



2025 LAST CHANCE QUALIFYING

Hosted by Calvert Aquatics Club

February 7, 8, 9, 2025

Held at Edward T. Hall Aquatic Center, 130 Auto Dr, Prince Frederick, Md 20678

Held under the sanction of USA Swimming, Inc. issued by Maryland Swimming, Inc.

Sanction # 24/25-107

In granting this sanction it is understood and agreed that USA Swimming and Maryland Swimming shall be free and held harmless from any liabilities or claims for damages arising by reason of injury to anyone during the conduct of the event. USA Swimming Article 202.4.10

Current USA Swimming Rules, including the Minor Athlete Abuse Prevention Policy 2.0 ("MAAPP"), and the Maryland Swimming Code of Conduct (www.mdswim.org) will govern this meet.

Assigned Teams: ACSS, AESC, BAY, CAC, CBAC, ESA, GMAC, HAGY, HAWK, HFY, JCC, MAC, MBK, NAAC, OPST, ROCK, SMDA, TCY, YCM, FCY, UN

Meet Administration	
Certified Meet Director	Certified Meet Entry Coordinator
Staci Lagana Natika White cacmeet@calvertaquaticsclub.org	Ed Cullen meetentries@calvertaquaticsclub.org
Meet Referee	USA Swimming Registered Operational Risk Director
Tom Schmidt tschmidt@calvertaquaticsclub.org	Pam Carroll pcarroll@calvertaquaticsclub.org Corey Bhogte cbhogte@calvertaquaticsclub.org
Officials Contact	Administrative Official
Tom Schmidt tschmidt@calvertaquaticsclub.org Sign Up Link	Jeff Rivas Amber Bryant Ted Lemieux Tammy Sasscer cacao@calvertaquaticsclub.org



Deadline and Meeting Summary		
Fri, Jan 24th, 2025 Mon, Feb 3rd, 2025	8:00 PM	Entry Deadline Event changes will be accepted up until 2/3/25 at 8:00pm (no new swimmers allowed but event swaps allowed)
Fri, Sat, Sun, Feb 7-9	60 min prior to each session start	Coaches Meeting, if needed
Fri, Feb 7th, 2025	40 min prior to session start	Positive Check-in Closes
Fri, Sat, Sun, Feb 7-9	45 min prior to each session start	Officials' Briefing Breakroom
Fri, Sat, Sun, Feb 7-9	30 min prior to each session start	Timers' Briefing Hallway outside of Breakroom
Facility Information		
Facility Address	Edward T. Hall Aquatic Center 130 Auto Drive Prince Frederick, MD 20678 Map Link (130 Auto Dr)	
Pool Information	The Edward T. Hall Aquatic facility features an indoor ten (10) lanes 25 yards pool, with non-turbulent lane lines and continuous flow through gutters. Continuous warm-up/down lanes will be available throughout the meet for athletes. - Competition Pool: 10 25-yard lanes - Competition lanes are a minimum of 7.3' wide. - Water depth is 8.6ft to 13ft - The competition course has not been certified in accordance with 104.2.2C(4). - The meet will be swum in a 25-yard course. Lane configurations for competition will be determined upon receipt of entries. Lanes will be available for continuous warm-up/down. - Colorado electronic timing system with Swiss Timing touchpads	
Facility Information	- All swimmers and meet personnel on deck must have credentials to be on deck. - Locker rooms are located in the hallway adjacent to the pool area and will be clearly marked. No adults will be allowed in these locker rooms. - Restrooms for spectators and volunteers are located in the main lobby and family bathrooms are located outside lockers rooms.	



	- Athletes and non-athletes should enter through the main entrance of the Edward T. Hall Aquatics Center. - The facility will open 30 minutes before the first warm-up.
Medical Assistance and Supervision	The facility provides Red Cross Certified lifeguard staffing, EMS via quick call, On-Site AED, Plastic Rescue Backboard Kits, and First Aid Care on/off the deck.
Parking	Parking is authorized in designated parking spaces only. Vehicles parked in unauthorized spaces or on the grass are subject to citation and towing.
Hospitality	There will be a hospitality area open to all coaches and officials in the breakroom on the lower level.
Concessions	Refreshments will be available at the concession stand located in the 'conference room' located to the left after the entrance to the facility. Cash Only.
Vendor	Vendors will be available in the parking lot.

