




Georgia Swimming will increase opportunity, recognition, and growth in competitive swimming. We believe that swimming provides life-changing experiences for young people.

<p><b>HOST:</b></p> 	<p align="center"><b>DYNAMO SWIM CLUB</b>          Hereafter known as “Host Club”</p> <p align="center"><u>DYNA Woodie B Malone Invitational</u>  <u>November 18-20, 2022</u></p>
<p><b>SANCTION:</b></p>  <p><b>ATTESTATION:</b></p>	<p>Held under the sanction of USA Swimming, issued by Georgia Swimming Inc.,</p> <p><b>Sanction #:</b></p> <ul style="list-style-type: none"> <li>Article 202.4.3: Granted sanctions are non-transferrable to other organizations or clubs. Any such transferred sanction shall be void and the Sanction Committee shall deny any further sanctions to the organization or club violating this provision.</li> <li>In applying for this sanctioned event, the “Host Club” agrees to comply and to enforce all health and safety mandates and guidelines of USA Swimming, Georgia LSC, the State of Georgia, and local jurisdiction.</li> </ul>
<p><b>MAAPP:          Minor Athlete Abuse          Prevention Policy</b></p>	<p><b>This meet will adhere to the current Minor Athlete Abuse Prevention Policy (“MAAPP) set forth by USA Swimming.</b></p> <ul style="list-style-type: none"> <li>A USA Swimming club that hosts a sanctioned USA Swimming swim meet indicates acknowledgement of USA Swimming’s Minor Athlete Abuse Prevention Policy (“MAAPP”).</li> <li>All USA Swimming members including athletes 18 and older and adults who interact with minor athletes at swim meets are expected to comply with the MAAPP policy.</li> <li>All chaperones, team managers, adult swimmers, meet directors, officials, and non-member parents and meet volunteers are expected to understand and comply with MAAPP.</li> <li>As the host club, you are responsible for ensuring that these individuals know about and comply with MAAPP.</li> </ul>
<p><b>ELIGIBILITY FOR          TIME RECOGNITION          TO THE SWIMS          DATABASE</b></p>	<p>Times achieved by an athlete member at a sanctioned competition who is 18 years of age (+30-day grace period) who have not completed the Athlete Protection Training OR (whose APT training had expired) by the date of the swim, WILL NOT be uploaded to the SWIMS database.</p>
<p><b>LIABILITY:</b></p>	<p>In granting this sanction it is understood and agreed that USA Swimming, Inc., Georgia Swimming, Inc., and “Host Club,” shall be free and held harmless from any liabilities or claims for damages or illnesses arising by reason of injuries to anyone during the conduct of the event.</p>
<p><b>REPORT          DISCRIMINATION:</b></p>	<p>The Georgia LSC believes that there is no place for discrimination in the sport of swimming.</p> <p>If you believe you are the victim of discrimination, you are encouraged to report the incident to USA-Swimming’s Associate Counsel &amp; Director of Safe Sport, Abigail</p>

