



**SOUTHEASTERN SWIMMING AGE GROUP CHAMPIONSHIPS  
ALABAMA/FLORIDA TEAMS  
SHORT COURSE YARDS  
FEBRUARY 19-21, 2021  
HUNTSVILLE AQUATIC CENTER  
(HUNTSVILLE, AL)**

**SES SANCTION NO:** 21SEHSA3-5

**TIME TRIAL NO:** PENDING 21SEHSA3-5TT

**HOST CLUB:** Huntsville Swim Association  
**DATES OF MEET:** March 5-7, 2021  
**ENTRY DEADLINE:** OME will close Tuesday February 23, 2021 at 11:59pm CST

This meet will be conducted under the auspices of Southeastern Swimming, Inc. of USA Swimming, and is a closed Championship competition for only those swimmers registered with Southeastern LSC Swimming. USA Swimming technical rules and regulations will be followed with the exception of items specifically addressed in the meet information Sanctioned by Southeastern Swimming, Inc. Current USA Swimming Rules, including the Minor Athlete Abuse Prevention Policy ("MAAPP"), will govern this meet. All coaches are required to sign in upon entry into the building and to show their coaching credentials. All Officials will wear their credentials on deck. In applying for this sanctioned event, Huntsville Swim Association agrees to comply and to enforce all health and safety mandates and guidelines of USA Swimming, Southeastern Swimming, the State of Alabama and the City of Huntsville and Madison County.

<b>MEET REFEREE:</b>	<b>Felicia McCarty</b>	<a href="mailto:fdmccarty@gmail.com">fdmccarty@gmail.com</a>
<b>ADMIN REFEREE:</b>	<b>Britt Blankenship</b>	<a href="mailto:mbritt00@gmail.com">mbritt00@gmail.com</a>
<b>MEET DIRECTORS:</b>	<b>Colleen Broach</b>	<a href="mailto:colleen_broach@yahoo.com">colleen_broach@yahoo.com</a>
	<b>Matt Webber</b>	<a href="mailto:entries@swimhsa.org">entries@swimhsa.org</a>

**FACILITY:**

Huntsville Aquatics Center (2213 Drake Avenue SW Huntsville, AL 35805). Indoor 50 meter by 25 yard pool, offering an 8 lane course and a 10 lane course of short course competition, with pool depth a minimum of 7 feet. Automatic timing will be provided by Colorado Timing System with HYTEK interface. Manual back up will be used. Two 10-lane scoreboards will be available. The competition course has been certified in accordance with 104.2.2C(4).

***Use of audiovisual recording devices, including a cell phone, is not permitted in changing areas, rest rooms, or locker rooms.***

Use of the bathrooms and locker rooms will be as limited as possible. Swimmers are highly encouraged to arrive in their suits, and leave in their suits.

Swimmers and their guardians must turn in the HSA Covid-19 questionnaire (available on HSA website), with all answers needing to be in the negative for entry, and swimmers are subject to a temperature check prior to entry into the facility.

Spectators will not be allowed into the facility. However, HSA will be providing an online live feed via our YouTube channel.

All coaches, timers, and officials will be required to wear masks. All athletes are required to wear masks while not in the pool.

Hard-sided coolers and folding chairs are not permitted in the facility.

Current Covid-19 Protocols that all athletes, coaches, volunteers, and officials must follow will be spelled out in a separate document available on the swimhsa.org website.

The meet will also be run within the current Alabama state Health Guidelines, which are:

*8. Athletic facilities. Effective May 11, 2020, athletic facilities—such as fitness centers and commercial gyms, spas, and yoga, barre, and spin facilities—shall comply with the following rules:*

*a. Social distancing.*

*(i) Employees shall not knowingly allow patrons or guests to congregate within six feet of a person from another household.*

*(ii) Employees shall not knowingly allow patrons or guests to participate in any of the athletic activities prohibited in paragraph 9—including sports that involve interaction with another person of closer than 6 feet and activities that require use of shared sporting apparatus and equipment.*

*(iii) Employees must take reasonable steps to prevent people from congregating in lobby areas, break rooms, and other common areas.*

