

**2021 BODYARMOR STATE
GAMES OF NORTH CAROLINA
SWIM MEET**

Hosted by the TAC
Titans
**June 19 - 20,
2021**
The Triangle Aquatic
Center
275 Convention Drive; Cary, NC
27511

Held under the Approval of USA Swimming, Inc., issued by North Carolina Swimming, Inc.

**Approved Meet
#NC21095AP**

Sanctioned by NC LMSC for USMS Inc.

MEET	MEET REFEREE/OFFICIALS CONTACT
Jennifer Riley jriley@tactitans.org	Christian Haxholdt chr@haxusa.co m
	MEET ENTRY COORDINATOR
	Jennifer Riley jriley@tactitans.org

CONDITION OF SANCTION

As a condition of this sanction, the TAC Titans Swim Team agrees to comply and to enforce all COVID-19 health and safety mandates and guidelines (including face coverings, social distancing, and mass gatherings) of USA Swimming, North Carolina Swimming, the State of North Carolina, local jurisdictions, and the TAC Titans Meet Plan detailed below. Meets conducted in violation of these requirements and safety plans are subject to having the sanction revoked and will not be issued sanctions for future meets during the COVID 19 sanctioning period.

ASSUMPTION OF RISK DISCLAIMER

The TAC Titans Swim Team has taken enhanced health and safety measures for athletes, coaches, officials, spectators, and others participating in this meet. You must follow all safety instructions in the following meet sanction. 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. Senior citizens and those with underlying medical conditions are especially vulnerable. By attending this meet, you assume all risks related to exposure to COVID-19.

COVID 19 RELEASE

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, NORTH CAROLINA SWIMMING, 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.

MEET COVID 19 PLAN

NCS FACE COVERING STATEMENT

Following new CDC recommendations and the North Carolina Governor's latest Executive Order issued May 14, 2021, North Carolina Swimming has revised guidance on the use of face coverings at USA Swimming activities as follows:

- North Carolina Swimming strongly recommends that partially vaccinated or unvaccinated individuals continue to wear face coverings and practice social distancing at all swimming activities.
- The Triangle Aquatic center requires that all meet participants – swimmers, coaches, officials and volunteers – wear face coverings at all times while in the Facility. Swimmers on deck preparing to enter the water and immediately exiting the water and the on-duty lifeguards are the only noted exceptions to this policy.
- NCS members are expected to comply with all COVID-19 safety guidelines from USA Swimming, North Carolina Swimming, the State of North Carolina, local jurisdictions, aquatic facilities, and member clubs.

FACILITY and TAC TITANS REQUIREMENTS

TAC TITANS has discussed specific health and safety procedures with the venue management. At this time, the facility and TAC TITANS have no additional requirements. Compliance with the most current guidelines from USA Swimming, North Carolina Swimming, CDC, State and Local jurisdictions will be maintained throughout the duration of the meet.

SPECTATOR LIMITATIONS and PROTOCOLS

There will be no “In-Person” spectator viewing. The meet will be live streamed via TAC-TV. Spectators may not enter the facility except monitored use of the restrooms located in the lobby.

PARENTAL ACCESS

Parents needing access to their athlete during the meet in a closed-deck environment can contact their children directly via cellphone and arrange to meet them just outside the lobby. Should parents be unable to contact their child directly, they should see the attendant at the front desk in the lobby. In the case of an emergency, please call 919-459-4045

FACILITY

The Triangle Aquatic Center (TAC) provides 3 indoor pools. The 50-meter competition pool with bulkhead offers a total of 8 50- meter competition lanes with a depth of 7 to 12 feet that can be configured for separate 8-lane and 10-lane, 25-yard competition courses. The competition course has been certified in accordance with 104.2.2C (4). A copy of such certification is on file with USA Swimming, Inc. The competition lanes are a minimum of 7 feet wide. The 25-yard program pool allows for 4 to 10 warm- up/warm-down lanes at any time.

The separate warm water instruction pool is fully enclosed and remains open to the public during meet competitions. There is a Daktronics OmniSport 2000 Pro Swimming timing system with HD video scoreboard. Meet participant parking is available across from the swimmer drop-off loop and in the shopping mall lot adjacent to the pool. Illegally parked vehicles are liable to be ticketed or towed by the local Police Department and the owner's expense.

