




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

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|  | <p align="center">2023 Georgia Age Group SCY State Championships <i>February 17th-19th, 2023</i></p> |
| <p>SANCTION:</p> <p>ATTESTATION:</p> | <p>Held under the sanction of USA Swimming, issued by Georgia Swimming Inc., Sanction #: GA23-028/STT</p> <ul style="list-style-type: none"> The meet announcement must be submitted for sanctioning at least three weeks prior to the meet start date. 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. 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. |
| <p>MAAPP: Minor Athlete Abuse Prevention Policy</p> | <p>This meet will adhere to the current Minor Athlete Abuse Prevention Policy (“MAAPP”) set forth by USA Swimming.</p> <ul style="list-style-type: none"> A USA Swimming club that hosts a sanctioned USA Swimming swim meet indicates acknowledgement of USA Swimming’s Minor Athlete Abuse Prevention Policy (“MAAPP”). 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. All chaperones, team managers, adult swimmers, meet directors, officials, and non-member parents and meet volunteers are expected to understand and comply with MAAPP. As the host club, you are responsible for ensuring that these individuals know about and comply with MAAPP. |
| <p>LIABILITY:</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>REPORT DISCRIMINATION:</p> <p>D, E, & I = Reference / Informational Section</p> | <p>The Georgia LSC believes that there is no place for discrimination in the sport of swimming. If you believe you are the victim of discrimination, you are encouraged to report the incident to USA-Swimming’s Associate Counsel & Director of Safe Sport, Michelle Steinfeld (msteinfeld@usaswimming.org 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 usaswimming.org/diversity.</p> <p>Starting on September 1, 2022, USA Swimming members can submit anonymously or on the record through plain text messaging at 888-270-SWIM (7946).</p> <p>Georgia Swimming LSC: D, E, & I(teamunify.com)</p> |
| <p>MEET DIRECTOR:</p> | <p>Chris Davis Jr chrisjr@swimatlanta.com / Wil Bayer wil@swimatlanta.com</p> |
| <p>MEET REFEREE:</p> | <p>Jason Frankel / jf18111@gmail.com</p> |
| <p>ADMIN REFEREE:</p> | <p>Eric Pingel / epingel.usaswimming@gmail.com</p> |
| <p>ASST ADMIN REFEREE:</p> | <p>Jill Brinkman / jeb207@att.net</p> |

| STARTER: | Joseph DeCarlo | | | | | | | | | | | | | | | | | | | | | | | |
|--|---|--------------------|--------------------|--|---------|--|---------|-------|-----------------|---------------|---------|----------|--------------------------|--------------|---------|---------|--------|-------------------------------------|--------|--------|------------------|-------------------------------------|--------------------|--------------------|
| STROKE AND TURN: | Nancy Harmon | | | | | | | | | | | | | | | | | | | | | | | |
| ADMIN OFFICIAL/ MEET ENTRIES: | Cheryl Loprinzo / Cheryl.loprinzo@comcast.net | | | | | | | | | | | | | | | | | | | | | | | |
| FACILITY: | <p>Georgia Tech McAuley Aquatic Center 750 Ferst Drive NW Atlanta, GA 30332 404-385-7529</p> <p>The meet will take place in the Georgia Tech Natatorium, two 25Y x 10 lane competition pools. The pool depth at the start and turn end is nine feet. An eight lane 25 yd warm-up/down pool will be available throughout the course of the meet. An Omega timing system and scoreboard will be used. The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming & Georgia Swimming.</p> | | | | | | | | | | | | | | | | | | | | | | | |
| SCHEDULE: | <table><tr><th colspan="2">Session</th><th>Warm-up</th><th>Start</th></tr><tr><td>Friday - Sunday</td><td>11-14 Prelims</td><td>8:30 AM</td><td>10:00 AM</td></tr><tr><td>Friday, Saturday, Sunday</td><td>11-14 Finals</td><td>5:00 PM</td><td>6:00 PM</td></tr><tr><td>Friday</td><td>11-14 “B” Cut and 10&U Timed Finals</td><td>5:00PM</td><td>6:00PM</td></tr><tr><td>Saturday, Sunday</td><td>11-14 “B” Cut and 10&U Timed Finals</td><td>Not before 1:00 PM</td><td>Not before 1:45 PM</td></tr></table> | | | | Session | | Warm-up | Start | Friday - Sunday | 11-14 Prelims | 8:30 AM | 10:00 AM | Friday, Saturday, Sunday | 11-14 Finals | 5:00 PM | 6:00 PM | Friday | 11-14 “B” Cut and 10&U Timed Finals | 5:00PM | 6:00PM | Saturday, Sunday | 11-14 “B” Cut and 10&U Timed Finals | Not before 1:00 PM | Not before 1:45 PM |
| Session | | Warm-up | Start | | | | | | | | | | | | | | | | | | | | | |
| Friday - Sunday | 11-14 Prelims | 8:30 AM | 10:00 AM | | | | | | | | | | | | | | | | | | | | | |
| Friday, Saturday, Sunday | 11-14 Finals | 5:00 PM | 6:00 PM | | | | | | | | | | | | | | | | | | | | | |
| Friday | 11-14 “B” Cut and 10&U Timed Finals | 5:00PM | 6:00PM | | | | | | | | | | | | | | | | | | | | | |
| Saturday, Sunday | 11-14 “B” Cut and 10&U Timed Finals | Not before 1:00 PM | Not before 1:45 PM | | | | | | | | | | | | | | | | | | | | | |
| MEET FORMAT: | <ul style="list-style-type: none">• SCY• Combined (P/F + TF)• During Prelims events will be swum Slowest to Fastest, unless otherwise indicated• For Finals, events will be swum Slow to Fast (13-14) C/B/A (11-12) B/A• Meet Management reserves the right to run the meet in two courses or use Dive-over starts.• 500 Free and 400 IM will be a deck seeded event after positive check-in. Swimmers will need to provide their own timer and counter.• 13-14 500 Free and 400 IM are prelim / final events with Top 20 from prelims swimming at night (B heat / A heat)• 1000 Free will be a deck seeded event after positive check-in. All heats will be contested during prelims. Swimmers will need to provide their own counter and timer. Swimming fast to slow alternating 13-14 heat then 11-12 heat.• (11-12) 500 Free, (11-12) 400 IM, (11-12) 200 Back, (11-12) 200 Breast and (11-12) 200 Fly are time final events. All heats will be contested during prelims.• 10&U 500 Free –all heats will be contested at the beginning of the Friday “B” cut session.• 400IM and 500 Free in prelims will swim two circle seeded 13-14 heats followed by fast to slow alternating 13-14 then 11-12 heats.• Relay Events - All Relays will be conducted as Timed Final events, during prelims. | | | | | | | | | | | | | | | | | | | | | | | |
| ENTRY FEES: | <ul style="list-style-type: none">• IND EVENT FEE: \$12• EVENT - LATE ENTRIES: \$24/event• RELAYS: - \$24/event – Late Relays \$48/event | | | | | | | | | | | | | | | | | | | | | | | |

