



U.S. OLYMPIC TEAM TRIALS SWIMMING

**JUNE 21-28, 2020
CHI HEALTH CENTER OMAHA
OMAHA, NEBRASKA**

OFFICIAL EVENT INFORMATION

**ENTRY DEADLINE IS 9:00 A.M. (CENTRAL DAYLIGHT TIME)
MONDAY, JUNE 15, 2020**



JUNE 21-28, 2020
CHI HEALTH CENTER OMAHA



IMPORTANT DATES

- ◆ The qualifying period is November 28, 2018, through the standard entry deadline of Monday, June 15, 2020, at 9:00 a.m. Central Daylight Time.
- ◆ Qualifying standards are Long Course Meters (LCM) only.
- ◆ Entries will be accepted beginning Wednesday, March 25, 2020, until 9:00 a.m. (Central Daylight Time) Monday, June 15, 2020, through the On-Line Entry (OME) process at usaswimming.org/trials. The *Late Qualifying Process* can be used to enter swimmers who achieve a new qualifying standard after the standard entry deadline, but no later than 1:00 p.m. (Central Daylight Time) Saturday, June 20, 2020. The *Late Entry Process* is for entries that miss the standard entry deadline. These entries will be accepted until 1:00 p.m. (Central Daylight Time) Saturday, June 20, 2020 for an additional fee. See pages 8-9 for additional information.
- ◆ There will be a Coaches' Technical Meeting Saturday, June 20 at 4:00p.m., in the CHI Health Center Omaha, Ballroom A (Second Level).
- ◆ The Athlete Dining Village located in the CHI Health Center Omaha is being offered for all accredited team members and accredited support staff from 6:30 a.m. - 9:00 a.m. (breakfasts) and 7:00 p.m. - 9:30 p.m. (dinners) with dinners beginning Saturday evening, June 20 and breakfasts beginning Sunday morning, June 21. Breakfasts and dinners will be offered through Saturday evening, June 27. Reservations for any or all days must be made online at usaswimming.org/trials. Please note there will be no meal sales on-site. Menu offerings are all you can eat and are priced at \$21.00 per person for breakfast and \$28.00 per person for dinner, including taxes and gratuities. More information will follow on these options. The menus have been endorsed by both the USOPC and USA Swimming nutritionists and can 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. FINA 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.
- ◆ The use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms, or locker rooms. Changing into or out of swimsuits other than in locker rooms or other designated areas is prohibited.
- ◆ 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 fastest 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 the CHI Health Center Omaha at 402-341-1500 or chihealthcenteromaha.com/ada-compliance-contact/.
- ◆ 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.



JUNE 21-28, 2020
CHI HEALTH CENTER OMAHA

TABLE OF CONTENTS

Trials Administration	4
Prior to Arriving at the Trials	5
Entry Process	8
At The Trials	10
Rules	12
Order of Events	13
Warm-Up Schedule	14
Site Information	15
Venue Diagrams	17
Doping Control	21
Time Standards	22



TRIALS ADMINISTRATION

Venue

CHI Health Center Omaha
455 North 10th Street
Omaha, NE 68102
402-341-1500
chihealthcenteromaha.com

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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Officials

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PRIOR TO ARRIVING AT TRIALS

Eligibility

All athletes who compete at the Trials must have a U.S. passport valid through March 1, 2021, so please plan accordingly.

To compete in the Trials, a swimmer must:

1. be a U.S. citizen who is eligible to represent the USA in the 2020 Olympic Games, and
2. be a currently registered member of USA Swimming in good standing, and
3. have achieved a qualifying time standard between November 28, 2018, and 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.

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 and the background check will be available at meet check-in and is also online at usaswimming.org/protect. **The APT must be completed prior to entering the meet.** 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.

Qualifying Period

The qualifying period is November 28, 2018, through the standard entry deadline of Monday, June 15, 2020, at 9:00 a.m. Central Daylight Time. The Late Qualifying Process can be used to enter swimmers who achieve a new qualifying standard after the standard entry deadline, but no later than 1:00 p.m. (Central Daylight Time) Saturday, June 20, 2020. The Late Entry Process (as described on page 8) can be used until 1:00 p.m. (Central Daylight Time) on Saturday, June 20, 2020.

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.

