



**Central California Swimming
Long Course Junior Olympic Championships
July 21-24, 2022**

Held under the Sanction of USA Swimming / Central California Swimming #S15322TL

See the Central California Swimming website to find the meet event file and results file.

www.centralcalswim.org

- Host:** Clovis Swim Club
- Location:** CLOVIS NORTH AQUATICS COMPLEX (CLOVIS NORTH HIGH SCHOOL)
2770 E International Ave, Fresno, CA 93730
- Facility:** Two 50 M x 25 Y outdoor pools. The main competition pool has a uniform depth of 7 ft. The adjacent multi-purpose pool has an 18-lane 25 Y course for continuous warm up and warm down. The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming.
- Use of audio or visual recording devices, including all cell phones, is not permitted in changing areas, restrooms, locker rooms.**
- For athlete protection, Central California Swimming prohibits the use of photography and audio visual devices including cell phones, behind the blocks during the start sequence throughout the meet.**
- Deck changes are prohibited.**
- 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 and/or spectators are present.**
- There is no overnight camping or parking allowed on CUSD campuses.**
- Specific facility precautions regarding COVID-19 are shared on page 6 of this fact sheet.**
- Directions:** Highway 41 or 99 to Herndon Avenue, east on Herndon to Willow, north on Willow to the corner of Willow & International. Continue on to Willow to the east end of the campus and turn left at the tennis courts. Drop off at the pool entrance and continue to Chestnut (left) and left into the parking lot.
- Time:** Wednesday, July 20, 2022– The venue will be open at 5:30pm for warm-up and set-up. Please do not arrive before that time. Swim Pools will close at 7:30pm.
Thursday, July 21, 2022 – Sunday, July 24, 2022. Warm-up for preliminaries starts at 7:00am. Meet begins at 8:30am. Finals will start no sooner than 1 hour after the end of preliminaries. The start time will be determined by the Meet Referee.
- Membership & Eligibility:** Open to 2022 USA Swimming registered premium members. Deck Pass is acceptable proof of USA Swimming Membership. Swimmers 19 and over may compete in the 15 and over preliminary events but may not compete in finals or relays. On-deck USA Swimming membership registration will be allowed with a \$30 fee payable by the home club.
As of June 23, 2019, adult athletes 18 and over are required to complete the USA Swimming Athlete Protection Training. If an adult athlete member competes when his/her membership requirement was not satisfactorily fulfilled, swim times will not be valid. This will affect an adult athlete's ability to achieve qualifying times.
- Athletes with Disabilities:** Athletes with documented physical disabilities are welcome to participate in any event shorter than 400m, without achieving the time standard and shall provide advanced notice of desired accommodations to the Meet Director in before the first day of the meet. The athlete (or the athlete's coach) is also responsible for notifying the session referee of any disability prior to the competition.
- Rules:** Current USA Swimming and CCS Rules will govern the meet. Swimmers must compete in their age group. Age on the first day of the meet determines age throughout the competition. **This is a proof of time meet. No converted times will be accepted.** There are long course meters, short course meters, and short course yards time standards for this meet. Long course (conforming) entry times will be seeded first. Short course meters and short course yards (non-conforming) times, in that order, will be seeded after all conforming entry times. The date and location of each entry time achieved by a swimmer shall be proven in the SWIMS Database. No deck entries will be allowed for individual events.

All USAS athlete members must be under the supervision of a USAS member coach during warm up, competition and warm-down. Swimmers who do not have a USAS registered coach at the swim meet should report to the Meet Director or Meet Referee for assistance obtaining a lane and coach assignment. It is the swimmer's responsibility to make such arrangements prior to the start of the meet. Any swimmer entered in the meet must be certified by a USA Swimming member-coach as being proficient in performing a racing start or must start each race from within the water. When unaccompanied by a member-coach, it is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement. All swimmers will enter the pool with a 3-point entry during warm-up and warm-down.

Proof that all coach and official membership requirements are met, as of the dates of competition, shall be presented upon request by the Meet Referee. Proof will be in the form of the USA Swimming Deck Pass mobile app.

TECHNICAL SUITS: No technical suits shall be worn by any 12 & Under athlete member in competition at any sanctioned, approved, or observed CCS Meet. This includes any suit with bonded or taped seams regardless of its fabric or silhouette or any suit with woven fabric extending past the hips. (Note: Woven Fabric – A suit with woven fabric and sewn seams that does not extend below the hips is permitted. Knit fabric – A suit with knit fabric and sewn seams not extending below the knees is permitted). [CLICK HERE](#) for the USA Swimming FAQ page regarding technical suits and 12&Under athletes.

