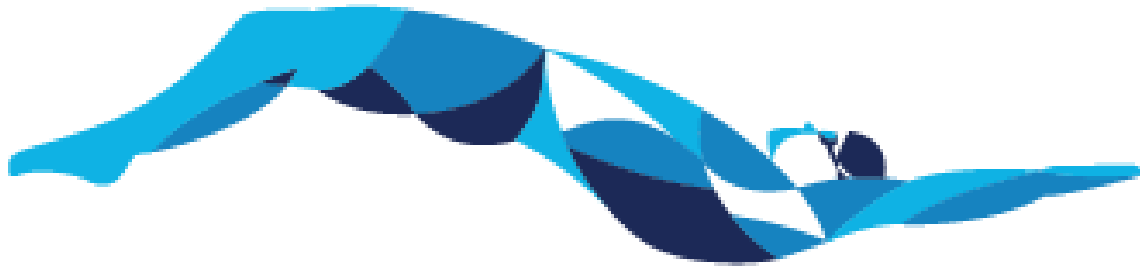


speedo

SECTIONALS



CHRISTIANSBURG, VA • 2021

March 26 – March 28, 2021

2021 Eastern Zone Sectional Meet

Enhanced health and safety measures have been taken for all attending this event. However, we cannot guarantee that you will not become infected with COVID-19. You must follow all posted instructions while visiting Liberty University. 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. By attending this meet, you acknowledge the contagious nature of COVID-19 and voluntarily assume all risks related to exposure of COVID-19.

Hosted by Virginia Swimming Inc. & H2Okie Aquatics

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Meet Sanction #VS-21-163

Co-Meet Director:	Scott Baldwin	Edbaldwi@vt.edu
Co-Meet Director:	Mary Turner	Myturner525@gmail.com
Meet Referee:	Genny Kimbel	Genny.kimbel@gmail.com
Administrative Official:	Bob Rustin	Brustin55@gmail.com
LSC Officials Chair:	Dan Demers	Ddemers3@cox.net
Facility Manager:	Nathan Destree	Ndestree@christiansburg.org

- 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., Virginia Swimming, Inc., H20kie Aquatics, and Christiansburg Aquatic Center cannot prevent you (or your children) from becoming exposed to, contracting or spreading COVID-19 while participating in USA Swimming/Virginia 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/Virginia 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, INC., VIRGINIA SWIMMING, INC., H20KIE AQUATICS, CHRISTIANSBURG AQUATIC CENTER, AND EACH OF THEIR OFFICERS, DIRECTORS, AGENTS, EMPLOYEES OR OTHER REPRESENTATIVES FROM ANY AND ALL LIABILITY OR CLAIMS 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.

LOCATION:

Christiansburg Aquatic Center, 595 North Franklin Street, Christiansburg, VA 24073, Telephone (540) 381-7665

FACILITY:

Indoor Facility with 50M competition pool

- 50 Meter by 25 yard pool, lanes have non-turbulent lane lines, deck-anchored starting blocks and water depth of min. of 7.0 feet. The race course will be set up to swim widths with the pool depth sloping from 7 to 17 feet.
- Colorado Automatic Timing System with digital scoreboard
- The competition course has been certified in accordance with USA Swimming Rules & Regulations. A copy of the certification is on file with USA Swimming.
- Depending on the number of entries, at the discretion of the meet committee and EZ leadership, an 8 lane course or a 10 lane course may be used.



- Two courses will be utilized for the days on which two sessions are scheduled.

ELIGIBILITY:

- The Eastern Zone Speedo Short Course Championship Series Meet is open to any swimmer in the Eastern Zone who is registered with USA Swimming prior to the first day of the meet and has a qualifying time (Look for 2021 EZ SC Sectional Qualifying Times on the EZ Website).
- The qualifying time must have been achieved between November 1, 2018 and the meet entry deadline.
- Each athlete participating in the meet must submit the following completed forms, including a parent signature if under 18:
 - Competitor Release Form
 - Waiver of Liability Relating to COVID-19 Form

MEET FORMAT:

- The meet will be swum as timed final sessions.
- Dependent on the number of entries, a second meet will be offered Tuesday - Thursday, March 23 – 25, 2021. If the second meet is added, details of this will be provided to each team that was excluded from the meet Friday – Sunday sessions.
- Each meet (A and B) will be **limited to 600 athletes**. Entry into meet will be based upon the date and time that entries are checked out in OME.
- **1650 Freestyle:**
 - Will be swum in Session 2 on Friday (Meet A) or Wednesday (Meet B)
 - Will be swum in two courses: women's event in one course, men's in the other.
- **1000 Freestyle:** Details will be provided one entries have been received.