*b. Limits on facility access. An athletic facility must limit facility occupancy to 50 percent of the normal occupancy load as determined by the fire marshal. Athletic facilities must also prohibit patrons and guests from accessing showers, hot tubs, steam rooms, lockers, saunas and other recreational water or spa facilities. Pools may be open subject to the social-distancing rules of this paragraph.*

*c. Facial coverings. Each employee shall wear a mask or other facial covering that covers his or her nostrils and mouth at all times while in regular interaction with clients or guests.*

*In addition to complying with the requirements of this paragraph, operators of athletic facilities are strongly encouraged to read and implement the Alabama Department of Public Health's "Guidelines for Athletic Facilities," available at <https://alabamapublichealth.gov/covid19/assets/cov-sah-athletic-facilities.pdf>.*

## **COVID-19 STATEMENT**

We have taken enhanced health and safety measures for our athletes, coaches, officials, and volunteers. All involved must follow all safety measures included in our Meet Safety Protocols while participating in the Southeastern Senior Championship Meet. 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 participating in the meet, you voluntarily assume all risks related to exposure to COVID-19."

## **ELIGIBILITY:**

Age groups are: 10&Under, 11-12, 13-14. Swimmer's age on February 19, 2021 shall determine their age group for the entire meet. All swimmers shall be registered with Southeastern Swimming through United States Swimming, Inc. There will be NO on-deck USA Swimming Registration available at the meet.

## **QUALIFYING TIMES:**

The 2020-2021 Southeastern Age Group Short Course Yards Time Standards will be used as a qualifying time for all individual events. There will be no time standards for relays. Qualifying times must have been achieved between the period of September 1, 2019 and the entry deadline. Faster times achieved following the deadline will not be accepted in place of times already entered.

## **BONUS EVENTS:**

Bonus entries are permitted if a swimmer has at least one 2020-2021 Southeastern Swimming Qualifying Time. A swimmer with one qualifying time may swim up to five (5) bonus swims; two qualifying times, four (4) bonus swims; three qualifying times, three (3) bonus swims, etc...

There will be no minimum time standard necessary for bonus events 200 yards and shorter. Please note no bonus swims will be allowed in events 400 yards and longer. Swimmer must have the Time Standard to enter these events (10&U 500 Free, 11-12 500 Free, 13-14 400 IM, 13-14 500 Free, 13-14 1650 Free).

## **TIME TRIALS:**

Time Trials may be held at the conclusion of any preliminary or final session at a coach's or swimmer's request, and the Meet Referee's concurrence. Time Trials are intended only for swimmers attempting to qualify for National Level Meets or Sectional Meets. Fees: \$10.00 per individual event; \$10.00 per relay.

### **WARMUP AND COMPETITION TIMES:**

Pool will be open Thursday March 4 for teams to warmup from 6-8 pm.

11-12 and 13-14 Prelims (Friday, Saturday, Sunday) – Warm-up 7:30 am, Competition begins at 9:00

1650 Freestyle Timed Finals (Friday) - TBA

10&U Timed Finals (Saturday, Sunday) – Warmup 30 minutes after the completion of 14 & under prelims, Competition will begin no sooner than 50 minutes after warm-ups begin.

11-12 and 13-14 Finals (Friday, Saturday, Sunday) – Warm-up 5:00 pm, Competition begins at 6:00 pm.

## **ENTRY INFORMATION& MEET FORMAT**

### **TEAM ENTRY:**

All entries must be completed through the USA Swimming OME system. This shall be the only accepted way to enter this meet. OME will be open for entries beginning Monday February 8, 2021, and close at 11:59pm CST on Tuesday February 23, 2021. **NOTE: Please wait until your athletes have exhausted all of their chances to qualify or improve seed times to finalize your entry and check out.** The OME system does not allow for swimmers to change or delete a bonus swim once you check out of OME.

### **ENTRY LIMITS:**

11-12 and 13-14 swimmers may enter and swim **three (3)** individual events per day and no more than **six (6)** individual events in the meet. 10&Under swimmers may enter and swim **four (4)** individual events per day and no more than **six (6)** individual events in the meet. Once the Psych sheet is posted, a swimmer entered in the maximum number of events may not scratch one event to enter another event, except in cases involving a mistaken entry in the wrong age group that may be corrected by the Meet Referee. Time Trial events count as one of the three events allowed on a given day, but do not count as one of the six individual events in the meet. Relay times should be listed for each entered relay.