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| | <ul style="list-style-type: none"> • TIME TRIALS: \$24 / event • SURCHARGE - \$21.00/Swimmer • Georgia Swimming Surcharge - \$3.00 |
| ELIGIBILITY: | Open to all USA-registered swimmers and teams. SwimAtlanta 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 as provided in Article 302. |
| 205.2 AGE GROUP ELIGIBILITY | <p>.1 Eligibility to compete in a particular age group shall be determined by the swimmer's date (not hour) of birth.</p> <p>.2 Age on the first day of the meet shall determine the swimmer's age for the entire meet.</p> |
| ENTRIES: | <p><u>Limits:</u> 11-14 Swimmers may swim a maximum of 3 individual events per day, 10 & under may swim a maximum of 4 individual events per day. Any swimmer who competes in more than their daily limit will be disqualified from the last event(s) of that day.</p> <p>Any swimmers entered with "SCM," or "LCM" qualifying time will be seeded below all swimmers with qualifying SCY times (YSL order). Bonus times will be seeded below qualified times in the same order.</p> <p><u>Finals:</u> Top 30 13-14 will come back for finals Top 20 11-12 will come back for finals *Note – Those swimmers named as First and Second Alternate in each prelim/final event must stand by the starter at the beginning of the event for which they are named if they wish to swim. <i>Alternates can be placed in ANY vacant lane and swim exhibition.</i></p> <p><u>Bonus swims:</u> Swimmers who have qualified for an event in any session may swim three bonus events during the meet, in the 50y, 100y or 200y events (<i>400 yard and above events cannot be a bonus swim option</i>). Bonus swims can be used on any day. Bonus events count towards daily event limit and <u>must</u> be designated as such on the entry. All bonus swims are not eligible for competing in finals. <i>Bonus swims must be marked as such on the event file. Failure to do so will result in the automatic removal of a swimmer from the bonus event.</i></p> <p><u>Time Trial events</u> will be included in daily individual event limits. Deck entries can be made with the clerk of course up to 30 minutes before the start of the session.</p> <p>Time Trials for National qualifying or ranking purposes will be available following morning prelims, time permitting as determined by Meet Referee.</p> <p><u>Relays:</u> only two relays per team are permitted to score, all other teams will be considered ineligible to score. Relay teams must be made up of swimmers from the same club and cannot include unattached swimmers.</p> <p><u>Links to Time Standards for the meet:</u></p> |

| | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
|---|--|---------|------|--------------|-----|---------|---------|---------|------|------|---------|---------|---------|-----|------------|-----|---------|---------|---------|--|---------|---------|-----|------------|-----|---------|---------|--|---------|---------|---------|-----|--------------|-----|---------|---------|---------|--|---------|---------|-----|--------------|-----|---------|---------|--|
| | <div><div>• Relay Time Standards</div><div><div>Relay Time Standards</div><table><tr><td>10&U</td><td>12&U</td><td>14&U</td><td colspan="3"></td><td>14&U</td><td>12&U</td><td>10&U</td></tr><tr><td>2.26.99</td><td>2.03.19</td><td>1.56.99</td><td>200</td><td>Free Relay</td><td>SCY</td><td>1.49.99</td><td>2.02.29</td><td>2.26.99</td></tr><tr><td></td><td>4.26.59</td><td>4.08.99</td><td>400</td><td>Free Relay</td><td>SCY</td><td>3.49.19</td><td>4.25.79</td><td></td></tr><tr><td>2.53.09</td><td>2.21.39</td><td>2.16.09</td><td>200</td><td>Medley Relay</td><td>SCY</td><td>2.07.29</td><td>2.22.59</td><td>2.54.79</td></tr><tr><td></td><td>5.07.59</td><td>4.44.69</td><td>400</td><td>Medley Relay</td><td>SCY</td><td>4.26.19</td><td>5.13.59</td><td></td></tr></table></div></div> | 10&U | 12&U | 14&U | | | | 14&U | 12&U | 10&U | 2.26.99 | 2.03.19 | 1.56.99 | 200 | Free Relay | SCY | 1.49.99 | 2.02.29 | 2.26.99 | | 4.26.59 | 4.08.99 | 400 | Free Relay | SCY | 3.49.19 | 4.25.79 | | 2.53.09 | 2.21.39 | 2.16.09 | 200 | Medley Relay | SCY | 2.07.29 | 2.22.59 | 2.54.79 | | 5.07.59 | 4.44.69 | 400 | Medley Relay | SCY | 4.26.19 | 5.13.59 | |
| 10&U | 12&U | 14&U | | | | 14&U | 12&U | 10&U | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 2.26.99 | 2.03.19 | 1.56.99 | 200 | Free Relay | SCY | 1.49.99 | 2.02.29 | 2.26.99 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 4.26.59 | 4.08.99 | 400 | Free Relay | SCY | 3.49.19 | 4.25.79 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 2.53.09 | 2.21.39 | 2.16.09 | 200 | Medley Relay | SCY | 2.07.29 | 2.22.59 | 2.54.79 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 5.07.59 | 4.44.69 | 400 | Medley Relay | SCY | 4.26.19 | 5.13.59 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | <p>In order to maintain a reasonable timeline and to regulate the continuity of the meet the Meet Director, in consultation with the Meet Management Committee (Meet Director, AG Committee Chair, Meet Referee and Coach) reserves the right to make the final decisions on the following: Dive-over starts; rest breaks; scheduling of Time Trials; other issues that affect the management, versus the conduct of the meet.</p> | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| SWIMMER(S) with DISABILITIES: | <p>All swimmer(s) with disabilities must meet the lsc-parallel-standards.pdf (usaswimming.org) in every event they wish to participate in the meet.</p> <p>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.</p> <p>The meet referee may elect to have them 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.</p> <p>Swimmers achieving a PARA Sectional time will qualify to swim in one of three mixed PARA heats at Finals to be swum at the beginning of the session, after the 2nd event and after the last individual event (3rd heat will be before the 100 back on Sunday).</p> | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Proof of Times: | <p>Swimmers who enter this state championship meet must have achieved a time equal to or faster than the qualifying standard for each event entered since July 1, 2021 through Feb. 17, 2023. The final results for each event will be reviewed by the designated Representative appointed by the LSC Chair to determine each swimmer’s eligibility for this meet. If a swimmer fails to achieve the qualifying standard at this meet and cannot prove that he/she achieved the qualifying standard before the entry deadline, then Georgia Swimming, Inc. will invoke a fine of \$50.00 against the team of said swimmer, or against the swimmer if unattached, for each non-qualifying time, <u>INCLDING ANY BONUS SWIMS THAT SESSION. The SWIMS database will be the sole source document used to verify proof of time for this meet.</u> Failure to pay as prescribed by Georgia Swimming Rules and Regulations 7.2, Inc. will result in the barring of said team/individual from participating in any meets until such time as the fine is paid in full. Make checks payable to “Georgia Swimming.” Proof of times is not required for relays.</p> <p><i>*Bonus Events, if the bonus event is NOT marked as a bonus event and the swimmer fails to achieve the time standard for that event, the swimmer will be subject to a \$50.00 fine.</i></p> | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| CHECK IN: CLERK of COURSE: | <p>In order to be seeded into the deck-seeded events, swimmers must check-in with the Clerk of Course by the times below. The Clerk of Course will close for events at the following times:</p> | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |

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| | <p><u>11-14 Sessions: Friday Morning</u></p> <ul style="list-style-type: none"> ● 9:30 AM for changes and/or late entries for this session ● 10:00 AM for positive check-in for the 1000 Free ● 11:00 AM for time trials <p><u>Saturday Morning</u></p> <ul style="list-style-type: none"> ● 9:30 AM for changes and/or late entries for this session ● 10:00 AM for positive check-in for the 400 IM; fastest checked-in heat in each event will swim during Finals ● 11:00 AM for time trials <p><u>Sunday Morning</u></p> <ul style="list-style-type: none"> ● 9:30 AM for changes and/or late entries for this session ● 10:00 AM for positive check-in for the 11-14 500 Free; fastest checked-in heat in each event will swim during Finals ● 11:00 AM for time trials <p><u>10 & Under Sessions & “B” Cut Sessions:</u></p> <p><u>Friday Night</u> (<i>Warm up times are subject to change by the meet host</i>)</p> <ul style="list-style-type: none"> ● 30 minutes before start time for late entries <p><u>Saturday Afternoon</u> (<i>Warm up times are subject to change by the meet host</i>)</p> <ul style="list-style-type: none"> ● 30 minutes before start time for late entries <p><u>Sunday Afternoon</u> (<i>Warm up times are subject to change by the meet host</i>)</p> <ul style="list-style-type: none"> ● 30 minutes before start time for late entries |
| ENTRY SUBMISSION: | <p>ENTRY DEADLINE: Date: February 8, 2023 Time: 6:00pm</p> <p>If there are meets on the weekend of Feb. 10-12, updated entries will be accepted by Monday 2/13/2023 at 6:00pm. 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> <p>Email entry file and pdf entry report file to: cheryl.loprinzo@comcast.net</p> |
| LATE ENTRIES: | <p>On site late entries will be permitted only if open lanes are available and will be seeded with the Qualifying Time for that event. No additional heats will be created. In deck-seeded events, the original entries will be seeded, and late entries will be placed in empty lanes resulting from that seeding. Late entry fees will be doubled for individual and relay events. <u>Coaches late entering swimmers on site who were not previously entered and cleared by the registration chair must have proof of USAS registration for each late entering swimmer (USA Swimming App is acceptable).</u> Late entries will be accepted up until 30 minutes prior to the start of the affected session.</p> |
| RULES: | <p>Current USA Swimming Rules will govern this meet.</p> <p><u>Tech Suit Restrictions for 12-and-Under Swimmers</u></p> <p>(Note: WOVEN FABRIC-A suit with woven fabric and sewn seams that does not extend below the hips is permitted.)</p> <p>(Note: KNIT FABRIC-A suit with knit fabric and sewn seams not extending below the knees is permitted.)</p> |

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.