<b>D, E, &amp; I = Reference / Informational Section</b>	Howard ( <a href="mailto:ahoward@usaswimming.org">ahoward@usaswimming.org</a> or 719-866-3529). Please provide a complete description of the incident as well as a way to contact you and/or other parties involved. For more information refer to <a href="http://gaswimming.org/diversity">gaswimming.org/diversity</a> Gaswim.org <a href="http://GeorgiaSwimmingLSC.com">Georgia Swimming LSC: D, E, &amp; I (teamunify.com)</a>																					
<b>SWIMMER(S) with DISABILITIES:</b>	<ul style="list-style-type: none"> <li>• In meets with time standards, all swimmer(s) with disabilities must meet the <a href="http://usaswimming.org/lsc-parallel-standards.pdf">lsc-parallel-standards.pdf (usaswimming.org)</a> in every event they wish to participate in the meet.</li> <li>• Coaches with swimmer(s) with disabilities competing must notify the Meet Referee prior to the meet.</li> <li>• The Meet Referee may elect to have these athlete's swim the 50's during the 100 able-body 100 events, 100's during the 200 events, and 200's during the 400/500 events, based on entry times.</li> </ul>																					
<b>MEET DIRECTOR:</b>	Jesse Lewis/ <a href="mailto:meetdirector@dynamoswimclub.com">meetdirector@dynamoswimclub.com</a>																					
<b>MEET REFEREE</b>	Clarice Wasmuth/ <a href="mailto:cwasmuth@comcast.net">cwasmuth@comcast.net</a>																					
<b>STARTER</b>																						
<b>STROKE AND TURN</b>																						
<b>ADMIN OFFICIAL</b>	Katrienne Feaster/ <a href="mailto:aodynamo@gmail.com">aodynamo@gmail.com</a>																					
<b>FACILITY:</b>	<p>Raymond Arthur Bussard Aquatic Center 3119 Shallowford Road, Atlanta, GA 30341 Phone number- (770) 457-7946</p> <p>Competition will be held in the indoor 10 lanes, 25-yard pool (6.5 feet start/turn ends) and dome 9 lanes, 25-yard pool (7 feet start/turn ends). Both pools will use Colorado timing and scoreboard. The competition course has been certified in accordance with 104.2.2C(4). The certification is on file with USA Swimming, Inc., and Georgia Swimming, Inc.</p> <p>The remaining lanes under the domed Jason Turcotte pool will be used for warm-up/cooling down.</p>																					
<b>SCHEDULE</b>	<p><b><i>*WARM-UP AND START TIMES ARE APPROXIMATE. FINAL TIMES WILL BE COMMUNICATED THE MONDAY BEFORE THE START OF COMPETITION*</i></b></p> <p><b><u>Friday, November 18-</u></b></p> <table> <tr> <td>Session 1: 11&amp;O Timed Finals</td> <td>Warm up: 4:00p</td> <td>Start: 5:15p</td> </tr> </table> <p><b><u>Saturday, November 19-</u></b></p> <table> <tr> <td>Session 2: 13&amp;O Prelims</td> <td>Warm up: 7:45a</td> <td>Start: 9:00a</td> </tr> <tr> <td>Session 3: 11-12 Prelims, 10&amp;U TF</td> <td>Warm up: 11:45a</td> <td>Start: 12:45p</td> </tr> <tr> <td>Session 4: 11&amp;O Finals</td> <td>Warm up: 4:30p</td> <td>Start: 5:30p</td> </tr> </table> <p><b><u>Sunday, November 20-</u></b></p> <table> <tr> <td>Session 5: 13&amp;O Prelims</td> <td>Warm up: 7:45a</td> <td>Start: 9:00a</td> </tr> <tr> <td>Session 6: 11-12 Prelims, 10&amp;U TF</td> <td>Warm up: 11:45a</td> <td>Start: 12:45p</td> </tr> <tr> <td>Session 7: 11&amp;O Finals</td> <td>Warm up: 4:30p</td> <td>Start: 5:30p</td> </tr> </table>	Session 1: 11&O Timed Finals	Warm up: 4:00p	Start: 5:15p	Session 2: 13&O Prelims	Warm up: 7:45a	Start: 9:00a	Session 3: 11-12 Prelims, 10&U TF	Warm up: 11:45a	Start: 12:45p	Session 4: 11&O Finals	Warm up: 4:30p	Start: 5:30p	Session 5: 13&O Prelims	Warm up: 7:45a	Start: 9:00a	Session 6: 11-12 Prelims, 10&U TF	Warm up: 11:45a	Start: 12:45p	Session 7: 11&O Finals	Warm up: 4:30p	Start: 5:30p
Session 1: 11&O Timed Finals	Warm up: 4:00p	Start: 5:15p																				
Session 2: 13&O Prelims	Warm up: 7:45a	Start: 9:00a																				
Session 3: 11-12 Prelims, 10&U TF	Warm up: 11:45a	Start: 12:45p																				
Session 4: 11&O Finals	Warm up: 4:30p	Start: 5:30p																				
Session 5: 13&O Prelims	Warm up: 7:45a	Start: 9:00a																				
Session 6: 11-12 Prelims, 10&U TF	Warm up: 11:45a	Start: 12:45p																				
Session 7: 11&O Finals	Warm up: 4:30p	Start: 5:30p																				