OFFICIALS:

- Certified officials wishing to work the meet should submit an application by March 19, 2021 for assigned positions. The application form can be found at Sectional Officials Signup.

GENERAL MEETING:

- The meeting will be held via Zoom with date and time TBD.
- Coaches are accountable for the information presented. Accordingly, please make sure that there is at least one representative from your club in attendance.

FACILITY SCHEDULE:

MEET A

- Friday, March 26: 9:15am – 2:30pm & 5:30pm – 9pm
- Saturday March 27: 10am – 9pm.
- Sunday, March 28: 6:30am – 20 minutes after last event.

MEET B (if needed):

- Tuesday, March 23: 10:30am – 9pm
- Wednesday, March 24: 9:15am – 2:30pm, & 5:30pm – 9pm
- Thursday, March 25: 10:30am – 20 minutes after last event

REGISTRATION SCHEDULE:

- Thursday, March 25: 2:00pm - 7pm



- Friday, March 26: 8:00am – 5:00pm
- Other times: Contact the Front Desk/Meet Director

MEET SCHEDULE: Final details concerning session assignments will be sent to teams once final entries have been received but NLT Friday, March 19th.

MEET A

- Friday, March 26
 - Event 1&2 (500fr) Warmup: not before 9:30am, Competition starts not before 10:30am
 - Event 3&4 (50fr) Warmup: not before 11am, Competition not before 12pm
 - Event 5&6 (200IM) Warm up not before 1pm, Competition not before 1:45pm
- Saturday, March 29
 - Session 1 Warmup: not before 10:15am, Competition starts not before 11:15am
 - Session 2 Warmup: not before 1:45pm, Competition starts not before 2:45pm
 - Session 3 Warmup: not before 5:15pm, Competition starts not before 6:15pm
- Sunday, March 29
 - Session 1 Warmup: not before 6:30am, Competition starts not before 8:00am
 - Session 2 Warmup: not before 10:30am, Competition starts not before 11:30am
 - Session 3 Warmup: not before 2pm, Competition starts not before 3:00pm

MEET B (if offered) Change to 9:30 on Tuesday and Thursday

- Tuesday, March 23
 - Session 1 Warmup: not before 9:30am, Competition starts not before 10:30am
 - Session 2 Warmup: not before 12:45pm, Competition starts not before 1:45pm
 - Session 3 Warmup: not before 4:15pm, Competition starts not before 5:15pm
- Wednesday, March 24
 - Event 1&2 (500fr) Warmup: not before 9:30am, Competition starts not before 10:30am
 - Event 3&4 (50fr) Warmup: not before 11am, Competition not before 12pm
 - Event 5&6 (200IM) Warm up not before 1pm, Competition not before 1:45pm
- Thursday, March 25
 - Session 1 Warmup: not before 9:30am, Competition starts not before 10:30am
 - Session 2 Warmup: not before 12:45pm, Competition starts not before 1:45pm
 - Session 3 Warmup: not before 4:15pm, Competition starts not before 5:15pm

WARM-UP PROCEDURES:

The following Virginia Swimming warm-up procedures and safety policies will be followed:

- All swimmers must start warm-ups from either the start end or the turn end of the pool. Entry into the pool from the sides is prohibited. Entry is feet-first unless the lane has been designated for one-way starts.
- Swimmers must be under supervision of a USA Swimming credentialed coach during warm-ups. All warm-up periods shall be supervised by the appointed marshals.
- **Teams will be assigned a warm-up time and specific lanes for each session. Information will be provided NLT Friday, March 19th.**

ENTRY INFORMATION:

- **MEET ENTRY OFFICER:** Mary Turner, (434-352-5451) – mail to: myturner525@gmail.com.
- Qualification Period: November 1, 2018 through entry deadline for meet.
- Each meet (A and B) will be **limited to 600 athletes**. Entry into meet will be based upon the date



and time that entries are checked out in OME.

