



## April LC Open Meet

April 10-11<sup>th</sup>, 2021

A Long Course Meters Timed Finals Meet

HOSTED BY

**Ambush Swimming**

Sanction Number # **GU-LC-21-085**

**ENTRIES DUE TO EDDIE ADAMS (EDDIEA75@ATT.NET ) BY WEDNESDAY, MARCH 31<sup>st</sup> 2021**

- LOCATION:** Fort Bend ISD Practice Aquatic Facility 16701 Bissonnet Street, Houston, Texas 77083
- DIRECTIONS:** From Hwy 6, take Bissonnet to the West. Facility is on the left at Clodine Road Intersection. From Westpark Tollway, take Clodine Road South. Follow Clodine Road to the left at the Orchid Ln/Clodine intersection. Turn left on to Bissonnet. Facility is on the right.
- SPECIAL INSTRUCTIONS:** **FBISD Policy: There is absolutely NO FOOD allowed on the pool deck. Violators of this rule will be asked to take their food outside and will be asked to leave the facility if they are asked a second time. FBISD will impose a \$50 fine to the violating team if this occurs.**
- MEET STAFF:**
- |                          |   |
|--------------------------|---|
| <b>MEET REFEREE:</b>     | Donna Lai Dormiani – <a href="mailto:donnadormiani@hotmail.com">donnadormiani@hotmail.com</a> |
| <b>ADMIN OFFICIAL:</b>   | Eddie Adams & Johanna Blackmon - <a href="mailto:eddiea75@att.net">eddiea75@att.net</a>       |
| <b>MEET DIRECTOR(S):</b> | Erik Cozadd – <a href="mailto:aquatics@bgcdet.org">aquatics@bgcdet.org</a> – 936-560-6844     |
| <b>SAFETY MARSHAL:</b>   | Sheridan Lamb – <a href="mailto:sheridanlamb@sbcglobal.net">sheridanlamb@sbcglobal.net</a>    |
| <b>COACH(ES):</b>        | Derek Theiss – <a href="mailto:theissda@bgcdet.org">theissda@bgcdet.org</a>                   |
- POOL:** One eight lane, 50 meter indoor pool with non-turbulent lane lines will be used for warm-up and competition. A separate warm-up / warm-down area will be made available during the competition.
- TIME AND DATE:** This is four session, timed-finals meet Saturday AM & PM and Sunday AM & PM.
- Session 1:** Saturday AM – April 10<sup>th</sup>, 2021  
Age Groups: Session for 13 & Over age groups.  
Warm-up\* 7:15am- 8:45am / Meet Start: 9:00 am
- Session 2:** Saturday PM – April 10<sup>th</sup>, 2021  
Age Groups: Session for 12 & Under age groups.  
Warm-up\* Will begin 1 hour after AM session ends but not before 1pm.
- Session 3:** Sunday AM – April 11<sup>th</sup>, 2021  
Age Groups: Session for 13 & Over age groups.  
Warm-up\* 7:15am- 8:45am / Meet Start: 9:00 am
- Session 4:** Sunday PM – April 11<sup>th</sup>, 2021



Age Groups: Session for 12 & Under age groups.  
Warm-up\* Will begin 1 hour after AM session ends but not before 1pm.

\*Split warm-ups will be in effect, with assignments posted on the Gulf Swimming website. Lane assignments for warm-ups and team timing assignment will be designated in the meet info, and emailed by Wednesday, April 7<sup>th</sup>, 2021.

**USA SWIMMING/  
GULF SWIMMING/  
AMBUSH  
DISCLAIMER:**

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., Gulf Swimming, AMBU, and Fort Bend ISD 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 (GULF SWIMMING) EACH OF THEIR OFFICERS, DIRECTORS, AGENTS, EMPLOYEES OR OTHER REPRESENTATIVES FROM ANY LIABILITY OR CLAIMS INCLUDING FOR PERSONAL INJURIES, DEATH, DISEASE OR PROPERTY LOSSESS, 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, FORSEEN OR UNDFORSEEN, IN CONNECTION THEREWITH.