Penalties: The Central California Swimming missed event policy will be applied as follows: swimmers who have not scratched an individual event in preliminaries and are charged with a "no show" will be scratched from that event and their next preliminary or timed final individual event in the meet. Swimmers who are seeded into finals in an individual event and are charged with a "no show" will be scratched from that event, any other individual finals events they are in that day, plus their first individual event on the next day. A swimmer who qualifies for finals and wishes to scratch his/her event, must scratch or declare their intention to scratch within 30 minutes of the official announcement of the preliminary results for that event.

Meet Format: Preliminaries and finals will be contested in all individual events, except for the following which will be timed finals: 11-12, 13-14, & 15&Over 800 and 1500 freestyles; the 11-12 400 IM; ALL 10&Under events; and ALL relays. These exception events will all be contested in the morning heats swum with preliminaries.

Swimmers in all 13-14 and 15&Over events will be seeded and swum together in the preliminaries, as well as the following 11-12 events: 200 back, 200 breast, and 400 IM.

There will be a championship and consolation final (A & B final) swum in that order for all other individual events, except for the 15-18 age group, which will have a championship final (A final) **only**. All preliminary events will be run in heats fastest to slowest, including the 11&O 800 freestyle and 1500 freestyle events.

The 15-18 athletes are subject to a de-qualifying time and may not swim events and/or relay legs in which they have achieved the CCS 15-18 "Dequal" Time Standard. "Dequal" times are listed on page four.

Check-In: All swimmers are automatically checked into their events in which they have been entered. If a swimmer is entered in more than 3 events in a day, that swimmer must scratch any additional events prior to the scratch deadline. If a swimmer fails to scratch events, when more than 3 are entered, the swimmer will be seeded into the FIRST THREE (3) individual events in the event sequence and scratched from any events after the third event of the day. Scratch deadline for Thursday's events is Wednesday, July 20, 2022, at 5:00pm, with scratches being accepted via email to the Admin Referee, Ashlee Coleman ashleecoleman@hotmail.com. Scratch deadline for Friday, Saturday, and Sunday events is 5:00pm on the respective preceding day. Scratches are to be made at the Clerk of Course Desk prior to the deadline.

Distance Events:

The 11-12, 13-14, and 15&Over 1500 free will be swum *fastest to slowest alternating girls and boys* at the end of preliminaries on Thursday. The 11-12, 13-14, and 15&Over 800 free will be swum *fastest to slowest alternating girls and boys* at the end of preliminaries on Sunday. Swimmers in the 800 & 1500 freestyle events must provide a person to time and a person to count their laps; lap counting devices will be provided.

Warm-Up: GENERAL WARM-UP PERIOD – There will be 30 minutes assigned as general warm-up in the competition pool. There will be no diving allowed during general warm-up. Swimmers shall enter the water feet first while maintaining at least one hand on the pool deck while both feet touch the water (3-point entry), except for starts, which are limited to specific lanes.

SPECIFIC WARM-UP PERIOD – There will be at least 45 minutes of warm-up in the competition course will be allocated for specific warm-up in designated lanes. During the specific warm-up period, lanes 1 and 8 will be used for push pace work, lanes 2, 3, 6 and 7 for one-way dive sprints, and lanes 4 and 5 for general warm-up. At least 8 long course lanes in the warm-up course will be for general warm-up and swim down. **No practice starts will be allowed in that course.** All warm-ups must be supervised by a USA Swimming registered coach. If you do not have a USA Swimming registered coach present, report to the Deck Referee for coach and lane assignment. Warm-up procedures will be announced by the Starter and Deck Referee, and printed in the meet program.

Entries: Team entries be sent in a Hy-Tek CL2 entry file to the following email address: Coachkacy@gmail.com Unattached swimmers affiliated with CCS may enter this meet on the CCS website, as long as the swimmer had registered on the CCS site for their USA Swimming membership.