Secondary Team Recognition

All athletes who enter the Trials will be permitted to list a second USA Swimming club on the on-line entry blank for recognition purposes only. The second club will be listed in the heat and psych sheets provided there is enough space for the primary club.

Timelines

Tentative timelines for the finals' sessions will be posted at usaswimming.org/trials approximately three months prior to the start of the Trials. 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.

Safety

All athletes ages 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. 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.

Any U.S. swimmer entered in these meets 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, 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



PRIOR TO ARRIVING AT TRIALS (CONTINUED)

and/or spectators are present.

It is understood and agreed that USA Swimming, the Meet Hosts, 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.

Uniforming and the Olympic Rings

With the exception of standard manufacturers' equipment identification permitted by Rule 50 of the Olympic Charter, the equipment, uniforms, and accessories of the competitors, coaches and officials at the Trials may not bear any commercial identification or promotional material of any kind (whether commercial or non-commercial). For clarification, all swimsuits, swim caps, goggles, clothing, socks, towels and bottles will have no identification outside of the standard manufacturer's logos.

The participant may wear the USOPC approved logo of his/her swim club on his/her clothing or caps, subject to USOPC prior approval of the size, frequency and placement of club logo, and provided the club is in good standing with USA Swimming (as of September 1, 2019) and any additions to such list no later than April 15, 2020.

The USOPC will support USA Swimming with the enforcement of this USOPC policy at the 2020 U.S. Olympic Team Trials.

Any violation of the rules may result in an athlete's eligibility to complete. We appreciate your attention and understanding to these rules that will be enforced throughout the 2020 U.S. Olympic Team Trials.

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.

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.



PRIOR TO ARRIVING AT TRIALS (CONTINUED)

Credentialing Process

All participants in the 2020 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.

usswimtrial2020.eventfifty.co/register?clubs

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.

Transgender Participants

Athletes attending this event must abide by IOC policies that state:

Those who transition from male to female are eligible to compete in the female category under the following conditions:

- ◆ The athlete has declared that her gender identity is female. The declaration cannot be changed, for sporting purposes, for a minimum of four years.
- ◆ The athlete must demonstrate that her total testosterone level in serum has been below 10 nmol/L for at least 12 months prior to her first competition (with the requirement for any longer period to be based on a confidential case-by-case evaluation, considering whether or not 12 months is a sufficient length of time to minimize any advantage in women's competition).
- ◆ The athlete's total testosterone level in serum must remain below 10 nmol/L throughout the period of desired eligibility to compete in the female category.
- ◆ Compliance with these conditions may be monitored by testing. In the event of non-compliance, the athlete's eligibility for female competition will be suspended for 12 months.

Any athlete who desires to submit medical records to stay in compliance to the IOC rule shall submit to USA Swimming's National Team Managing Director: 1) a signed declaration that the member's gender identity is female, and (2) an attestation from a medical professional that the member's total testosterone level in serum has been below 10 nmol/L for at least 12 months prior to the member's first competition. USA Swimming will not accept actual test results or other medical records from a member and, any such documents received by USA Swimming will be destroyed immediately.

As a transitioning athlete, you may need to utilize a medication/substance that is prohibited and would require approval for use. To ensure compliance with these rules please contact the U.S. Anti-Doping Agency (USADA) at 719-785-2000.

USA Swimming follows IOC guidelines for transgender participants, and therefore this information is subject to change as policy surrounding transgender elite athletes evolves. Information and selection criteria will be updated when changes are made.



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, and 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.

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.

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.

Entering the Meet

Entries will be accepted beginning **Wednesday, March 25, 2020, until 9:00 a.m. (Central Daylight Time) Monday, June 15, 2020**, through the On-Line Entry (OME) process at usaswimming.org/trials. For help with the online entries, contact Macie McNichols at mmcnichols@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. You may not delete an online entry. You will be required to pay for the online entries with Visa, Mastercard, American Express, or Discover.

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.

Late Entries

Late entries must be submitted through the Online Meet Entry system (OME), and these entries must be received no later than 1:00 p.m. (Central Daylight Time) Saturday, June 20, 2020. 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

Swimmers who achieve a new qualifying standard after the standard entry deadline may enter the meet through OME under the title *2020 Trials: New Qualifying Swims*. These entries must be submitted no later than 1:00 p.m. (Central Daylight Time) Saturday, June 20, 2020, and cannot be used to improve the seed time of a prior entry, unless the improvement achieves a new qualifying standard. Normal entry fees apply.

