



<b>MEET DIRECTOR:</b>	Rebecca Pattillo <a href="mailto:meetdirector@swim-asl.com">meetdirector@swim-asl.com</a>																												
<b>MEET REFEREE:</b>	Jason Frankel <a href="mailto:jf18111@gmail.com">jf18111@gmail.com</a>																												
<b>STARTER:</b>	Jason Lamb																												
<b>STROKE AND TURN:</b>	Joseph DeCarlo																												
<b>ADMIN OFFICIAL:</b>	Jill Brinkman <a href="mailto:jeb207@att.net">jeb207@att.net</a>																												
<b>FACILITY:</b>	<p><b>Augusta Aquatics Center</b>  3157 Damascus Road Augusta, GA 30909; Phone #: (706)261-0424  This facilities competition pool is a 10 lane, 25-yard 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 ends equals 7-9 feet and turn end depth equals 7-9 feet.  There is a separate pool for warm-up and warm-down during the meet.</p>																												
<b>SCHEDULE:</b>	<p style="text-align: center;"><b>Wednesday, March 8<sup>th</sup>      Pool available for warm-up 2pm-8pm upon request</b></p> <table> <tr> <td>Session 1: Prelims</td> <td>Thursday, March 9<sup>th</sup></td> <td>Warm up: 8:00am</td> <td>Start: 9:30am</td> </tr> <tr> <td>Session 2: Finals</td> <td>Thursday, March 9<sup>th</sup></td> <td>Warm up: 4:45pm</td> <td>Start: 6:00pm</td> </tr> <tr> <td>Session 3: Prelims</td> <td>Friday, March 10<sup>th</sup></td> <td>Warm up: 8:00am</td> <td>Start: 9:30am</td> </tr> <tr> <td>Session 4: Finals</td> <td>Friday, March 10<sup>th</sup></td> <td>Warm up: 4:45pm</td> <td>Start: 6:00pm</td> </tr> <tr> <td>Session 5: Prelims</td> <td>Saturday, March 11<sup>th</sup></td> <td>Warm up: 8:00am</td> <td>Start: 9:30am</td> </tr> <tr> <td>Session 6: Finals</td> <td>Saturday, March 11<sup>th</sup></td> <td>Warm up: 4:45pm</td> <td>Start: 6:00pm</td> </tr> <tr> <td>Session 7: Timed Finals</td> <td>Sunday, March 12<sup>th</sup></td> <td>Warm up: 8:30am</td> <td>Start: 10:00am</td> </tr> </table>	Session 1: Prelims	Thursday, March 9 <sup>th</sup>	Warm up: 8:00am	Start: 9:30am	Session 2: Finals	Thursday, March 9 <sup>th</sup>	Warm up: 4:45pm	Start: 6:00pm	Session 3: Prelims	Friday, March 10 <sup>th</sup>	Warm up: 8:00am	Start: 9:30am	Session 4: Finals	Friday, March 10 <sup>th</sup>	Warm up: 4:45pm	Start: 6:00pm	Session 5: Prelims	Saturday, March 11 <sup>th</sup>	Warm up: 8:00am	Start: 9:30am	Session 6: Finals	Saturday, March 11 <sup>th</sup>	Warm up: 4:45pm	Start: 6:00pm	Session 7: Timed Finals	Sunday, March 12 <sup>th</sup>	Warm up: 8:30am	Start: 10:00am
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<b>MEET FORMAT:</b>	<ul style="list-style-type: none"> <li>• All events will be contested SCY</li> <li>• All individual events from Thursday through Saturday will be conducted on a Preliminary and Final basis. Except for the 400IM and 500 Free, all of those events will be circle seeded, slow to fast.</li> <li>• The 400 IM and 500 Freestyle preliminary heats will be seeded as follows: fastest three heats of girls (two heats circle seeded) slow to fast, followed by fastest three heats of boys (two heats circle seeded) slow to fast; all the remaining heats will swim fastest to slowest, alternating girls and boys.</li> <li>• There will be a Championship (A), Consolation (B) and one Bonus (C) Heat in all Prelims/Finals events.</li> <li>• The order of the Finals' Heats will be C-B-A.</li> <li>• *Note – Those swimmers named as First and Second Alternate in each prelim/final event must stand by the starter at the beginning of the event for which they are named if they wish to swim. Alternates will be placed in any vacant lane and swim exhibition.</li> <li>• All individual events on Sunday (50 Back, 50 Breast, 50 Fly, 1000 Free and 1650 Free) will be conducted as timed finals, and the 50s of stroke (Back, Breast and Fly) will not be scored.</li> <li>• All individual events will be seeded during warm-ups for that session. Scratch deadline will be 1 hour prior to the start of each Prelim session.</li> </ul> <p><b>Relay Events</b></p> <ul style="list-style-type: none"> <li>• All Relays will be conducted as Timed Finals</li> <li>• Each team is limited to three entries of each gender (or mixed) for all 200 relays, two entries of each gender (or mixed) for all 400 relays, and one entry per gender for the 800 free relays. Only 2 relays from each team can score in each event.</li> <li>• All 200 Free and 200 Medley Relays will be swum at the beginning of the Prelims sessions on Thursday and Saturday, respectively.</li> <li>• All 800 Free relays will be swum at the end of the final's session on Thursday. Positive check-in required by noon on Thursday.</li> <li>• The 400 Medley relays will be swum at the end of the Finals session on Friday. Positive check-in required by noon on Friday.</li> <li>• The 400 Freestyle relays will be swum at the end of the Finals session on Saturday. Positive check-in required by noon on Saturday.</li> </ul>																												

