4:00 PM in the West Club Lounge on the Street Level of Lucas Oil Stadium. Coaches are responsible for all business conducted at this meeting. If, for any reason, you cannot attend the meeting, be sure to find out what occurred. You must arrive prior to the scratch deadline for your swimmer's first event to prove times, if necessary. No changes to the event program will be accepted at this meeting.

Team Seating

There is a designated seating areas on the North side of the competition pool exclusively reserved for athlete/coach/team seating. Athletes and coaches must have appropriate credentials for access into these sections. A coaches viewing platform will also be available at the top of the team seating area for coaches to view their swimmers during their races. A clean deck will be enforced during all competition sessions.

Last Call Area and Parade of Swimmers

All preliminary heats, semifinals, and finals heats will parade to the starting blocks from the Ready Room/Last Call Room. Swimmers must report to the Ready Room/Last Call area ten minutes before their events with their credential. Credentials will be collected prior to each heat, and returned immediately following the heat. The fastest 16 athletes from the preliminaries in each event 200 meters and shorter will qualify for the semifinals. The eight fastest athletes from the semifinals will qualify for finals. There will be a semifinal contested for each event except events of 400m or longer. Only the fastest eight qualifiers from preliminary heats will compete in the finals for those events.

Scratch Procedures

After the preliminary heats have been seeded, any swimmer who fails to compete in an event/heat in which such swimmer is entered and has not been scratched must pay a penalty fee of \$200 in order to swim in any further events that day. If the penalty fee is not paid, the swimmer shall be barred from all further events of that day. The application of this penalty shall pertain to the order in which the event/heats are swum, not the numerical order of the events. Additionally, that swimmer shall not be seeded in any events on succeeding days unless that swimmer declares an intent to swim prior to the close of the scratch box for that day's events.



AT THE TRIALS (CONTINUED)

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 at the Resolution Desk for the remainder of the meet.

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 one hour after the start of previous night's session.

Pool Closures

The competition pool will be closed Friday evening, June 14th, after 6:00 p.m. for television rehearsal and testing. The warm-up pool will remain open during this time. Both pools will close periodically during non-competition times for required cleaning. Those times will be published and distributed at the Technical Meeting. The competition pool will also be closed on Sunday morning, June 23, until 11:00 AM.

Medal Ceremonies and Awards

There will be a medal ceremony shortly after each race for those athletes who qualify for the U.S. Olympic Team. These athletes will be presented with their coach and must wear their team uniform during this ceremony. Please see the timelines to determine when the recognition ceremonies will be held. Swimmers who are added to the U.S. Olympic Team due to doubles will be honored at an appropriate time each evening. Additional individual awards will be given through 8th place, but a medal ceremony will only recognize those athletes achieving a place on the U.S. Olympic Team.

Fan Experience

USA Swimming will host fan experience areas throughout the duration of the event. The USA Swimming Toyota AquaZone will be located in the Indiana Convention Center adjacent to Lucas Oil Stadium. More information will be posted at usaswimming.org/trials.

Image Authorization

Any photographs, videotape, 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 and the USOPC. All participants agree to be filmed and photographed by the official photographer(s) and network(s) of USA Swimming and the USOPC under the conditions authored by USA Swimming and the USOPC, 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 and the USOPC 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, received for performances in this competition for the purpose of trade. Furthermore, participants agree to return uniforms and equipment bearing USA Swimming and the USOPC logos and marks, if and when requested.



SELECTED USA SWIMMING RULES

Rules

World Aquatics Technical Rules and USA Swimming Administrative Rules will govern the conduct of these Trials. The Trials are governed by the National Team Managing Director. Changes to the event program will not be accepted at the Technical Meeting.