Ambush Swimming (AMBU) and Fort Bend ISD have taken enhanced health and safety measures for the participants, coaches, and volunteers. You must follow all posted instructions while on the property. An inherent risk of COVID-19 exists in any public or private 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 participating in the swim meet event at the Lufkin Swim Center, you voluntarily assume all risks related to exposure to COVID-19.

**COVID-19  
PROCEDURES:**

- Participants in the meet will abide by AMBU Fort Bend ISD and COVID-19 Preparedness Plans for the FBISD Practice Facility, AMBU Return to Competition Plan, and this meet announcement.
- This meet will be conducted in compliance with local, state, and USA Swimming COVID 19 restrictions.
- The Meet Referee has final authority over conduct of this sanctioned event and will be working with the Meet Director, Facility Management, and host team Covid-19 Task Force to enforce Covid-19 safety guidelines and resolve any issues.



- Only coaches, officials, swimmers, and lane timers are allowed on the pool deck for the current session and will maintain current social distancing guidelines throughout the meet. Staff will be present to help enforce this rule.

All attendees will enter through the lobby entrance for their wellness check in. Create a line or two for athletes and personnel, another line for spectators. Spectators can then go wait in their cars or outside until the gates to the grassy lawn becomes available. The gates will open prior to the start of the meet. Parents of small children may escort them to their coach or team area before returning outside. Parents/Spectators will sit outside on the lawn. There will be a spectator area roped off on the pool deck for parents to come in and watch their swimmers.

- A limited number of spectators will be allowed to enter the facility. Meet personnel and swimmers will enter through the side door entrances. All swimmers and meet personnel will exit through the main lobby doors. There will be limited adult volunteers that will be necessary to run the competition.

**-Preregistration prior to the day of the meet. To make entrance into the facility easier and to complete you well check faster, all attendees MUST register at the following link. Each parent and child will need to register, separately, and with their own email account. If you child does not have an email account yet please use ([LastnameTEST@TEST.com](mailto:LastnameTEST@TEST.com)). This will allow a quicker screening process upon entering. Please have your phones out to scan the QR code in the LOBBY upon arrival. Answer the questions, receive a green check mark on your phone – show that screen to the wellness monitor. There will be an assisted check in available that does not require a phone and the wellness monitor will conduct the questions.**

- Temperature screenings will be administered to all athletes, meet personnel, staff, and volunteers. No person will be allowed to enter with a temperature over 100.4 F in accordance with CDC and local health department recommendations. To enter the facility/event will require completion of a health screening questionnaire by the individual requesting admission and must be answered during entry.

- Officials, coaches, volunteers, spectators and swimmers must wear a face mask at all times, except for swimmers when they are in the water. Swimmers should plan on bringing extra face masks in plastic bags as theirs may get wet. Failure to adhere to this rule may result in a removal from the facility.

- AMBU will assign team lane timers that will remain socially distanced and masked for all events and sessions. All timers will be parent volunteers and will be seated 6 feet or more behind the blocks on each end of the pool to maintain social distancing from the swimmers. Timers will be seated at least 6 feet from the nearest timer. They will move forward only to obtain the ending time of the swimmer in their lane and will immediately move back to 6 feet or more behind the blocks.

- Swimmers need to bring their own chair, umbrella, backpack, etc. and remain socially distanced at all times. We will allow adequate time between each event to provide rest for the swimmers, but the session will move fast. A timeline will be emailed to teams prior to the meet. Swimmers must remain masked when inside the facility at all times, except when competing or warming up in the pool. Each swimmer will also be assigned a lane and position for all warm-up and cool down sessions.



- To start each race swimmers will move to a Ready Area on their starting side of the pool. Once the starting block area is clear for the next heat swimmers will move to a spot 6 feet from their assigned blocks to prepare to race. At that time, they will be allowed to remove their face covering and approach the blocks. At the conclusion of each heat, the swimmers will exit the pool returning to the designated spot 7.5 feet behind the blocks to reapply face covering. Once the whole heat has re-masked, they will then exit the pool deck, to allow the next heat to move to the blocks from the bleacher side of the pool.

