



**2021 MR SSC Spring Spectacular Invitational  
Prelims-Finals for Ages 11+  
Timed Finals 10 & Under**



**Nassau County Aquatic Center  
Eisenhower Park  
East Meadow, NY**

**Saturday & Sunday, April 17-18, 2021  
Sanction #210402**

**Invited Teams:** The following Metro teams are invited:  
**SSC, IA, TVSC, WISC, CSDC, TS, FA, HAA, HYB**  
We expect the meet to fill to capacity based on the invited teams.  
If you wish to be placed on a wait-list please email [ssc.meetentries@gmail.com](mailto:ssc.meetentries@gmail.com)  
with your intent to be placed on the wait-list.

# 2021 MR SSC Spring Spectacular Invitational

Saturday & Sunday, April 17-18, 2021

- SANCTION:** Held under the sanction of USA Swimming/Metropolitan Swimming, Inc., # **210402**
- LOCATION:** **Nassau County Aquatic Center, Eisenhower Park, East Meadow, NY**
- FACILITY:** 10 Lane x 25-yard competition pool, CTS6 Timing System, touch pads primary, with 10 lane alpha-numeric scoreboard. The Meet Referee reserves the right to run any session in less than 10 lanes.  
The pool **Has NOT been** certified in accordance with Article 104.2.2C(4)
- SESSIONS:** **Session 1 & 5 – 15+ Prelims 8:00AM Warm Up, 8:30AM Start Time**  
**Session 2 & 6 – 11-12 Prelims 9:45AM Warm Up, 10:15AM Start Time**  
**Session 3 & 7 – 13-14 Prelims 11:45AM Warm Up, 12:15PM Start Time**  
**Session 4A & 8A – 10 & Under Timed Finals**  
**Session 4B & 8B - 11+ Finals 5:45 Warm Up, 6:15PM Start Time**  
**There will be 2 (TWO) Finals (B/A) for 11+ Events, Top 20 swimmers from Prelims will make finals.**  
**45 Min prelims maximum time line Sessions 1,2,3,5,6,7 and T/F Sessions 4A and 8A.**  
**Facility Regulation - 120 Swimmer Maximum per session – 2 Coach Maximum Per Team Per Session**  
**All athletes will be assigned seating on the deck bleachers.**  
**Seating will be labeled and spaced socially distanced 6 feet apart.**  
**A swimmer who misses a final will be barred from the rest of that finals session.**
- FORMAT:** **This is a Prelim-Finals Meet for Ages 11+. Timed Finals for 10 & under.**  
**Events will be swum Slowest to Fastest.**  
**This meet will be Pre-Seeded; NO SCRATCHES, NO CHANGES ALLOWED.**
- ELIGIBILITY:** Open to all Invited USA Swimming/Metropolitan Swimming Inc. registered swimmers.  
All swimmers participating in this meet must be registered by the first day of the meet.  
No “Deck Registrations” will be accepted  
Age on **April 17, 2021** will determine age for the entire meet.
- DISABILITY SWIMMERS:** Swimmers with disabilities are encouraged to attend. Contact the meet director if you need special consideration.  
The athlete (or the athlete’s coach) is also responsible for notifying the meet referee of any disability prior to the competition.
- ENTRIES:** All Athletes are limited to enter 3 events per session.  
**Each Invited Team can enter up to 12 swimmers per age group, up to 6 from each gender. Please do not submit more than the number allocated.**  
**You may enter less than this number but not more.**  
**RELAY ONLY SWIMMERS ARE NOT PERMITTED. RELAYS ARE 1 Each Event/Gender.**  
Deck entries will not be accepted.  
**NT's will not be accepted.**  
Entries are by invited teams only. Hy-Tek Email entries will be accepted  
U.S. Mail Entries/Payment to: **Sachem Swim Club, PO Box 191, Ronkonkoma, NY 11779**  
Email Entries/Confirm Entry Receipt: [ssc.meetentries@gmail.com](mailto:ssc.meetentries@gmail.com) **\*\*PLEASE NOTE NEW EMAIL \*\***  
Express Mail Entries – please waive signature
- DEADLINE:** 1: Invited teams will be given priority on a first come/first served basis. Metro team’s entries must be received by **April 9, 2021**  
2: The final entry deadline for this meet is **April 9, 2021**
- An email confirming receipt of entries if you provide an email contact. Please contact Meet Director if you do not receive such a report within 2 days of your original email.

