



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

2022 Georgia Long Course Senior State Championships

Hosted by ABSC

7/22-24/2022

HOST	Athens Bulldog Swim Club – (ABSC)
SANCTION:	Held under the sanction of USA Swimming, issued by Georgia Swimming Inc., Sanction #:
ATTESTATION:	<ul style="list-style-type: none"> • 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, ABSC 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.
MAAPP: Minor Athlete Abuse Prevention Policy Effective June 23, 2019	<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.
ELIGIBILITY FOR TIME RECOGNITION TO THE SWIMS DATABASE	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.
LIABILITY:	In granting this sanction it is understood and agreed that USA Swimming, Inc., Georgia Swimming, Inc., and ABSC shall be free and held harmless from any liabilities or claims for damages arising by reason of injuries or illnesses to anyone during the conduct of the event.
REPORT DISCRIMINATION:	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, Abigail Howard (ahoward@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 gaswimming.org/diversity Gaswim.org <u>Georgia Swimming LSC: D, E, & I (teamunify.com)</u>
MEET DIRECTOR:	Jonathan Foggin: jonathan@athensbulldogs.com
MEET REFEREE:	Bruce Adams: beadams1@yahoo.com
STARTER:	Eric Pingle
STROKE AND TURN:	Patricia Todebush
ADMIN OFFICIAL:	TBD
SAFETY DIRECTOR:	Mike Radford
FACILITY:	Gabrielsen Natatorium, University of Georgia: 330 River Road, Athens, GA 30602: 706-542-5060 This facility’s competition pool is an 8 lane, 50-meter pool with 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. The pool depth at the start end equals 8 feet and turn end depth equals 8 feet. 8 warm-up lanes will be available in the diving well.

SCHEDULE:	<table border="0"> <tr> <td>Session 1</td> <td>Prelims</td> <td>Friday, July 22</td> <td>Warmup: 7:30 am</td> <td>Start: 9:00 am</td> </tr> <tr> <td>Session 2</td> <td>Finals</td> <td>Friday, July 22</td> <td>Warmup: 5:30 pm</td> <td>Start: 6:30 pm</td> </tr> <tr> <td>Session 3</td> <td>Prelims</td> <td>Saturday, July 23</td> <td>Warmup: 7:30 am</td> <td>Start: 9:00 am</td> </tr> <tr> <td>Session 4</td> <td>Finals</td> <td>Saturday, July 23</td> <td>Warmup: 5:30 pm</td> <td>Start: 6:30 pm</td> </tr> <tr> <td>Session 5</td> <td>Prelims</td> <td>Sunday, July 24</td> <td>Warmup: 7:30 am</td> <td>Start: 9:00 am</td> </tr> <tr> <td>Session 6</td> <td>Finals</td> <td>Sunday, July 24</td> <td>Warmup: 5:00 pm</td> <td>Start: 6:00 pm</td> </tr> </table>	Session 1	Prelims	Friday, July 22	Warmup: 7:30 am	Start: 9:00 am	Session 2	Finals	Friday, July 22	Warmup: 5:30 pm	Start: 6:30 pm	Session 3	Prelims	Saturday, July 23	Warmup: 7:30 am	Start: 9:00 am	Session 4	Finals	Saturday, July 23	Warmup: 5:30 pm	Start: 6:30 pm	Session 5	Prelims	Sunday, July 24	Warmup: 7:30 am	Start: 9:00 am	Session 6	Finals	Sunday, July 24	Warmup: 5:00 pm	Start: 6:00 pm
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MEET FORMAT:	<ul style="list-style-type: none"> • All individual events will be conducted on a Preliminary and Final basis with the exception of the 800 and 1500 Freestyle, which will be conducted as a timed final event. All P/F events will have 4 heats at night except for the 400s which will have 3. • The 800/1500 Freestyle heats will be swum fastest to slowest, alternating 1 heat each of women’s 800, men’s 800, women’s 1500, men’s 1500 then alternating mixed 800 and mixed 1500 with all heats being conducted at the end of Sunday’s Prelims. *Note: Positive check-in deadline for the 800/1500 Freestyle is before the start of prelims on Sunday. • The 400 IM and 400 Freestyle Preliminary heats will be seeded as follows: fastest four heats swum slowest to fastest (4 women heats, 4 men heats), followed by remaining heats swum fastest to slowest alternating women/men. *Note: Positive check-in deadline is 8:00 AM for these races on the day of the event. • There may be a 10-minute rest break in Prelims each day before the start of that day’s distance event (400 IM, 400 Free, 800/1500 Free). Meet management will decide and it will be announced at the Coaches’ meeting Friday morning. • Championship, Consolation, and two Bonus heats (four heats in all) will be swum in all 50, 100 and 200m Prelim/Final events. Championship, Consolation, and one Bonus heat (three heats in all) will be swum in the 400m Prelim/Final events. • The order of the Finals heats will be D-C-B-A (C-B-A for 400s). <i>*Note: Those swimmers named as First & 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. Alternates be placed in ANY vacant lane and swim exhibition.</i> <p>Relay Events</p> <ul style="list-style-type: none"> • All Relays will be conducted as Timed Final events. • Each team is limited to two entries of each gender for all relays except the 800 which is limited to 1 per team. • All 200 Free and 200 Medley Relays will be swum at the beginning of the Prelims sessions on Friday and Saturday, respectively. These events will be pre-seeded, and there is NO positive check-in. • All 800 Free Relays will be swum at the end of the Finals session on Friday, seeded fast to slow alternating women then men. Positive check-in required by 5:30 PM on Friday. • The 400 Free Relays will be swum at the end of the Finals session on Saturday. Positive check-in required by 5:30 PM on Saturday. The 400 Medley Relays will be swum during the Prelims session on Sunday (before the 800/1500 Freestyles). Positive check-in required by 8:00 AM on Sunday. • 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, Senior Committee Chair, Meet Referee and Coach) reserves the right to make the final decisions on the following: Diver over starts; rest breaks; scheduling of Time Trial; other issues that affect the management, versus the conduct, of the meet. 																														