- **OME OPENS: Friday, March 12th at 2:00 pm.** <http://www.usaswimming.org/ome>.
- **ENTRY DEADLINE: Tuesday, March 16th at 11:59 pm EST** or the athlete limit is reached, whichever is earlier.
- Entry Fees:
 - \$15.00 for individual events
 - \$5.00 per swimmer surcharge.
- Time Trials Fees:
 - \$20.00 for individual events
- Payment for all entries must be made by check for all entries and must be received NLT the first session in which the team is entered. If payment is not received by this time, the entries in question will be scratched from the meet.
- Checks for entry fees are payable to Virginia Swimming and may be mailed to:
Virginia Swimming
PO Box 1059
Appomattox, VA 24522

ENTRY RULES:

- **Entry Limits:**
 - A swimmer may enter any number of individual events in which the qualifying time standard has been met.
 - Maximum per day: three (3) individual events, not including time trials, if offered.
 - Maximum for the meet: seven (7) individual events (does not include time trials).
- **Bonus Events:**
 - Swimmers making one (1) qualifying time will be permitted to enter three (3) bonus events.
 - Swimmers making two (2) qualifying times will be permitted to enter two (2) bonus events.
 - Swimmers making three (3) qualifying times will be permitted to enter one (1) bonus event.
 - Swimmers making four (4) or more qualifying times are not permitted to enter bonus events.
 - Bonus entries are seeded last.
 - There shall be no bonus swims for the 1000 freestyle or 1650 freestyle except for the following condition: any swimmer achieving a qualifying time in the 1000 freestyle or 1650 freestyle may select the other distance event as one of his/her allowable bonus events.
 - See Entry Information for seeding order.

ONLINE MEET ENTRY:

- All entries must be submitted through USA Swimming's website using OME (Online Meet Entry, www.usaswimming.org/ome).
- All coaches planning to attend the meet **MUST** be included with the entry for the confirmation of coach credentials prior to arriving at the meet. Any coach not on the original entry **MUST** show proof of current credentials prior to receiving coach's packets or deck credentials.
- **Instructions:**
 - Payment for entries using OME must be made by check. See instructions in Entries section. After the online entry is completed, a confirmation will be sent to you via e-mail. Bring all communications with you to the meet.
 - Until you check out in OME, you can return to your entry to add athletes or modify entry times and events through the entry deadline.
 - Entry times, under OME, are taken from the SWIMS national database, or a custom time may



be entered.

- Swimmers may enter using an “Override Time” for times that are not in the national database.
 - Override times must include the meet name and date.
 - Override times that cannot be proven during the entry process will be annotated with an asterisk (*) on the meet psych sheet (Entry List).
 - **Proof of asterisk (*) submitted times must be provided to the Administrative Referee.** (See Proof of Time Section below.)
 - Override times must be entered in the proper course in which achieved; converted times will not be accepted.
 - Times other than short course yards will be treated as “non-conforming” and will be seeded according to USA Swimming procedures.
- Times that are missing from the National Database should be requested through the host LSC National Times Coordinator of the meet at which the time was achieved.
- **ATTENTION TEAMS WITH UNATTACHED ATHLETES:** Teams may enter athletes with an unattached status. When building the roster in OME, select the “Add Unattached/Unregistered Swimmer” link.
- **ATTENTION INDIVIDUAL UNATTACHED ATHLETES:** Unattached athletes that are not awaiting attachment to any team must enter individually.
 - Access the OME system at the address <http://www.usaswimming.org/ome> - log in and select “Enter Individual.”
 - Alternately, these individuals may send a text file of their entries to the Meet Entry Officer to be entered manually.
- **New Qualifying Swims:**
 - Additional entries from meets occurring between the entry deadline (or when the meet is filled) will **only** be accepted for athletes already entered in the meet.
 - These entries must be **submitted by email** to the Meet Entry Officer.
 - These entries may not be used to improve the seed time of an earlier entry unless an additional qualifying time is achieved.

PROOF OF TIME:

- Verification of times for all events (including relays) is required.
- Times submitted through OME will be automatically verified through the USA Swimming SWIMS database unless a custom time is used.
- Coaches entering with custom times (those not in the SWIMS database) must be prepared to prove the times with a copy of the official meet result.
- Any proof of time must be submitted prior to the Scratch deadline for the session in which the event is being swum. The Proof of Times must include the name and USA-S ID of the athlete as well as the meet, event and time swum.
- High School, College, YMCA and similar non-USAS swims must be a swim officially authorized by USA Swimming.
- **Warning:** Any club that enters an unregistered athlete, falsifies an entry in any way, or permits an unregistered coach to represent them, will be fined the sum of \$100.00, and no further entries will be accepted from the club until the fine is paid. All swimmers, coaches and officials must be properly registered with USA Swimming for 2021.