### **LATE ENTRIES:**

Late entries are for first time qualifiers who achieved the qualifying times after the entry deadline. ***This is not a procedure to update times.*** You may submit an updated time for a swim that upgrades a swim from a bonus cut to a regular standard cut; this may allow for an additional bonus entry. Late entries will be accepted until 6:00pm CST Monday March 1, 2021 for individuals qualifying between February 24 and February 28. Late entry form will be posted to the H.S.A. webpage and sent to teams via e-mail.

### **ENTRY FEES:**

Individual Fees: \$75.00 per swimmer Flat Fee (includes Heat Sheet)

Relay Events: \$12.00 per relay

### **MEET FORMAT:**

All events will be Prelims/Finals, except for the 11-12 500 Free and the 13-14 1650 Free (1650 Free will be swum in its entirety in a separate Friday session).

All preliminaries and finals will swim in a single 8-lane course. Prelim/Final events will swim one final heat (top 8 prelims finishers)

Relays will be Timed Finals. Teams are limited to two relay entries in each relay event. Relay cards will be distributed in coaches' packets. Relay cards must be completely and properly filled out. Swimmers must be entered in individual events to be eligible for relays.

## **RULES AND PROCEDURES**

### **RULES:**

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 without the use of the backstroke ledge. When accompanied by a member-coach, it is the responsibility of the swimmer's legal guardian to ensure compliance with this requirement.

Changing into or out of swimsuits other than in locker rooms or other designated areas is prohibited.

No team, parent, or press photographers will be permitted on deck unless they have been issued a credential by the Meet Director. Under NO circumstances will video or still photography be allowed in the area immediately behind the starting blocks at either end of the racing course(s) while they are in use for "race starting purposes" during competition and warm-ups, locker rooms, restrooms, or any other dressing area. Acceptable areas include the side courses of the pools, team gathering areas, concession areas, and the turn-end of the competition pool when not in use as a "start end."

Southeastern Swimming Safety Guidelines and Warm-up Procedures will be in effect. Swimmers attending the meet without a coach must report to the Meet Director or Referee to be assigned a coach for warm-up prior to each session. Drones are prohibited over venues any time athletes, coaches, officials and/or spectators are present.

No Technical Suit may be worn by any 12 & Under USA Swimming athlete member in competition at any Sanctioned, Approved or Observed meet.

#### **DECK SEEDED EVENTS AND SCRATCH PROCEDURES:**

Swimmers must do Positive Check-In with the Clerk of Course for all deck-seeded individual events and relays. Positive Check-In deadlines are as follows:

DAY	EVENT	DEADLINE
Friday	13-14 1650 Free	End of Prelims Warmup

Swimmers who do not check-in with the Clerk of Course by the deadline will be seeded with a NT, but will be able to compete. Only the swimmer or his/her coach may check-in or scratch a swimmer. If swimming an event, the swimmer or his/her coach shall circle the name of the swimmer and place their initials next to the swimmer's name. If scratching the event, the swimmer or coach shall draw a line through the swimmer's name and place their initials next to the swimmer's name.

#### **SCRATCH RULES FOR PRELIM/FINALS EVENTS:**

Swimmers qualifying for finals or consolation finals must notify the Clerk of Course within 30 minutes of the announcement of the qualifiers for that final that they may not intend to compete. They must further declare their final intention to scratch within 30 minutes of the posting of the last preliminary event of the session or they will be seeded into the event. **Scratches must be given to the Clerk of Course.** Any swimmer failing to properly scratch and failing to compete in the consolation finals and finals shall be barred from the remainder of the meet unless relieved for good cause by the Referee. The penalty for failing to properly scratch and failing to compete in a Sunday evening consolation final or final event is a \$25 fine.

#### **SCORING:**

Individual Events 1-8: 20-17-16-15-14-13-12-11  
Relay Events 1-8: 40-34-32-30-28-26-24-22

#### **AWARDS:**

Awards will be provided by Southeastern Swimming.