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, and 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.



AT THE TRIALS

Registration

The Registration Area is located in Room 212 of the CHI Health Center Omaha Convention Center (second level) and will be open beginning at 3:00 PM on Wednesday, June 17. 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. Start with the person that is checking the swimmers' and coaches' USA Swimming membership. Have your coach membership card or Deck Pass app with you. 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 online or at Registration and make sure your swimmers do not have an asterisk (*) by their time.
4. In the event of an asterisk (*), go to Registration immediately and clear the time. It is your responsibility to do this. If it is not cleared by the scratch deadline, the swimmer will be scratched from the event. If a time cannot be proven, the coach is subject to a \$100 fine. Before arriving in Omaha, 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 Lot A in the back of the CHI Health Center Omaha. Teams entered in the meet will be emailed a one-time use parking permit for Lot A prior to arriving in Omaha to be used upon arrival for Registration. Passes will be distributed at Registration. In order to avoid congestion in the public areas, a vehicle drop-off area for athletes will be available both in front and in the back of the venue. Spectator parking will be \$15/day while the College World Series (Baseball) is ongoing, and \$10/day after.

Technical Meeting

A technical meeting will be held Saturday, June 20, at 4:00 p.m. in Ballroom A of the CHI Health Center Omaha Convention Center (Second Level). Coaches are responsible for all business conduct-

ed 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 are designated seating areas (sections 123, 125, 126, 127, 226, and 227 - see enclosed venue map) exclusively reserved for athlete/coach/team seating. Athletes and coaches must have appropriate credentials for access into these sections. Two rows in the team seating area will be reserved for coaches to view their swimmers during their races, and the front row may be reserved for officials. 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 in 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.

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.



AT THE TRIALS (CONTINUED)

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 at the conclusion of the previous day's Finals.

Pool Closures

The competition pool will be closed Saturday evening, June 20th, 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.

Medal Ceremonies

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.

Olympic Games Travel

USA Swimming's travel agency will be on-site to provide assistance to families and personal coaches with Tokyo travel accommodations.

Fan Experience

USA Swimming will host fan experience areas throughout the

duration of the event. The USA Swimming AquaZone will be located in the CHI Health Center Omaha Convention Center, and USA Swimming Live will be in the Downtown Capital District behind the Marriott Hotel. 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 the USOPC. 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, received for performances in this competition for the purpose of trade. Furthermore, participants agree to return uniforms and equipment bearing USA Swimming logos and marks, if and when requested.



SELECTED USA SWIMMING RULES

Rules

FINA Technical Rules and USA Swimming Administrative Rules will govern the conduct of these Trials. The Trials are governed by the National Team Managing Director and conducted by the Program and Events Committee. 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 the 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 before the scratch deadline in order to compete. Seeded heat sheets will be published at 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.

Awards

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. 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. The medal ceremony will recognize the athlete and coach.

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 28. 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.

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 (cash, check, or credit card) will be accepted 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.



TRIALS ORDER OF EVENTS

Omaha is on Central Daylight Time.

Heats 10:00am

June 21 - Sunday

400 Individual Medley – Men
100 Butterfly – Women
400 Freestyle – Men
400 Individual Medley – Women
100 Breaststroke – Men

June 22 - Monday

100 Backstroke – Women
200 Freestyle – Men
100 Breaststroke – Women
100 Backstroke – Men
400 Freestyle – Women

June 23 - Tuesday

200 Freestyle – Women
200 Butterfly – Men
200 Individual Medley – Women
1500 Freestyle - Women

June 24 - Wednesday

100 Freestyle – Men
200 Butterfly – Women
200 Breaststroke – Men
800 Freestyle - Men

June 25 - Thursday

100 Freestyle – Women
200 Backstroke – Men
200 Breaststroke – Women
200 Individual Medley – Men

June 26 - Friday

800 Freestyle – Women
100 Butterfly – Men
200 Backstroke – Women

June 27 - Saturday

50 Freestyle – Men
50 Freestyle - Women
1500 Freestyle – Men

June 28 - Sunday

No Preliminaries

Finals 6:45pm (actual start times may vary between 6:51pm and 7:03pm due to live television)