Warm-Up and Safety

A complete schedule of warm-up procedures is included in this information and must be adhered to by all participants. This information will be available 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 and officials. **The main competition pool will be reserved for swimmers competing in that day's events for 60 minutes prior to the start of each session.**

Distance Freestyle

- A. Distance Entry - Any swimmer who qualifies for the 800m or 1500m freestyle events may enter at their fastest time or at the qualifying time standard, if entered in two or more events on the day of the distance freestyle.
- B. Distance Check-in and Seeding - Entrants in the 800m and 1500m freestyle must check-in and confirm their intention to compete at the Resolution Desk before the scratch deadline in order to compete. Seeded heat sheets will be published within one hour following the end of finals the evening before. The swimmers will be listed in the psych sheet in the order of submitted times, beginning with the fastest.
- C. Distance events at this competition are conducted as prelims/finals events. See *Order of Events*.

Meet Scoring

There will be no scoring at this competition.

Results

Live results will be available at usaswimming.org and omegatiming.com.

Time Trials

At this competition, long course Time Trials will be conducted for swimmers participating in the meet as time allows. Time Trials will begin approximately 30 minutes after the morning session. However, there will be no Time Trials on Sunday, June 23. Teams will receive more information on Time Trials in their registration packets and at the Technical Meeting. On days when time trials are held, they may be limited to one hour with priority given to that day's events.

Swimmers may enter a maximum of two time trials during the meet. These Time Trials shall be held under a separate sanction and shall conform to the following conditions and format, subject to the time limitations;

1. Swimmers must be entered in the meet with a proven time to be eligible to participate in the Time Trials.
2. Entry fees for Time Trials shall be \$40.00 per event.
3. Time Trial entries and payment (credit card only) must be made at the Clerk of Course/Admin Table.
4. The 800m and 1500m freestyle events will only be offered on one day which the Meet Referee will determine and announce at the Technical Meeting.
5. Only events contested in the meet will be offered in time trials.



TRIALS ORDER OF EVENTS

Heats 11:00 a.m.

Indianapolis is in the Eastern Time Zone

Finals 7:45 p.m. (actual start time may vary depending on broadcast needs)



U.S. OLYMPIC TEAM TRIALS

SWIMMING



2024

ORDER OF EVENTS

UPDATED

HEATS

June 15 - Saturday
W 100 Butterfly
W 400 Freestyle
M 100 Breaststroke
M 400 Freestyle

June 16 - Sunday
M 200 Freestyle
M 400 IM
W 100 Breaststroke
M 100 Backstroke
W 200 Freestyle

June 17 - Monday
W 400 IM
W 100 Backstroke
M 800 Freestyle

June 18 - Tuesday
M 200 Butterfly
M 100 Freestyle
W 1500 Freestyle
W 100 Freestyle
M 200 Breaststroke

FINALS

June 15 - Saturday
W 100 Butterfly Semi
M 400 Freestyle Final
W 400 Freestyle Final
M 100 Breaststroke Semi

June 16 - Sunday
M 400 IM Final
W 100 Butterfly Final
M 200 Freestyle Semi
W 100 Breaststroke Semi
M 100 Backstroke Semi
M 100 Breaststroke Final
W 200 Freestyle Semi

June 17 - Monday
W 400 IM Final
M 200 Freestyle Final
W 100 Backstroke Semi
M 100 Backstroke Final
W 100 Breaststroke Final
W 200 Freestyle Final

June 18 - Tuesday
M 100 Freestyle Semi
M 200 Butterfly Semi
W 100 Backstroke Final
M 800 Freestyle Final
W 100 Freestyle Semi
M 200 Breaststroke Semi

June 19 - Wednesday
W 100 Freestyle Final
M 200 Butterfly Final
W 200 Butterfly Semi
W 1500 Freestyle Final
M 200 Backstroke Semi
W 200 Breaststroke Semi
M 200 Breaststroke Final
M 100 Freestyle Final

June 20 - Thursday
W 200 Butterfly Final
M 200 Backstroke Final
M 50 Freestyle Semi
W 200 Breaststroke Final
W 200 Backstroke Semi
M 200 IM Semi