	<ul style="list-style-type: none"> <li>• 200 Mix Free and 200 Mix Medley relays will be swum at the beginning and at the end, respectively, of the Timed Final session on Sunday. No positive check-in required</li> <li>• 8 Lanes used for competition.</li> <li>• 10 Lanes available for warmup/warm down</li> <li>• 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, Meet Referee, and one visiting Coach) reserves the right to make the final decisions on the following: Diver over starts; rest breaks; scheduling of Time Trials; other issues that affect the management, versus the conduct, of the meet.</li> </ul>
<b>ENTRY FEES:</b>	<ul style="list-style-type: none"> <li>• IND. EVENT FEE: \$8.50 / Event</li> <li>• LATE IND. ENTRIES: \$17 / Event</li> <li>• RELAYS: - \$17 / Event</li> <li>• LATE RELAY ENTRIES: \$34 / Event</li> <li>• TIME TRIALS: \$17 / Event</li> <li>• \$3.00 GA LSC Travel Fund per athlete</li> <li>• \$6.00 GA travel fee applies to all non-Georgia LSC registered athletes</li> </ul>
<b>ELIGIBILITY:</b>	Open to all 2023 swimmers registered with USA Swimming who have achieved the required qualifying time standard for an event since June 1, 2021 (see “Qualifying times” at end of meet information.) Swimmers who have achieved the 1650 Free qualifying standard may enter the 1000 free and vice-versa.
<b>ENTRIES:</b>	<p>Swimmers will be limited to:</p> <ul style="list-style-type: none"> <li>• Athletes are limited to 3 Individual Prelims/Finals events per day or 4 timed finals events/day,</li> <li>• Athletes can be entered into an unlimited number of relay events. The relay events will not count towards the daily or meet totals.</li> <li>• Athletes are limited to a total of 7 Individual Events throughout the meet</li> <li>• 50s of stroke (fly, back and breast) will not be scored and do not count toward an athletes’ total event limit, but count toward an athlete’s daily limit</li> </ul> <p><b>Bonus Events:</b> all qualified swimmers can automatically enter up to 5 events (1 qualifying time=4 bonus events; 2 qualifying times=3 bonus events; 3 qualifying times=2 bonus events; etc).</p> <p>There are no qualifying times for 50s of stroke (Back, Breast, Fly).</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 may swim a maximum of seven (7) individual events throughout the meet.</p> <p>Swimmers must achieve the required qualifying time standard for an event since June 1, 2021 (see “Qualifying times” at end of meet information.) Swimmers who have achieved the 1650 Free qualifying standard may enter the 1000 free and vice-versa.</p> <p>No more than 7 prelim/finals races.</p> <p>“Host Club” will not allow unregistered swimmers, coaches, officials, or teams to participate in this meet. No swimmer will be permitted to compete unless the swimmer is a member as provided in Article 302.</p> <p>Deck entries can be made with the clerk of course up to one hour before the start of the session.</p> <p>Time trials do not count toward a swimmer’s total number of events, but do count for the daily individual limit</p>
<b>CHECK IN:</b>	The following events will require a Positive Check-In:
<b>CLERK of COURSE:</b>	<ul style="list-style-type: none"> <li>• <b>Thursday, March 9<sup>th</sup></b> <ul style="list-style-type: none"> <li>○ 400IM: 9:00am</li> <li>○ 800 Free Relay: noon</li> </ul> </li> </ul>