June 21 - Sunday

400 Individual Medley – Men FINAL
100 Butterfly – Women SEMIFINALS
400 Freestyle – Men FINAL
400 Individual Medley – Women FINAL
100 Breaststroke – Men SEMIFINALS

June 22 - Monday

100 Butterfly – Women FINAL
200 Freestyle – Men SEMIFINALS
100 Breaststroke – Women SEMIFINALS
100 Breaststroke – Men FINAL
400 Freestyle – Women FINAL
100 Backstroke – Men SEMIFINALS
100 Backstroke – Women SEMIFINALS

June 23 - Tuesday

200 Freestyle – Women SEMIFINALS
200 Freestyle – Men FINAL
100 Backstroke – Women FINAL
100 Backstroke – Men FINAL
100 Breaststroke – Women FINAL
200 Butterfly – Men SEMIFINALS
200 Individual Medley – Women SEMIFINALS

June 24 - Wednesday

100 Freestyle – Men SEMIFINALS
200 Freestyle – Women FINAL
200 Butterfly – Men FINAL
200 Butterfly – Women SEMIFINALS
200 Breaststroke – Men SEMIFINALS
200 Individual Medley – Women FINAL
1500 Freestyle - Women FINAL

June 25 - Thursday

800 Freestyle - Men FINAL
200 Breaststroke - Men FINAL
100 Freestyle - Women SEMIFINALS
200 Backstroke - Men SEMIFINALS
200 Butterfly - Women FINAL
100 Freestyle - Men FINAL
200 Breaststroke - Women SEMIFINALS
200 Individual Medley - Men SEMIFINALS

June 26 - Friday

200 Breaststroke - Women FINAL
200 Backstroke – Men FINAL
200 Backstroke - Women SEMIFINALS
200 Individual Medley - Men FINAL
100 Freestyle - Women FINAL
100 Butterfly - Men SEMIFINALS

June 27 - Saturday

100 Butterfly - Men FINAL
200 Backstroke - Women FINAL
800 Freestyle - Women FINAL
50 Freestyle - Men SEMIFINALS
50 Freestyle - Women SEMIFINALS

June 28 - Sunday

50 Freestyle – Men FINAL
50 Freestyle – Women FINAL
1500 Freestyle - Men FINAL



WARM-UP SCHEDULE: COMPETITION POOL

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

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

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

5:30 - 6:00 p.m.	Lanes 0 & 9	Pace lanes; push off only, circle swimming only
	Lanes 1 - 8	General warm-up; circle swimming only

COMPETITION POOL LIMITED TO SWIMMERS COMPETING IN CURRENT EVENING'S SEMIFINALS AND FINALS DURING FINAL 60 MINUTES OF WARM UPS

6:00 - 6:15 p.m.	Lanes 0 & 9	Pace lanes; push off only, circle swimming only
	Lanes 1 - 8	General warm-up; circle swimming only
6:15 - 6:45 p.m.*	Lanes 0 & 9	Pace lanes; push off only; circle swimming only
	Lanes 1 & 8	Sprint lanes*; one way only
	Lanes 2 - 7	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 50 m 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 backstroke is preparing to start.
- ◆ No hand paddles, kickboards, snorkels, or bungee cords will be allowed in the competition pool the last hour prior to each session.



WARM-UP SCHEDULE: WARM-UP POOL

- ◆ The Warm-up Pool will consist of eight 50-meter lanes and six 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.
- ◆ 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 eight 50-meter lanes and six 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. Absolutely no glass or tobacco products will be allowed in the venue.

Pool Hours

Wed, June 17: 4:00p.m. - 8:00p.m.

Thu, June 18 - Sat, June 20: 6:30a.m. - 8:00p.m.

Sun, June 21- Sun, Jun 28: 6:30a.m. until 1 hour after the conclusion of finals

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 in Room 212 of the CHI Health Center Omaha Convention Center (second level). Athletes must be accompanied by their coach at Registration to receive their credentials.

Wed, June 17: 3:00p.m. - 8:00p.m.

Thu, June 18 - Sat, Jun 27: 7:00a.m. - 7:00p.m.