SCRATCH PROCEDURES:

- Coaches will be asked to submit scratches for events. Events may be reseeded if sufficient scratches are received.



- Information concerning scratch procedures and deadlines will be provided at the General Meeting.

TIME TRIALS:

- Based on the number of entries received, time trials **may** be offered.
- **Final details about time trials will be provided once entries are received.**
- Time trial fees: \$20.00 for individual events.
- Time trials are only available for swimmers entered into the meet.
- Each swimmer is limited to a maximum of three (3) time trials swims during the meet. Also, please be aware that time trials do not count towards the daily maximum of three events or the seven (7) swims maximum for the meet.
- **Note that time trials for the 1000 freestyle and 1650 freestyle will only be offered on Friday (Meet A) and Wednesday (Meet B).**

COVID RULES:

- **All individuals will be required to follow Christiansburg Aquatic Center COVID-19 Rules, to be provided before the start date of the meet.**
- **All individuals entering the facility will be expected to answer Virginia Department of Health screening questions to include temperature screening.**
 - **Athletes: Coaches will send, via email or other means, these questions the day before competition for the swimmers in their group(s). On each day of competition, an emailed response indicating NO must be received for each swimmer. Visiting coaches will provide this information to NOVA through email or phone communication, or verbally before athletes will be permitted to enter the facility.**
 - **Non-Athletes: All non-athletes entering the facility for the first time each day, at designated entrances will be presented the questions at an attended station. If answer is NO, individual will be given a wrist band that must be shown to re-enter without additional screenings.**
- **Coaches, officials, swimmers, and timers must wear masks at all times.**
- **There will be no spectators allowed in the facility. Live streaming information for observing the meet will be made available before the meet.**

RULES:

- The current USA Swimming Rules and Regulations, including the Minor Athlete Abuse Protection Policy, will govern this meet.
- All applicable adults participating in or associated with this meet, acknowledge that they are subject to the provisions of the USA Swimming Minor Athlete Abuse Prevention Policy (MAAPP) and that they understand that compliance with the MAAPP policy is a condition of participation in the conduct of this competition.
- The scratch procedures listed in the current *USA Swimming Rules and Regulations*, Article 207.11.6, will be in effect.
- Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach areas, spectator areas and open ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present without written USA Swimming approval.
- Any swimmer entered in the meet must be certified by a USA-S 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 the requirement.

- Use of audio or visual recording devices, including cell phones, is not permitted in changing areas, rest rooms or locker rooms. In addition, photography behind the blocks is not permitted.
- Changing, in whole or in part, into or out of swimsuit when wearing just one suit in an area other than in a locker room, bathroom, or other space designated for changing is PROHIBITED.
- Any athlete suspected of sustaining a concussion or exhibiting signs of a concussion, will immediately be removed from competition and shall not return to competition that day. The athlete may return to competition on a subsequent day, but only with a release authorization signed by a licensed healthcare provider.
- In accordance with VSI Policy, only those coaches who have current, valid USA Swimming credentials will be permitted to act in a coaching capacity at this meet. Coaches with expired or non-current credentials will be required to leave the deck area.

TIMERS:

- It may be necessary to solicit timers from the teams attending the meet. All visiting teams should be prepared to provide meet timers. One timer per lane will be needed. The meet director reserves the right to assign teams with lane assignments for timer coverage depending on entries.
- All athletes entered in distance events (1000 and 1650 freestyle) need to supply their own timers and counters.
- All time trial athletes need to supply their own timers.

DECK ACCESS:

- Please use designated pool entry areas. Information will be provided with COVID protocol information that will be distributed with warmup assignments.
- Only swimmers, coaches, officials, and meet staff with proper credentials will be permitted on the pool deck. These must be visible at all times when on deck.
- Coaches must request a deck pass through OME. Deck passes will only be issued to individuals registered with USA Swimming.
- All coaches must be prepared to show a current USA Swimming registration card at the registration table to receive their deck pass. Replacements for lost credentials will cost \$10.00.
- No swimmer will be issued a credential without a coach member present. If the home club coach is not planning to attend the event, swimmer must be assigned a supervising coach (per USA Swimming rule 202.3.2). Arriving with fellow LSC club/coach is preferred. However, if a swimmer arrives without a coach, he/she must find a willing coach at the facility to sign supervision form before a credential can be issued.
- Teams will be allocated deck passes for coaches using the following formula based on the number of athletes entered into individual events:
 - 1-3 swimmers in individual events or 1 relay only team with any number of alternates: 1 deck pass
 - 4-8 swimmers in individual events: 2 deck passes
 - 9-14 swimmers in individual events: 3 deck passes
 - 15-25 swimmers in individual events: 5 deck passes
 - 26 or more swimmers in individual events: 6 deck passes
 - Unattached swimmers entered without a team: 1 deck pass.
 - Unattached swimmers with a team will be counted in the numbers for the team
 - Additional deck passes can be purchased at the Meet Registration Desk for \$35.