June 21 - Friday
M 50 Freestyle Final
W 200 Backstroke Final
M 200 IM Final
M 100 Butterfly Semi
W 200 IM Semi

June 22 - Saturday
M 100 Butterfly Final
W 50 Freestyle Semi
W 200 IM Final
W 800 Freestyle Final

June 23 - Sunday
W 50 Freestyle Final
M 1500 Freestyle Final



WARM-UP SCHEDULE: COMPETITION POOL

<u>Time</u>	<u>Lanes</u>	<u>Activity</u>
7:30-9:30 a.m.	All Lanes	General warm-up
9:30-10:00 a.m.	Lanes 0 & 9 Lanes 1 - 8	Pace lanes; push off only, circle swimming only General warm-up; circle swimming only

COMPETITION POOL LIMITED TO SWIMMERS COMPETING IN CURRENT MORNING'S HEATS DURING FINAL 60 MINUTES OF WARM UPS

10:00-10:15 a.m.	Lanes 0 & 9 Lanes 1 - 8	Pace lanes; push off only, circle swimming only General warm-up; circle swimming only
10:15-10:45 a.m.	Lanes 0 & 9 Lanes 1 & 8 Lanes 2 - 7	Pace lanes; push off only; circle swimming only Sprint lanes*; one way only General warm-up

*Note: Additional sprint lanes will be opened by meet officials as required, in the following order : 2, 7, 4, 5. On days where the 50m freestyle is contested, lane 8 will be open for starts from the turn-end of the pool. Adjustments to the warm-up times may be made by the Meet Referee.

6:00-7:00 p.m.	Lanes 0 & 9 Lanes 1 - 8	Pace lanes; push off only, circle swimming only General warm-up; circle swimming only
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COMPETITION POOL LIMITED TO SWIMMERS COMPETING IN CURRENT EVENING'S SEMIFINALS AND FINALS DURING FINAL 60 MINUTES OF WARM UPS

7:00-7:15 p.m.	Lanes 0 & 9 Lanes 1 - 8	Pace lanes; push off only, circle swimming only General warm-up; circle swimming only
7:15-7:45 p.m.*	Lanes 0 & 9 Lanes 1 & 8 Lanes 2 - 7	Pace lanes; push off only; circle swimming only Sprint lanes*; one way only General warm-up

*Note: Additional sprint lanes will be opened by meet officials as required, in the following order - 2, 7, 4, 5. On days where the 50m freestyle is contested, lane 8 will be open for starts from the turn-end of the pool. Adjustments to the warm-up times may be made by the Meet Referee.

General Considerations:

- ◆ During the last hour prior to each session only swimmers competing in that session may warm-up in the competition pool.
- ◆ Please follow the established schedule. If you believe special circumstances exist or additional sprint lanes are needed, please contact the officials on deck.
- ◆ Coaches should maintain contact with their swimmers as much as practical - verbally & visually - throughout the warm-up period.
- ◆ Swimmers and coaches, please cooperate with marshals regarding procedures.
- ◆ Swimmers should not step up on the blocks when a backstroker is preparing to start.
- ◆ No training equipment (hand paddles, kickboards, snorkels, bungee cords, etc.) will be allowed in the competition pool.



WARM-UP SCHEDULE: WARM-UP POOL

- ◆ The Warm-up Pool will consist of ten 50-meter lanes and seven 25-meter lanes.
- ◆ The Warm-up Pool will be available for all Trials athletes continuously throughout the day during the published venue hours.
- ◆ At least two lanes (one 50m and one 25m) will be designated as pace lanes; push off only, circle swimming only.
- ◆ At least two lanes (one 50m and one 25m) will be designated as one-way sprint lanes.
- ◆ Two lanes (one 25m and one 50m) in the warm-up pool will be available for bungee cord use upon request.
- ◆ All other lanes will be designated for general warm-up; circle swimming only.
- ◆ Upon request and at the discretion of meet officials, these lane designations may be altered.