Per USA Swimming and Safe Sport Rules...ONLY registered athletes, current registered officials and coaches may be on deck during warm-ups and/or competition. ALL coaches, officials and meet personnel will be required to wear wristbands or lanyards on the pool deck. Please check-in at the clerk of course.

The length of the competition course is in compliance and on file with USMS in accordance with articles 105.1.7 and 106.2.1, but as a bulkhead course, is subject to length confirmation. Eligibility of times for USMS Top 10 and records will be contingent on verification of bulkhead placement.

MEET FORMAT

This is a timed final Age Group/Senior/Masters pre-seeded meet. unless otherwise indicated.

Meet management reserves the right to combine sessions, add sessions, or move an age group or gender to a different session depending on the number of entries in the meet to ensure the meet runs efficiently. Coaches will be notified by email of any changes to the sessions within 36 hours of the entry deadline.

The Meet Referee reserve the right to combine heats and/or events.

MEET SCHEDULE (same for USAS and USMS)

Day	Description	Time
Wednesday June 9	Entry deadline	9:00PM
Saturday June 19 AM	Warm up start/ Meet start	12:00PM/1:00PM
Saturday June 19 PM	Warm up start/ Meet start	Not before (4:00PM/5:00PM) **
Sunday June 20 AM	Warm up start/ Meet start	8:00AM/9:00AM
Sunday June 20 PM	Warm up start/ Meet start	Not before (1:00PM/1:45PM) **

** Exact times will be determined by entries of the first session

SAFETY

The NCS Safety Program is in effect for this meet. Coaches are advised to closely supervise their swimmers at all times. NO running or horseplay will be tolerated.

Swimmers may be dropped off only in designated safe areas.

Swimmers are not permitted in work out rooms, storage rooms, meeting rooms, or control rooms.

Anyone failing to comply with a safety request may forfeit his or her privilege to participate.

We strongly recommend each team assign a marshal to monitor warm-up sessions in addition to host team marshal.

Only swimmers, properly certified officials and coaches, and meet volunteers will be allowed on deck. No spectators will be allowed on deck at any time. All persons on-deck or behind the blocks must be USAS certified coaches, officials, registered swimmers, or meet volunteers.

RACING STARTS

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.

RULES

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.

Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms, or locker rooms.

Deck changes are prohibited.

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.

Neither photography nor video recording is permitted behind the blocks.

These rules apply to USAS and USMS.

MAAPP

All applicable adults participating in or associated with the meet acknowledge that they are subject to the provisions of the USA Swimming Minor Athlete Abuse Protection Policy (“MAAPP”), and that they understand that compliance with the MAAPP policy is a condition of participation in the conduct of this competition.

ELIGIBILITY

Age Group: All amateur swimmers under the age of 19 are eligible to swim in the age group events. Swimmers may be registered swimmers may be registered members of USA Swimming, however, registration is not required. There will be no on deck registration available at this meet. Swimmers must compete in the age group corresponding to their age as of the first day of the meet. No swimmer will be permitted to swim in an older age group.

Masters: All master swimmers, 18 and older, are eligible to swim in the masters events and may be registered with USMS, however, registration is not required. There will be no on deck registration available at this meet. Masters age is determined by their age as of the last day of the meet.

TECHNICAL SUIT BAN FOR 12&U

Per USA Swimming rule 102.8.1.F, 12&U athletes may not compete in Technical Suits at this meet. A Technical Suit is one that has the following components: Any male or female suit with bonded or taped seams regardless of fabric or silhouette; or any male or female suit with woven fabric extending to the knee or mid-thigh regardless of the seam type.

SWIMMERS WITH DISABILITIES

The TAC Titans 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 Director by the entry deadline accompanying their meet entry file, including the need for any personal assistants required and/or registered service animals. Failure to provide advance notice may limit Star Aquatics’ ability to accommodate all requests.

ENTRIES

Email is preferred for submitting all entries including Hy-tek format entries and non-team entries. All entries are to be submitted to the meet entry coordinator listed above by emailing jriley@tactitans.org. No telephone, fax, or mailed entries will be accepted.

After entries are submitted, the following must also be received before teams/swimmers may participate in the meet.