ENTRY FEES:	<ul style="list-style-type: none"> • Individual Event Entry Fee: \$12.00 • Late Entry Fee: \$24.00 (only swimmers already entered in events that session) • Time Trial Fee: \$40.00 (attempting Futures cut or faster) • Relay Entry Fee: \$24.0 • Relay Late Entry Fee: \$48.00 • Swimmer Surcharge: \$21.00 • Georgia Travel Fund Fee: \$3.00
ELIGIBILITY:	<p>Open to all swimmers registered with Georgia Swimming who have achieved the required qualifying time standard for each event entered since April 1, 2020, until July 22, 2022 (see “Qualifying Times”). Swimmers who have achieved the qualifying standard in the 1500, or 800 Free may enter either the 800 or 1500 Free.</p> <p>ABSC 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>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 April 1, 2020 until July 22, 2022. 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, INCLUDING ANY BONUS SWIMS* THAT SESSION. The SWIMS database will be the sole source document used to verify proof of time for this meet. 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>
ENTRIES:	<p>Swimmers will be limited to competing in three (3) individual events per day plus relays.</p> <p>Any swimmer who competes in more than their daily limit will be disqualified from the last event(s) of that day.</p> <p>Swimmers who have qualified for an event in any preliminary session may swim one bonus event in any 50, 100 or 200m event that session. Bonus events must be designated as such, will be seeded behind qualified times and will count towards daily event limit.</p>
	<p>All events will be pre-seeded, with the exception of the 400 IM, 400 Free, 800/1500 Free, 400 Medley Relay, 400 Free Relay, and 800 Free Relay. These events will require a positive check-in at the Clerk of Course according to the times shown under “Check-in”.</p> <p>Any swimmer entering the 800 or 1500 Free based on their qualifying time in the other distance should be entered at the time standard.</p>
TIME TRIALS:	<p>Time Trial events will be conducted after the Preliminary sessions. Time Trial events will count towards the athlete’s daily limit.</p> <p>Time Trial check-in closes a 11AM. Additions after deadline are at the discretion of the Meet Referee.</p>
CHECK IN CLERK of COURSE	<p>In order to be seeded into the deck-seeded events, swimmers and relay teams must check-in with the Clerk of Course by the times listed in the Meet Format section.</p>
ENTRY SUBMISSION:	<p><u>Thursday, July 14th at 6:00 pm. Teams may make revisions for the athletes entered in the meet on or before the entry deadline until Tuesday, July 19th at noon.</u></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>
<p>RULES:</p>	<p>Tech Suit Restriction for 12-and-Under Swimmers: This rule does not make exceptions for Championship competitions.</p> <p>https://www.usaswimming.org/news/2020/08/24/tech-suit-restriction-for-12-and-under-swimmers</p> <p>102.8 SWIMWEAR</p> <p>.1 Design: No Technical Suit may be worn by any 12 & Under USA Swimming athlete member in competition at any Sanctioned, Approved or Observed meet.</p> <p><i>1) A Technical Suit is one that has the following components:</i></p> <p><i>a. Any suit with any bonded or taped seams regardless of its fabric or silhouette; or</i></p> <p><i>b. Any suit with woven fabric extending past the hips.</i></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> <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.</p> <p>Current USA Swimming Rules, including the Minor Athlete Abuse Prevention Policy (“MAAPP”), will govern this 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>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.</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 & Events Committee Chair, or designee.</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</p>