- Based on the number of athlete entered per session, the number of coaches per team **may be** limited regardless of the number of deck passes allowed.

SCORING: Scoring will be handled according to USA Swimming Rules and Regulations.

AWARDS:

- Individual events: Top 3 finishers
- Relay events: Top 3 relay teams
- Team awards (female, male, and combined scores): Top 3 teams
- Individual high point: Top 3 female and top 3 male
- Awards will be compiled after the completion of the meet and mailed to teams.

CONCESSIONS:

There will be a concession stand open for the duration of the meet. The concession area is on the upper level of the pool, near the restrooms.

HOSPITALITY:

A hospitality area will be available for coaches and meet staff. Coaches and meet staff must have appropriate credentials to enter the hospitality area. The Hospitality Area will be in the Wet Classroom located just off the Competition Pool deck.

SPECTATOR ADMISSION AND HEAT SHEETS:

- There will be no spectators allowed in the facility.
- The meet will be livestreamed. Information for accessing the livestream will be provided with final warmup assignments.

CHRISTIANSBURG AQUATIC CENTER RULES:

- Concessions will be allowed in designated areas only. Drinks are only permitted if in plastic bottles or covered plastic/paper cups.
- No tape of any kind is to be used inside to hang signs, banners or decorations. Please consult with the Director of Aquatics prior to hanging up any signs, banners or decorations.
- Only Aquatic Staff are permitted in the Aquatic Offices, Equipment Room and First Aid Office unless approved by Aquatic Staff Management.
- No smoking is permitted within the Town of Christiansburg Aquatic Center.
- The Town of Christiansburg Aquatic Center is not responsible for any lost or stolen items. Make sure someone you know is always present supervising individual/team belongings.
- No unauthorized persons are permitted to use the stereo system without the permission of the Aquatic Director.
- No glass containers of any kind are to be brought into the pool complex.
- Parking violators will be subject to fines and/or towing as posted.
- The Aquatic Center strongly encourages showering prior to entering the pool.
- All emergency exits and walkways must remain clear.

MEDICAL ASSISTANCE: Medical assistance will be provided at the facility. If you require medical assistance, please notify a facility lifeguard, or a member of the meet staff.



PARKING:

- Free parking will be available at the Christiansburg Aquatic Center for officials and coaches on a first come, first served basis.
- Coach and Officials parking passes will be given out at registration. Requests for additional reserved spaces will be handled at that time.
- Coach and Official Parking Pass **MUST** be shown on dash of vehicle in order to park in lots A, B, and C at the Aquatic Center.
- Parking for spectators and parents is available in the lots D, E, and F as well as street parking in front of the building and the gravel parking lot adjacent to the facility.
- Handicap vehicles will be permitted to park in designated spaces.
- Bus parking will be available in at Christiansburg High School for all finals sessions as well as preliminary session on Saturday and Sunday. Buses should return to each team's hotel on Wednesday and preliminary session on Thursday and Friday.
- All vehicles must be in appropriately marked parking spaces. **No parking** in areas marked by a yellow curb.
- Overflow parking will be available at Christiansburg High School approximately ½ mile from the Center. Shuttle van will be available.
- Overflow parking will also be available at Community Housing Center Partner's **ONLY** on Saturday 3/28 and Sunday 3/29. Any vehicles parked there Wednesday – Friday will be subject to towing

DIRECTIONS TO CHRISTIANBURG AQUATIC CENTER:

- From I-81 Southbound:
 - Take the US-11/US-460 exit, Exit 118C-B-A, toward Christiansburg/Blacksburg. 1.6 mi.
 - Merge onto US-460 W via Exit 118B toward Blacksburg. 2.7 mi.
 - Take the US 460 Business exit, Exit 3AB, toward Christiansburg. 0.4 mi.
 - Merge onto US-460 BR E/N Franklin St via Exit 3A toward US-460-BR E/VA-111/Downtown. 0.8 mi
 - Stay in the right lane, proceed thru the next two stop lights. The Aquatic Center will be on your left. 0.6 mi.
- From I-81 Northbound:
 - Take the VA-8 exit, Exit 114, toward Christiansburg/Floyd. 0.2 mi.
 - Turn left onto VA-8 N/W Main St.
 - Turn left onto N Franklin St/US-460 BR W. 0.6 mi.
 - The Aquatic Center will be on the right.
- From 460-Eastbound
 - Take the US-460-BR E Exit toward Downtown. 0.5mi.
 - Merge onto US-460 BR E/N Franklin St. 1.1 mi.
 - Stay in the right lane. Proceed thru the next two stop lights. The Aquatic Center will be on the left.