<p><b>MEET FORMAT</b></p>	<p><b>Competition will be conducted in short course yards (SCY) pools.</b> Friday is Timed Finals. Saturday/Sunday will be conducted as Prelim/Finals.</p> <p><b>Friday Timed Finals-</b> heats in each event will run fastest to slowest.</p> <p><b>Sat &amp; Sun Prelims/Finals-</b> The top ten (10) 11-12 and top twenty (20) 13-14 and 15&amp;O athletes qualify for that evening's finals. Consolidation finals (B) will run before Championship finals (A). <b>The GA Scratch rule is in effect.</b></p> <p><b>Additional Timed Final Events-</b> Including Friday's events, the following events will run as timed finals:</p> <ul style="list-style-type: none"> <li>● All 10&amp;U events</li> <li>● For all age groups, the 400 IM, 500 Free, 1650 Free</li> <li>● 11-12 stroke 200s- 200 Fly, 200 Back, 200 Breast</li> </ul> <p><b>NT:</b> Entries with "NT" will not be accepted for all events 400 and longer. All entries marked as such will be removed.</p> <p><b>400 IM:</b> This event may be limited to the top 40 seeded athletes based on age (13-14 and 15&amp;O) and gender. <u>The fastest seeded heat will swim in the beginning of that evening's Finals Session.</u> All other heats of the 400 IM will be swum in event order fastest seeded heat to slowest seeded heat.</p> <p><b>500 Freestyle:</b> For 10&amp;U athletes, this may be limited to the fastest seeded 20 swimmers in each age group and swum slowest to fastest. 15&amp;O and 11-14 events may each be limited to the fastest 40 seeded times in each age group and swum fastest seeded heat to slowest seeded heat.</p> <p><b>1650 Freestyle:</b> 15&amp;O event may be limited to the fastest 10 seeded athletes of each gender. The 13-14 and 11-12 event may be limited to the fastest 9 seeded athletes of each gender. Heats will be swum fastest to slowest and alternating by gender. <b>Athletes need to provide their own timer and counter.</b></p> <p>Meet Committee reserves the right to use dive-over starts, multiple courses, and combined genders and age groups for time management if the timeline warrants it</p>
<p><b>ENTRY FEES:</b></p>	<ul style="list-style-type: none"> <li>● IND. EVENT FEE: \$10 / Event</li> <li>● LATE IND. ENTRIES: \$20 / Event</li> <li>● GA LSC Travel Fund - \$3.00/athlete</li> <li>● \$6.00 surcharge applies to all non-GA LSC athletes.</li> </ul>

<b>ELIGIBILITY:</b>	<p><b>Open Meet-</b> open only to swimmers registered with USA Swimming or their respective FINA Federation that are in good standing with their local national federation.</p> <p>All foreign delegations must submit documentation from their federation indicating athletes, coaches, and team support are members in good standing of their FINA affiliated federation. Dynamo Swim Club will not allow unregistered swimmers, coaches, officials, or teams to participate in this meet. No swimmer will be permitted to compete unless the swimmer is a member in as provided in Article 302.</p> <p>“Host Club” will not allow unregistered swimmers, coaches, officials, or teams to participate in this meet. No swimmer will be permitted to compete unless the swimmer is a member in as provided in Article 302.</p>
<b>ENTRIES:</b>	<p>Swimmers may enter a maximum of three (3) individual events per day.</p> <p>See entry submission for deadlines. Deck entries will be accepted at the discretion of the Meet Director/Meet Referee. <u>No new heats will be added.</u></p> <p>Time Trials will not be offered.</p>
<b>QUALIFYING STANDARDS</b>	<p>National Age Group (NAG) Time standards will be used:</p> <p><u>10&amp;U 500 Free- 10&amp;U NAG B</u></p> <p><u>11-12 500, 1650 Free- 11-12 NAG B</u></p> <p><u>13-14 500 Free, 400 IM, 1650 Free- 13-14 NAG BB</u></p> <p><u>15&amp;O 500 Free, 400 IM, 1650 Free- 15-16 NAG BB</u></p>
<b>CHECK IN:</b> <b>CLERK of COURSE:</b>	<p>Check-in is required for all events 400 yards and longer.</p> <p>Check-in closes forty-five (45) minutes prior to the start of the respective session.</p>
<b>ENTRY SUBMISSION:</b>	<p>Submit one check payable to: <b>Dynamo Parents’ Club</b>  <b>Initial Entries are due <u>Tuesday, November 8, 2022 at 8:00PM.</u></b>  <b>Email entries to Meet Director: <a href="mailto:meetdirector@dynamoswimclub.com">meetdirector@dynamoswimclub.com</a></b></p> <p>Corrections will be accepted until <b><u>Saturday, November 12, 2022 at 12:00P.</u></b> All entries after this will be considered “late” and charged the late fee.</p> <p>Submit entries using Hy-Tek team manager. Entries must include the USA Swimming Club Code and each swimmer’s USA Swimming number, first and last name, age, and seeding time for each event entered.</p>
<b>RULES:</b>	<p><b>Current USA Swimming Rules will govern this meet.</b></p> <p><b><u>Tech Suit Restrictions for 12-and-Under Swimmers</u></b>  (Note: WOVEN FABRIC-A suit with woven fabric and sewn seams that does not extend below the hips is permitted.)  (Note: KNIT FABRIC-A suit with knit fabric and sewn seams not extending below the knees is permitted.)  This rule is in effect for all USA Swimming competitions in the United States, so any manufacturer or vendor selling a suit in the United States is subject to the above rule. No Technical Suits may be worn by any 12-Under USA Swimming athlete member in competition at any Sanctioned, Approved or Observed meet.</p>