- ENTRY FEE:** An entry fee of **\$10.00** per individual Prelims-Final event must accompany the entries. An entry fee of **\$8.00** per Timed Final event must accompany the entries. Relays are **\$32.00**. RELAY ONLY SWIMMERS ARE NOT PERMITTED. RELAYS ARE 1 Each Event A **\$10.00** Facility Surcharge per swimmer will apply and must accompany the entries. Make check payable to: **Sachem Swim Club of Long Island, Inc.** Payment must be received by **04/17/2021** for email entries. Payment must be included with all mail entries. Failure to pay entry fees by this deadline could result in teams being barred from the meet.
- WARM-UP:** General warm up with assigned lanes. Lane assignments will be distributed along with the meet program each session.
- SCRATCHES:** **NO SCRATCHES, NO CHANGES ALLOWED.**
- COACHES:** In accordance with Metropolitan Swimming Inc. Policy, only those coaches who display current, valid USA Swimming credentials will be permitted to act in a coaching capacity at this meet. Coaches who do not possess these credentials will be required to leave the deck area.
- AWARDS:** **Awards will be given for places 1-10. Medals 1-3, Ribbons 4-10.**
- OFFICIALS:** **Meet Referee(s): Allen Wone - [ssc.allenwone@gmail.com](mailto:ssc.allenwone@gmail.com)**  
Officials wishing to volunteer should contact Meet Referee
- ADMIN. OFFICIAL:** **Administrative Official: Chris Orner**
- MEET DIRECTOR:** **Chris Orner – Use [ssc.meetentries@gmail.com](mailto:ssc.meetentries@gmail.com) for all correspondence**
- RULES:** The current USA Swimming Rules and Regulations including the Minor Athlete Abuse Prevention Policy (MAAPP) will apply.  
**The USA Swimming Code of Conduct is in effect for the duration of the meet.**  
The overhead start procedure (flyovers) may be used at the discretion of the Meet Referee. Flyovers will be used in all Prelim sessions and “B” Finals will flyover previous “A” Final.
- SAFETY:** **All swimmers must wear footwear upon leaving the pool area.**  
Metropolitan Safety and Warm-up procedures will be in effect. Marshals will be present throughout warm-ups and competition, and have the authority to remove, with the concurrence of the meet Referee, any swimmer, coach, club, or spectator for failure to follow the safety rules. **“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”**
- WATER DEPTH:** USA 2011 - 202.3.7 "The meet announcement shall include information about water depth measured for a distance of 3 feet 3½ inches (1.0 meter) to 16 feet 5 inches (5.0 meters) from both end walls."  
**1 Meter – 15 Feet, 5 Meter – 12 Feet**
- DISCLAIMER:** Upon acceptance of his/her entries, the participant waives all claims against **Sachem Swim Club of Long Island, Nassau County, Nassau County Aquatic Center, Metropolitan Swimming Inc., USA Swimming Inc.,** their agents or representatives for any injury occurring as a result of the meet. "It is understood that USA Swimming, Inc. and Metropolitan Swimming, Inc. shall be free from liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event."

**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 **Sachem Swim Club of Long Island, Nassau County, Nassau County Aquatic Center, Metropolitan Swimming Inc., USA Swimming Inc.,** 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.**

- AUDIO/VISUAL STATEMENT:** Use of Audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms, locker rooms or behind the starting blocks.
- DRONE OPERATION:** 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.
- DECK CHANGING:** **Deck changes are prohibited. Locker Rooms are for bathroom purposes only!**
- ADMISSION:** Admission \$8.00 per session - **MAXIMUM 2 Spectators per session, per family**  
Programs \$2.00 per session
- MERCHANTS:** A concession stand may be operated by a vendor contracted by the Nassau County Aquatic Center. The event host has no responsibility for the concession stand and its operation and hours. No glass will be permitted on the deck. A Swim Vendor may be available throughout the entire meet.
- PARKING:** Free Parking available in Lots 1 and 1A of Eisenhower Park
- CAPACITY:** In compliance with Federal, CDC, NYS Regulations, Facility Regulations and USA Swimming Guidelines, capacity is limited to 50% or less on the pool deck and 50% or less in the spectator stands of stated capacity.