Sun, Jun 28: 7:00a.m. - 11:00a.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 in Lot A will be distributed at registration. Participating teams will be emailed a one-time use permit for Lot A to be used when arriving for Registration.

Ticket Information

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

THE ARENA WILL NOT OPEN FOR SPECTATORS UNTIL SUNDAY, JUNE 21, THE FIRST DAY OF COMPETITION. Spectator doors will open one hour before the designated start time for each session.

Meet Program & Heat Sheet Sales

Official Meet Program - \$10

Prelims Heat Sheets - \$5

Finals Heat Sheets - \$5

All-Session Heat Sheets - \$50

Meeting Schedule

Technical Meeting

Sat, June 20—4:00p.m.

CHI Health Center Omaha Convention Center, Ballroom A (Second Level)

Officials' Briefing

Sun, Jun 21—8:30 a.m.

CHI Health Center Omaha, Officials' Meeting Room (Northeast Arena Corridor)

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

Personal Coaches of Olympians Meeting

A meeting for the personal coaches of all athletes qualifying for the 2020 Olympic Team will be held at 10:00 a.m. on Sun, Jun 28, 2020. The meeting will be held in Meeting Room 214 in the CHI Health Center Convention Center Omaha.

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 in the Customer Services Area on the mezzanine level. An information desk will be located in the lobby of the facility.

Lockers and Restrooms

Lockers and restrooms for athletes are located adjacent to the corridor of the arena. Additional facilities will be in the Athlete Services area of the CHI Health Center Omaha next to the warm-up pool. Athletes must provide their own locks. The CHI Health Center Omaha and the meet hosts will not be held liable for lost or stolen items.



TRIALS SITE INFORMATION (CONTINUED)

Medical Assistance

Physicians' services will be available in the venue 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

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

- ◆ Complimentary parking for teams, officials, and media will be in Lot A behind the CHI Health Center Omaha. Parking passes will be distributed at registration for access into Lot A.
- ◆ There will be a exclusive swimmer drop-off area at the east entrance to the venue (near Lot A). There will also be a designated athlete drop-off area on the west side of the venue in the semi-circular drive. From this location, athletes have direct access into the warm-up pool area.
- ◆ Spectator parking will be available in lots B, C, and D, and bus parking is typically in Lot D. Prices are TBD. There are no in and out privileges in any parking location.
- ◆ Please see page 17 for a downtown area map with parking lots.

Concessions

Concessions will be available at the venue during competition hours.

Event Apparel

Event apparel will be available for purchase at designated areas both inside the arena and in the Aqua Zone.

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 (Northeast arena corridor). Food will not be allowed on the pool deck areas.

Airport

Eppley Airfield (OMA)
4501 Abbott Drive
Omaha, NE 68110

Airlines Serving Omaha

Alaska Airlines	800-252-7522
Allegiant Air	702-505-8888 (
American Airlines	800-433-7300
Delta	800-221-1212
Frontier	800-401-9000

Southwest	800-435-9792
United	800-864-8331

Rental Cars Serving Omaha

Alamo	800-462-5266
Avis	800-831-2847
Budget	402-348-0455
Dollar	800-800-4000
Enterprise	800-325-8007
Hertz	800-654-3131
National	800-227-7368
Payless	800-729-5377
Thrifty	800-367-2277

Directions from Airport to CHI Health Center Omaha

- ◆ Exit the airport on Abbott Drive
- ◆ Abbott Drive becomes Cuming Street
- ◆ Turn Left onto North 12th Street
- ◆ Turn Left onto Capitol Avenue
- ◆ Turn Left onto North 10th Street

Estimated Time: 10 Minutes

Estimated Distance: Less than 5 miles

Hotel Information

For complete and updated hotel information, please refer to usaswimming.org/trials. Marriott/Bonvoy is an official sponsor of USA Swimming.

Television Broadcast Schedule

The Trials will be shown live on NBC and the NBC Sports Network according to the following schedule (all times Eastern:

	<u>Prelims</u>	<u>Time</u>	<u>Finals</u>	<u>Time</u>
Sun, June 21	NBCSN	TBD	NBC	7-8 p.m.
Mon, June 22	NBCSN	TBD	NBC	7-8:20 p.m.
Tue, June 23	NBCSN	TBD	NBC	7-8 p.m.
Wed, June 24	NBCSN	TBD	NBC	7-9 p.m.
Thu, June 25	NBCSN	TBD	NBC	7-9 p.m.
Fri, June 26	NBCSN	TBD	NBC	7-8 p.m.
Sat, June 27	NBCSN	TBD	NBCSN	7-8 p.m.
Sun, June 28	No Prelims		NBC	7-7:40 p.m.