March 26– March 28, 2021

Order of Events

Friday, March 26		
Session 1		
Event		
1	500 Free	2
3	50 Free	4
5	200 IM	6

Friday, March 26, 2021		
Session 2		
Event		
7	1650 Free	8

Saturday, March 27, 2021		
All Sessions		
Event		
9	100 Butterfly	10
11	400 Individual Medley	12
13	200 Backstroke	14
15	100 Breaststroke	16
17	200 Freestyle	18

Sunday, March 28, 2021		
All Sessions		
Event		
19	200 Butterfly	20
21	100 Freestyle	22
23	200 Breaststroke	24
25	100 Backstroke	26
27	1000 Freestyle	28

March 23 – March 25, 2021

Meet B (if offered)

Order of Events

Tuesday, March 23		
All Sessions		
Event		
9	100 Butterfly	10
11	400 Individual Medley	12
13	200 Backstroke	14
15	100 Breaststroke	16
17	200 Freestyle	18

Wednesday, March 24		
Session 4		
Event		
1	500 Freestyle	2
3	50 Freestyle	4
5	200 IM	6

Wednesday, March 24		
All Sessions		
Event		
7	1650 Freestyle	8

Thursday, March 25, 2021		
All Sessions		
Event		
19	200 Butterfly	20
21	100 Freestyle	22
23	200 Breaststroke	24
25	100 Backstroke	26
27	1000 Freestyle	28



USA Swimming Competitor Waiver and Release Form

(Duplicate as needed for each athlete.)

EACH COMPETITOR AND HIS/HER PARTENT OR GUARDIAN, IF APPLICABLE, MUST COMPLETE THIS WAIVER AND RELEASE FORM

In signing below, the athlete affirms to have read the entry form and agrees to abide by the conditions herein.

I verify the competition(s) in which I am entered and that I am a registered athlete according to the USA Swimming Rules and Regulations; that in consideration of acceptance of this entry, I, intending to be legally bound, do hereby for myself and my heirs, executors and administrators, waive, release, and forever discharge any and all rights and claims for damages which we or any of us may hereafter have against USA Swimming, Inc. ("USA Swimming"), the host team, the Local Swimming Committee ("LSC"), and/or their respective officers, agents, representatives, successors and/or assigns, for any and all damages which may be sustained or suffered by me in connection with, or entry in and/or arising out of my traveling to, participating in and returning from said competitions.

GENERAL ACKNOWLEDGEMENT & ACCEPTANCE

I hereby acknowledge that all information and signatures on this form are applicable to my participation in 2020-2021 USA Swimming competitions including, but not limited to: U.S., Open Swimming Championships, U.S. Nationals, U.S. Olympic Team Trials, Winter Water National, Junior National Championships, Winter National Championships, Futures Championships, and the TYR Pro Swim Series Meets ("Competitions"). I agree to abide by the regulations specified in this document and in the Rules and Regulations of USA Swimming for the management of conduct to the USA Swimming program.

OATH OF ELIGIBILITY

I declare that I am eligible and in good standing with regulations laid down by USA Swimming, the International Federation for Amateur Swimming ("FINA"), and the International Olympic Committee ("IOC"). I also declare I am not under suspension or disciplinary action imposed for use of illegal drugs or other athlete regulation infractions. I agree to sign additional documents to this effect when required to do so by USA Swimming or the local organizing committee.

DOPING

I understand that it is the duty of individual members of USA Swimming, including athletes, athlete support personnel, and other persons to comply with all anti-doping rules of the World Anti-Doping Agency ("WADA"), FINA, the United States Olympic and Paralympic Committee ("USOPC"), including the USOPC National Anti-Doping Policy, and the U.S. Anti-Doping Agency ("USADA"), including the USADA Protocol for Olympic and Paralympic Movement Testing ("USADA Protocol"), and all other policies and rules adopted by WADA, FINA, the USOPC and USADA.