TRIALS SITE INFORMATION

About the Facility

This will be a temporary venue utilizing two Myrtha pools. The competition pool will consist of ten 50-meter lanes, and the warm-up pool will consist of ten 50-meter lanes and seven 25-meter lanes. Athlete amenities will be provided near the warm-up pool. Starting platforms will be the same size and type as those used in the Olympic Games. Omega timing and video back-up cameras will be used at this competition, as well as underwater officiating cameras. Absolutely no glass or tobacco products will be allowed in the venue.

Pool Hours

Tue, June 11: 4:00 p.m. - 8:00 p.m.

Wed, June 12 - Fri, June 14: 7:30 a.m. - 9:00 p.m.

Sat, June 15- Sun, Jun 23: 7:30 a.m. until 1 hour after the conclusion of finals

Please see page 12 for specific pool closures.

Team Banners

No team banners will be permitted at these Trials. This is due to television and logo restrictions.

Registration/Credential Pickup

All credentials may be picked up according to the following schedule at Lucas Oil Stadium Meeting Rooms 6 & 7. Athletes must be accompanied by their coach at Registration to receive their credentials.

Tue, June 11: 3:00 p.m. - 8:00 p.m.

Wed, June 12 - Sat, Jun 22: 8:00 a.m. - 8:00 p.m.

Sun, Jun 23: 8:00 a.m. - 12:00 p.m.

PLEASE WEAR YOUR CREDENTIAL AT ALL TIMES. Arrival times should be planned during registration hours so credentials can be obtained prior to entry into the venue. \$100.00 WILL BE CHARGED FOR REPLACEMENTS.

Parking passes for complimentary team parking will be distributed at registration. Participating teams will be emailed a one-time use permit for the Lucas Oil Stadium South Lot to be used when arriving for Registration.

Ticket Information

Tickets are currently on sale and can be purchased at usaswimming.org/trials.

THE STADIUM WILL NOT OPEN FOR SPECTATORS UNTIL SATUR-

DAY, JUNE 15, THE FIRST DAY OF COMPETITION. Spectator doors will open one hour before the designated start time for each session.

Meeting Schedule

Technical Meeting

Fri, June 14 – 4:00 p.m.

Lucas Oil Stadium West Club Lounge (Street Level)

Officials' Briefing

Sat, Jun 15 – 9:30 a.m.

Lucas Oil Stadium Officials' Room

All subsequent officials' meetings will be held one hour prior to the start of each session. All officials are required to attend.

Information/Lost & Found

Lost and Found for participants will be located in the Athlete Services Area at the Clerk of Course/Admin Table. Lost and Found for spectators will be at the Guest Services Kiosk located near Section 121 on the Street Level of the stadium.

Lockers and Restrooms

Lockers and restrooms for athletes are located adjacent to the competition and warm-up pools. Athletes must provide their own locks. Lucas Oil Stadium and the meet hosts will not be held liable for lost or stolen items.

Medical Assistance

Physician and Athletic Training services will be provided by IU Health during all hours the venue is open for team practice and competition. More information regarding these services will be distributed at the Technical Meeting.

Parking & Athlete Drop-Off

Please be aware that most downtown hotels are a short walk from the venue.

- ◆ Complimentary parking for teams, officials, and media will be available at Lucas Oil Stadium South Lot.
- ◆ There will be an exclusive swimmer drop-off area at the Northeast corner of the venue. From this location, athletes have direct access into the warm-up pool area.

Concessions

Concessions will be available at the venue during competition hours.

Event Apparel

Event apparel will be available for purchase at the venue.



TRIALS SITE INFORMATION (CONTINUED)

Hospitality Rooms

Hospitality for swimmers and coaches will be located in the Athlete Services area near the warm-up pool. Hospitality for the officials will be in the Officials' Meeting Room. Food will not be allowed on the pool deck areas.