- Medals will be given for 1st-8th place for individual events and 1st-4th for relays.
- "Best All Around" trophy will be awarded to top scoring individual for both girls and boys.
- "Outstanding Performance Award" shall be given to one female athlete and one male athlete based on the single highest scoring swim using Hy-Tek's Single Age Power Point System.
- Plaque will be awarded to age group team champions of each gender based on total individual points and the single highest-ranking relay.

#### **MEETINGS:**

- Coaches' meeting will be at 8:50 AM, Friday March 5, 2021, in either the front lobby or back porch of the facility. Officials will meet in the front lobby, 45 minutes before each session for deck assignments.
- Timers will meet on the deck 30 minutes before each session.

#### **OFFICIALS:**

This meet has been designated an Officials Qualifying Meet (OQM) for National Certification. Those requesting N2/N3

evaluations need to complete the USAS application and forward to the Meet Referee. For those individuals interested in officiating at the 2021 SES Short Course championship, please go to the Southeastern website: [www.seswim.org](http://www.seswim.org). The application link is found under Membership>Officials. No official will be permitted to work during a session unless they have filled out an "Application to Officiate" form (again, the link is found on the SES web site under 'Membership'/ 'Officials') and been accepted by the Meet Referee.

The Southeastern Swimming Officials Committee will assign officials, with the concurrence of the Coaches Committee Chair and the Meet Director. Referee and Starter Clinics will be given in the Sun Room, before the preliminary sessions.

**PARKING:**

On-site parking will be available. Please visit the meet homepage at [swimhsa.org](http://swimhsa.org) for up to date parking information.

**MEET EVALUATION:**

You are encouraged to send a meet evaluation to the Southeastern Swimming General Chairman:  
Steven Murry [ses.general.chair@gmail.com](mailto:ses.general.chair@gmail.com)

**CONCESSIONS**

No concessions will be available.

**HOSPITALITY**

Individually packaged hospitality items will be available for coaches and officials.

**SOUTHEASTERN SWIMMING AGE GROUP SC CHAMPIONSHIPS**

FRIDAY MARCH 5, 2021 – 11-12 AND 13-14 PRELIMINARY SESSION

WARM-UP: 7:30 am

COMPETITION: 9:00 am

GIRLS	STANDARD	EVENT	STANDARD	BOYS
37	N/A	13-14 400 FREE RELAY	N/A	38
39	N/A	11-12 200 FREE RELAY	N/A	40
41	Use 100 QT	13-14 50 FLY	Use 100 QT	42
43	2:11.49	11-12 200 FREE	2:15.09	44
45	2:03.49	13-14 200 FREE	1:58.79	46
47	35.99	11-12 50 BREAST	37.79	48
49	1:14.29	13-14 100 BREAST	1:10.19	50
51	32.09	11-12 50 BACK	33.09	52
53	1:04.39	13-14 100 BACK	1:02.09	54
55	2:28.99	11-12 200 IM	2:33.99	56
57	5:02.99	13-14 400 IM	4:48.59	58

**SOUTHEASTERN SWIMMING AGE GROUP SC CHAMPIONSHIPS**

FRIDAY MARCH 5, 2021 – DISTANCE FREESTYLE SESSION

WARM-UP: TBA

COMPETITION: TBA

GIRLS	STANDARD	EVENT	STANDARD	BOYS
59	20:01.49	*13-14 1650 FREESTYLE	19:29.49	60

*13-14 1650 Freestyle will be swum slowest to fastest alternating Girls/Boys. Swimmers may also use 1000 yard Freestyle Qualifying Time to compete.*

**SOUTHEASTERN SWIMMING AGE GROUP SC CHAMPIONSHIPS**

FRIDAY MARCH 5, 2021 - FINAL SESSION

WARM-UP: 5:00 pm

COMPETITION: 6:00 pm

GIRLS	EVENT	BOYS
41	13-14 50 FLY	42
43	11-12 200 FREE	44
45	13-14 200 FREE	46
47	11-12 50 BREAST	48
49	13-14 100 BREAST	50
51	11-12 50 BACK	52
53	13-14 100 BACK	54
55	11-12 200 IM	56
57	13-14 400 IM	58