	<p>Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, behind the blocks (Including warm-up, warm-down, and Competition), rest rooms or locker rooms.</p> <p>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.</p> <p><b>Deck changes are prohibited.</b> (Defined as 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). Swimmers participating in deck changing could be subject to removal from further competition in the meet.</p> <p>On deck registrations will not be permitted during this event.</p> <p>Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coaches’ 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 Program Operations Vice Chair, Program &amp; Events Committee Chair, or designee.</p> <p>All referees, starters, administrative officials, chief judges, and stroke and turn judges, serving in an official capacity in a sanctioned event, must be non-athlete members of USA Swimming or members of other FINA-member organizations. All meet directors for meets sanctioned by USA Swimming must be members of USA Swimming. Except for coaches accompanying athletes participating under the provisions of 202.9 or USA Swimming’s “open border” policy, all persons acting in any coaching capacity in a sanctioned event must be coach members of USA Swimming.</p> <p>Photos and videos may be taken of swimmers during the meet by parents or a professional photographer retained by the host club. All participants agree to be filmed or photographed by photographers designated by the meet host and to allow the meet host the right to use names, pictures, likenesses, and biographical information before, during, or after the period of participation in Georgia Swimming competitions to promote swimming and meets hosted by the meet organizer. If you do not wish to have your child(ren) photographed, you may withdraw your consent by informing the Meet Director before the start of the first day of the meet.</p> <p>Deck Pass is acceptable proof of USA Swimming membership.</p> <p>Swimmers participating under the provisions of 202.9 or USA Swimming’s “open border” policy must be under the supervision of their own coach or a USA Swimming member coach. The Meet Director or Meet Referee may assist the swimmer in deciding for such supervision, but it is the swimmer’s responsibility to make such arrangements prior to the start of the meet.</p>
<p><b>COACHES:</b></p> <p><b>COACHES MEETING:</b></p>	<p>Coaches will be required to sign in and show their USA Swimming coaches registration card or <b>DECK PASS</b> for verification that all certifications are current.</p>

