



DOPING CONTROL INFORMATION

The 2022 Speedo Winter Juniors is subject to Doping Control

All athletes at this competition are subject to drug testing conducted by the United States Anti-Doping Agency (USADA), WADA, and/or 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 illnesses 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.



2022 TIME STANDARDS

SPEEDO WINTER JUNIOR CHAMPIONSHIPS

**Qualifying from November 1, 2021 through Entry Deadline*

WOMEN

MEN

SCY	LCM	BONUS	LCM	SCY
24.09	27.39	50 FR	24.89	21.39
52.09	59.39	100 FR	53.79	46.49
1:52.59	2:07.79	200 FR	1:58.09	1:41.79
5:03.49	4:28.79	400/500 FR	4:09.99	4:37.09
10:20.49	9:13.79	800/1000 FR	8:40.69	9:34.29
17:14.39	17:40.19	1500/1650 FR	16:38.99	16:05.49
58.09	1:06.89	100 BK	1:00.79	52.09
2:04.99	2:23.99	200 BK	2:11.89	1:52.79
1:05.99	1:15.99	100 BR	1:08.69	58.69
2:22.69	2:43.39	200 BR	2:29.09	2:08.59
57.49	1:04.69	100 FL	58.39	51.09
2:05.39	2:21.89	200 FL	2:10.19	1:53.69
2:08.29	2:26.39	200 IM	2:12.79	1:55.09
4:30.69	5:07.29	400 IM	4:42.39	4:07.59