	<ul style="list-style-type: none"> <li>• <b>Friday, March 10<sup>th</sup></b> <ul style="list-style-type: none"> <li>○ 500 Free: 9:00am</li> <li>○ 400 Medley Relay: noon</li> </ul> </li> <li>• <b>Saturday, March 11<sup>th</sup></b> <ul style="list-style-type: none"> <li>○ 400 Free Relay: noon</li> </ul> </li> <li>• <b>Sunday, March 12<sup>th</sup></b> <ul style="list-style-type: none"> <li>○ 1000 Free/1650 Free: 9:00am</li> </ul> </li> </ul>
<b>ENTRY SUBMISSION:</b>	<p><b>Submit one check payable to: Aiken Augusta Swim League (ASL)</b>  <b>Entries must be received on or before: <u>Friday, March 2, 2023.</u></b>  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>
<b>RULES:</b>	<p><b>Current USA Swimming Rules will govern this meet.</b></p> <p><b><u><a href="#">Tech Suit Restrictions for 12-and-Under Swimmers</a></u></b>  (Note: WOVEN FABRIC-A suit with woven fabric and sewn seams that does not extend below the hips is permitted.)  (Note: KNIT FABRIC-A suit with knit fabric and sewn seams not extending below the knees is permitted.)  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>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><b>Deck changes are prohibited.</b> (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 &amp; Events Committee Chair, or designee.</p> <p>All referees, starters, administrative officials, chief judges, and stroke and turn judges, serving in an official capacity in a sanctioned event, must be non-athlete members of USA Swimming or members of other FINA-member organizations. All meet directors for meets sanctioned by USA Swimming must be members of USA Swimming. Except for coaches accompanying athletes participating under the provisions of 202.9 or USA Swimming's "open border" policy, all persons acting in any coaching capacity in a sanctioned event must be coach members of USA Swimming. Photos and videos may be taken of swimmers during the meet by parents or a professional photographer retained by the host club. All participants agree to be filmed or photographed by photographers designated by the meet host and to allow the meet host the right to use names,</p>

	<p>pictures, likenesses, and biographical information before, during, or after the period of participation in Georgia Swimming competitions to promote swimming and meets hosted by the meet organizer. If you do not wish to have your child(ren) photographed, you may withdraw your consent by informing the Meet Director before the start of the first day of the meet.</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>
<b>USA SWIMMING MEMBER VERIFICATION:</b>	<p>Starting September 1<sup>st</sup>, 2022, Deck Pass and Deck Pass Plus are no longer available. To access USA Swimming member benefits, including your USA Swimming member card, download the USA Swimming app. Present this card to verify your USA-S and GA LSC credentials are in good standing.</p> <p><a href="#">Click here</a> to download from the Apple App Store  <a href="#">Click here</a> to download from the Google Play Store</p>
<b>COACHES:</b> <b>COACHES MEETING:</b>	<p>Coaches will be required to sign in at the Clerk of Course desk to verify their credentials, via SWIMS 3.0, are in good standing with USA-S and their respective LSC.</p> <p>There will be a coaches’ meeting via Zoom on Tuesday, March 7<sup>th</sup>, 8:30pm. More information will be sent via e-mail to team which have been accepted to the meet.</p>
<b>OFFICIALS:</b>	<p>“Host Club” welcomes visiting officials and apprentices and will appreciate help in officiating this competition. There will be an official’s meeting 45 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 white shoes. For all finals sessions, officials will wear long pants. All officials must present at check in, their current LSC Officials Certification Card; <b>OR</b> a recently completed Apprentice Form; <b>AND</b> proof of current USA Swimming Non-Athlete membership. Credentials may be required for deck access and hospitality.</p>
<b>MEET COMMITTEE / MEET JURY:</b>	<p>The Meet Committee / Meet Jury shall be established during the coaching meeting or prior to the competition and shall consist of the Meet Director, Meet Referee, 2 Coaches, and 1 athlete member, as appropriate. As defined in the Official Glossary (2022 USA Swimming Rulebook)</p>
<b>AWARDS:</b>	<ul style="list-style-type: none"> <li>• Individual Events: <ul style="list-style-type: none"> <li>○ Awards 1<sup>st</sup>-8<sup>th</sup> Place</li> <li>○ High-Point Award for top-scoring swimmer in each gender category</li> </ul> </li> <li>• Relays: <ul style="list-style-type: none"> <li>○ Awards 1<sup>st</sup>-3<sup>rd</sup> Place</li> </ul> </li> <li>• Team Award <ul style="list-style-type: none"> <li>○ Awards for top -3 combined scoring teams</li> </ul> </li> </ul>
<b>SCORING:</b>	<p>Individual and Relay Events will be scored to 16 places.</p> <ul style="list-style-type: none"> <li>• Individual Events: 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1</li> </ul> <p>Relay Events: 40-34-32-30-28-26-24-22-18-14-12-10-8-6-4-2</p>
<b>CONCESSIONS:</b>	<p>Concessions will be available during the meet</p>
<b>GEORGIA WARM-UP POLICY:</b>	<p>The <a href="#">Georgia Swimming approved warm-up guidelines</a> 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>
<b>GA. SCRATCH RULE:</b>	<p><a href="#">Georgia Swimming Scratch Rule</a></p>
<b>MISC. INFORMATION:</b>	<p>None</p>