**Pool Deck – 150 maximum including all personnel.**

**Meet Session maximum will be 120 swimmers, max 2 coaches per team.**

**Spectator Stands – 440 maximum capacity. Sachem Swim Club is limiting capacity to 2 spectators per session, per family, in accordance with NYS Regulations.**

**All people in the event venue will be required to wear a face covering that covers the nose and mouth when appropriate social distance guidelines of 6 feet of separation cannot be maintained.**

**All swimmers will be required to wear a face covering at all times. Face coverings may be removed immediately before a race or warm up poolside as the swimmer steps on block or enters the pool (backstroke).**

**Face Coverings – as defined by NYS Regulations, a face covering can be any of the following, but must cover the nose and mouth:**

- **Medical grade mask/respirator (N95)**
- **Surgical mask**
- **Cloth face covering (bandana or other similar cloth)**

**Team Locker Rooms are for BATHROOM USE ONLY. Swimmers must come and go from the meet in their swimsuits.**

**The attached waiver of liability must be filled out by each person who enters the pool deck (swimmers, coaches, officials, volunteers). Persons under the age of 18 must have the legal guardian sign the waiver. Waivers for swimmers must be submitted with their team's entries. Entries will NOT BE accepted without the waiver!**

**DIRECTIONS:**

**FROM VERRAZANO NARROWS BRIDGE AND KENNEDY AIRPORT:**

Follow signs to Belt Parkway/Long Island East. Take Belt Parkway eastbound past Kennedy Airport – after Kennedy Airport stay in the left lane and look for signs to Southern State Parkway East. Take Southern State Pkwy East to Meadowbrook Pkwy (northbound) to NY-24 Hempstead Turnpike (exit M4) East.

On Hempstead Turnpike go to the left lane and make a left at the first light (Merrick Ave.)

At first traffic light make a right. This is the entrance to the pool.

**FROM WHITESTONE AND THROGS NECK BRIDGES**

Take Cross Island Parkway South to Exit 29, Grand Central Parkway eastbound.

Follow Grand Central Pkwy to Meadowbrook Pkwy southbound (Jones Beach).

Get off Meadowbrook Pkwy at NY-24 Hempstead Tpke.(exit M4).

On Hempstead Turnpike go to the left lane and make a left at the first light (Merrick Ave.)

At first traffic light make a right. This is the entrance to the pool.

# 2021 MR SSC Spring Spectacular Invitational

4/17/2021 to 4/18/2021

## Session Report

Session: 1 Saturday Prelims 15+

Day of Meet: 1 Warm Up 8:00AM Starts at 08:30 AM Heat Interval: 55 Seconds / Back +15 Seconds

Round		Event	Entries
Prelims	101	Women 15 & Over 100 Freestyle	0
Prelims	102	Men 15 & Over 100 Freestyle	0
Prelims	103	Women 15 & Over 100 Butterfly	0
Prelims	104	Men 15 & Over 100 Butterfly	0
Prelims	105	Women 15 & Over 100 Backstroke	0
Prelims	106	Men 15 & Over 100 Backstroke	0
		Finish Time	

Session: 2 Saturday Prelims 11-12

Day of Meet: 1 Warm Up 9:45AM Starts at 10:15 AM Heat Interval: 55 Seconds / Back +15 Seconds

Round		Event	Entries
Prelims	201	Girls 11-12 100 Freestyle	0
Prelims	202	Boys 11-12 100 Freestyle	0
Prelims	203	Girls 11-12 100 Butterfly	0
Prelims	204	Boys 11-12 100 Butterfly	0
Prelims	205	Girls 11-12 100 Backstroke	0
Prelims	206	Boys 11-12 100 Backstroke	0
		Finish Time	