1. All fees (team or individual) must be sent to TAC Titans (275 Convention Drive; Cary, NC 27511) OR notice that payment will be made on site must be

sent to Jennifer Riley at jriley@tactitans.org. Make checks payable to **BODYARMOR STATE GAMES OF NC**.

2. An athlete roster must be included with your payment. Roster Form can be found on page 14. The Roster Form may be scanned and emailed with your entries.
3. A Waiver by each swimmer/parent **MUST BE COMPLETED BEFORE COMPETITION**. A Team may list the swimmers' names and have parents sign on one page. Waiver must be mailed to TAC Titans (275 Convention Drive; Cary, NC 27511) before the meet OR scanned and emailed to jriley@tactitans.org or submitted at check in. Failure to do so will result in YOUR TEAM NOT BEING ABLE TO PARTICIPATE, BUT YOU WILL BE REQUIRED TO PAY FOR ENTRIES.

Entry requirements are the same for USAS and USMS.

ENTRY LIMITATIONS Swimmers may swim a maximum of 4 individual events per day and a total of 8 individual events for the meet. Meet management reserves the right to limit the number of entries. If it becomes necessary to return entries that may have been received prior to or on the entry deadline, entries will be accepted as deemed proper by meet management, giving preference to those competing both days of the meet and whose entries are complete in every respect and those that agree to provide volunteer officials, timers, and other workers. Submit names of persons volunteering on the accompanying form. Meet management also reserves the right to limit the number of heats in the 500 Freestyle to control the length of the competition. Entry limitations are the same for USAS and USMS.

ENTRY VERIFICATION An email will be sent to the person submitting the entry confirming receipt of the entry within 48 hours of receipt. Time changes of warm ups, etc., will be announced by email to the person who sent the entries on Monday, June 14, by 3 pm.

ENTRY DEADLINES The Meet Entry Coordinator must receive entries by the date and time listed in the Meet Schedule above. Late entries may be accepted at the discretion of the Meet Referee. There will be no on deck entries. Meet Management reserves the right to limit or suspend the addition of swimmers or heats to accommodate late entries. Entry deadlines are the same for USAS and USMS.

ENTRY FEES (same for USAS and USMS)

For mail-in fees: Make checks payable to **BODYARMOR STATE GAMES OF NC** and mail to
TAC Titans
275 Convention Drive
Cary, NC 27511

Flat Fee	\$35 per swimmer for one day or \$50.00 per swimmer for both days, no more than 4 events per day for each swimmer
Late Entry	If not accepted, fees will be returned promptly.

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. All non-conforming times will be seeded last in rank order. Seeding is the same for USAS and USMS.

SCORING The meet will not be scored.

AWARDS Gold (1st place), Silver (2nd place), and Bronze (3rd place) medals for each event for the following age groups: 8 & Under, 9 - 10, 11 - 12, 13 - 14, 15 - 16, 17 - 18, 19 - 29, 30 - 39, 40 - 49, *etc.*

The manner in which awards will be distributed will be determined by the meet host and participants will be notified prior to the meet.

RESULTS Results will be posted on the BODYARMOR State Games of NC website at www.ncsports.org within 24 hours of the meets conclusion. Results can also be found on Meet Mobile and the TAC Titans website during the course of the meet. Teams may obtain Hy-tek backups via an email attachment at the conclusion of the meet sent by the Meet Entry Coordinator.

The length of the competition course is in compliance and on file with USMS in accordance with articles 105.1.7 and 106.2.1, but as a bulkhead course, is subject to length confirmation. Eligibility of times for USMS Top 10 and records will be contingent on verification of bulkhead placement.

COACHES All coaches on deck must check in and wear credentials at all times. There will be a coach/general meeting at the date and time listed in the Deadline and Meeting Summary. Other meetings may be held at the meet referee's discretion. Meet Management requests that at least one coach representative from each team attend all coaches' meetings.

OFFICIALS/ TIMERS/ VOLUNTEERS There will be a need for officials. TAC Titans 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. All officials on deck must be registered and certified with USA Swimming and will be required to show proof of such to the meet referee by displaying their registration card or showing their Deck Pass virtual membership card upon request. A certification card showing the official's level of certification must also be presented. Any official's assistance will be greatly appreciated and will help to ensure a great meet for the swimmers. Official briefings will be held in the hospitality area at the date and time listed in the Meet Schedule table. All teams are asked to provide and list Officials for the meet. Please list on the Volunteer Sheet. TAC will provide timers, hospitality, computer operators, *etc.*, to run the meet. Volunteers who work a minimum of 4 hours will receive a free BODYARMOR State Games Volunteer t-shirt.