- Drinking fountains are closed, Swimmers and Spectators are encouraged to bring a filled water bottle for your session.

- Swimmers must enter and leave the facility in their swimsuits. Swimmers must use the locker rooms on deck while adult and adults with small children must use the lobby restrooms. Coaches and attendees are expected to use their best judgement on restroom capacity and social distancing.

**MEET TYPE:** This meet will use chase starts if needed.

100 and 200 meter events will be run utilizing chase starts alternating odd and even heats. All girls' heats will be swum first utilizing both ends of the pool followed by the boys' heats utilizing both ends of the pool. Odd heats will start at the Office end of the pool and even heats will start at the Diving Board end of the pool.

All 400 meter and over events will be swum fastest to slowest using chase starts, alternating girls and boys heats. Girls' heats will start at the Office end of the pool and the boys' heats will start at the Diving Board end of the pool.

All 50's will start at the Diving Board end of the pool and swim toward office end.

**SAFETY GUIDELINES AND WARM-UP PROCEDURES:**

See attached Safety Guidelines and Warm-up Procedures

**SEEDING:**

The entire meet will be deck-seeded. Coaches please inform your swimmers of pre-seeded and deck seeded rules. All events will be seeded with heats in the order of fastest to slowest. As a courtesy to the host, coaches should inform the clerk of course of swimmers not attending the meet.

**POSITIVE CHECK-IN FOR EVENTS:**

Each Team will receive an Entry List Report to do Attendance/Positive check in during warm up. Please return these sheets to meet administration office 45 Minutes before each session begins. We are doing our best to prevent open lanes during competition.

**ON-DECK ENTRIES:**

Late entries will be accepted each day up to 45 minutes before the start of each session. **Entries will be taken as long as facility limits are not exceeded.** Those swimmers missing the 11:59pm, Wednesday, March 31, 2021 deadline may enter the meet on-deck in the following manner:

1. On deck entries are open to current USA Registered athletes only.



2. Swimmers must pay double the entry fee at the time of entry. Swimmers not already entered in the meet must also pay the swimmer surcharge fee.
3. Swimmers must supply completed entry forms. The swimmers will be seeded into open lanes in the pre-seeded events and according to their best times in deck seeded events.
4. Swimmers must enter all events for the session forty-five (45) minutes prior to the start of the session's first event.
5. Swimmers must be qualified to swim the event entered.
6. Swimmers must not exceed the allotted number of events allowed each day.
7. Swimmers that on-deck enter to change their entry time in a deck seeded event,
  - a. must circle-in on the posted circle-in sheets,
  - b. the on-deck entry time will be used for seeding, and
  - c. the on-deck entry fees still apply to these swimmers.
8. Heats will be added, if necessary and if the timeline permits.

**ENTRY  
INFORMATION:**

**Entry Times:** Swimmers must enter at their best time. Entry times must be submitted in the course at which the best time was achieved – short course yards (Y), short course meters (S), or long course meters (L). Do not convert meter (yard) times to yard (meter) times. If entries are made by paper (not using Hy-Tek), swimmers should indicate on their entry the course at which the entry time was made (i.e., Y, S, or L). If swimmers have never competed in a USA Swimming meet before, put NT where a seed time is requested. Times must be from USA Swimming meets.

**Cut-off Times:** None

**Qualifying Times:** None

**Times Eligibility:** None

**Age:** As of April 10<sup>th</sup>, 2021

**Number of Events:** Swimmers may compete in up to four (4) individual events per day. The 800 and 1500 Freestyle will not count toward this 4 event per day rule.

**Entries:** All teams MUST submit their entries electronically via e-mail, using the Hy-Tek Meet Manager/Team Manager computer software.

**Deadline:** Entries must be in the hands of Ambush Swimming no later than **11:59 PM, WEDNESDAY, MARCH 31<sup>st</sup>, 2021**. No late entries will be accepted. Email entries to EDDIE ADAMS at: **EMAIL: EDDIEA75@ATT.NET**

**Eligible Teams:** All USA Registered Swim Teams from Texas LSCs

An unattached swimmer not affiliated with a USA Swimming Club must follow the same entry procedures as those swimmers affiliated with a team. In order to be seeded in a Gulf meet, an unattached swimmer not affiliated with a USA Swimming Club, must enter by the entry deadline, following the entry procedures in the Meet Announcement, and



provide proof of a registered coach responsible for their supervision on deck during the meet.