I understand that it is the policy of USA Swimming to discourage and prevent the use of prohibited doping substances and prohibited doping methods. The WADA, FINA, USOPC and USADA Anti-Doping Rules are available on-line or from USA Swimming. I know that I should call the USADA Drug Reference Line (719-785-2000) to check the status of all medications and substances I am currently using, and to satisfy any questions or concerns that I may have about medications and prohibited substances and methods. I do not currently engage in, nor do I intend to use any prohibited substances and methods. I acknowledge that the use of prohibited substances or prohibited methods may subject me to disqualification and other sanctions imposed by USA Swimming, USADA, FINA, or the IOC.

DRUG TESTING

I understand that USADA will conduct drug testing on athletes during and outside of competition. By registering for competition, I hereby consent to and authorize USADA to test me for prohibited substances and prohibited methods at any time. I further acknowledge and agree that my refusal to participate in a drug test may subject me to disqualification and sanctions, the same as if I had tested positive for a prohibited substance. I hereby authorize USA Swimming to include the results of any drug testing of me in the published statistics for drug testing and to include my name in the list of athletes who have been drug tested, which USA Swimming publishes on its website. In the event I refuse to submit to a drug test or a drug test has a positive result, I recognize that I am subject to the adjudication processes established by the USADA and FINA, because of my refusal or positive test.

CONCUSSION INFORMATION

As may be required by state law, USA Swimming is providing a concussion and head injury information sheet. The USA Swimming Concussion Information Sheet (three pages) is attached to this waiver. I acknowledge that the information contained in the USA Swimming Concussion Information Sheet is not medical advice and is no substitute

for medical advice.

I acknowledge that I have received the USA Swimming Concussion Information Sheet. I also acknowledge that if I have any questions regarding the signs or symptoms of a concussion or other head injuries, the need to seek medical attention and the protocol for returning to daily activities, school and the swimming pool, I will consult with a licensed health care provider.

AUTHORIZATION AND EVENT PROMOTION

I agree to be filmed and photographed by the official photographer(s) and network(s) of USA Swimming under the conditions authorized by USA Swimming and give the event organizers the right to use my name, picture, likeness, and biographical information before, during or after the period of my participation in these Competitions to promote the competition in which I compete or to promote the success of the team on which I competed. I understand and agree not to use or authorize use of pictures of myself in the uniforms and equipment provided by USA Swimming for the purpose of trade, without the consent of USA Swimming. I agree not to use the medals or photos, portraits or films of me with the medals, which I receive from my performance in this competition, for the purpose of trade. Furthermore, it is agreed that I shall return these uniforms and equipment, bearing USA Swimming logos and marks, if and when requested.

AUTHORIZATION FOR MEDICAL SERVICES

I hereby give consent for USA Swimming to provide me with medical care and treatment and emergency medical services associated with participation in Competitions. Additionally, I hereby agree that, in the event I elect to obtain any of these services or treatments from any sources other than those provided or approved by USA Swimming, I shall accept full and complete responsibility. I further authorize the release of any medical information necessary to process a claim for accident/medical payment insurance for an injury or illness incurred while I am participating as a member of the USA Swimming delegation at Competitions.

ASSUMPTION OF RISK OF SERIOUS INJURY

I certify that, to the best of my knowledge and belief, I am in good health and in proper physical condition for the anticipated conditions of the Competitions, and I agree that it is my sole responsibility to determine whether I am sufficiently fit and healthy enough to participate. I understand and acknowledge the physical and mental rigors associated with open water swimming and realize that such events are inherently dangerous and represent an extreme test of a person's physical and mental limits. I understand and acknowledge that I may be exposed to extreme conditions and circumstances; hazardous natural or manmade objects; and dangers arising from adverse weather conditions, imperfect course conditions, water hazards, inadequate safety measures, situations beyond the immediate control of the event organizers, and other undefined harm or damage which may not be readily foreseeable; and other presently unknown risks and dangers. I understand that participation involves risks and dangers which include, without limitation, the potential for serious bodily injury, illness, permanent disability, paralysis and death. I understand that these risks may be caused in whole or in part by my own actions or inactions, the actions or inactions of others participating in the Competitions, or the acts, inaction or negligence of the released parties. I voluntarily and knowingly recognize, accept and assume these risks. I agree to be familiar with and abide by the rules and regulations established for the Competitions. I also accept sole responsibility for my own conduct and actions while participating in the Competitions.