HOSPITALITY/ CONCESSIONS

There will be a hospitality area open to all coaches and officials. Lunch for all volunteers (timers, runners, officials, *etc.*) will be provided by the BODYARMOR State Games and TAC Titans.

WARM-UP

In accordance with USA Swimming guidelines, there will be a published warm-up procedure for all swimmers and coaches attending the meet. The Marshal will ensure all teams, coaches, and swimmers follow all warm-up procedures. Meet Management reserves the right to change warm-up times according to the number of entries. During the competition, there will be lanes available for continuous warm-up/cool-down in the diving well. There is to be no diving or horseplay in this area. Only **feet-first entry** into the warm-up lanes is permitted.

WAIVER/ RELEASE

As a team or individual entered in this meet, upon entry you are acknowledging that you are familiar with the Safety Rules of USA Swimming, Inc., USMS Swimming, Inc. and North Carolina Swimming, Inc. regarding warm-up procedures and meet safety guidelines, and that you shall be responsible for the compliance of your swimmers with those rules during this meet. T A C T i t a n s , Triangle Aquatic Center, North Carolina Swimming, Inc., USMS Swimming, Inc., 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. You acknowledge that by entering this meet, you are granting permission for the names of any or all of your 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.

USMS swimmers must sign the liability release prior to participating (found at the end of this document).

IMAGE RELEASE

All participants agree to be filmed and photographed by the host club approved photographer(s) and videographers and to allow the right to use names and pictures before, during, or after the meet such as in public psych sheets, heat sheets, and results or featured on the host club or NCS website or social media or in public broadcast of the event via television or webcast. Parents and guardians of minor swimmers who do not wish their swimmers to participate in interviews or have individual pictures featured on any media should inform their team's head coach and the Meet Director prior to the meet.

OFFICIAL HOTELS

Information to be posted on the BODYARMOR State Games website.

TAC Titans BODYARMOR State Games of NC

Order of Events

Saturday, June 19, 2021 Open Timed Finals (same for USAS and USMS) Warm-Ups: 12:00 pm Meet Start: 1:00pm		
Girls/Women	Event	Boys/Men
1	13 & Over 100 Individual Medley	2
3	13 & Over 200 Freestyle	4
5	13 & Over 50 Breaststroke	6
7	13 & Over 100 Backstroke	8
9	13 & Over 200 Breaststroke	10
11	13 & Over 100 Butterfly	12
13	13 & Over 500 Freestyle	14

Saturday, June 19, 2021 12 & Under Timed Finals Warm-Ups: Not before 4:00 pm Meet Start: 45 min after start of Warm-Ups		
Girls/Women	Event	Boys/Men
15	12 & Under 50 Backstroke	16
17	8 & Under 25 Breaststroke	18
19	12 & Under 100 Freestyle	20
21	12 & Under 50 Butterfly	22
23	8 & Under 25 Freestyle	24
25	12 & Under 100 Breaststroke	26
27	12 & Under 200 Freestyle	28

Sunday, June 20, 2021 Open Timed Finals (Same for USAS and USMS) Warm-Ups: 8:00 am Meet Start: 9:00 am		
Girls/Women	Event	Boys/Men
29	13 & Over 50 Freestyle	30
31	13 & Over 200 Butterfly	32
33	13 & Over 100 Breaststroke	34
35	13 & Over 50 Butterfly	36
37	13 & Over 200 Backstroke	38
39	13 & Over 100 Freestyle	40
41	13 & Over 50 Backstroke	42
43	13 & Over 200 Individual Medley	44

Sunday, June 20, 2021 12 & Under Timed Finals Warm-Ups: Not before 1:00 pm Meet Start: 45 min after start of Warm-Ups		
Girls/Women	Event	Boys/Men
45	12 & Under 50 Breaststroke	46
47	8 & Under 25 Backstroke	48
49	12 & Under 100 Butterfly	50
51	12 & Under 50 Freestyle	52
53	8 & Under 25 Butterfly	54
55	12 & Under 100 Backstroke	56
57	12 & Under 200 Individual Medley	58