Doping Control

Please refer to the separate Doping Control document for information on doping control procedures at this event.

CHI HEALTH CENTER OMAHA PARKING

Complimentary parking for teams, officials, and media will be in Lot A in the back of the CHI Health Center Omaha. Parking passes for Lot A will be distributed at Registration. Guest/Spectator parking will be available in lots B, C, and D for \$8 per vehicle per entry.



- | | | |
|---|--|---|
| 1 Fairfield Inn & Suites
Omaha Downtown | 5 Hilton Omaha | 9 Residence Inn by Marriot
Omaha Downtown/Old Market |
| 2 Holiday Inn
Downtown Omaha | 6 DoubleTree Hilton
Omaha Downtown | 10 Omaha Marriot Downtown
at the Capitol District |
| 3 Homewood Suites by Hilton
Downtown Omaha | 7 Hilton Garden Inn
Omaha Downtown/Old Market | 11 Cambria Hotel
Omaha Downtown |
| 4 Hampton Inn
Omaha Downtown/Old Market | 8 Courtyard by Marriot
Omaha Downtown | |

2020
CONVENTION CENTER
MEETING LEVEL/SECOND
FLOOR v2

Yellow font = Room usage
through Trials
Blue font = room usage during
Omaha Cup

Team Processing Area

Kitchen

Junior Ballroom

Meeting Room 201
AquaZone Storage

Meeting Room 202
Team Processing

Meeting Room 203
Team Processing

Meeting Room 204
Team Processing

Olympic Team Family Room
Meeting Room 205

Omaha Cup & Trials
Meeting Room 206
LOC Meeting Room

Omaha Cup & Trials
Meeting Room 207
LOC Meeting Room

Meeting Room 208
OSC Hospitality

USAS
Meeting Room 209

LOC Storage
Meeting Room 210
Goody Bag Distro

Registration
Meeting Room 211
Omaha Cup & Trials

Registration
Meeting Room 212
Omaha Cup & Trials

Athlete Dining Village

Peter Kiewit Grand Ballroom

Ballroom C

Ballroom B

Ballroom A

Olympic Trials Technical Meeting

Volunteer Hospitality
Meeting Room 215
Omaha Cup & Trials

Volunteer Check-in
Meeting Room 216
Omaha Cup & Trials

Omaha Cup Technical Meeting
Meeting Room 214
USA Swimming - Trials (open)

Omaha Cup Technical Meeting
Meeting Room 213
LOC - Trials (open)