Session: 3 Saturday Prelims 13-14

Day of Meet: 1 Warm Up 11:30AM Starts at 12:00 PM Heat Interval: 55 Seconds / Back +15 Seconds

Round		Event	Entries
Prelims	301	Women 13-14 100 Freestyle	0
Prelims	302	Men 13-14 100 Freestyle	0
Prelims	303	Women 13-14 100 Butterfly	0
Prelims	304	Men 13-14 100 Butterfly	0
Prelims	305	Women 13-14 100 Backstroke	0
Prelims	306	Men 13-14 100 Backstroke	0
		Finish Time	

Session: 4A Saturday 9-10 Timed Finals

Day of Meet: 1 Warm Up 4:00PM Starts at 04:30 PM Heat Interval: 3 Seconds / Back +15 Seconds

Round		Event	Entries
Finals	401	Girls 10 & Under 100 Freestyle	0
Finals	402	Boys 10 & Under 100 Freestyle	0
Finals	403	Girls 10 & Under 50 Butterfly	0
Finals	404	Boys 10 & Under 50 Butterfly	0
Finals	405	Girls 10 & Under 50 Backstroke	0
Finals	406	Boys 10 & Under 50 Backstroke	0
Finals	907	Girls 10 & Under 200 Freestyle Relay	0
Finals	908	Boys 10 & Under 200 Freestyle Relay	0
		Finish Time	

Session: 4B Saturday 11+ Finals

Day of Meet: 1 Warm Up 5:45PM Starts at 06:15 PM Heat Interval: 55 Seconds / Back +15 Seconds

Round		Event	Entries
Finals	101	Women 15 & Over 100 Freestyle	0
Finals	102	Men 15 & Over 100 Freestyle	0
Finals	201	Girls 11-12 100 Freestyle	0
Finals	202	Boys 11-12 100 Freestyle	0
Finals	301	Women 13-14 100 Freestyle	0
Finals	302	Men 13-14 100 Freestyle	0
Finals	103	Women 15 & Over 100 Butterfly	0
Finals	104	Men 15 & Over 100 Butterfly	0
Finals	203	Girls 11-12 100 Butterfly	0
Finals	204	Boys 11-12 100 Butterfly	0
Finals	303	Women 13-14 100 Butterfly	0
Finals	304	Men 13-14 100 Butterfly	0
Finals	105	Women 15 & Over 100 Backstroke	0
Finals	106	Men 15 & Over 100 Backstroke	0
Finals	205	Girls 11-12 100 Backstroke	0
Finals	206	Boys 11-12 100 Backstroke	0
Finals	305	Women 13-14 100 Backstroke	0
Finals	306	Men 13-14 100 Backstroke	0
Finals	901	Girls 15 & Over 200 Freestyle Relay	0
Finals	902	Boys 15 & Over 200 Freestyle Relay	0
Finals	903	Girls 13-14 200 Freestyle Relay	0
Finals	904	Boys 13-14 200 Freestyle Relay	0
Finals	905	Girls 11-12 200 Freestyle Relay	0
Finals	906	Boys 11-12 200 Freestyle Relay	0
		Entry / Heat Totals:	0
		Finish Time	

Session: 5 Sunday Prelims 15+

Day of Meet: 2 Warm Up 8:00AM Starts at 08:30 AM Heat Interval: 55 Seconds / Back +15 Seconds

Round		Event	Entries
Prelims	501	Women 15 & Over 100 Breaststroke	0
Prelims	502	Men 15 & Over 100 Breaststroke	0
Prelims	503	Women 15 & Over 100 IM	0
Prelims	504	Men 15 & Over 100 IM	0
Prelims	505	Women 15 & Over 50 Freestyle	0
Prelims	506	Men 15 & Over 50 Freestyle	0
		Finish Time	

Session: 6 Sunday Prelims 11-12

Day of Meet: 2 Warm Up 9:45AM Starts at 10:15 AM Heat Interval: 55 Seconds / Back +15 Seconds