**2021 BODYARMOR STATE GAMES OF NORTH
CAROLINA
JUNE 19-20, 2021
Cary, North Carolina
Triangle Aquatic Center**

Entry Deadline: June 9, 2021

SWIMMING SUMMARY SHEET

CLUB: _____ **CODE:** _____

COACH: _____ **PHONE:** _____

ADDRESS: _____ **EMAIL:** _____

TOTAL GIRLS: _____ **TOTAL BOYS:** _____

# of swimmers entered only one day		× \$35.00 each swimmer	\$
# of swimmers entered both days		× \$50.00 each swimmer	\$
Totals			\$

Check List:

- Hy-Tek Meet Entry File to be sent to Entry Coordinator
- Entry Fees*
- Team Roster
- Signed Agreement to Participate for EACH swimmer*
- Official Forms with signed Agreement to Participate*

***Required items - entry will not be accepted if missing. Waiver form can be found at the end of the packet.**

Send HyTek Entries to: Jennifer Riley at jriley@tactitans.org

Send Entry Fee, Summary Sheet, Team Information Roster, and Signed Agreement to Participate Forms to:

**TAC Titans
275 Convention Drive
Cary, NC 27511**

Send Officials Forms to the address on the forms.

2021 BODYARMOR STATE GAMES OF NC OFFICIALS & VOLUNTEER FORM

Volunteers are critical to the success of the BODYARMOR State Games of North Carolina events. Each Official who works a minimum of four hours will receive a commemorative 2021 BODYARMOR State Games Officials Polo. Complete the information below, sign the AGREEMENT TO PARTICIPATE at the end of the packet and return to:

**Bodyarmor State Games NC
Attention: Volunteer Director
275 Convention Drive
Cary, NC 27511**

Or, if you are associated with an NCS member club, the form and the signed waiver may be returned with the club's entries.

Name: _____

Club: _____

Address: _____

City: _____

NC _____ Zip _____

Phone: (____) _____

T-shirt size: _____

I will be available to work at the State Games Age Group Swimming competition during the indicated session(s):

_____ Saturday, 6/16 Morning _____ Afternoon _____

_____ Sunday, 6/17 Morning _____ Afternoon _____

Please indicate your certified NCS Official status: referee starter stroke/turn

To control the size and duration of the meet sessions, it may be necessary to return entries. In this case, acceptance will be at the discretion of the Meet Administration, with preference given to those clubs who provide officials and other volunteers.

***All Officials are asked to fill this form out and submit to
Roxanne@ncsports.org at least 30 days prior to the meet to order
polo shirts.***

2021 BODYARMOR STATE GAMES OF NORTH CAROLINA INDIVIDUAL SWIMMING ENTRY FORM

The individual entry fee for swimming is \$35 for one day or \$50 for both days, regardless the number of events entered (8 max, but no more than 4 per day). Competition starts at 9:00 a.m. each day for morning sessions. The pool will open for warm-ups at 8:00 a.m. Competition starts no earlier than 12:45 p.m. for afternoon sessions. Warm-ups will start no earlier than 12:00 p.m. The entry deadline for this sport is Wednesday, June 9, 2021. Fill out the form completely including the Event Name at the bottom. Be sure to sign the Agreement to Participate (or have a Parent/Legal Guardian sign if under 18) or your registration will not be accepted.

Sanctioned by NCMS for USMS, Inc,

PARTICIPANT INFORMATION – PLEASE TYPE OR PRINT CLEARLY

Last Name _____ First Name _____ () _____ - _____
 Day Phone
 () _____ - _____
 Evening Phone

Mailing Address _____ DOB _____ - _____ - _____
 Month Day Year Age* Sex

City _____ Zip Code _____ County _____

E-mail Address _____ @ _____

Team Name: _____

**Note: Please give your age as of the first day of your competition.*

PERSON TO CONTACT IN CASE OF AN EMERGENCY

Last Name _____ First Name _____ () _____ - _____
 Day Phone
 () _____ - _____
 Evening Phone

Enter Swimming Events: 4 Max per day (See page 10 for list of events)

