



USADA has received many questions regarding the 60-minute time slot. The bullet points below clarify the specific questions we have received.

- An athlete is subject to testing at any time during the day.
- An athlete will only be subject to a Missed Test if he/she is unavailable during his/her specified 60-minute time slot.
- If an athlete is unavailable outside of the 60-minute time slot, USADA will record that as an Unsuccessful Attempt and monitor an athlete's unavailability outside of that 60-minute time slot. Repeated Unsuccessful Attempts outside of the 60-minutes could lead to a Filing Failure and/or a potential evasion of testing. **It is important that an athlete provide accurate and complete whereabouts.**
- The 60-minute time slot cannot be split into half-hour increments.
- Listing a 60-minute time slot on the "roads of Boulder running" or "biking in the California hills" is not a specific location and should not be used as a 60-minute time slot. If, however, an athlete chooses to provide a training location such as "biking the roads of Boulder" or "running in the California hills," outside of his/her designated 60-minute time slot, he/she must provide the start and end time and ensure the training times are accurate.
- Even if an athlete is flying **internationally**, he/she will still need to provide a 60-minute time slot. Per the IST, a 60-minute time slot must be provided for every day. This can be before the athlete arrives to the airport, or after he/she lands. In some cases, where it is a 24-hour flight or a flight during the IST-stipulated 6am-11pm window, an athlete may need to record the 60-minute time slot during the flight time. An athlete should provide the flight number, departure and arrival city, and any other pertinent information. **The address of the new location, training times, trip duration, and the 60-minute time slot(s) must also be provided in an update.**
- When crossing the International Date Line, an athlete is responsible for providing a 60-minute time slot each day. That could mean an athlete leaves Asia on Date X, but returns to the U.S. on Date X. That athlete should provide a 60-minute time slot where he/she is available and accessible. Example: Leave Asia on February 4 and return to the United States on February 4.
- If an athlete is flying **domestically** (i.e. from Los Angeles to Las Vegas), the athlete will still need to provide a 60-minute time slot and location, but the time slot should be stated before he/she

arrives to the airport or after he/she lands and not during the flight. Therefore, the flight should not be used as the 60-minute time slot. **The address of the new location, training times, trip duration, and the 60-minute time slot(s) must also be provided in an update.**

- If an athlete travels via a vehicle and the travel time encompasses the 6am-11pm IST-stipulated window, the athlete will need to be diligent in providing up-to-date location information such as providing a 60-minute time slot during a stop for lunch or at a gas station. Once the athlete reaches his/her final destination, the athlete must provide the address of the new location and the 60-minute time slot.

Updates to USADA can be completed in 3 ways:

- update@usada.org
- text@usada.org (add USADA to your cell phone contacts to send a text)
- Whereabouts Filing at www.usada.org/ae

Thank you for being diligent and cooperative during Quarter 1 2009.