Round		Event	Entries
Prelims	601	Girls 11-12 100 Breaststroke	0
Prelims	602	Boys 11-12 100 Breaststroke	0
Prelims	603	Girls 11-12 100 IM	0
Prelims	604	Boys 11-12 100 IM	0
Prelims	605	Girls 11-12 50 Freestyle	0
Prelims	606	Boys 11-12 50 Freestyle	0
		Finish Time	

Session: 7 Sunday Prelims 13-14

Day of Meet: 2 Warm Up 11:30AM Starts at 12:00 PM Heat Interval: 55 Seconds / Back +15 Seconds

Round		Event	Entries
Prelims	701	Women 13-14 100 Breaststroke	0
Prelims	702	Men 13-14 100 Breaststroke	0
Prelims	703	Women 13-14 100 IM	0
Prelims	704	Men 13-14 100 IM	0
Prelims	705	Women 13-14 50 Freestyle	0
Prelims	706	Men 13-14 50 Freestyle	0
		Finish Time	



Session: 8A Sunday 9-10 Timed Finals

Day of Meet: 2 Warm Up 4:00PM Starts at 04:30 PM Heat Interval: 55 Seconds / Back +15 Seconds

Round	Event	Entries
Finals	801 Girls 10 & Under 50 Breaststroke	0
Finals	802 Boys 10 & Under 50 Breaststroke	0
Finals	803 Girls 10 & Under 100 IM	0
Finals	804 Boys 10 & Under 100 IM	0
Finals	805 Girls 10 & Under 50 Freestyle	0
Finals	806 Boys 10 & Under 50 Freestyle	0
Finals	916 Girls 10 & Under 200 Medley Relay	0
Finals	917 Boys 10 & Under 200 Medley Relay	0
	Finish Time	

Session: 8B Sunday 11+ Finals

Day of Meet: 2 Warm Up 5:45PM Starts at 06:15 PM Heat Interval: 55 Seconds / Back +15 Seconds

Round	Event	Entries
Finals	501 Women 15 & Over 100 Breaststroke	0
Finals	502 Men 15 & Over 100 Breaststroke	0
Finals	503 Women 15 & Over 100 IM	0
Finals	504 Men 15 & Over 100 IM	0
Finals	505 Women 15 & Over 50 Freestyle	0
Finals	506 Men 15 & Over 50 Freestyle	0
Finals	601 Girls 11-12 100 Breaststroke	0
Finals	602 Boys 11-12 100 Breaststroke	0
Finals	603 Girls 11-12 100 IM	0
Finals	604 Boys 11-12 100 IM	0
Finals	605 Girls 11-12 50 Freestyle	0
Finals	606 Boys 11-12 50 Freestyle	0
Finals	701 Women 13-14 100 Breaststroke	0
Finals	702 Men 13-14 100 Breaststroke	0
Finals	703 Women 13-14 100 IM	0
Finals	704 Men 13-14 100 IM	0
Finals	705 Women 13-14 50 Freestyle	0
Finals	706 Men 13-14 50 Freestyle	0
Finals	910 Girls 15 & Over 200 Medley Relay	0
Finals	911 Boys 15 & Over 200 Medley Relay	0
Finals	912 Girls 13-14 200 Medley Relay	0
Finals	913 Boys 13-14 200 Medley Relay	0
Finals	914 Girls 11-12 200 Medley Relay	0
Finals	915 Boys 11-12 200 Medley Relay	0
	Entry / Heat Totals:	0
	Finish Time	



## Metropolitan Swimming Photographer Registration Form

**As of 05/18/16 - All Metropolitan Teams need to include this in the meet information packet as well as file this form with Safety in Sport Coordinator, prior to the start of the meet.**

This form must be completed by any photographer (video or still) who intends to take pictures at an Metropolitan Swimming sanctioned meet, and is taking those pictures of anyone other than his or her own child, from any location on deck. Submit the form to the Meet Director prior to commencing activity.