Meet Fees: Checks payable to Calvert Aquatics Club	
Athlete Surcharge	\$25.00 per swimmer
Individual Event Fee	\$10.00 per event entry
Relay Event Fee	\$25.00 per relay event entry

Organization Regulations	
Rules	- The Meet Referee will be in charge of the meet. Any questions regarding the conduct of the meet should be made directly to the Meet Referee. The Meet Committee and/or Meet Referee may find it necessary to change some meet procedures and/or timeline to provide the best possible situations and conduct of the meet for the athletes; including, but not limited to start times, breaks, distance event procedures, weather related disruptions, etc. - This meet will be conducted in accordance with the current USA Swimming Rules and Regulations, except where rules therein are optional, and exceptions are stated. MDSI Rules shall also apply. - USA Swimming / MDSI Safety Guidelines and warm-up procedures will be in effect for the entire meet. - All 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 MAAPP is a condition of the participation in the conduct of this competition.



	• Please note that the timing equipment uses a strobe as part of the starting equipment. Therefore, flash photography is PROHIBITED at the start of all the races. • No one will be allowed on deck unless they are registered with USA Swimming as an athlete, coach or official and/or those who are part of the timing, marshal and administrative staff assisting with the conduct of the meet. • There will be no penalty for scratching pre-seeded events at the block for non-positive check-in events. • In the positive check-in events, a swimmer who has checked in, been seeded, and fails to complete in said event, shall be barred from his/her next individual event. • Swimmers entering the meet must be registered with MDSI by the entry deadline date. Per MDSI rules, any club that enters an unregistered athlete will be fined \$100.00 per unregistered athlete. No Deck Registrations will be permitted. • Use of audio or visual recording devices, including a cell phone, are not permitted behind the starting blocks or in changing areas, rest rooms or locker rooms. • 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. • Videotaping or picture taking on deck, by any meet volunteer, shall not be permitted. Volunteers wishing to video or photograph their swimmer shall do so from the spectator area if available. Any person(s) violating this rule will be subject to discipline by the Meet Director or Referee up to and including removal from the venue for the remainder of the meet. EXCEPTION: The MDSI Certified meet photographer and anyone else specifically given pre-authorization by the Meet Director or Referee. • Deck changes are prohibited. Swimmers participating in deck changing will be in violation of the USA Swimming Code of Conduct/Sportsmanship Policy and could be subject to removal from further competition in the meet. • Tech Suits are banned for all 12 & Under swimmers (USA Swimming Rule 102.8.1.F). • Failure to comply with any rules and/or the request of a Safety Marshall shall be considered a Code of Conduct Violation.
Safety	• The Maryland Swimming, Inc. safety program is in effect for this meet. • All USA Swimming athletes must be under the supervision of a USA Swimming member coach. Arrangements for coach supervision must be made in advance of the meet. • No running or horseplay will be tolerated.



	• Upon approval of the facility, swimmers are allowed to use only personal kickboards, pull buoys, and snorkels in non-competition warm-up areas.
Racing Starts	• Any swimmer entered in the meet must be certified by a USA Swimming member coach as being proficient in performing both a forward racing start and a backstroke 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.
Health Guidelines	• All meets in the Maryland Swimming LSC are guided by the Maryland Department of Health and Mental Hygiene. This not only applies to Viral Gastroenteritis but other infectious diseases as well. The Meet Referee has the authority to inform and protect coaches, spectators, volunteers, and swimmers from a potential outbreak of illness. • At the discretion of the Meet Referee, anyone who exhibits symptoms of illness may be asked to withdraw from the competition for a 24-hour period. Swimmers must be cleared, by the Meet Referee, prior to returning to competition.
Swimmers with Serious Medical Conditions	• The swimmer's coach is responsible for notifying the Meet Referee, prior to the competition, of the medical condition that is potentially life-threatening while swimming and of any requested accommodation. Early notice (e.g., concurrent with the meet entry) is encouraged to allow for any needed planning or logistical support. • If the swimmer has a history of needing assistance exiting the pool at the completion of the race a coach must be in place to provide that assistance. • This provision does not apply to medical conditions that are not life-threatening while swimming including injuries that limit range of motion.
Deck Access	• There will be a check-in process for all coaches, officials, and approved meet staff. • The check-in table will be located in the main facility entrance area. • Credentials must be presented showing current fully certified USA Swimming membership. Meet staff must be listed on an approved list provided to the host team. • No one without proper clearance may be allowed in the competition areas without approval of the meet host.