RELEASE

The undersigned, parent(s), natural guardian(s), or legal guardian(s) of _____, does hereby represent he/she (they) is (are), in fact, acting in such capacity and agrees to save and hold harmless and indemnify each and all of the parties herein referred to above, as releasees, from all liability, loss, cost, claim, or damage whatsoever may be imposed upon said releasees because of any defect in or lack of such capacity to so act and release said releasees behalf of both of the undersigned.

MISCELLANEOUS

The Waiver and Release Form shall be construed in accordance with and subject to the laws of the State of Colorado. If any paragraph, section, sentence, clause, or phrase contained in this Waiver and Release Form becomes or is held by any court of competent jurisdiction to be illegal, null, or void or against public policy, the remaining paragraphs, sections, sentences, clauses, or phrases contained in this Waiver and Release Form shall not be affected thereby.

Participant's Name (Please Print) _____ Participant's Signature _____ Date _____
(If Participant is under the age of majority in his/her home state, the parent(s) or guardian(s) must execute the following Waiver in addition to the above)

Team Name _____

This is to certify on this date that I, as parent/guardian of _____, participating in the Competitions, give my consent to USA Swimming and its medical representatives to obtain medical care from any licensed physician, hospital, or clinic for the above mentioned athlete for injury that could arise from activities in the Competitions. I further consent to the random drug testing of the above-mentioned athlete during the Competitions and for the twelve (12) month period following any competition, to the disclosure of test results, and to the other terms and conditions set forth in the paragraph above entitled DRUG TESTING.

Parent/Guardian Signature _____ Relationship _____

Parent/Guardian Name (please print) _____ Date _____

USA Swimming Waiver of Liability Relating to Coronavirus/COVID-19

The novel coronavirus, COVID-19, has been declared a worldwide pandemic by the World Health Organization. COVID-19 is reported to be extremely contagious. The state of medical knowledge is evolving, but the virus is believed to spread from person-to-person contact and/or by contact with contaminated surfaces and objects, and even possibly in the air. People reportedly can be infected and show no symptoms and therefore spread the disease. The exact methods of spread and contraction are unknown, and there is no known treatment, cure, or vaccine for COVID-19. Evidence has shown that COVID-19 can cause serious and potentially life-threatening illness and even death.

USA Swimming, Inc., cannot prevent you (or your child(ren)) from becoming exposed to, contracting, or spreading COVID-19 while participating in USA Swimming events. It is not possible to prevent against the presence of the disease. Therefore, if you choose to participate in a USA Swimming event, you may be exposing yourself to and/or increasing your risk of contracting or spreading COVID-19.

ASSUMPTION OF RISK: I have read and understood the above warning concerning COVID-19. I hereby choose to accept the risk of contracting COVID-19 for myself and/or my children in order to participate in a USA Swimming event. Participating in the event is of such value to me and/or to my children that I accept the risk of being exposed to, contracting, and/or spreading COVID-19 in order to participate.

WAIVER OF LAWSUIT/LIABILITY: I, on behalf of myself, my heirs, assigns, and personal representatives, hereby forever release and waive my right to bring suit or any claim(s) against USA Swimming, Inc. and its officers, director, managers, officials, agents, employees or other representatives in connection with exposure, infection, and/or spread of COVID-19 related to participating in a USA Swimming event. I understand this waiver means I give up my right to bring any 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 I may have to seek damages, whether known or unknown, foreseen or unforeseen.

CHOICE OF LAW/SEVERABILITY: I understand and agree that the law of the State of Colorado will apply to this contract. I further acknowledge that THIS CONTRACT IS INTENDED TO BE FULLY SEVERABLE, and that if any portion of this contract is held invalid, it is agreed that the balance the contract shall continue in full legal force and effect. That shall include modifying the contract to allow the remainder of claims to be waived and released in the event that the inclusion of any particular type of claim is found to be invalid or contrary to public policy.

I HAVE CAREFULLY READ AND FULLY UNDERSTAND ALL PROVISIONS OF THIS RELEASE AND FREELY AND KNOWINGLY ASSUME THE RISK AND WAIVE MY RIGHTS CONCERNING LIABILITY AS DESCRIBED ABOVE.

Signature: _____
Name (printed): _____

Date: _____

I am the parent or legal guardian of the minor named above. I have the legal right to consent to and, by signing below, I hereby do consent to the terms and conditions of this Release on behalf of myself, my child, and our heirs, assigns, and personal representatives.

Signature: _____
Name (printed): _____

Date: _____