Events	Seed Time	Make check payable to State Games of NC _____
1. _____		Entry fee \$ _____ deductible donation Please consider a tax- when you register. \$ _____ Total Enclosed \$ _____
2. _____		
3. _____		
4. _____		
5. _____		
6. _____		
7. _____		
8. _____		



2021 BODYARMOR STATE GAMES
ATHLETE INFORMATION FORM

Form with fields: First Name, Last Name, DOB, Address (Including City, State & Zip Code), E-mail Address, Age

AGREEMENT TO PARTICIPATE
(Must be signed to participate)

In consideration of being allowed to participate in any way in North Carolina Amateur Sports (NCAS) and State Games of North Carolina related events, programs and activities, the undersigned acknowledges, appreciates and agrees that:

- 1. The risk of injury from the activities involved in State Games of North Carolina is significant, including the potential for permanent paralysis and death; and,
2. I knowingly and freely assume all such risks, both known and unknown, even if arising from the negligence of the Releasees or others, and assume full responsibility for my participation; and,
3. I willingly agree to comply with the stated and customary terms and conditions for participation. If, however I observe any unusual significant hazard during my participation, I will remove myself from participation and bring such to the attention of the nearest NCAS/ State Games of North Carolina representative; and,
4. I expressly acknowledge and understand that the risks associated with having contact with individuals who have been exposed to and/or have been diagnosed with one or more communicable diseases, including, but not limited to, COVID-19 or other medical conditions, diseases, or maladies, do exist, and it is impossible to eliminate the risk that I could be exposed to and/or become infected through contact with or being in close proximity to an individual having a communicable disease, whether such individual may be symptomatic or asymptomatic; and,
5. I, for myself and on behalf of my heirs, assigns, personal representatives and next of kin, hereby forever release, indemnify and hold harmless NCAS/State Games of North Carolina, their officers, officials, agents and/or employees, volunteers, other participants, sponsoring agencies, sponsors, advertisers and, if applicable, owners and lessors of premises used to conduct the event ("Releasees"), WITH RESPECT TO ANY AND ALL INJURY (INCLUDING, WITHOUT LIMITATION, CONTRACTION OF DISEASES), DISABILITY, DEATH OR LOSS OR DAMAGE TO PERSON OR PROPERTY, WHETHER ARISING FROM THE NEGLIGENCE OF THE RELEASEES OR OTHERWISE; and,
6. I grant to North Carolina Amateur Sports my permission to use without charge any and all photographs, video reproductions or other like kinds of image productions taken during the event; and,
7. I understand that staff of both North Carolina Amateur Sports and the State Games of North Carolina are not responsible for loss, theft, or any damages to any of my personal property; and,
8. In order to protect the health and safety of all participants, I understand and agree that State Games of North Carolina staff may determine that the event may be cancelled, postponed or terminated at any time with no refund, I may not be able to participate or complete the event, and there will be no refunds for bad weather situations, force majeure events, acts of God, etc.; and,
9. I agree that I will not issue a credit card chargeback or funds reversal at any time.
10. I understand and expressly acknowledge and agree that: (a) as a condition for my participation in any event sponsored or operated by North Carolina Amateur Sports, I will be subject to a required background check, and (b) I may not be allowed to participate if I fail any such background check.

I HAVE READ THIS RELEASE OF LIABILITY AND ASSUMPTION OF RISK AGREEMENT, FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND SIGN IT FREELY AND VOLUNTARILY WITHOUT ANY INDUCEMENT.

PRINTED NAME OF PARTICIPANT

PARTICIPANT'S SIGNATURE

DATE

FOR PARTICIPANTS OF MINORITY AGE
(UNDER AGE 18 AT TIME OF REGISTRATION)

This is to certify that I, as parent/guardian with legal responsibility for this participant, do consent and agree to his/her release as provided above of all the Releasees, and, for myself, my heirs, assigns, and next of kin, I release and agree to indemnify the Releasees from any and all liabilities incident to my minor child's involvement or participation in these programs as provided above, EVEN IF ARISING FROM THEIR NEGLIGENCE. By registering a child under 13, I consent to the collection of the child's information that I have provided above for the purposes of registration.