Team checks should be made payable to **Clovis Swim**. Full payment (single team check) for an e-mail entry must be postmarked within 48 hours of the e-mail entry and mailed to the address listed in "Entry Fees." **CCS Outreach swimmers who are entered in this meet will have their fees deducted by the Host Club. The Home Club or responsible individual of the Outreach swimmer is responsible for communicating with the Host Team of their roster and fees that need to be deducted. Names of the athletes who are receiving the Outreach incentive may be kept confidential at the discretion of the athletes' Home Club.**

CCS team and individual online entries must be received by July 11, 2022 to guarantee that the entries will be accepted. The entry period for non-CCS teams begins on July 12, 2022, and teams will be notified within 48 hours of submission regarding acceptance into the meet. Entries close on July 18, 2022. Newly achieved CCS JO qualifying times, (not improved times that already qualified) not subject to the entry limit may be advanced by the Entry Chair, Kacy Ota (CoachKacy@gmail.com), from any USAS sanctioned "Last Chance" competitions held on or before July 17, 2022. Such newly achieved qualifying times must be submitted to the CCS JO Admin Official by July 19, 2022, 11:59 p.m. **All other late entries and deck entries will be rejected.**

Relays: All relay entries must be submitted by the entry deadline. Relay entries will not be accepted at the meet. Relays may be entered as part of the emailed CL2 entry file. Teams may also email relay entries in text to the Admin Referee, Ashlee Coleman ashleecoleman@hotmail.com– include event number, time, and respective individual athlete relay assignments by the meet entry deadline. Relay-only swimmers must enter the meet and pay the \$10.00 athlete surcharge by the meet entry deadline. There are NO relay time standards provided for this meet, this year. Each team only enter a maximum of THREE (3) relays per event. Only the fastest two placing relays from each team will be eligible for scoring and awards. Each athlete is restricted to participating in **ONLY ONE (1)** relay in each specific distance and category (medley or freestyle), regardless of age group. All relays must be paid in full to the address listed below.

Entry Limit: **Swimmers may compete in up to three individual events per day plus relays and may compete in no more than eight (8) individual events in total for the meet.**

Entry Fees: \$7.00 per individual event. \$8.00 per relay for all age groups. \$10.00 per swimmer athlete surcharge. **No late entries will be accepted. No refunds.**

Entry fees paid by check will be made out to "Clovis Swim Club" and mailed to:

Clovis Swim Club
1690 David E Cook Way
Clovis, CA 93611

Deadline: Online entries must be submitted by 11:59 p.m. by Monday, July 19, 2021. No late entries will be accepted, **Updated times will not be accepted after the entry deadline.** "Last Chance" swims will be accepted in the manner listed above in the "Entries" area of the meet information.

Awards: Medals will be awarded to 1st through 8th in individual events and 1st through 3rd in relay events. Team awards will be awarded to 1st through 5th places. High point awards will be awarded to each gender and age group: 8&Un, 10&Un, 11-12, 13-14, 15-18. **ALL AWARDS WILL BE HANDED TO A DESIGNATED TEAM MEMBER AT THE END OF THE MEET, IN SEALED PLASTIC BAGS. AWARDS WILL NOT BE HANDED OUT TO INDIVIDUALS DURING THE MEET.**

Scoring: Individual events (15-Over events only score the top 8 places): 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1
Relay events: 40-34-32-30-28-26-24-22-18-14-12-10-8-6-4-2

Meet Directors: Andy Hill and Bree Wilber

Information: Kacy Ota (559) 327-9247 CoachKacy@gmail.com

Meet Referee: TBA

Admin Referee: Ashlee Coleman ashleecoleman@hotmail.com

Officials: There will be a briefing for all officials one hour prior to each session. This is an Officials Qualifying Meet. Please refer to the CCS Website for an application for evaluation.

Hospitality: Hospitality for coaches and officials will be offered outside the facility throughout the meet.

Concessions: There will be a limited snack bar at the meet.

It is understood and agreed that USA Swimming shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.

Event Order for Thursday, July 21		
Women	Event	Men
1	15&O 200 Back##	2
1	13-14 200 Back##	2
1	11-12 200 Back##	2
3	11-12 50 Free	4
5	13-14 50 Free**	6
7	15&O 50 Free**	8
9	11-12 100 Breast	10
11	13-14 100 Breast**	12
11	15&O 100 Breast**	12
13	14&U 800 Free Relay***	14
15	18&U 800 Free Relay***	16
15 Minute Break		
17	11-12 1500 Free*	18
17	13-14 1500 Free*	18
17	15&O 1500 Free*	18