**Individual Event Entry Fee (per event):** \$6.00  
**Swimmer Surcharge Fee (per swimmer):** \$8.50 Free heat sheets will be available through Meet and a limited amount of printed heat sheets for \$2.

**Make entry fee checks payable to:** Ambush Swimming

Mail entry fees (**POSTMARKED BY WEDNESDAY, MARCH 31<sup>st</sup>, 2021**) to the address below:

Ambush Swimming  
PO BOX 631345  
Nacogdoches, TX 75965  
(936) 560-6844

**Entry Chair: Eddie Adams** [eddiea75@att.net](mailto:eddiea75@att.net)

**AWARDS:** Individual events: Ribbons 1<sup>st</sup>-8<sup>th</sup> place

**SCORING:** Individual Events: 9-7-6-5-4-3-2-1  
All 13&Over events will be swum combined but scored separately as 13-14 and 15&Over.  
All 12&Under events will be swum combined but scored separately as 6&Under, 7-8, 9-10 and 11-12.

**RULES AND SANCTIONS:** The current USA Swimming and Gulf Swimming rules will apply. The meet will be held under the sanction of USA Swimming and Gulf Swimming. It is understood and agreed that USA Swimming and Gulf Swimming shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event. No entries can be accepted unless the entrant is a registered member of USA Swimming as provided in Article 302. On deck USA Swimming membership registration will not be permitted.

The Gulf Swimming three (3) event rule does not apply.

**POOL MEASUREMENT:** The competition course has not been certified in accordance with USA Swimming Rule 104.2.2(C). The pool will be measured before the competition begins to ensure that the course length is correct.

The water depth of the competition course is 6'9" feet measured from 1 meter to 5 meters on the starting end of the course, and 13'6" feet measured from 1 meter to 5 meters on the turning end of the course.

**TIMING SYSTEM:** A Colorado Model 6000 electronic timing system with electronic scoreboard will be used. Two watches per lane will be used as a back-up. Teams will be required to furnish timers based on their percentage of swims at the meet. Timing assignments will be published in



the psych sheet. Swimmers in the 800 Free and 400 IM must provide 2 timers and a lap counter where applicable.

**POOL DECK  
RESTRICTION:**

Because of USA Swimming Insurance Safety Regulations, the swimming pool deck, during the operation of all Gulf Swimming sanctioned meets, is closed to all persons except swimmers, coaches, marshals, officials, meet personnel, and timers. All registered non-athletes are required to display their current USA Swimming registration card. If you are asked to leave the deck by any registered personnel, please do so. It is for your safety.

\*\*\*Safe Sport ensures that a parent has access to/or the opportunity to observe their child(ren). Athletes and their families will be able to view the meet through spectator viewing areas accessed by open garage doorways.

\*\*\*FBISD Policy: There is absolutely NO FOOD allowed on the pool deck. Violators of this rule will be asked to take their food outside and will be asked to leave the facility if they are asked a second time. FBISD will impose a \$50 fine to the violating team if this occurs.

Coaches and Officials must present their membership cards in order to receive complimentary Heat Sheets and for admission to the Hospitality Room. Coaches must supervise their swimmers.

**MAAP POLICY:**

All applicable adults participating in or associated with this meet, acknowledge that they are subject to the provisions of the USA Swimming Minor Athlete Abuse Prevention Policy ("MAAPP"), and that they understand that compliance with the MAAPP policy is a condition of participation in the conduct of this competition.

**DECK CHANGES:**

Deck Changes are prohibited. Deck Change definition – "changing, in whole or in part, into or out of a swimsuit when wearing just one suit in an area other than a permanent or temporary locker room, bathroom, changing room or other space designated for changing purposes".