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.

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.

Deck changes are prohibited. (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.

On deck registrations will not be permitted during this event.

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 & Events Committee Chair, or designee.

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.

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.

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.

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| USA SWIMMING MEMBER VERIFICATION: | September 22, Deck Pass and Deck Pass Plus are no longer available. To access USA Swimming member benefits, including your USA Swimming member card, download the USA Swimming app. Present this card to verify your USA-S and GA LSC credentials are in good standing. |
| COACHES: | Coaches will be required to sign in at the Clerk of Course desk to verify their credentials, via SWIMS 3.0, are in good standing with USA-S and their respective LSC. Sign in at Clerk of Course table. |
| COACHES MEETING: | Friday, February 17, 2023 at 8:00 AM in the Hospitality Room. |
| OFFICIALS: | <p>SwimAtlanta welcomes visiting officials and apprentices and will appreciate help in officiating this competition. There will be an official's meeting 60 minutes prior to the start of each session. The official's uniform will consist of a white polo collared shirt, navy blue shorts (prelims only), skirts or slacks with white socks and shoes. All officials must present at check in, their current LSC Officials Certification Card; OR a recently completed Apprentice Form; AND proof of current USA Swimming Non-Athlete membership. Credentials may be required for deck access and hospitality.</p> <p>Officials or apprentices requesting certain positions should contact the Meet Referee as early as possible prior to the meet. Note that apprenticing as a Starter will not be allowed at this meet.</p> <p>Note: This will be an OQM for N2 advancement or renewal and N3 S&T only. If interested in being evaluated, please complete the Application to work the meet:</p> <p>https://www.eSurveysPro.com/Survey.aspx?id=ba133ee0-b222-4312-b95c-d1490ea59f69</p> |
| MEET COMMITTEE / MEET JURY: | 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) |
| AWARDS: | <ul style="list-style-type: none"> • Medals will be awarded in each individual event for places 1st through 3rd, and ribbons 4th through 10th. • Medals will be awarded in each relay event for places 1st through 3rd. • An award will be presented to the most outstanding swimmer (top individual scorer), male and female, in each age group (10&U, 11-12, 13-14). • There will be no awards given for the "B" Cut sessions. • The three highest scoring teams in each division will receive awards. These awards will be announced following the conclusion of the last finals session of the meet. For this meet, teams will be assigned to one of three divisions based upon the number of registered swimmers on each team as of the day before the 1st day of the meet. The divisions will be: <ul style="list-style-type: none"> • Division I (Extra-Large): 451+ swimmers • Division II (Large): 201-450 swimmers • Division III (Medium): 81-200 swimmers • Division IV (Small): 1-80 swimmers • Any awards not picked up at the conclusion of the meet will be shipped at the request of that team C.O.D. Please remember to pick up your swimmers' awards at the end of the meet to avoid incurring shipping charges. |
| SCORING: | Events will be scored to 20 places for all Age Groups (10&U, 11-12, 13-14); Relays will score to 20 places. Swimmers and relays that do not achieve the meet qualifying time in an |

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| | <p>event cannot score points in that event. Only 2 relays per team can score. B Cuts will not be scored, and no awards given.</p> <p>Individual Events: 24-21-20-19-18-17-16-15-14-13-11-9-8-7-6-5-4-3-2-1</p> <p>Relay Events: 48-42-40-38-36-34-32-30-28-26-22-18-16-14-12-10-8-6-4-2</p> |
| CONCESSIONS: | Georgia Tech H2O Café |
| GEORGIA WARM-UP POLICY: | <p>The Georgia Swimming approved warm-up guidelines will be followed for this meet.</p> <p>Warm-up lane assignments will be posted at the pool. USA Swimming Certified Coaches must supervise in the vicinity of all warm-up activities.</p> |
| GA. SCRATCH RULE: | Georgia Swimming Scratch Rule |
| MISC. INFORMATION: | None |

Order of Events
Friday, February 17, 2023
Session 1: Preliminary Heats

Warm-ups: 8:30AM

Competition: 10:00AM

| <i>Girls Event #</i> | <i>Age</i> | <i>Event</i> | <i>Boys Event #</i> | | Notes |
|-------------------------|------------|------------------|---------------------|--------------|--------------|
| 1 | 14 & Under | 400 Medley Relay | 2 | | |
| 3 | 12 & Under | 400 Medley Relay | 4 | | |
| 5 – Minute Break | | | | | |
| 5 | 11-12 | 200 Back | 6 | Time Finals | |
| 7 | 13-14 | 200 Back | 8 | Prelims | |
| 9 | 11-12 | 100 Free | 10 | Prelims | |
| 11 | 13-14 | 100 Free | 12 | Prelims | |
| 13 | 11-12 | 200 IM | 14 | Prelims | |
| 15 | 13-14 | 200 IM | 16 | Prelims | |
| 17 | 11-12 | 100 Breast | 18 | Prelims | |
| 19 | 13-14 | 100 Breast | 20 | Prelims | |
| 21 | 11-12 | 50 Fly | 22 | Prelims | |
| 5 – Minute Break | | | | | |
| 23 | 13-14 | 1000 Free | 24 | Timed Finals | 1 |
| 25 | 11-12 | 1000 Free | 26 | Timed Finals | |

Note 1: events will be deck seeded after positive check-in (see "Check-In"). Events will be seeded fastest to slowest, and all heats will be contested during prelims, with all Girls' heats swimming in the pool by the diving well end, alternating 13-14, 11-12; all Boys' heats will be swam in the pool by the scoreboard end, alternating 13-14, 11-12.