### Qualifying Times

<b>17&amp;O swimmers</b>				
<b>Girls</b>		<b>Event</b>	<b>Boys</b>	
<b>LCM</b>	<b>SCY</b>		<b>SCY</b>	<b>LCM</b>
28.89	25.69	<b>50 Free</b>	22.99	25.99
1:02.79	55.59	<b>100 Free</b>	50.19	55.89
2:14.69	1:58.89	<b>200 Free</b>	1:48.49	2:03.49
4:46.09	5:16.49	<b>500/400 Free</b>	4:51.69	4:22.09
9:53.99	11:08.79	<b>1000/800 Free</b>	10:03.19	9:07.49
18:48.59	18:37.89	<b>1650/1500 Free</b>	17:08.99	17:29.39
1:11.29	1:02.09	<b>100 Back</b>	57.19	1:05.13
2:32.99	2:12.69	<b>200 Back</b>	2:03.29	2:22.59
1:23.09	1:14.39	<b>100 Breast</b>	1:06.09	1:15.39
2:59.19	2:37.59	<b>200 Breast</b>	2:22.79	2:44.19
1:08.49	1:01.49	<b>100 Fly</b>	55.49	1:01.99
2:37.09	2:21.19	<b>200 Fly</b>	2:03.99	2:21.69
2:34.59	2:15.49	<b>200 IM</b>	2:04.19	2:20.79
5:27.69	4:45.19	<b>400 IM</b>	4:21.39	5:02.09

<b>16&amp;U Swimmers</b>				
<b>Girls</b>		<b>Event</b>	<b>Boys</b>	
<b>LCM</b>	<b>SCY</b>		<b>SCY</b>	<b>LCM</b>
29.49	26.19	<b>50 Free</b>	23.49	26.49
1:04.59	56.69	<b>100 Free</b>	51.29	56.99
2:17.39	2:01.29	<b>200 Free</b>	1:50.59	2:05.99
4:51.79	5:22.89	<b>500/400 Free</b>	4:57.59	4:27.39
10:05.99	11:22.29	<b>1000/800 Free</b>	10:15.29	9:18.59
19:11.39	19:00.39	<b>1650/1500 Free</b>	17:29.69	17:50.59
1:12.79	1:03.39	<b>100 Back</b>	58.29	1:06.49
2:36.09	2:15.39	<b>200 Back</b>	2:05.79	2:25.49
1:24.79	1:15.89	<b>100 Breast</b>	1:07.39	1:16.89
3:02.79	2:40.69	<b>200 Breast</b>	2:25.69	2:47.49
1:09.89	1:02.79	<b>100 Fly</b>	56.59	1:03.29
2:40.19	2:24.09	<b>200 Fly</b>	2:06.49	2:24.59
2:37.69	2:18.19	<b>200 IM</b>	2:06.69	2:23.69
5:34.29	4:50.79	<b>400 IM</b>	4:26.69	5:08.19

## Order of Events

### Thursday, March 9<sup>th</sup>, 2023

Prelims warm-up: 8:00/Start: 9:30am

Finals warm-up 4:45/Start: 6:00pm

Girls	Event	Boys	Notes
1	200 Freestyle Relay	2	1
3	200 Butterfly	4	
5	100 Breaststroke	6	
7	100 Freestyle	8	
9	400 IM	10	2
11	800 Freestyle Relay	12	3