Officials	• There will be a need for officials. Calvert Aquatics Club welcomes and encourages anyone willing to volunteer to contact the Meet Referee by email prior to the meet or sign in once you arrive at the meet. • The Maryland Swimming Officials uniform policies, available at www.mdswim.org, shall apply to this meet. • Official briefings will be held at the date and time listed in the Deadline and Meeting Summary. • Sign Up Link
Volunteers	• Volunteers will be determined by the meet host and will be communicated to the teams attending the meet prior to meet.

Meet Information	
Format	• This is a Timed Finals meet • Session 1 (Friday, February 7th) will be swum fastest to slowest. All other sessions will be swum slowest to fastest. • Session 1 (Friday, February 7th) will require positive check-ins. Positive check-in is located at the start end of the pool near the announcer's table and will close at 4:20 p.m. • Swimmers must provide their own timers and counters for the Friday night session. • Upon request by the Meet Director, the Technical Planning Chair may split or combine sessions in order to run a more effective meet. The order of events may not be changed.
Eligibility	• All swimmers must be registered with USA Swimming, Inc. • Swimmers must be registered prior to the entry deadline. • There will be no on-deck registration available at this meet. • A swimmer's age on the first day of the meet will determine their age for the entire meet. • Time standards for the meet are SLOWER THAN the Maryland LSC Short Course Championships QT Times. 'B' times and faster 2024-2028 SCY times as a minimum standard. • SITE 2 – Assigned Teams: ACSS, AESC, BAY, CAC, CBAC, ESA, GMAC, HAGY, HAWK, HFY, JCC, MAC, MBK, NAAC, OPST, ROCK, SMDA, TCY, YCM, FCY, UN
Swimmers with Disabilities	• Calvert Aquatics Club welcomes all swimmers with disabilities as described in the USA Swimming Rules and Regulations, Article 105, to participate in our meets.



	- Coaches entering swimmers with disabilities that require any accommodations are required to provide advance notice in writing to the Meet Entry Director, Meet Director, and Meet Referee by the entry deadline, including the need for any personal assistants required and/or registered service animals. - Failure to provide advance notice may limit the ability to accommodate all requests.
Entry Procedures	- Entry deadline is Friday, January 24, 2025 at 8:00pm - Event changes will be accepted up until Monday, February 3, 2025 at 8:00pm (no new swimmers allowed but event swaps allowed) - No Times (NT) will <u>NOT</u> be accepted. - The conforming time standard will be SCY times. - Non-conforming times will <u>NOT</u> be accepted. - Converted times will not be accepted. - A completed and signed entry summary sheet and payment in full must be received by the Meet Entry Coordinator prior to the entry deadline. - The host team's entries shall be processed first, then entries will be processed in the order in which they were received until the timeline limit is reached. Entries thereafter shall be returned immediately. - There will not be deck entries allowed. - There will be no out of LSC entries accepted.
Entry Limitations	Swimmers may enter a maximum of 3 individual events and 1 relay event per session and a total of 9 individual events and 2 max relays for the meet.
Entry Verification	An email will be sent to the person submitting the entries confirming receipt of the entry file within 48 hours of receipt.



Meet Procedures	
Seeding	• The conforming time standard for this meet is short course yards. • Swimmers will be seeded and swim from slowest to fastest unless otherwise indicated.
Positive Check-in	• Check-in will be located at the admin table near the starting end of the pool and will be required for the following events. • 400 IM • 500 Free • 800 Free Relay • For positive check-in events, a swimmer who has checked in, been seeded, and fails to compete in said event, shall be barred from his/her next individual event. • Positive check-in closes 40 minutes prior to the session start.
Scoring	• There will be no team or individual scores kept for this meet.
Awards	• There will be no awards or ribbons given for this meet.
Warm-Ups	• The meet host will provide a complete schedule of warm-up procedures to include lane assignments and times, which must be adhered to by all participants. This information will be distributed in advance of the meet and posted throughout the venue. • Warm-up procedures may be modified based on the number of swimmers in the meet and other safety and logistical concerns.
Results	• Results will be posted on the Maryland Swimming, Inc. website within 24 hours of the conclusion of the meet. • Results will also be actively posted on the Meet Mobile App.