**THERE WILL BE NO FLASH PHOTOGRAPHY PERMITTED AT THE START.**

Name \_\_\_\_\_

Phone Number \_\_\_\_\_

Government ID (driver's license preferred) or USA Swimming Registration Card:

Type of ID \_\_\_\_\_ # \_\_\_\_\_

Taking photos of \_\_\_\_\_

On behalf of \_\_\_\_\_

Purpose \_\_\_\_\_

Professional photographers/videographers will be allowed on deck at the discretion of the Meet Director and Meet Referee, and must adhere to the following guidelines:

Do not stand on the starting end of the pool, or in the starter's box; use of the bulkhead is at the discretion of the Meet Director and Meet Referee.

Do not stand on the edge of the pool (leave approximately two feet for officials and coaches).

Leave the deck when not actively photographing.

Respond immediately to direction from the Meet Referee.

Signature \_\_\_\_\_ Today's Date \_\_\_\_\_

Meet \_\_\_\_\_ Location \_\_\_\_\_

Date(s) of meet \_\_\_\_\_

# INFORMED CONSENT/HOLD HARMLESS WAIVER FOR PARTICIPATION

**MEET DATE: April 17-18, 2021**

**Sachem Swim Club of LI, Swim Meet @ Nassau County Aquatic Center**

## **PURPOSE AND EXPLANATION OF PROCEDURE**

I hereby consent to voluntarily engage in the Swim Meet at Nassau County Aquatic Center on April 17-18, 2021. I have been informed that during my participation in the above described Aquatic program, I will be asked to stop if any symptoms such as fatigue, shortness of breath, chest discomfort or similar occurrences appear. At this point, I have been advised that it is my complete right to decrease or stop exercise and that it is my obligation to inform the Instructor/Program/Coach personnel of my symptoms, should they develop.

It is my understanding and I have been informed that there exists the remote possibility that during exercise and or competition of adverse changes including, but not limited to, abnormal blood pressure, fainting, dizziness, disorders of heart rhythm, and in very rare instances heart attack, stroke, or even death. I further understand and I have been informed that there exists the risk of bodily injury including, but not limited to injurers to the muscles, ligaments, tendons, and joints of the body. Every effort will be made to minimize these occurrences by proper staff assessment of my condition before each session, staff supervision during exercise and by my own careful control of exercise efforts. I fully understand the risks associated with exercise, including the risk of bodily injury, heat attack, stroke or even death, but knowing these risks, it is my desire to participate as herein indicated.

**We (I), the undersigned, agree to release, hold harmless, and indemnify the Sachem Swim Club of Long Island, Metropolitan Swimming, USA Swimming, Nassau County, Nassau County Aquatic Center, its trustees, officers, agents, representatives and employees from and against any and all liability, lawsuits, claims, damages, or claims of injuries to my (our) child or children, including any negligent act or omission by the named above or its agents, representatives or employees, which are not the result of gross negligence, intentional neglect, or willful or wanton conduct by the named above.**

**We have put in place preventative measures, as required by the CDC and the State of New York, to reduce the spread of COVID-19 and other communicable diseases; however, we cannot guarantee that you or your child(ren) will not become infected with COVID-19 or other communicable disease. Further, participating in this swim meet could increase your risk and your child(ren)'s risk of contracting COVID-19 or other communicable disease. I am aware of risks as described by the current outbreak of COVID-19, and agree to release and hold harmless the Sachem Swim Club of Long Island, Metropolitan Swimming, USA Swimming, Nassau County, Nassau County Aquatic Center, its trustees, officers, agents, representatives and employees from and against any and all liability lawsuits, claims or damages arising from the transmission of any communicable diseases, including but not limited to COVID-19(SARS-COV2), before, during or after participation in this swim meet on April 17-18, 2021.**

**The undersigned Participant acknowledges that participation in this swim meet are subject to certain inherent risks and accepts all risks on land or water while participating in these activities.**

I have been given an opportunity to ask questions as to the procedures.

**I have read this Informed Consent/Hold Harmless Waiver form, fully understand its terms, understand that I have given up substantial rights by signing it, and sign it freely and voluntarily, without inducement.**

Participant's Name (Printed): \_\_\_\_\_

Participant's Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Guardian Signature if under 18 years old: \_\_\_\_\_ Date: \_\_\_\_\_

## **Emergency Contact Information:**

Name: \_\_\_\_\_

Cell Phone: \_\_\_\_\_