**AUDIO/VIDEO RECORDING DEVICES:**

Use of audio or visual recording devices, including a cell phone, is not permitted in the area behind the starting blocks, in changing areas, restrooms, showers or locker rooms. Violators may be reported to law enforcement or other governmental authorities and/or may be barred from the facility during the sanctioned event.

**DRONES:**

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. Exceptions may be granted with prior Written approval by the Vice President of Program Operations.

**UNACCOMPANIED  
SWIMMERS:**

Any swimmers 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.





**SWIMMERS WITH DISABILITIES:** Coaches and/or swimmers are responsible for notifying the Meet Referee of any disability prior to the competition and for providing their own assistant or equipment. However, Coaches/Swimmers may contact the Meet Director at least two weeks in advance of the meet to reserve Gulf Swimming equipment (remote strobe).

**HOSPITALITY:** A hospitality food will be provided at no charge from our concessions and hospitality room.

**MEET RESULTS:** Meet results will be posted on the Gulf Swimming Web Page ([www.gulfswimming.org](http://www.gulfswimming.org)), within three days after the conclusion of the meet.

Unofficial real time results will be available on MEET MOBILE.

**CONCESSIONS:** Concessions will be available by **Rhodes Backyard BBQ**.



**ATTACHMENTS:** Meet Format, Gulf Safety Guidelines and Warm-up Procedures, Entry Verification Form,

## April LC Open Meet

April 10-11<sup>th</sup>, 2021

A Longcourse Meter Timed Finals Meet

HOSTED BY: **AMBUSH SWIMMING**

### Entry Rules:

Type of meet	Timed Finals
Max # individual events per day	Four (4) per day; 800 & 1500 Free does not apply to this rule.
Swimmers eligible	USA Registered swimmers from Texas LSCs
Entry times in	LCM, SCY, SCM
Qualifying times	None
Cut-off times	None
Enter with no time?	Yes
Gulf "three event rule" applies?	Does not apply
Gulf "up/down rule" applies?	Does not apply
Gulf "Beyond IMX" applies?	Yes
Times Eligibility	None
Fees	Individual – \$6.00 Facility Surcharge – \$8.50 Free heat sheets will be available through Meet Mobile & hard copies available for \$2

All events will be seeded fastest to slowest.

\*400, 800, 1500 Free & 400 IM will be swum alternating girl's and boy's heats. Swimmers must provide their own timers and lap counters.

\* All 13&Over events will be swum combined but scored separately as 13-14 and 15&Over.

\* All 12&Under events will be swum combined but scored separately as 6&Under, 7-8, 9-10 and 11-12.

\* The 800 and 1500 Freestyle will be scored as one Open age group.





### Saturday AM – April 10<sup>th</sup>, 2021

Girls	Events	Boys
1	13 & Over - 200 Free	2
3	13 & Over - 100 Breast	4
5	13 & Over - 50 Fly	6
7	13 & Over - 200 Fly	8
9	13 & Over - 100 Back	10
11	13 & Over - 50 Free	12
13	13 & Over - 400 IM	14
15	<b>Open Age Group</b> - 1500 Free	16

### Saturday PM – April 10<sup>th</sup>, 2021

Girls	Events	Boys
17	12 & Under - 200 Free	18
19	12 & Under - 100 Breast	20
21	12 & Under - 50 Fly	22
23	<b>11-12 Age Group</b> - 200 Fly	24
25	12 & Under - 100 Back	26
27	12 & Under - 50 Free	28
29	<b>11-12 Age Group</b> - 400 IM	30

### Sunday AM – April 11<sup>th</sup>, 2021

Girls	Events	Boys
31	13 & Over - 200 Back	32
33	13 & Over - 100 Free	34
35	13 & Over - 50 Back	36
37	13 & Over - 200 Breast	38
39	13 & Over - 100 Fly	40
41	13 & Over - 50 Breast	42
43	13 & Over - 200 IM	44
45	13 & Over - 400 Free	46
47	<b>Open Age Group</b> - 800 Free	48

### Sunday PM – April 11<sup>th</sup>, 2021

Girls	Events	Boys
49	<b>11-12 Age Group</b> - 200 Back	50
51	12 & Under - 100 Free	52
53	12 & Under - 50 Back	54
55	<b>11-12 Age Group</b> - 200 Breast	56
57	12 & Under - 100 Fly	58
59	12 & Under - 50 Breast	60
61	<b>* 12 &amp; Under</b> - 200 IM	62
63	<b>* 12 &amp; Under</b> - 400 Free	64

\*Coaches...Your swimmers in the **200 IM & 400 Free** should be able to swim this event in a reasonable amount of time before entering.