Hotel Information

For complete and updated hotel information, please refer to usaswimming.org/trials.

Television Broadcast Schedule

Finals sessions will be shown live on NBC.



USOPC TRIALS - COMMERCIAL MARKINGS POLICY

SECTION 1. OVERVIEW

To ensure the priority of sport remains the central look of the U.S. Olympic & Paralympic Trials (Trials) and to retain the crucial brand connection with United States Olympic & Paralympic Committee (USOPC) sponsors and the Trials they support, no form of publicity, advertising, branding or promotion may appear on a person's body, clothing or equipment used by competitors, officials and all other participants in the Trials, except for the manufacturer identification and sports club logo on an Athlete's clothing and equipment as expressly permitted under these Rules.

Although these Rules provide that the Trials venue must remain free of commercial markings, the USOPC supports participants expressing their connection to personal sponsors through other avenues, such as social media.

SECTION 2. KEY TERMS USED IN THESE RULES

- a) **Athlete:** The individual, who may be part of a team of individuals, who compete in the Trials events.
- b) **Athlete Clothing:** The warm-ups and competition uniform worn by an Athlete immediately prior to competing and while competing.
- c) **Commercial Marking:** Any mark, logo or other brand indicator affiliated with a commercial entity.
- d) **Commercial Use:** Use in connection with the promotion of any commercial entity and/or its relationship with a National Governing Body (NGB) or athlete.
- e) **Manufacturer Identification:** The identification of a manufacturer principally used in the business of manufacturing, providing, distributing, and selling clothing or sporting goods (as applicable to the particular item), which is not confusingly similar or identical to an identification used in another line of business not related to clothing or sporting goods (as applicable to the particular item).
- f) **NGB:** The National Governing Body of the sport for the respective Trials, or the USOPC when a National Governing Body is not recognized and the USOPC assumes management responsibility over that sport.
- g) **Non-USOPC Sponsors:** Commercial entities that have no official relationship with the USOPC, but may sponsor NGBs or individual athletes.
- h) **Participants:** All athletes, coaches, team personnel, officials, volunteers and other individuals at the Trials Venue.
- i) **Specialized Equipment:** Items of apparel and equipment, approved by the USOPC, used by an athlete in the course of participation in a competition, which have a material effect on the performance of the athlete due to the specialized characteristics of the item. Also known as "personal performance gear."
- j) **Trials:** A competition that leads directly to the selection of athletes for a Delegation Event by the USOPC. Under a contractual agreement with the USOPC, the NGB manages the event under the designation of a U.S. Olympic or Paralympic Trials.
- k) **Rules Application Panel:** The panel that reviews incidents of misconduct and makes determinations whether a participant at trials has violated a USOPC rule in force during a trials event, as described further in USOPC Dispute Resolution Policy.
- l) **Trials Venue:** On the field of play or other restricted area at a competition designated by the USOPC as an Olympic or Paralympic Trials.
- m) **USOPC Marks:** Olympic and Paralympic trademarks and/or imagery.
- n) **USOPC Sponsors:** Official sponsors of the USOPC.



TRIALS PARTICIPANT RULES – COMMERCIAL MARKINGS

SECTION 3. APPLICABILITY

These USOPC Rules regarding the use or display of commercial marks at the U.S. Olympic & Paralympic Trials applies to all Participants. The use of non-commercial marks, symbols or words for demonstration purposes is governed by the USOPC Trials and Delegation Rules for Athlete Expression and Demonstrations.

SECTION 4. STATEMENT OF COMMERCIAL MARKINGS RULES

A. Requirement

No form of publicity, advertising, branding or promotion may appear on a person's body, clothing or equipment used by Participants in the entire Trials Venue.

B. Exceptions

(a) Manufacturer Identification. Athletes' Clothing, footwear* and sports equipment* may bear up to 1 standard Manufacturer Identification as originally imprinted by the Manufacturer per piece of Athlete Clothing.