Event Order for Friday, July 22		
Women	Event	Men
19	10&U 200 Free	20
21	11-12 200 Free	22
23	13-14 200 Free**	24
23	15&O 200 Free**	24
25	11-12 50 Breast	26
27	10&U 50 Breast	28
29	11-12 400 I.M.*	30
31	13-14 400 I.M.**	32
31	15&O 400 I.M.**	32
33	10&U 100 Fly	34
35	11-12 100 Fly	36
37	13-14 100 Fly**	38
37	15&O 100 Fly**	38
39	12&U 400 Free Relay***	40
41	14&U 400 Free Relay***	42
43	18&U 400 Free Relay***	44

Event Order for Saturday, July 23		
Women	Event	Men
45	15&O 400 Free**	46
45	13-14 400 Free**	46
47	11-12 400 Free	48
49	10&U 400 Free*	50
51	8&U 100 Free	52
53	11-12 50 Fly	54
55	10&U 50 Fly	56
57	8&U 50 Fly	58
59	15&O 100 Back**	60
59	13-14 100 Back**	60
61	11-12 100 Back	62
63	10&U 100 Back	64
65	8&U 50 Breast	66
67	15&O 200 Breast##	68
67	13-14 200 Breast##	68
67	11-12 200 Breast##	68
69	18&U 400 Medley Relay***	70
71	14&U 400 Medley Relay***	72
73	12&U 400 Medley Relay***	74
75	10&U 200 Medley Relay***	76

Event Order for Sunday, July 24		
Women	Event	Men
77	11-12 200 Fly##	78
77	13-14 200 Fly##	78
77	15&O 200 Fly##	78
79	8&U 50 Back	80
81	10&U 50 Back	82
83	11-12 50 Back	84
85	10&U 200 I.M.	86
87	11-12 200 I.M.	88
89	13-14 200 I.M.**	90
89	15&O 200 I.M.**	90
91	8&U 50 Free	92
93	10&U 100 Free	94
95	11-12 100 Free	96
97	13-14 100 Free**	98
97	15&O 100 Free**	98
99	12&U 200 Medley Relay***	100
101	14&U 200 Medley Relay***	102
103	18&U 200 Medley Relay***	104
105	10&U 200 Free Relay***	106
107	12&U 200 Free Relay***	108
109	14&U 200 Free Relay***	110
111	18&U 200 Free Relay	112
15 Minute Break		
113	11-12 800 Free*	114
113	13-14 800 Free*	114
113	15&O 800 Free*	114

*Timed Final events swum and awarded in the preliminary session.

**13-14, and 15-Over events will be seeded together in prelims, and swum separately in finals (13-14 events will have an A & B final, 15-18 events will have an A final only).

##11-12, 13-14, 15-Over 200 back, 200 breast, and 200 fly will be seeded together in prelims and swum separately in finals (11-12 and 13-14 events will have an A & B final, and the 15-18 events will have an A final only).

***All 10&U, 12&U, 14&U and 18&U relays are timed finals and will be swum in the preliminary session.

15 and Over De-qualification Times and Age-Group Time Standards

Girls			15&O JO "de-qual"	Boys		
SCY	SCM	LCM		SCY	SCM	LCM
24.79	27.49	28.29	50 free	22.19	24.69	25.49
53.39	59.29	1:00.89	100 free	48.09	53.39	54.99
1:56.49	2:09.69	2:12.49	200 free	1:46.09	1:57.69	2:00.89
5:12.69	4:32.69	4:39.09	400 free	4:48.29	4:10.89	4:17.29
10:51.89	9:28.99	9:41.79	800 free	10:05.19	8:47.29	9:00.09
18:18.09	18:16.09	18:40.09	1500 free	17:05.79	17:02.39	17:26.39
1:01.79	1:08.69	1:09.89	100 back	55.99	1:02.19	1:03.39
2:12.09	2:26.69	2:29.09	200 back	2:01.29	2:14.69	2:17.09
1:10.29	1:18.09	1:20.09	100 breast	1:02.09	1:09.09	1:11.09
2:32.39	2:47.19	2:51.19	200 breast	2:15.29	2:30.19	2:34.19
59.39	1:05.99	1:07.39	100 fly	53.19	59.09	1:00.49
2:12.99	2:27.69	2:30.49	200 fly	1:59.89	2:13.09	2:15.89
2:13.09	2:27.69	2:30.89	200 IM	1:59.99	2:13.19	2:16.19
4:41.79	5:12.79	5:19.19	400 IM	4:18.69	4:47.19	4:53.59