**SOUTHEASTERN SWIMMING AGE GROUP SC CHAMPIONSHIPS**  
**SATURDAY MARCH 6, 2021 – 11-12 AND 13-14 PRELIMINARY SESSION**

**WARM-UP: 7:30 am**

**COMPETITION: 9:00 am**

GIRLS	STANDARD	EVENT	STANDARD	BOYS
61	N/A	13-14 400 MEDLEY RELAY	N/A	62
63	N/A	11-12 200 MEDLEY RELAY	N/A	64
65	<i>Use 100 QT</i>	13-14 50 BACK	<i>Use 100 QT</i>	66
67	1:09.29	11-12 100 FLY	1:11.39	68
69	2:29.99	13-14 200 FLY	2:22.49	70
71	27.79	11-12 50 FREE	27.99	72
73	26.19	13-14 50 FREE	24.49	74
75	1:09.19	11-12 100 IM	1:11.39	76
77	2:40.79	13-14 200 BREAST	2:33.99	78
79	5:49.19	11-12 500 FREE	5:58.99	80
81	5:32.69	13-14 500 FREE	5:18.39	82

**SOUTHEASTERN SWIMMING AGE GROUP SC CHAMPIONSHIPS**  
**SATURDAY MARCH 6, 2021 – 10&UNDER TIMED FINALS SESSION**

**WARM-UP: 30 minutes after 14 & under prelims**    **COMPETITION: At least 50 min after start of warm-ups**

GIRLS	STANDARD	EVENT	STANDARD	BOYS
83	N/A	10&U 200 MEDLEY RELAY	N/A	84
85	2:36.89	10&U 200 FREE	2:38.29	86
87	42.99	10&U 50 BREAST	44.39	88
89	1:27.09	10&U 100 FLY	1:31.09	90
91	37.49	10&U 50 BACK	38.39	92
93	1:21.29	10&U 100 IM	1:22.19	94
95	6:49.19	10&U 500 FREE	6:54.69	96

**SOUTHEASTERN SWIMMING AGE GROUP SC CHAMPIONSHIPS**  
**SATURDAY MARCH 6, 2021 - FINAL SESSION**

**WARM-UP: 5:00 pm**

**COMPETITION: 6:00 pm**

GIRLS	EVENT	BOYS
65	13-14 50 BACK	66
67	11-12 100 FLY	68
69	13-14 200 FLY	70
71	11-12 50 FREE	72
73	13-14 50 FREE	74
75	11-12 100 IM	76
77	13-14 200 BREAST	78
81	13-14 500 FREE	82

**SOUTHEASTERN SWIMMING AGE GROUP SC CHAMPIONSHIPS**  
**SUNDAY MARCH 7, 2021 – 11-12 AND 13-14 PRELIMINARY SESSION**

**WARM-UP: 7:30 am**

**COMPETITION: 9:00 am**

GIRLS	STANDARD	EVENT	STANDARD	BOYS
97	<i>Use 100 QT</i>	13-14 50 BREAST	<i>Use 100 QT</i>	98
99	1:09.69	11-12 100 BACK	1:11.89	100
101	2:19.99	13-14 200 BACK	2:16.69	102
103	1:00.29	11-12 100 FREE	1:00.89	104
105	56.99	13-14 100 FREE	54.39	106
107	1:19.29	11-12 100 BREAST	1:22.69	108
109	2:20.29	13-14 200 IM	2:15.89	110
111	30.49	11-12 50 FLY	31.29	112
113	1:03.29	13-14 100 FLY	1:01.19	114

**SOUTHEASTERN SWIMMING AGE GROUP SC CHAMPIONSHIPS**  
**SUNDAY MARCH 7, 2021 – 10&UNDER TIMED FINALS SESSION**

**WARM-UP: 30 minutes after 14 & under prelims    COMPETITION: At least 50 min after start of warm-ups**

GIRLS	STANDARD	EVENT	STANDARD	BOYS
115	N/A	10&U 200 FREE RELAY	N/A	116
117	2:58.39	10&U 200 IM	3:00.89	118
119	31.79	10&U 50 FREE	32.39	120
121	1:20.99	10&U 100 BACK	1:22.79	122
123	36.59	10&U 50 FLY	37.59	124
125	1:10.79	10&U 100 FREE	1:12.09	126
127	1:34.19	10&U 100 BREAST	1:38.29	128