	A coaches' meeting will be held via Zoom on Wednesday, November 17 at 8:45pm. Zoom information will be sent the day of the meeting.
<b>OFFICIALS:</b>	<p>Dynamo Swim Club welcomes visiting officials and apprentices and will appreciate help in officiating this competition. Certified Officials or Apprentices wishing to work this meet may contact the Meet Referee: Clarice Wasmuth/<a href="mailto:cwasmuth@comcast.net">cwasmuth@comcast.net</a></p> <p>There will be an officials' meeting 45 minutes prior to the start of each session.</p> <p>The officials' uniform will consist of a white polo collared shirt, navy blue shorts, skirts or slacks with white socks and shoes.</p> <p>All officials must present at check in, their current LSC Officials Certification Card; <b>OR</b> a recently completed Apprentice Form; <b>AND</b> proof of current USA Swimming Non-Athlete membership. Credentials may be required for deck access and hospitality.</p> <p>A limited number of reserved parking spaces will be available in the gravel lot behind the natatorium indicated by orange cones.</p>
<b>MEET COMMITTEE / MEET JURY:</b>	The Meet Committee / Meet Jury shall be established during the coaching meeting or prior to the competition and shall consist of the Meet Director, Meet Referee, 2 Coaches, and 1 athlete member, as appropriate. As defined in the Official Glossary (2022 USA Swimming Rulebook)
<b>AWARDS:</b>	N/A
<b>SCORING:</b>	N/A
<b>CONCESSIONS:</b>	No concessions
<b>GEORGIA WARM-UP POLICY:</b>	The <a href="#">Georgia Swimming approved warm-up guidelines</a> will be followed for this meet. Warm-up lane assignments will be posted at the pool. USA Swimming Certified Coaches must supervise in the vicinity of all warm-up activities.
<b>GEORGIA SCRATCH RULE:</b>	<a href="#">Georgia Swimming Scratch Rule</a>
<b>MISC. INFORMATION:</b>	Please email <a href="mailto:meetdirector@dynamoswimclub.com">meetdirector@dynamoswimclub.com</a>

## ORDER OF EVENTS- FRIDAY

Friday, November 19- Afternoon- Timed Finals		
Warm up: 4:00 PM		
Competition: 5:15 PM		
Girls (Indoors Pool)		Boys (Outdoor Pool)
1	11-12 100 Fly	2
3	13-14 100 Fly	4
5	15&O 100 Fly	6
7	11-12 50 Free	8
9	13-14 50 Free	10
11	15&O 50 Free	12
13	11-12 200 Breast	14
15	13-14 100 IM	16
17	15&O 100 IM	18
19	11-12 200 Back	20
<b>5 Minute Break</b>		
21	15&O 500 Free	22
23	11-14 500 Free	24

# ORDER OF EVENTS- SATURDAY

## Saturday, November 20- Morning- 13&O Preliminaries

Warm up: 7:45 AM  
Competition: 9:00 AM

Girls	15&O- Indoor Pool	Boys	Girls	13-14 (Outdoor Pool)	Boys
35	200 Free	36	33	200 Free	34
41	200 Breast	42	39	200 Breast	40
47	100 Back	48	45	100 Back	46
53	200 Fly	54	51	200 Fly	52
<b>5 Minute Break</b>			<b>5 Minute Break</b>		
29	400 IM*	30	27	400 IM*	28

*\*Timed Final Event; Fastest 10 seeded athletes will swim in Finals*

## Saturday, November 20- Afternoon- 11-12 Preliminaries/ 10&U Finals

Warm up: approximately 11:45 AM  
Start: approximately 12:45 PM

Girls	10&U- Indoor Pool	Boys	Girls	11-12 (Outdoor Pool)	Boys
101	50 Free	102	25	100 IM	26
103	200 IM	104	31	200 Free	32
105	8&U 25 Back	106	37	50 Breast	38
107	100 Back	108	43	100 Back	44
109	50 Fly	110	49	50 Fly	50
111	8&U 25 Breast	112	<b>5 Minute Break</b>		
113	100 Breast	114	55	1650 Freestyle	56
115	200 Free	116			

## Saturday, November 20- Night- 11&O Finals

Warmup: approximately 4:30 PM  
Start: approximately 5:30 PM

Girls	Event	Boys
25	11-12 100 IM	26
27	13-14 400 IM	28
29	15&O 400 IM	30
31	11-12 100 Free	32
33	13-14 200 Free	34
35	15&O 200 Free	36
37	11-12 50 Breast	38
39	13-14 200 Breast	40
41	15&O 200 Breast	42
43	11-12 100 Back	44
45	13-14 100 Back	46
47	15&O 100 Back	48
49	11-12 50 Fly	50
51	13-14 200 Fly	52
53	15&O 200 Fly	54