Coat Check

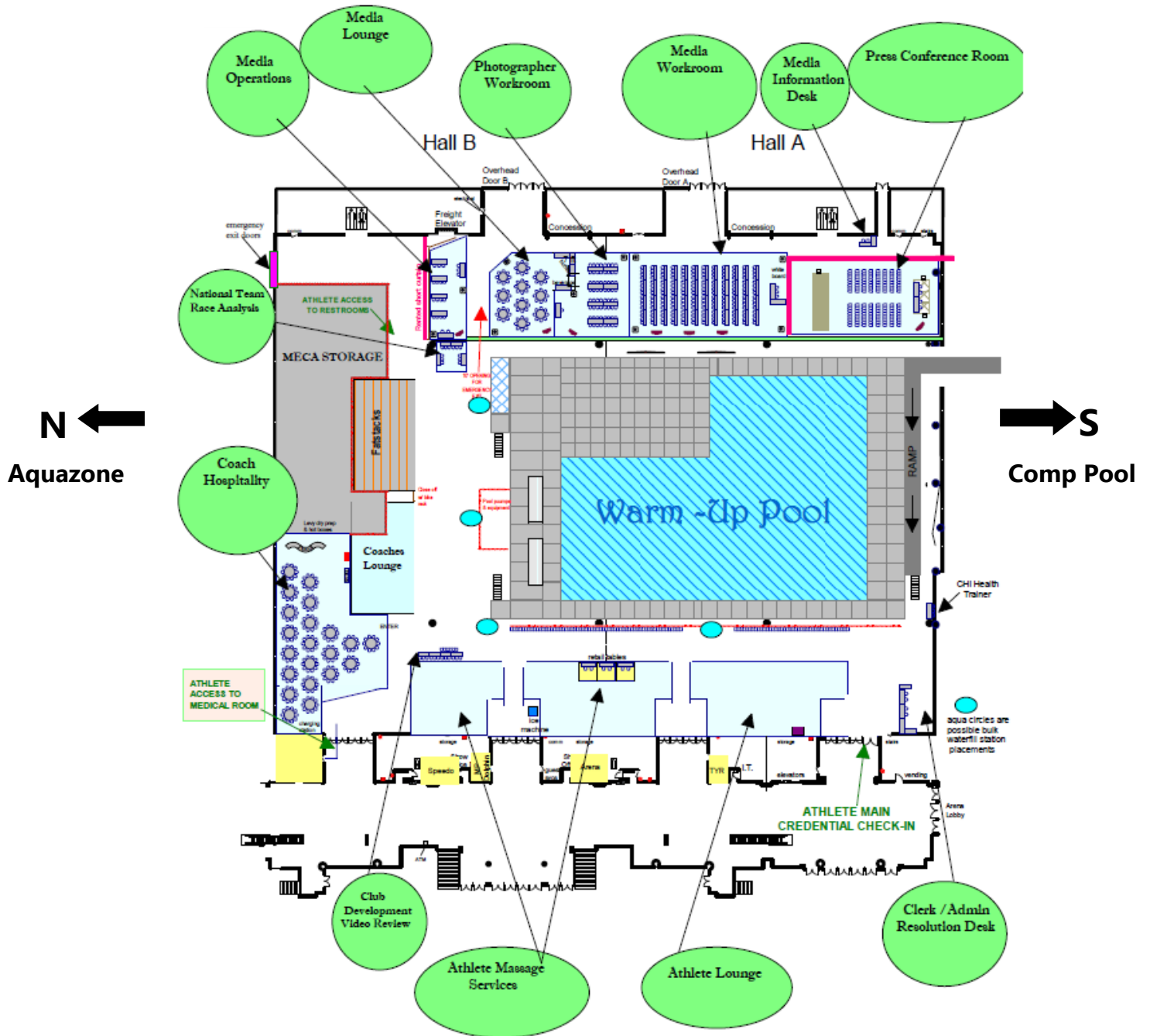
DOWN

UP

Skywalk to Hotel

subject to change
created by MECA
9/27/19 BT
10/29/19 BT

CHI HEALTH CENTER OMAHA
CONVENTION CENTER ATHLETE SERVICES AREA



CHI HEALTH CENTER OMAHA SEATING





DOPING CONTROL INFORMATION

The 2020 U.S. Olympic Team Trials 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 FINA under the In-Competition Testing program. This section is intended to give an overview of the key points relevant to this program and the testing which will be conducted at the competitions governed by this booklet. Athletes should visit <http://www.usada.org/athletes/antidoping101/> for important information that all athletes and their parents must be aware of. Key details from that document are listed below. Athletes should check their medications prior to use and note that some medications may require approval that will take at least 21 days.

What substances are banned?

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

What about medication?

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

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

Therapeutic Use Exemptions?

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

Understand the Sample Collection Process:

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

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

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.



OFFICIAL TIME STANDARDS		
U.S. OLYMPIC TEAM TRIALS		
WOMEN	EVENT	MEN
25.99	50 Freestyle	23.19
56.29	100 Freestyle	50.49
2:01.69	200 Freestyle	1:50.79
4:16.89	400 Freestyle	3:57.29
8:48.09	800 Freestyle	8:12.99
16:49.19	1500 Freestyle	15:44.89
1:02.69	100 Backstroke	56.59
2:14.69	200 Backstroke	2:02.99
1:10.99	100 Breaststroke	1:03.29
2:33.29	200 Breaststroke	2:17.89
1:00.69	100 Butterfly	54.19
2:14.59	200 Butterfly	2:01.19
2:17.39	200 Individual Medley	2:04.09
4:51.79	400 Individual Medley	4:25.99