Order of Events & Qualifying Times

(SLOWER THAN the Maryland LSC Short Course
Championship Qualifying times & Faster than the
2024-2028 USA Swimming 'B' Times)

Session 1						
Friday, February 7, 2025						
Warm-up: 4:30 PM			Session Start: 5:45 PM			
Girls/Women			Event	Boys/Men		
#	Equal to or Faster Than "B"	Slower than MD LSC Champs QT Times		Equal to or Faster Than "B"	Slower than MD LSC Champs QT Times	#
1	6:31.69	5:26.99	12&U 400 IM	6:17.09	5:27.89	2
3	3:42.09	2:55.99	10&U 200 IM	3:38.59	2:55.99	4
5	3:03.39	2:38.29	12&U 200 FLY	2:56.59	2:38.29	6
7	6:05.79	4:57.39	14&U 400 IM	5:37.69	4:47.09	8
9	3:03.89	2:31.59	12&U 200 IM	2:59.29	2:31.39	10
11	5:54.99	4:54.29	19&U 400 IM	5:22.19	4:27.79	12
13	7:16.89 11-12 8:36.69 9-10	5:53.89 11-12 6:48.39 9-10	12&U 500 FREE	6:59.89 11-12 8:24.29 9-10	5:53.89 11-12 6:48.39 9-10	14
15	6:52.19	5:29.99	14&U 500 FREE	6:25.69	5:19.99	16
17	6:40.99	5:26.39	19&U 500 FREE	6:08.39	4:59.99	18
19	10:49.19	8:22.79	14&U 800 FREE RELAY	10:04.39	7:59.59	20
21	10:47.79	8:14.79	19&U 800 FREE RELAY	9:57.09	7:29.99	22

Swimmers will need to provide their own timers and counters for the Friday night session.

- Swimmers entering 10&U events must turn 9 by March 6, 2025. Swimmers entering 12&U events must turn 11 by March 6, 2025. Swimmers entering 14&U events must turn 13 by March 6, 2025. Swimmers entering 19&U events must turn 15 by February 20, 2025.
- Entries for these athletes shall be submitted via email to the entry coordinator by the entry deadline.
- The new sanction numbers shall be:
 - GBSA 24/25-106
 - CAC 24/25-107



Session 2						
Saturday, February 8, 2025						
Warm-up: 8:00 AM			Session Start: 9:00 AM			
Girls/Women			Event	Boys/Men		
#	Equal to or Faster Than "B"	Slower than MD LSC Champs QT Times		Equal to or Faster Than "B"	Slower than MD LSC Champs QT Times	#
23	2:16.29	1:47.19	14&U 200 FREE RELAY	2:04.89	1:40.79	24
25	2:15.19	1:45.99	19&U 200 FREE RELAY	2:01.79	1:34.79	26
27	1:16.89	1:04.09	14&U 100 BACK	1:11.29	1:01.69	28
29	1:14.69	1:03.89	19&U 100 BACK	1:07.49	57.89	30
31	2:51.19	2:22.39	14&U 200 BUTTERFLY	2:36.79	2:17.99	32
33	2:45.79	2:22.29	19&U 200 BUTTERFLY	2:30.19	2:11.39	34
35	1:28.69	1:13.89	14&U 100 BREAST	1:20.49	1:10.39	36
37	1:25.89	1:13.79	19&U 100 BREAST	1:16.89	1:05.99	38
39	1:10.99	56.79	14&U 100 FREE	1:04.99	53.59	40
41	1:08.79	56.09	19&U 100 FREE	1:01.99	50.19	42
43	2:51.79	2:19.89	14&U 200 IM	2:37.99	2:13.69	44
45	2:46.19	2:17.69	19&U 200 IM	2:30.89	2:04.39	46
47		29.69	14&U 50 BUTTERFLY		28.29	48
49		28.69	19&U 50 BUTTERFLY		25.29	50
51	4:57.29	3:51.19	14&U 400 FREE RELAY	4:33.19	3:38.39	52
53	4:54.89	3:48.39	19&U 400 FREE RELAY	4:28.79	3:24.79	54