	<p>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>A swimmer must start and finish the race in the same lane.</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>COACHES:</p> <p>COACHES MEETING:</p>	<p>Coaches will be required to sign in and show their USA Swimming coaches registration card or DECK PASS for verification that all certifications are current. Contact information for One (1) coach from each team MUST be submitted during check-in.</p> <p>A meeting for coaches will be announced after entries are received. The meeting may take place via Zoom prior to the meet. An additional coaches meeting will occur Friday, July 22 at 7:15am for in-person discussion for those requiring clarification.</p>
OFFICIALS:	<p>ABSC welcomes visiting officials and apprentices and will appreciate help in officiating this competition. There will be an official’s meeting sixty minutes prior to the start of each session. The official’s uniform will consist of a white polo collared shirt, navy blue shorts, 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 may contact the Meet Referee as early as possible prior to the meet.</p> <p>FINALS: Official’s uniform will consist of a white collared polo shirt, navy long pants or skirts, white shoes/socks.</p> <ul style="list-style-type: none"> NOTE: Apprentice Starter WILL NOT be offered at this meet. <p>NOTE: This will be an OQM for N2/N3. If interested in being evaluated, please contact Bruce Adams – beadams1@yahoo.com</p>
MEET JURY:	<p>The Meet Jury shall be established during the coaching meeting or prior to the competition and shall consist of the Meet Director, Meet Referee, Coaches (x2), and athlete member. This committee will resolve disputed infractions or items directly associated the competition</p>
AWARDS:	<p>No individual awards will be given. The three highest scoring teams will be recognized but no award will be given.</p> <p>Outstanding Swimmer Recognition – The male and female swimmer who scores the most individual points will be recognized as the “Outstanding Female Swimmer” and “Outstanding Male Swimmer”</p>
SCORING:	<p>Individual and Relay events will be scored to 16 places. Swimmers who do not achieve the meet qualifying time in an event cannot score points in that event.</p> <p>Individual Events: 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1 Relay Events: 40-34-32-30-28-26-24-22-18-14-12-10-8-6-4-2</p>
CONCESSIONS:	<p>Concessions will be available.</p>
GEORGIA WARM-UP POLICY:	<p>The Georgia Swimming approved warm-up guidelines 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.</p> <p>This rule does not make exceptions for Championship competitions: No equipment including, but not limited to buoys, snorkels, kick boards, fins or elastic bands are NOT allowed during ANY warmup or warm-down before, or during competition.</p>

	Refer www.gaofficials.org/documents > Sanctions
GEORGIA SCRATCH RULE:	Refer www.gaofficials.org/documents > Sanctions
MISC. INFORMATION:	Due to COVID-19 precautions, there will be no spectators at this meet. Other COVID protocols will follow from the meet host.

Order of Events

Women's Event Number	Friday, July 22	Men's Event Number
1	200 Free Relay (all heats in prelims)	2
3	100 Breast	4
5	200 Free	6
7	50 Back	8
9	100 Fly	10
11	400 IM*	12
13	800 Free Relay (all heats in finals)	14

Women's Event Number	Saturday, July 23	Men's Event Number
15	200 Medley Relay (all heats in prelims)	16
17	200 Fly	18
19	50 Free	20
21	200 Breast	22
23	100 Back	24
25	50 Breast	26
27	400 Free	28
29	400 Free Relay (all heats in finals)	30

Women's Event Number	Sunday, July 24	Men's Event Number
31	200 Back	32
33	100 Free	34
35	50 Fly	36
37	200 IM	38
39	400 Medley Relay (prelims)	40
41	800 Free	--
--	1500 Free	42

*The 400 IM and 400 Free will be run with the top four heats first, slowest to fastest 4 heats of women followed by 4 heats of men, and the remaining heats run fastest to slowest alternating women/men.