# ORDER OF EVENTS- SUNDAY

## Sunday, November 21- Morning- 13&O Preliminaries

Warm up: 7:45 AM  
Competition: 9:00 AM

Girls	15&O- Indoor Pool	Boys		Girls	13-14 (Outdoor Pool)	Boys
61	200 IM	62		59	200 IM	60
69	200 Back	70		67	200 Back	68
75	100 Breast	76		73	100 Breast	74
81	100 Free	82		79	100 Free	80
<b>10 Minute Break</b>				<b>10 Minute Break</b>		
85	1650 Free	86		83	1650 Free	84

## Sunday, November 21- Afternoon- 11-12 Preliminaries/ 10&U Finals

Warm up: approximately 11:45 AM  
Start: approximately 12:45 PM

Girls	10&U- Indoor Pool	Boys		Girls	11-12 (Outdoor Pool)	Boys
201	100 Free	202		57	200 IM	58
203	8&U 25 Free	204		63	200 Fly	64
205	50 Breast	206		65	50 Back	66
207	50 Back	208		71	100 Breast	72
208	100 Fly	210		77	100 Free	78
211	8&U 25 Fly	212				
213	100 IM	214				
<b>5 Minute Break</b>						
215	500 Free	216				

## Sunday, November 21 Night- 11&O Finals

Warmup: approximately 4:30 PM  
Start: approximately 5:30 PM

Girls	Event	Boys
57	11-12 200 IM	58
59	13-14 200 IM	60
61	15&O 200 IM	62
65	11-12 50 Back	66
67	13-14 200 Back	68
69	15&O 200 Back	70
71	11-12 100 Breast	72
73	13-14 100 Breast	74
75	15&O 100 Breast	76
77	11-12 100 Free	78
79	13-14 100 Free	80
81	15&O 100 Free	82



# Dynamo Swim Club Preferred Hotels

---



Kevin Priger, Senior Sales Manager  
Hilton Atlanta Northeast  
5993 Peachtree Industrial Blvd  
Peachtree Corners, GA 30092  
P: 678-533-3326  
[kevin.priger@hilton.com](mailto:kevin.priger@hilton.com)

**2022 DYNA Woodie B Malone Invitational  
November 18-20, 2022**

Team Name \_\_\_\_\_ Team abbreviation \_\_\_\_\_

Team Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Head Coach \_\_\_\_\_

Head Coach E-mail \_\_\_\_\_ Head Coach Cell \_\_\_\_\_

***All coaches from your team must be listed and have valid USA Swimming credentials.***

1<sup>st</sup> Coach \_\_\_\_\_ 2<sup>nd</sup> Coach \_\_\_\_\_

3<sup>rd</sup> Coach \_\_\_\_\_ 4<sup>th</sup> Coach \_\_\_\_\_

Athlete Fee	\$10.00 x (number of events)	= _____
GA LSC Travel Fund	\$3.00 x (number of athletes)	= _____
Non-GA LSC registered athletes	\$6.00 x (number of athletes)	= _____
	<b>TOTAL</b>	= _____

Submit one check payable to: **Dynamo Parents' Club**  
Initial Entries are due **Tuesday, November 8, 2022 at 8:00PM.**  
Email entries to Meet Director: [meetdirector@dynamoswimclub.com](mailto:meetdirector@dynamoswimclub.com)

***WAIVER, ACKNOWLEDGMENT AND LIABILITY RELEASE:***

*I, the undersigned coach, or team representative, verify that all swimmers and coaches listed on the enclosed entry are registered with USA Swimming.*

*I acknowledge that I am familiar with the safety rules of USA Swimming and Georgia Swimming regarding warm-up procedures and that I shall be responsible for the compliance of my swimmers with those rules during this meet.*

**I have reviewed RULE 302.4 FALSE REGISTRATION and understand that if a swimmer who is not properly registered with USA Swimming competes in a sanctioned competition, Georgia Swimming Inc. may impose a fine of up to \$100.00 per event against the individual, member coach or member club submitting the entry.**

\_\_\_\_\_  
Signature/Title

\_\_\_\_\_  
Date

## COVID 19:

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 THEREWITH.

**This statement shall also be included in heat sheets.**