Friday, February 17, 2023

Session 2: 11-14 and 10 & Under & “B” Cut Timed Finals

Warm-ups: 5:00 PM

Competition: 6:00 PM

(Warm up times are subject to change by the meet host)

| <i>Girls Event #</i> | <i>Age</i> | <i>Event</i> | <i>Boys Event #</i> | | <i>Notes</i> |
|---------------------------------|-------------------|---------------------|--------------------------------|--------------|---------------------|
| 119 | 10&U | 500 Free | 120 | Timed Finals | |
| 101 | 11-12 | 100 Free | 102 | Timed Finals | |
| 103 | 13-14 | 100 Free | 104 | Timed Finals | |
| 105 | 11-12 | 200 IM | 106 | Timed Finals | 2 |
| 107 | 13-14 | 200 IM | 108 | Timed Finals | 2 |
| 109 | 11-12 | 100 Breast | 110 | Timed Finals | |
| 111 | 13-14 | 100 Breast | 112 | Timed Finals | |
| 113 | 11-12 | 200 Back | 114 | Timed Finals | 2 |
| 115 | 13-14 | 200 Back | 116 | Timed Finals | 2 |
| 117 | 11-12 | 50 Fly | 118 | Timed Finals | |

Note 2: At the discretion of meet management, all B Cut events, 200 and longer, might be limited to the fastest 3 heats in each event depending on timeline.

Friday, February 17, 2023

Session 3: Finals

Warm-ups: 5:00PM

Competition: 6:00PM

| <i>Girls Event #</i> | <i>Age</i> | <i>Event</i> | <i>Boys Event #</i> | | <i>Notes</i> |
|----------------------|------------|--------------|---------------------|--------|--------------|
| 7 | 13-14 | 200 Back | 8 | Finals | |
| 9 | 11-12 | 100 Free | 10 | Finals | |
| 11 | 13-14 | 100 Free | 12 | Finals | |
| 13 | 11-12 | 200 IM | 14 | Finals | |
| 15 | 13-14 | 200 IM | 16 | Finals | |
| 17 | 11-12 | 100 Breast | 18 | Finals | |
| 19 | 13-14 | 100 Breast | 20 | Finals | |
| 21 | 11-12 | 50 Fly | 22 | Finals | |

Saturday, February 18, 2023

Session 4: Preliminary Heats

Warm-ups: 8:30 AM

Competition: 10:00AM

| <i>Girls Event #</i> | <i>Age</i> | <i>Event</i> | <i>Boys Event #</i> | | <i>Notes</i> |
|----------------------|------------|------------------|---------------------|--------------|--------------|
| 27 | 12&U | 200 Free Relay | 28 | Timed Finals | |
| 29 | 14&U | 200 Free Relay | 30 | Timed Finals | |
| 5 – Minute Break | | | | | |
| 31 | 11-12 | 200 Breast | 32 | Timed Finals | |
| 33 | 13-14 | 200 Breast | 34 | Prelims | |
| 35 | 11-12 | 50 Back | 36 | Prelims | |
| 37 | 13-14 | 100 Fly | 38 | Prelims | |
| 39 | 11-12 | 100 Fly | 40 | Prelims | |
| 41 | 13-14 | 200 Free | 42 | Prelims | |
| 43 | 11-12 | 200 Free | 44 | Prelims | |
| 5 – Minute Break | | | | | |
| 45 | 14&U | 200 Medley Relay | 46 | Timed Final | |
| 47 | 12&U | 200 Medley Relay | 48 | Timed Final | |
| 5 – Minute Break | | | | | |
| 49 | 13-14 | 400 IM | 50 | Prelims | 3 |
| 51 | 11-12 | 400 IM | 52 | Timed Finals | |

Note 3: events will be deck seeded after positive check-in (see "Check-In"). 400im in prelims will swim two circle seeded 13-14 heats followed by fast to slow alternating 13-14 then 11-12 heats.