## **GULF SAFETY GUIDELINES AND WARM-UP PROCEDURES-**

### **WARM-UP PROCEDURES**

- A. General warm-up (Initial portion [1/2] of the warm-up session or with the agreement of all of the coaches in a particular lane.)
  - 1. **NO DIVING OR RACING STARTS** allowed from the blocks edge of the pool. Swimmers must enter the pool feet first cautiously.
  - 2. **NO SPRINTING OR PACE WORK** allowed during this general warm-up session.
- B. Specific warm-up (Last portion [1/2] of the warm-up session or with the agreement of all of the coaches in a particular lane.)
  - 1. **RACING STARTS ONLY**, either from blocks or from backstroke starts.
  - 2. Lanes are **ONE WAY ONLY**.

### **SAFETY GUIDELINES**

- A. Swimmers Responsibilities
  - 1. All swimmers without a registered coach to observe them at the meet, and/or their coaches, should arrange, prior to their arrival at the meet, for a registered coach to observe them during the warm-up, competition and warm-down. Any unattached or unattended swimmers who have not made previous arrangements with a coach to observe them at the meet should contact the Meet Director, Safety Marshal or Meet Referee for assistance in making such arrangements prior to their participating in the warm-up.
- B. Coaches Responsibilities
  - 1. Coaches shall instruct their swimmers regarding safety guidelines and warm-up procedures as they apply to conduct at meets and practice.
  - 2. Coaches shall stand near the starting end of the pool when starting swimmers on sprint and pace work.
  - 3. Coaches shall actively supervise their swimmers throughout the warm-up session.
  - 4. Coaches shall maintain as much contact with their swimmers as possible, both verbal and visual, throughout the warm-up period.
  - 5. Registered coaches of unattached swimmers and registered coaches of non-Gulf teams should notify the meet host by the entry deadline if they will be at the meet, so that they may be assigned to a warm-up lane.
- C. Safety Marshals
  - 1. Appointed Safety Marshals are members of USA Swimming and have the authority to remove from the deck for the remainder of the warm-up session, any swimmer or coach who is in violation of safety guidelines or warm-up procedures. **THE MEET REFEREE MAY EXERCISE ADDITIONAL ADJUDICATION AUTHORITY AS NECESSARY.**
- D. Miscellaneous
  - 1. Swimmers should be reminded by coaches that breaststrokes need more lead time than freestyle or butterfly swimmers.
  - 2. Backstrokers shall ensure that they are not starting at the same time as a swimmer on the blocks. Swimmers shall not step up on the starting blocks, when a backstroker is waiting to start.
  - 3. Swimmers shall not jump or dive into the pool to stop another swimmer on a recalled start.
  - 4. Swimmers are required to exit the pool upon completion of their warm-up to allow other swimmers adequate warm-up time. The pool is not for visiting or playing during warm-up periods.
  - 5. Warm-up procedures shall be enforced for any breaks, scheduled or otherwise, during the competition.
  - 6. All diving boards and equipment are **OFF LIMITS**.
- E. Pool Rules
  - 1. Smoking or use of other tobacco products is not allowed on the grounds of USA Swimming meets.
  - 2. Glass containers are prohibited.
  - 3. Swimmers, coaches, and spectators are expected to observe all rules and regulations included in the announcement.



**ENTRY VERIFICATION**

I, the undersigned coach or team representative, verify that all of the swimmers and coaches listed on the enclosed entry forms or entry disk are currently registered with USA Swimming. Additionally, I verify that the on-deck coaches have met the current certification requirements.

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Signature

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Title

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Date