**All heats of the 800/1500 Free will be swum during Prelims fastest to slowest, alternating women/men for 1 heat each of 800/1500 then mixed gender for the remainder. *Check in for the 800/1500 Free will be Sunday at 9am.*

***There may be a 10-minute break each day during Prelims before the start of each day's distance event.



2022 SENIOR LC CHAMPIONSHIP
QUALIFYING TIMES
July 22-24- Athens, GA



Women	2022 LC State Champs	Men
2022 LC QT	EVENT	2022 LC QT
00:29.19	50 Free	00:26.19
01:03.39	100 Free	00:56.39
02:15.99	200 Free	02:04.69
04:48.89	400 Free	04:24.69
09:59.99	800 Free	09:12.99
18:59.99	1500 Free	17:39.99
00:34.09	50 Back	00:32.09
01:11.99	100 Back	01:05.79
02:34.49	200 Back	02:23.99
00:39.99	50 Breast	00:34.99
01:23.89	100 Breast	01:16.09
03:00.99	200 Breast	02:45.79
00:31.99	50 Fly	00:28.89
01:09.19	100 Fly	01:02.59
02:38.59	200 Fly	02:23.09
02:36.09	200 IM	02:22.19
05:30.99	400 IM	05:05.09

*Qualifying Period Starts 01/01/2021

Para standards listed below. In addition any swimmer with a **Can-Am** qualifying time also qualifies for this meet.

Para 1 LSC Motivational Time Standards			
	GIRLS		BOYS
P1 - non-ambulatory (wheelchair bound): limited use of all four extremities	15 & O P1	P1	15 & O P1
	LCM		LCM
	1:24.89	50 FR	1:18.29
	2:58.09	100 FR	2:56.69
	7:06.49	200 FR	4:50.89
	1:40.39	50 BK	1:05.39
	3:04.59	100 BK	2:22.69
	1:32.99	50 BR	1:10.59
	4:25.19	100 BR	3:24.89
	2:29.49	50 FL	2:12.39
6:10.49	150 IM	5:54.59	
Para 2 LSC Motivational Time Standards			
P2 - dwarfism, multiple limb deficiencies, ambulatory with assistance, can be wheelchair bound with high functioning upper body.	15 & O P2	P2	15 & O P2
	LCM		LCM
	48.59	50 FR	44.79
	1:48.19	100 FR	1:38.79
	3:42.79	200 FR	3:28.89
	7:02.39	400/500 FR	6:48.79
	59.09	50 BK	50.69
	2:16.69	100 BK	2:06.79
	4:41.99	200 BK	3:57.99
	1:01.69	50 BR	57.39
	2:16.79	100 BR	2:07.19
	4:59.59	200 BR	4:34.59
	59.49	50 FL	46.39
	2:32.99	100 FL	2:25.39
	4:43.69	200 IM	4:19.09

Para 3 LSC Motivational Time Standards			
P3 - single limb deficiencies, visual impairments, intellectual impairments, ambulatory without significant assistance.	15 & O P3	P3	15 & O P2
	LCM		LCM
	39.69	50 FR	34.79
	1:24.79	100 FR	1:15.69
	3:28.99	200 FR	2:53.09
	6:16.39	400/500 FR	5:54.69
	13:52.79	800/1000 FR	13:32.49
	27:46.39	1500/1650 FR	27:40.29
	48.19	50 BK	39.89
	1:41.59	100 BK	1:24.09
	4:03.89	200 BK	3:21.79
	51.19	50 BR	43.59
	1:47.99	100 BR	1:36.79
	4:19.19	200 BR	3:31.89
	43.49	50 FL	37.89
	1:31.69	100 FL	1:19.59
	3:40.09	200 FL	3:21.39
3:34.79	200 IM	3:03.59	
8:26.99	400 IM	7:13.39	

**2022 Georgia Long Course Senior State Championships
July 22 – 24 2022**

Team Name _____ Team abbreviation _____

Team Address _____

City _____ State _____ Zip _____

Head Coach _____

Phone _____ Home _____ E-mail _____

For entry problems call or e-mail _____

All coaches from your team present at the meet, must be listed

- | | |
|----------------|----------------|
| 1. Coach _____ | 2. Coach _____ |
| 3. Coach _____ | 4. Coach _____ |
| 5. Coach _____ | 6. Coach _____ |

Athlete Fee	\$21.00 x (number of athletes)	= _____
Entry fee	\$10.00 x (number of entries)	= _____
TOTAL		= _____

Total fees submitted. _____

Submit one check payable to: ABSC.

Entries must be received on or before **July 14th, 2022.**

Email entries to: Jonathan Foggin

jonathan@athensbulldogs.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.

In granting this sanction it is understood and agreed that USA Swimming, Georgia LCS, and **ABSC** shall be free and harmless from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.

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 WITH EXPOSURE, INFECTION, AND/OR SPREAD OF COVID-19 RELATED TO PARTICIPATION IN THIS COMPETITION.