Saturday, February 18, 2022

Session 5: 11-14 and 10 & Under Timed Finals & 11-14 "B" Cut Timed Finals

Warm-ups: NOT BEFORE 12:30 PM Competition: NOT BEFORE 1:15 PM

(Warm up times are subject to change by the meet host)

| <i>Girls Event #</i> | <i>Age</i> | <i>Event</i> | <i>Boys Event #</i> | | <i>Notes</i> |
|-----------------------------|-------------------|------------------------|----------------------------|--------------|---------------------|
| 121 | 10&U | 200 Mixed Medley Relay | | Timed Finals | |
| 5 – Minute Break | | | | | |
| 123 | 10&U | 200 IM | 124 | Timed Finals | |
| 125 | 11-12 | 200 Breast | 126 | Timed Finals | 2 |
| 127 | 13-14 | 200 Breast | 128 | Timed Finals | 2 |
| 129 | 10&U | 50 Breast | 130 | Timed Finals | |
| 131 | 11-12 | 50 Back | 132 | Timed Finals | |
| 133 | 10&U | 100 Free | 134 | Timed Finals | |
| 135 | 13-14 | 100 Fly | 136 | Timed Finals | |
| 137 | 11-12 | 100 Fly | 138 | Timed Finals | |
| 139 | 10&U | 50 Back | 140 | Timed Finals | |
| 141 | 13-14 | 200 Free | 142 | Timed Finals | |
| 143 | 11-12 | 200 Free | 144 | Timed Finals | |
| 145 | 10&U | 100 Fly | 146 | Timed Finals | |
| 5 – Minute Break | | | | | |
| 147 | 10&U | 200 Free Relay | 148 | Timed Finals | |

Note 2: at the discretion of meet management, all "B" Cut events 200 and longer might be limited to the fastest 3 heats in each event depending on timeline.

Saturday, February 18, 2023

Session 6: Finals

Warm-ups: 5:00PM

Competition: 6:00PM

| <i>Girls Event #</i> | <i>Age</i> | <i>Event</i> | <i>Boys Event #</i> | | Notes |
|----------------------|------------|--------------|---------------------|--------|--------------|
| 33 | 13-14 | 200 Breast | 34 | Finals | |
| 35 | 11-12 | 50 Back | 36 | Finals | |
| 37 | 13-14 | 100 Fly | 48 | Finals | |
| 39 | 11-12 | 100 Fly | 40 | Finals | |
| 41 | 13-14 | 200 Free | 42 | Finals | |
| 43 | 11-12 | 200 Free | 44 | Finals | |
| 49 | 13-14 | 400IM | 50 | Finals | |

Sunday, February 19, 2023
Session 7: Preliminary Heats

Warm-ups: 8:30AM

Competition: 10:00AM

| <i>Girls Event #</i> | <i>Age</i> | <i>Event</i> | <i>Boys Event #</i> | | Notes |
|----------------------|------------|----------------|---------------------|--------------|--------------|
| 53 | 14&U | 400 Free Relay | 54 | Timed Finals | |
| 55 | 12&U | 400 Free Relay | 56 | Timed Finals | |
| 5 – Minute Break | | | | | |
| 57 | 11-12 | 200 Fly | 58 | Timed Finals | |
| 59 | 13-14 | 100 IM | 60 | Prelims | |
| 61 | 11-12 | 100 IM | 62 | Prelims | |
| 63 | 13-14 | 200 Fly | 64 | Prelims | |
| 65 | 11-12 | 50 Free | 66 | Prelims | |
| 67 | 13-14 | 50 Free | 68 | Prelims | |
| 69 | 11-12 | 50 Breast | 70 | Prelims | |
| 71 | 13-14 | 100 Back | 72 | Prelims | |
| 73 | 11-12 | 100 Back | 74 | Prelims | |
| 5 – Minute Break | | | | | |
| 75 | 13-14 | 500 Free | 76 | Prelims | 4 |
| 77 | 11-12 | 500 Free | 78 | Timed Finals | |

Note 4: events will be deck seeded after positive check-in (see "Check-In"). 500 Free in prelims will swim two circle seeded 13-14 heats followed by fast to slow alternating 13-14 then 11-12 heats.

Sunday, February 19, 2023

Session 8: 10 & Under Timed Finals & 11-14 "B" Cut Timed Finals

(Warm up times are subject to change by the meet host)

Warm-ups: NOT BEFORE 1:00 PM

Competition: NOT BEFORE 1:45 PM

| <i>Girls Event #</i> | <i>Age</i> | <i>Event</i> | <i>Boys Event #</i> | | <i>Notes</i> |
|-------------------------|------------|------------------|---------------------|--------------|--------------|
| 153 | 10&U | 100 IM | 154 | Timed Finals | |
| 155 | 11-12 | 100 IM | 156 | Timed Finals | |
| 157 | 13-14 | 100 IM | 158 | Timed Finals | |
| 159 | 10&U | 50 Free | 160 | Timed Finals | |
| 161 | 11-12 | 200 Fly | 162 | Timed Finals | 2 |
| 163 | 13-14 | 200 Fly | 164 | Timed Finals | 2 |
| 165 | 10&U | 100 Breast | 166 | Timed Finals | |
| 167 | 11-12 | 50 Free | 168 | Timed Finals | |
| 169 | 13-14 | 50 Free | 170 | Timed Finals | |
| 171 | 10&U | 50 Fly | 172 | Timed Finals | |
| 173 | 11-12 | 50 Breast | 174 | Timed Finals | |
| 175 | 10&U | 200 Free | 176 | Timed Finals | |
| 177 | 13-14 | 100 Back | 178 | Timed Finals | |
| 179 | 11-12 | 100 Back | 180 | Timed Finals | |
| 181 | 10&U | 100 Back | 182 | Timed Finals | |
| 5 – Minute Break | | | | | |
| 183 | 10&U | 200 Medley Relay | 184 | Timed Finals | |
| 185 | 13-14 | 500 Free | 186 | Timed Finals | 2 |
| 187 | 11-12 | 500 Free | 188 | Time Finals | 2 |

Note 2: at the discretion of meet management, all B Cut events, 200 and longer, might be limited to the fastest 3 heats in each event depending on timeline.