No item will be marked conspicuously or for advertising purposes. The USOPC will be the sole authority to determine whether the use of a Manufacturer Identification complies with these Rules and reserves the right to interpret these Rules on a case-by-case basis. Any further exception to these Rules must be approved by the USOPC in writing and in advance.

*All footwear and equipment may carry the identification as generally used on products sold through retail in the six-month period prior to the Trials.

(b) Sport Club Logo. Unless otherwise agreed to in writing by the USOPC, an Athlete's Clothing may bear up to 1 logo placement of their sport club ("Sport Club Logo") across each article of Athlete Clothing (i.e., up to 1 logo on Athlete's top, up to 1 logo on Athlete's bottom, and up to 1 logo on a hat, if part of Athlete Clothing). Only one sport logo may be displayed across all Athlete Clothing and the use of the Sport Club Logo will be permitted, provided that the club is in good standing with the NGB for at least the six (6) months prior to the Trials. Athletes may coordinate approval of the Sport Club Logo with the NGB. The use of the Sport Club Logo may then be submitted by the NGB to the USOPC for approval in advance of the Trials.

Under no circumstances can an Athlete exceed the size or number of logos permitted under these Participant Rules. If a Participant elects to include a Sport Club Logo on their Athlete Clothing and a corporate name is associated with the name of a club, the name must be in text form, and not represented in logo form. The USOPC reserves the right to withhold approval of a Club Logo if the club name is deemed to be used conspicuously for advertising purposes.

(c) Specialized Equipment. Each athlete has the right to select his or her own Specialized Equipment (also

known as "Personal Performance Gear") for use in the U.S. Olympic & Paralympic Trials. The USOPC has the sole authority to determine what Athlete Clothing and equipment constitutes Specialized Equipment for each sport. The list of USOPC-approved clothing and equipment is located in Section E "Specialized Equipment" of the Guidelines found [here](#).



TRIALS PARTICIPANT RULES – COMMERCIAL MARKINGS

SECTION 5. SUBMISSION PROCESS

Athletes may submit images of their uniforms and equipment that they anticipate using at the Trials to the NGB in advance of the Trials pursuant to deadlines set by the NGB. The NGB will then submit the images to the USOPC for final pre-approval. A notice of approval will be sent back to the Athlete as soon as practicable, identifying any item that is not approved and the reasons for such rejection. The Athlete will have the opportunity to cure any identified deficiencies. Any item that is not pre-approved by the USOPC may be subject to mark concealment at the Trials (e.g., having the mark covered by tape), but an Athlete will still be permitted to use the item.

SECTION 6. NGB OBLIGATIONS TO ASSIST IN RULES IMPLEMENTATION

A. Pre-Event Notice of Rules. Each NGB hosting a Trials must reference this U.S. Olympics & Paralympics Trials Participant Rules – Commercial Markings in its Trials registration process for all Trials Participants. Each NGB must have all Participants agree to abide by and be bound by these Rules, including the dispute resolution process, at the Trials.

B. Communication. Each NGB will provide education in advance to all Participants expected to attend the Trials regarding the requirements of these Rules and the potential sanctions for failure to abide by them. The NGB will jointly work with its Team USA Athlete’s Commission representative to develop communication plans to outreach to Athletes with information about the commercial restrictions at the Trials. Communication about the requirements in these Rules should be widely disseminated.

C. Trials Enforcement. At the Trials, the NGB will work with the USOPC to identify any potential violations of these Rules and will assist in enforcing the requirements at the Trials Venue.

SECTION 7. USOPC ENFORCEMENT

A. On-site Enforcement. USOPC staff will be on-site at each Trials to help enforce the requirements set forth in these Rules for all Participants and to proactively mitigate any violations. This includes conducting an examination and regular monitoring of all clothing, footwear, accessories of all Participants and the sport equipment used by Athletes for competition. For any marking that does not comply with these Rules, the USOPC will have items (such as tape) on-hand to conceal the markings.