- Swimmers entering 10&U events must turn 9 by March 6, 2025. Swimmers entering 12&U events must turn 11 by March 6, 2025. Swimmers entering 14&U events must turn 13 by March 6, 2025. Swimmers entering 19&U events must turn 15 by February 20, 2025.
- Entries for these athletes shall be submitted via email to the entry coordinator by the entry deadline.
- The new sanction numbers shall be:
 - GBSA 24/25-106
 - CAC 24/25-107



Session 3						
Saturday, February 8, 2025						
Warm-up: 12:00 PM			Session Start: 1:00 PM			
Girls/Women			Event	Boys/Men		
#	Equal to or Faster Than "B"	Slower than MD LSC Champs QT Times		Equal to or Faster Than "B"	Slower than MD LSC Champs QT Times	#
55	3:22.79	2:36.39	10&U 200 FREE	3:09.49	2:35.69	56
57	2:42.59	2:13.89	12&U 200 FREE	2:35.99	2:14.89	58
59	48.59	37.19	10&U 50 BACK	48.29	37.99	60
61	38.79	32.59	12&U 50 BACK	38.49	32.79	62
63	1:56.69	1:26.69	10&U 100 BUTTERFLY	1:53.49	1:26.69	64
65	1:25.79	1:10.29	12&U 100 BUTTERFLY	1:22.89	1:10.99	66
67	54.59	42.49	10&U 50 BREAST	53.39	42.49	68
69	43.99	36.89	12&U 50 BREAST	43.49	37.09	70
71	1:44.29	1:20.49	10&U 100 IM	1:39.69	1:21.29	72
73	1:25.19	1:09.89	12&U 100 IM	1:21.89	1:10.69	74
75	2:59.49	2:31.69	12&U 200 BACK	2:52.89	2:32.89	76
77	2:53.19	2:08.39	10&U 200 FREE RELAY	2:51.69	2:07.99	78
79	2:24.79	1:54.39	12&U 200 FREE RELAY	2:19.09	1:53.19	80

- Swimmers entering 10&U events must turn 9 by March 6, 2025. Swimmers entering 12&U events must turn 11 by March 6, 2025. Swimmers entering 14&U events must turn 13 by March 6, 2025. Swimmers entering 19&U events must turn 15 by February 20, 2025.
- Entries for these athletes shall be submitted via email to the entry coordinator by the entry deadline.
- The new sanction numbers shall be:
 - GBSA 24/25-106
 - CAC 24/25-107



Session 4						
Sunday, February 9, 2025						
Warm-up: 8:00 AM			Session Start: 9:00 AM			
Girls/Women			Event	Boys/Men		
#	Equal to or Faster Than "B"	Slower than MD LSC Champs QT Times		Equal to or Faster Than "B"	Slower than MD LSC Champs QT Times	#
81	2:29.89	2:04.49	14&U 200 MED RELAY	2:18.19	1:57.19	82
83	2:28.09	1:59.19	19&U 200 MED RELAY	2:14.19	1:47.19	84
85		35.49	14&U 50 BREAST		32.89	86
87		33.39	19&U 50 BREAST		29.59	88
89	2:46.39	2:17.49	14&U 200 BACK	2:34.69	2:13.49	90
91	2:42.19	2:17.39	19&U 200 BACK	2:27.59	2:08.49	92
93	32.49	26.29	14&U 50 FREE	29.89	24.69	94
95	31.79	25.99	19&U 50 FREE	28.29	23.19	96
97	3:10.99	2:40.39	14&U 200 BREAST	2:54.89	2:33.09	98
99	3:05.99	2:40.29	19&U 200 BREAST	2:47.09	2:28.09	100
101	1:16.79	1:03.59	14&U 100 BUTTERFLY	1:10.49	1:00.49	102
103	1:14.39	1:02.69	19&U 100 BUTTERFLY	1:07.19	55.89	104
105		1:04.59	14&U 100 IM		1:01.79	106
107		1:03.09	19&U 100 IM		57.99	108
109	2:33.59	2:03.69	14&U 200 FREE	2:22.49	1:57.89	110
111	2:28.99	2:01.69	19&U 200 FREE	2:15.99	1:50.49	112
113		30.99	14&U 50 BACK		29.29	114
115		29.09	19&U 50 BACK		27.09	116
117	5:26.89	4:22.39	14&U 400 MED RELAY	4:59.29	4:10.99	118
119	5:23.29	4:20.49	19&U 400 MED RELAY	4:54.19	3:54.49	120