Sunday, February 19, 2023

Session 9: Finals

Warm-ups: 5:00PM

Competition: 6:00PM

| <i>Girls Event #</i> | <i>Age</i> | <i>Event</i> | <i>Boys Event #</i> | | Notes |
|---------------------------------|-------------------|---------------------|--------------------------------|--------|--------------|
| 59 | 11-12 | 100 IM | 60 | Finals | |
| 61 | 13-14 | 100 IM | 62 | Finals | |
| 63 | 13-14 | 200 Fly | 64 | Finals | |
| 65 | 11-12 | 50 Free | 66 | Finals | |
| 67 | 13-14 | 50 Free | 68 | Finals | |
| 69 | 11-12 | 50 Breast | 70 | Finals | |
| 71 | 13-14 | 100 Back | 72 | Finals | |
| 73 | 11-12 | 100 Back | 74 | Finals | |
| 75 | 13-14 | 500 Free | 76 | Finals | |

2022-23 14U State Championships Qualifying Times

| GIRLS - SHORT COURSE YARDS | | | EVENT | | | BOYS - SHORT COURSE YARDS | | |
|-------------------------------|----------|----------|----------|--------|--------|------------------------------|----------|---------|
| 10&U | 11-12 | 13-14 | DISTANCE | STROKE | COURSE | 13-14 | 11-12 | 10&U |
| 33.49 | 28.59 | 25.89 | 50 | Free | SCY | 24.39 | 27.79 | 33.39 |
| 1:15.19 | 1:02.99 | 56.29 | 100 | Free | SCY | 53.89 | 1:01.89 | 1:16.09 |
| 2:51.19 | 2:16.99 | 2:02.39 | 200 | Free | SCY | 1:56.99 | 2:15.89 | 2:50.39 |
| 7:20.99 | 6:02.99 | 5:30.49 | 500 | Free | SCY | 5:17.89 | 6:11.49 | 7:21.99 |
| NA | 13:28.89 | 11:35.99 | 1000 | Free | SCY | 11:10.89 | 12:32.99 | NA |
| NA | 22:10.99 | 19:25.79 | 1650 | Free | SCY | 18:50.89 | 22:11.99 | NA |
| 39.49 | 33.49 | NA | 50 | Back | SCY | NA | 32.99 | 39.89 |
| 1:27.09 | 1:12.99 | 1:03.49 | 100 | Back | SCY | 1:00.79 | 1:11.99 | 1:29.29 |
| NA | 2:36.89 | 2:18.39 | 200 | Back | SCY | 2:13.99 | 2:36.99 | NA |
| 46.09 | 38.39 | NA | 50 | Breast | SCY | NA | 38.39 | 47.39 |
| 1:41.99 | 1:23.99 | 1:14.09 | 100 | Breast | SCY | 1:08.89 | 1:23.09 | 1:45.19 |
| NA | 2:58.99 | 2:40.39 | 200 | Breast | SCY | 2:34.49 | 3:08.39 | NA |
| 39.89 | 31.59 | NA | 50 | Fly | SCY | NA | 31.39 | 39.79 |
| 1:40.79 | 1:13.99 | 1:03.19 | 100 | Fly | SCY | 1:00.59 | 1:12.99 | 1:37.39 |
| NA | 2:51.99 | 2:29.19 | 200 | Fly | SCY | 2:19.19 | 3:04.49 | NA |
| 1:27.19 | 1:12.99 | 1:05.19 | 100 | IM | SCY | 1:01.49 | 1:11.99 | 1:27.29 |
| 3:16.79 | 2:31.89 | 2:19.09 | 200 | IM | SCY | 2:13.89 | 2:32.69 | 3:20.49 |
| NA | 5:35.99 | 4:59.49 | 400 | IM | SCY | 4:47.79 | 5:43.59 | NA |

| Girls- Long Course Meters | | | | | | Boys- Long Course Meters | | |
|------------------------------|----------|----------|----------|--------|--------|-----------------------------|----------|---------|
| 10&U | 11-12 | 13-14 | DISTANCE | STROKE | COURSE | 13-14 | 11-12 | 10&U |
| 38.29 | 32.69 | 29.89 | 50 | Free | LCM | 28.69 | 32.59 | 38.79 |
| 1:27.89 | 1:11.69 | 1:04.99 | 100 | Free | LCM | 1:02.59 | 1:11.39 | 1:27.29 |
| 3:16.19 | 2:35.69 | 2:20.59 | 200 | Free | LCM | 2:15.19 | 2:36.09 | 3:17.89 |
| 6:28.19 | 5:33.99 | 4:59.09 | 400 | Free | LCM | 4:56.79 | 5:39.99 | 6:28.19 |
| NA | 11:52.99 | 10:24.99 | 800 | Free | LCM | 10:08.59 | 11:21.89 | NA |
| NA | 23:12.89 | 20:01.49 | 1500 | Free | LCM | 19:35.99 | 22:54.59 | NA |
| 45.89 | 38.79 | NA | 50 | Back | LCM | NA | 39.59 | 47.09 |
| 1:41.89 | 1:25.29 | 1:14.99 | 100 | Back | LCM | 1:12.99 | 1:22.79 | 1:45.29 |