2022 CCS Winter/Summer Junior Olympic Time Standards

2022 CCS Winter and Summer Junior Olympic Time Standards						
SCY	SCM	LCM	Age Group	SCY	SCM	LCM
Girls			8&Under	Boys		
41.49	45.69	46.69	50 free	41.49	45.69	46.69
1:34.59	1:44.99	1:46.59	100 free	1:34.59	1:44.99	1:46.59
49.89	53.09	55.99	50 back	49.89	53.09	55.99
55.09	1:00.59	1:02.89	50 breast	55.09	1:00.59	1:02.89
51.99	57.69	58.49	50 fly	51.99	57.69	58.49
1:45.69	1:56.29	NA	100 IM (Winter)	1:45.69	1:56.29	NA
2022 CCS Winter and Summer Junior Olympic Time Standards						
SCY	SCM	LCM	Age Group	SCY	SCM	LCM
Girls			10&Under	Boys		
33.99	37.39	39.49	50 free	34.49	38.09	39.49
1:17.89	1:25.69	1:27.69	100 free	1:18.79	1:26.99	1:30.29
2:53.29	3:12.39	3:15.59	200 free	2:47.99	3:05.49	3:09.49
7:35.49	6:38.59	6:51.09	400m/500y free	7:26.99	6:31.19	6:44.59
41.19	45.39	46.99	50 back	41.79	45.99	48.39
1:30.69	1:40.19	1:42.09	100 back	1:29.69	1:39.09	1:43.59
47.49	52.49	54.39	50 breast	46.59	51.39	53.29
1:44.19	1:55.99	1:57.69	100 breast	1:41.89	1:52.19	1:57.69
41.69	46.19	46.99	50 fly	40.49	44.79	45.99
1:39.09	1:49.49	1:52.99	100 fly	1:37.99	1:48.29	1:51.39
1:29.09	1:41.29	NA	100 IM (Winter)	1:29.39	1:38.79	NA
3:15.59	3:36.19	3:43.19	200 IM	3:13.19	3:33.49	3:40.79

2022 CCS Winter and Summer Junior Olympic Time Standards

SCY	SCM	LCM		SCY	SCM	LCM
Girls			11-12	Boys		
29.99	33.29	34.09	50 free	30.29	34.29	34.69
1:06.49	1:14.89	1:15.49	100 free	1:05.89	1:12.89	1:15.69
2:25.49	2:41.69	2:44.69	200 free	2:24.59	2:39.79	2:45.19
6:38.39	5:48.69	5:56.49	400m/500y free	6:27.49	5:39.09	5:48.69
13:44.69	12:01.69	12:29.19	800m/1000y free	13:30.19	11:49.09	12:15.19
23:07.29	22:25.19	23:55.39	1500m/1650y free	22:37.49	22:29.59	23:25.49
35.59	39.29	41.69	50 back	35.29	38.99	40.89
1:18.19	1:26.69	1:29.59	100 back	1:15.79	1:23.69	1:29.09
2:43.99	3:01.29	3:10.19	200 back	2:40.29	2:57.19	3:06.49
39.99	44.19	45.49	50 breast	39.59	43.69	45.39
1:27.39	1:36.59	1:41.39	100 breast	1:25.49	1:34.39	1:38.49
3:08.59	3:28.39	3:36.09	200 breast	3:00.99	3:19.99	3:28.69
34.09	37.59	38.29	50 fly	34.19	37.79	38.69
1:18.29	1:26.59	1:28.49	100 fly	1:16.49	1:24.49	1:26.29
2:47.89	3:05.59	3:10.19	200 fly	2:43.99	3:01.19	3:07.69
1:16.79	1:25.79	NA	100 IM (Winter)	1:14.99	1:22.89	NA
2:47.19	3:04.79	3:09.99	200 IM	2:44.19	3:01.49	3:09.29
5:56.79	6:34.19	6:48.29	400 IM	5:46.39	6:22.79	6:39.39