- Swimmers entering 10&U events must turn 9 by March 6, 2025. Swimmers entering 12&U events must turn 11 by March 6, 2025. Swimmers entering 14&U events must turn 13 by March 6, 2025. Swimmers entering 19&U events must turn 15 by February 20, 2025.
- Entries for these athletes shall be submitted via email to the entry coordinator by the entry deadline.
- The new sanction numbers shall be:
 - GBSA 24/25-106
 - CAC 24/25-107



Session 5						
Sunday, February 9, 2025						
Warm-up: 12:00 PM			Session Start: 1:00 PM			
Girls/Women			Event	Boys/Men		
#	Equal to or Faster Than "B"	Slower than MD LSC Champs QT Times		Equal to or Faster Than "B"	Slower than MD LSC Champs QT Times	#
121	3:25.69	2:54.69	12&U 200 BREAST	3:16.39	2:56.29	122
123	1:45.79	1:20.59	10&U 100 BACK	1:40.69	1:20.79	124
125	1:26.59	1:09.89	12&U 100 BACK	1:22.19	1:10.39	126
127	39.79	31.59	10&U 50 FREE	38.19	31.49	128
129	33.99	28.19	12&U 50 FREE	32.79	27.79	130
131	48.39	36.09	10&U 50 BUTTERFLY	46.49	37.09	132
133	36.89	30.99	12&U 50 BUTTERFLY	37.09	31.29	134
135	2:00.29	1:33.39	10&U 100 BREAST	1:54.09	1:33.39	136
137	1:36.49	1:19.99	12&U 100 BREAST	1:32.59	1:19.59	138
139	1:30.79	1:10.89	10&U 100 FREE	1:27.99	1:10.69	140
141	1:14.69	1:01.19	12&U 100 FREE	1:11.49	1:01.09	142
143	3:14.99	2:29.39	10&U 200 MED RELAY	3:13.39	2:31.09	144
145	2:41.19	2:10.59	12&U 200 MED RELAY	2:34.09	2:10.99	146

- Swimmers entering 10&U events must turn 9 by March 6, 2025. Swimmers entering 12&U events must turn 11 by March 6, 2025. Swimmers entering 14&U events must turn 13 by March 6, 2025. Swimmers entering 19&U events must turn 15 by February 20, 2025.
- Entries for these athletes shall be submitted via email to the entry coordinator by the entry deadline.
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2025 LAST CHANCE QUALIFYING MEET

Summary of Fees/Release Form

Complete and email or mail this form along with entry fees to (checks payable to Calvert Aquatics Club):

Calvert Aquatics Club
ATTN: CAC Treasurer
136 West Dares Beach Road #125
Prince Frederick, MD 20678
Email to: treasurer@calvertaquaticsclub.org

Team Name	
Club Code	
Head Coach	
Head Coach Cell Phone Number	
Head Coach Email Address	
Team Mailing Address	

Item	Total Number	Cost Per	Total
Individual Entries		\$10.00 per event	
Swimmer Surcharge		\$25.00 per swimmer	
Relay Entries		\$25.00 per relay	
Total Fees Due			

Waiver, Acknowledgement and Liability Release:

I, the undersigned coach or team representative, verify that all of the 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, Inc. and Maryland Swimming, Inc. regarding warm-up procedures and meet safety guidelines, and that I shall be responsible for the compliance of my swimmers with those rules during this meet. Calvert Aquatics Club, Edward T. Hall Aquatics Center, Maryland Swimming, Inc. and USA Swimming, Inc., their agents, employees, and coaches shall be held free and harmless from any and all liabilities or claims for damages arising by reason of illness or injury to anyone during the conduct of this meet. I also acknowledge that by entering this meet, I am granting permission for the names of any or all of my team's swimmers to be published on the internet in the form of Psych Sheets, Meet Results, or any other documents associated with the running of this meet.

SIGNATURE (Coach or Club Representative)

CLUB

TITLE

DATE