| | | | | | | | | |
|---------|---------|---------|-----|--------|-----|---------|---------|---------|
| NA | 3:10.79 | 2:39.89 | 200 | Back | LCM | 2:35.49 | 3:03.79 | NA |
| 53.89 | 44.29 | NA | 50 | Breast | LCM | NA | 44.09 | 54.89 |
| 1:58.49 | 1:38.89 | 1:27.99 | 100 | Breast | LCM | 1:23.59 | 1:38.49 | 2:02.29 |
| NA | 3:32.09 | 3:08.79 | 200 | Breast | LCM | 3:01.09 | 3:35.39 | NA |
| 46.99 | 35.99 | NA | 50 | Fly | LCM | NA | 36.99 | 48.79 |
| 2:08.99 | 1:24.09 | 1:13.49 | 100 | Fly | LCM | 1:10.59 | 1:25.89 | 2:08.99 |
| NA | 3:30.49 | 2:50.29 | 200 | Fly | LCM | 2:45.59 | 3:36.39 | NA |
| 3:53.19 | 2:55.69 | 2:41.89 | 200 | IM | LCM | 2:34.59 | 2:56.69 | 3:53.19 |
| NA | 6:27.49 | 5:43.09 | 400 | IM | LCM | 5:32.79 | 7:03.99 | NA |

GEORGIA SWIMMING

| Girls | | "B" Cut | | | Boys | |
|------------------------|---------|----------|--------|--------|-----------------------|---------|
| 11-12 | 13-14 | DISTANCE | STROKE | COURSE | 13-14 | 11-12 |
| 30.59 | 27.49 | 50 | Free | SCY | 26.99 | 30.89 |
| 1:05.39 | 1:00.29 | 100 | Free | SCY | 58.49 | 1:05.09 |
| 2:24.79 | 2:06.89 | 200 | Free | SCY | 2:04.39 | 2:23.49 |
| 6:15.39 | 5:44.99 | 500 | Free | SCY | 5:35.69 | 6:25.19 |
| 35.59 | NA | 50 | Back | SCY | NA | 34.29 |
| 1:16.89 | 1:07.39 | 100 | Back | SCY | 1:04.69 | 1:16.49 |
| 2:49.19 | 2:25.79 | 200 | Back | SCY | 2:24.29 | 2:45.09 |
| 40.79 | NA | 50 | Breast | SCY | NA | 42.49 |
| 1:28.69 | 1:17.79 | 100 | Breast | SCY | 1:16.59 | 1:31.09 |
| 3:24.29 | 2:47.89 | 200 | Breast | SCY | 2:46.29 | 3:24.09 |
| 34.29 | NA | 50 | Fly | SCY | NA | 34.69 |
| 1:16.69 | 1:08.29 | 100 | Fly | SCY | 1:06.49 | 1:15.99 |
| 3:04.59 | 2:36.69 | 200 | Fly | SCY | 2:32.29 | 3:25.29 |
| 1:15.39 | 1:08.89 | 100 | IM | SCY | 1:07.39 | 1:16.19 |
| 2:37.19 | 2:28.39 | 200 | IM | SCY | 2:25.69 | 2:38.69 |
| GIRLS – LCM JO Cuts | | | | | BOYS - LCM JO Cuts | |
| 12 | 14 | DISTANCE | STROKE | COURSE | 14 | 12 |
| 34.59 | 31.99 | 50 | Free | LCM | 30.99 | 34.39 |
| 1:14.69 | 1:07.59 | 100 | Free | LCM | 1:07.09 | 1:13.49 |
| 2:39.29 | 2:25.39 | 200 | Free | LCM | 2:25.69 | 2:45.59 |
| 5:45.99 | 5:11.79 | 400 | Free | LCM | 5:10.99 | 5:45.99 |
| 40.49 | NA | 50 | Back | LCM | NA | 41.19 |
| 1:27.29 | 1:18.19 | 100 | Back | LCM | 1:15.99 | 1:29.09 |
| 3:35.79 | 2:47.89 | 200 | Back | LCM | 2:43.99 | 3:15.19 |
| 46.79 | NA | 50 | Breast | LCM | NA | 46.59 |
| 1:45.29 | 1:30.39 | 100 | Breast | LCM | 1:27.79 | 1:44.09 |
| 3:41.29 | 3:14.49 | 200 | Breast | LCM | 3:10.29 | 3:41.29 |
| 38.09 | NA | 50 | Fly | LCM | NA | 39.49 |
| 1:29.19 | 1:17.89 | 100 | Fly | LCM | 1:15.79 | 1:32.09 |
| 3:41.69 | 2:58.39 | 200 | Fly | LCM | 2:53.49 | 3:44.89 |
| 3:05.59 | 2:49.69 | 200 | IM | LCM | 2:46.49 | 3:01.09 |

*All "B" Cut events will be swum in the afternoon session in the same day/order as the State Champs.

* Meet management might choose to limit ALL events 200 and up to the fastest 3 heats in each event **

**2023 Age Group SCY State Championships
February 17th-19th, 2023**

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.

1st Coach _____ 2nd Coach _____

3rd Coach _____ 4th Coach _____

| | | |
|----------------------------|--------------------------------|---------|
| Athlete Fee | \$21.00 x (number of athletes) | = _____ |
| Entry Fees | \$12.00x number of events | = _____ |
| Georgia Swimming Surcharge | \$3.00x (Number of athletes) | = _____ |
| Relay Fees | \$24.00 x number of relays | = _____ |
| Time Trial Fees | \$24.00 per event | = _____ |
| Total | | = _____ |

Submit one check payable to: SwimAtlanta

Entries must be received on or before **February 8th, 2023.**

Updated Entries due to swimmers swimming in a Last Chance meet are due by February 13th by 6:00pm

Mail entries to: SwimAtlanta – Midway
5059 Post Road
Cumming, GA 30040

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.