SCY	SCM	LCM		SCY	SCM	LCM
Girls			13-14	Boys		
28.59	31.29	32.29	50 free	27.29	30.29	31.09
1:02.09	1:08.99	1:10.59	100 free	1:00.69	1:07.09	1:09.19
2:15.19	2:30.09	2:33.29	200 free	2:10.99	2:24.39	2:29.69
6:10.19	5:21.69	5:35.39	400m/500y free	5:57.89	5:13.19	5:19.49
13:01.79	11:24.19	11:41.99	800m/1000y free	12:23.89	10:51.09	11:13.99
21:43.19	21:35.69	22:23.09	1500m/1650y free	20:43.19	20:35.99	21:27.39
1:11.69	1:19.09	1:23.49	100 back	1:06.89	1:13.89	1:18.29
2:35.39	2:51.69	2:59.39	200 back	2:25.89	2:41.19	2:49.69
1:22.19	1:29.79	1:34.29	100 breast	1:15.59	1:23.49	1:28.09
2:58.29	3:16.99	3:25.59	200 breast	2:45.59	3:02.99	3:11.59
1:11.39	1:18.89	1:19.49	100 fly	1:06.39	1:13.29	1:15.49
2:37.89	2:54.49	2:59.49	200 fly	2:26.99	2:42.49	2:49.19
2:37.89	2:54.69	2:57.19	200 IM	2:28.59	2:44.19	2:51.99
5:39.69	6:15.39	6:27.59	400 IM	5:17.39	5:50.69	6:04.69

2022 CCS Winter and Summer Junior Olympic Time Standards

SCY	SCM	LCM		SCY	SCM	LCM
Girls			15-18	Boys		
28.99	32.39	32.99	50 free	26.29	29.49	30.19
1:00.89	1:06.99	1:08.89	100 free	57.59	1:03.99	1:05.99
2:17.79	2:33.29	2:35.89	200 free	2:06.29	2:19.99	2:24.39
6:12.09	5:25.59	5:34.69	400m/500y free	5:45.99	5:02.79	5:09.89
12:49.99	11:13.89	11:28.39	800m/1000y free	11:57.79	10:28.19	10:50.39
21:26.19	21:18.69	22:02.19	1500m/1650y free	20:02.89	19:55.89	20:33.99
1:10.09	1:17.39	1:21.99	100 back	1:03.49	1:10.19	1:14.69
2:32.39	2:48.29	2:55.59	200 back	2:19.19	2:33.79	2:41.39
1:20.69	1:29.19	1:32.49	100 breast	1:12.09	1:19.59	1:23.49
2:54.69	3:13.09	3:20.79	200 breast	2:36.59	2:53.09	3:02.49
1:09.99	1:17.29	1:19.49	100 fly	1:03.39	1:10.09	1:11.79
2:34.89	2:50.39	2:54.79	200 fly	2:20.59	2:35.39	2:40.39
2:36.19	2:52.49	2:59.69	200 IM	2:21.79	2:36.69	2:43.99
5:31.99	6:06.19	6:18.79	400 IM	5:05.59	5:37.69	5:47.29

Additional Information, Disclosures, and Waivers Relative to COVID-19 Precautions

Assumption of Risk Disclaimer for Clovis Unified School District and Clovis Swim Club:

We have taken enhanced health and safety measures – for you and all other guests of our facilities. You must follow all posted instructions while visiting Clovis Unified School Campuses. An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. According to the Centers for Disease Control and Prevention, senior citizens and guests with underlying medical conditions are especially vulnerable. By visiting any Clovis Unified School District campus, you voluntarily assume all risks related to exposure to COVID-19.

Liability Agreement for USA Swimming:

An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID 19 is an extremely contagious disease that can lead to severe illness and death. According to the Centers for Disease Control and Prevention, senior citizens and individuals with underlying medical conditions are especially vulnerable. USA Swimming, Inc., cannot prevent you (or your child(ren)) from becoming exposed to, contracting, or spreading COVID-19 while participating in USA Swimming sanctioned events.

It is not possible to prevent against the presence of the disease. Therefore, if you choose to participate in a USA Swimming sanctioned event, you may be exposing yourself to and/or increasing your risk of contracting or spreading COVID-19.

BY ATTENDING OR PARTICIPATING IN THIS COMPETITION, YOU VOLUNTARILY ASSUME ALL RISKS ASSOCIATED WITH EXPOSURE TO COVID-19 AND FOREVER RELEASE AND HOLD HARMLESS USA SWIMMING AND CENTRAL CALIFORNIA SWIMMING AND EACH OF THEIR OFFICERS, DIRECTORS, AGENTS, EMPLOYEES OR OTHER REPRESENTATIVES FROM ANY LIABILITY OR CLAIMS INCLUDING FOR PERSONAL INJURIES, DEATH, DISEASE OR PROPERTY LOSSES, OR ANY OTHER LOSS, INCLUDING BUT NOT LIMITED TO CLAIMS OF NEGLIGENCE AND GIVE UP ANY CLAIMS YOU MAY HAVE TO SEEK DAMAGES, WHETHER KNOWN OR UNKNOWN, FORESEEN OR UNFORESEEN, IN CONNECTION THEREWITH.