### Friday, March 10<sup>th</sup>, 2023

Prelims warm-up: 8:00/Start: 9:30am

Finals warm-up 4:45/Start: 6:00pm

Girls	Event	Boys	Notes
13	200 Backstroke	14	
15	50 Freestyle	16	
17	200 Breaststroke	18	
19	500 Freestyle	20	2
21	400 Medley Relay	22	3

### Saturday, March 11<sup>th</sup>, 2023

Prelims warm-up: 8:00/Start: 9:30am

Finals warm-up 4:45/Start: 6:00pm

Girls	Event	Boys	Notes
23	200 Medley Relay	24	1
25	200 Freestyle	26	
27	100 Backstroke	28	
29	100 Butterfly	30	
31	200 IM	32	
33	400 Freestyle Relay	34	3

### Sunday, March 12<sup>th</sup>, 2023

All Events Timed Finals warm-up: 8:30/Start: 10:00am

Girls	Event	Boys	Notes
35	200 Mixed Freestyle Relay	35	
37	1000 Free	-X-	4
101	50 Butterfly	102	
-X-	1650 Freestyle	38	4
103	50 Backstroke	104	
39	1650 Freestyle	-X-	4
105	50 Breaststroke	106	
-X-	1000 Free	40	4
41	200 Mixed Medley Relay	41	

**Notes:**

1: Timed Final Event, all heats in Prelims

2: Positive Check-in Required (see 'Check-in')

3: Timed Final Event, all heats in Finals; Positive Check-in required (see 'Check-in')

4: Positive Check-in required (see 'Check-In')

***Southeastern Meet Of Champions******March 9<sup>th</sup>-12<sup>th</sup>, 2023***

Team Name \_\_\_\_\_ Team abbreviation \_\_\_\_\_

Team Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Head Coach \_\_\_\_\_

Head Coach E-mail \_\_\_\_\_ Head Coach Cell \_\_\_\_\_

***All coaches from your team must be listed and have valid USA Swimming credentials.***1<sup>st</sup> Coach \_\_\_\_\_ 2<sup>nd</sup> Coach \_\_\_\_\_3<sup>rd</sup> Coach \_\_\_\_\_ 4<sup>th</sup> Coach \_\_\_\_\_

Athlete Fee	\$8.50 x (number of events)	= _____
Relays	\$17.00 x (number of relays)	= _____
GA LSC Travel Fund	\$3.00 x (number of athlete)	= _____
Non-GA LSC registered athletes	\$6.00 x (number of athlete)	= _____
	<b>TOTAL</b>	= _____

**Submit one check payable to: Aiken Augusta Swim League (ASL)**Entries must be received on or before Friday, March 2<sup>nd</sup>, 2023.Email entries to: Greg Gillette ([coachgreg@swim-asl.com](mailto:coachgreg@swim-asl.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.*****I have reviewed RULE 302.4 FALSE REGISTRATION and understand that if a swimmer who is not properly registered with USA Swimming competes in a sanctioned competition, Georgia Swimming Inc. may impose a fine of up to \$100.00 per event against the individual, member coach or member club submitting the entry.**\_\_\_\_\_  
Signature/Title\_\_\_\_\_  
Date

## COVID 19:

An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. According to the Centers for Disease Control and Prevention, senior citizens and individuals with underlying medical conditions are especially vulnerable. USA Swimming, Inc., cannot prevent you (or your child(ren)) from becoming exposed to, contracting, or spreading COVID-19 while participating in USA Swimming sanctioned events. It is not possible to prevent against the presence of the disease. Therefore, if you choose to participate in a USA Swimming sanctioned event, you may be exposing yourself to and/or increasing your risk of contracting or spreading COVID-19.

**BY ATTENDING OR PARTICIPATING IN THIS COMPETITION, YOU VOLUNTARILY ASSUME ALL RISKS ASSOCIATED WITH EXPOSURE TO COVID-19 AND FOREVER RELEASE AND HOLD HARMLESS USA SWIMMING AND [THE LSC] AND EACH OF THEIR OFFICERS, DIRECTORS, AGENTS, EMPLOYEES OR OTHER REPRESENTATIVES FROM ANY LIABILITY OR CLAIMS INCLUDING FOR PERSONAL INJURIES, DEATH, DISEASE OR PROPERTY LOSSES, OR ANY OTHER LOSS, INCLUDING BUT NOT LIMITED TO CLAIMS OF NEGLIGENCE AND GIVE UP ANY CLAIMS YOU MAY HAVE TO SEEK DAMAGES, WHETHER KNOWN OR UNKNOWN, FORESEEN OR UNFORESEEN, IN CONNECTION THEREWITH.**