



60-Minute Time Slot Clarification

USADA has received questions regarding the 60-minute time slot and an athlete's responsibility during the 60-minute time slot. The bullet points provide answers to the most frequently asked questions.

- An athlete is subject to testing at any time.
- An athlete must be **available and accessible** for testing at a specific location during the entire 60-minute time slot.
 - The 60-minute time slot cannot be split into half-hour increments.
 - Listing a 60-minute time slot as “running on the roads of Boulder” or “biking in the California hills” is not a specific location and should not be used as a 60-minute time slot. If an athlete chooses to provide a training location such as “running on the roads of Boulder” or “biking in the California hills,” he/she must provide the start and end time and ensure the training times are accurate.
 - If an athlete is flying **internationally**, he/she will still need to provide a 60-minute time slot when flying. Per the IST, an athlete must provide a 60-minute time slot every day. This can be before the athlete arrives to the airport, or after he/she lands. In cases, where it is a 24-hour flight or a flight during the IST-stipulated 6 a.m. - 11 p.m. window, an athlete may need to list 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. This 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 6 a.m. – 11 p.m. IST-stipulated window, the athlete must 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.
- 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. Under the International Standard for Testing, Anti-Doping Organizations have the authority to issue a Filing Failure if the Unsuccessful Attempt was due to inaccurate information provided by the athlete. Repeated Unsuccessful Attempts outside of the 60-minute time slot could also lead to a Filing Failure and/or a potential evasion of testing. **Therefore, it is important that an athlete provide accurate and complete whereabouts.**

Updates to USADA can be completed in a variety of ways:

- Mobile Application – www.usada.org/m
- E-mail – update@usada.org
- Text – text@usada.org
- Online Change of Plan Form – www.USADA.org
- Whereabouts Filing – www.USADA.org

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