B. First Warning Notice of Rules Violation: USOPC staff will provide a clear and concise warning notice orally to a Participant who appears to be in violation of these Rules at Trials.¹ The warning notice will be delivered in front of a witness and the warning will be made, if possible, during a break in the competition, where applicable. This first warning notice should:

- 1) Confirm to the Participant that these Rules for Trials are applicable and any Participant who chooses not to comply with the Rules may face a possible sanction.
- 2) Where the Participant is an Athlete, inform the Athlete that they will be allowed to participate in their event, but that they may face a possible sanction (including but not limited to their results being disqualified) if they continue to fail to comply with these Rules.
- 3) Indicate that any violation of these Rules will be handled in accordance with the USOPC Dispute Resolution Policy which can be found [here](#).



TRIALS PARTICIPANT RULES – COMMERCIAL MARKINGS

SECTION 8. REPORTING VIOLATION

Any individual may report an alleged violation of these Rules to a USOPC representative on-site at the Trials. The USOPC may also pursue a possible violation based on first-hand knowledge or information received otherwise.

SECTION 9. AVAILABLE SANCTIONS FOR VIOLATION OF THESE RULES

If there is a potential violation of the USOPC Rules, the USOPC Rules Application Panel will review the matter and propose a sanction, as described in the Dispute Resolution Policy. Possible consequences of violating these Rules include, but are not limited to:

All Participants:

- (a) Expulsion from Trials;
- (b) Recommendation to the NGB and the USOPC of the loss of the privilege to participate in future Olympic, Paralympic, Pan American, Parapan American, and Youth Olympic Games, as well as other USOPC-sponsored events; or
- (c) Performance of a specified task or tasks, such as a formal written and/or oral apology.

Specific to Athletes:

- (d) Disqualification of results at Trials, which may impact selection to the Olympic, Paralympic, Pan American, Parapan American, and Youth Olympic Games, as well as other USOPC-sponsored events; or
- (e) Denial of funding from the USOPC Athlete Support Programs or other USOPC-sponsored programs for which Athlete may be eligible.

SECTION 10. DISPUTE RESOLUTION

If a Participant disputes the sanction proposed by the USOPC Rules Application Panel, and is unable to informally resolve it with the USOPC (as described in the Dispute Resolution Policy), then the individual may request a hearing in front of the Trials Hearing Panel in accordance with the USOPC Dispute Resolution Hearing Procedures.

The Office of the Athlete Ombuds is available to provide cost-free, confidential, and independent advice to Athletes regarding their rights, resources, and options under this process and to assist athletes in resolving disputes or concerns. Athletes may contact the Athlete Ombuds at ombudsman@usathlete.org or 719-866-5000.



DOPING CONTROL INFORMATION

The 2024 U.S. Olympic Team Trials - Swimming 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 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 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 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, USADA 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 FINA sanctioned events. If you have an athlete in this situation, please email smichael@usaswimming.org immediately.



2024 TRIALS TIME STANDARDS



OFFICIAL TRIALS CUTS

WOMEN				MEN			
25.69	50 FR	1:01.89	100 BK	22.79	50 FR	55.69	100 BK
55.79	100 FR	2:13.59	200 BK	49.99	100 FR	2:01.69	200 BK
2:00.89	200 FR	1:10.29	100 BR	1:49.99	200 FR	1:02.19	100 BR
4:15.49	400 FR	2:31.69	200 BR	3:55.59	400 FR	2:15.99	200 BR
8:45.79	800 FR	1:00.19	100 FL	8:09.69	800 FR	53.59	100 FL
16:45.69	1500 FR	2:13.69	200 FL	15:39.89	1500 FR	2:00.49	200 FL
		2:16.09	200 IM			2:03.49	200 IM
		4:49.89	400 IM			4:25.19	400 IM