**SOUTHEASTERN SWIMMING AGE GROUP SC CHAMPIONSHIPS**  
**SUNDAY MARCH 7, 2021 - FINAL SESSION**

**WARM-UP: 5:00 pm**

**COMPETITION: 6:00 pm**

GIRLS	EVENT	BOYS
97	13-14 50 BREAST	98
99	11-12 100 BACK	100
101	13-14 200 BACK	102
103	11-12 100 FREE	104
105	13-14 100 FREE	106
107	11-12 100 BREAST	108
109	13-14 200 IM	110
111	11-12 50 FLY	112
113	13-14 100 FLY	114



**SOUTHEASTERN LSC**  
**INFORMATION FORM FOR SWIMMERS WITH A DISABILITY**

This non-mandatory form is for accommodation purposes.

Name \_\_\_\_\_

Address \_\_\_\_\_

Team \_\_\_\_\_ USA Registration # \_\_\_\_\_

Age and Birth date: \_\_\_\_\_

Events to be swum: \_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_

Type of Disability

Blind \_\_\_\_ Cognitive/Intellectual \_\_\_\_\_ Deaf \_\_\_\_ Physical \_\_\_\_\_ Other \_\_\_\_\_

Extent of Disability: Be specific e.g. totally or partially blind, totally or partially deaf, loss of one or more limbs, multiple disabilities, etc.

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The following person(s) will accompany the swimmer for any needed assistance:

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Accommodations requested, Examples: Lane #, inside lane, starter side preference, assistance to the blocks, water start, hand signals, etc.

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Information gathered on this form will only be used for swimmers accommodation during Meet, and forwarded to the SE LSC Disability chair for purposes of evaluation and tracking Swimmers attendance and performance. The Disability Chair welcomes any feedback and or comments concerning your meet experience.

Meet Director Email: [COACHMATT@SWIMHSA.ORG](mailto:COACHMATT@SWIMHSA.ORG)

Meet Referee Email: [fdmccarty@gmail.com](mailto:fdmccarty@gmail.com)

Disability Chair: Robin Heller [robin@seastarsaquatics.org](mailto:robin@seastarsaquatics.org)

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## 2021 WAIVER, ACKNOWLEDGMENT AND LIABILITY RELEASE

I, the undersigned coach or team representative, verify that all of the swimmers and coaches listed on the enclosed entry form/team information are registered and entered into the meet in accordance and subject to USA Swimming Rules and Regulation:

.1 All Clubs, including seasonal clubs, shall ensure that all athletes and coaches participating in USA Swimming sanctioned competition(S) are members of their LSC and USA Swimming.

.2 All coaches of USA Swimming clubs, including seasonal clubs, shall join USA Swimming as coach members and shall satisfactorily complete safety training required by USA Swimming.

And as

False Registration – A host LSC may impose a fine up to \$100.00 per event against a member coach or a member club submitting a meet entry which indicates a swimmer is registered with USA Swimming when that swimmer or the listed club is not properly registered.

All swimmers, coaches, meet directors, and officials involved with USA Swimming competition must be registered.

I acknowledge that I am familiar with the rules of USA Swimming and Southeastern Swimming, Inc. regarding warm-up procedures and meet safety guidelines, and that I shall be responsible for the compliance of my team's swimmers with those rules during this meet. The host club, Southeastern Swimming, Inc. and USA Swimming, their agents, officers, representatives, employees and coaches shall be free from any liability or claim for damages for any and all injuries, illnesses or damage to valuables which may be sustained at this meet or while in transit to and from this meet. I also acknowledge that by entering this meet, I am granting permission for the names of any or all of my team's swimmers to be published on the internet in the form of Psych Sheets, Meet Results or any other documents associated with the running of this meet.

Signature of Coach or Club Official:	
Title:	
Club:	Date:

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 [THE LSC] 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 WITH EXPOSURE, INFECTION, AND/OR SPREAD OF COVID-19 RELATED TO PARTICIPATION IN THIS COMPETITION.**