PARENT/GUARDIAN'S SIGNATURE

EMERGENCY PHONE #

DATE

In consideration of being allowed to participate in any way in North Carolina Amateur Sports (NCAS) and State Games of North Carolina related events, programs and activities, the undersigned acknowledges, appreciates and agrees that:

1. The risk of injury from the activities involved in State Games of North Carolina is significant, including the potential for permanent paralysis and death; and,
2. I knowingly and freely assume all such risks, both known and unknown, even if arising from the negligence of the Releasees or others, and assume full responsibility for my participation; and,
3. I willingly agree to comply with the stated and customary terms and conditions for participation. If, however I observe any unusual significant hazard during my participation, I will remove myself from participation and bring such to the attention of the nearest NCAS/ State Games of North Carolina representative; and,
4. I expressly acknowledge and understand that the risks associated with having contact with individuals who have been exposed to and/or have been diagnosed with one or more communicable diseases, including, but not limited to, COVID-19 or other medical conditions, diseases, or maladies, do exist, and it is impossible to eliminate the risk that I could be exposed to and/or become infected through contact with or being in close proximity to an individual having a communicable disease, whether such individual may be symptomatic or asymptomatic; and,
5. I, for myself and on behalf of my heirs, assigns, personal representatives and next of kin, hereby forever release, indemnify and hold harmless NCAS/State Games of North Carolina, their officers, officials, agents and/or employees, volunteers, other participants, sponsoring agencies, sponsors, advertisers and, if applicable, owners and lessors of premises used to conduct the event ("Releasees"), WITH RESPECT TO ANY AND ALL INJURY (INCLUDING, WITHOUT LIMITATION, CONTRACTION OF DISEASES), DISABILITY, DEATH OR LOSS OR DAMAGE TO PERSON OR PROPERTY, WHETHER ARISING FROM THE NEGLIGENCE OF THE RELEASEES OR OTHERWISE; and,
6. I grant to North Carolina Amateur Sports my permission to use without charge any and all photographs, video reproductions or other like kinds of image productions taken during the event; and,
7. I understand that staff of both North Carolina Amateur Sports and the State Games of North Carolina are not responsible for loss, theft, or any damages to any of my personal property; and,
8. In order to protect the health and safety of all participants, I understand and agree that State Games of North Carolina staff may determine that the event may be cancelled, postponed or terminated at any time with no refund, I may not be able to participate or complete the event, and there will be no refunds for bad weather situations, force majeure events, acts of God, etc.; and,
9. I agree that I will not issue a credit card chargeback or funds reversal at any time.
10. I understand and expressly acknowledge and agree that: (a) as a condition for my participation in any event sponsored or operated by North Carolina Amateur Sports, I will be subject to a required background check, and (b) I may not be allowed to participate if I fail any such background check.

I HAVE READ THIS RELEASE OF LIABILITY AND ASSUMPTION OF RISK AGREEMENT, FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND SIGN IT FREELY AND VOLUNTARILY WITHOUT ANY INDUCEMENT.

If the participant is under the age of 18, this is to certify that I, as parent/guardian with legal responsibility for this participant, do consent and agree to his/her release as provided above of all the Releasees, and, for myself, my heirs, assigns, and next of kin, I release and agree to indemnify the Releasees from any and all liabilities incident to my minor child's involvement or participation in these programs as provided above, EVEN IF ARISING FROM THEIR NEGLIGENCE. By registering a child under 13, I consent to the collection of the child's information that I have provided for the purposes of registration.

PRINTED COACH NAME

SIGNATURE

PHONE NUMBER

_____	_____	(_____)_____
_____	_____	(_____)_____
_____	_____	(_____)_____
_____	_____	(_____)_____
_____	_____	(_____)_____



PARTICIPANT WAIVER AND RELEASE OF LIABILITY, ASSUMPTION OF RISK, AND INDEMNITY AGREEMENT

For and in consideration of United States Masters Swimming, Inc. ("USMS") allowing me, the undersigned, to participate in any USMS sanctioned or approved activity, including swimming camps, clinics, and exhibitions; learn-to-swim programs; swimming tryouts; fitness and training programs (including dryland training); swim practices and workouts (for both pool and open water); pool meets; open water competitions; local, regional, and national competitions and championships (both pool and open water); and related activities ("Event" or "Events"); I, for myself, and on behalf of my spouse, children, heirs and next of kin, and any legal and personal representatives, executors, administrators, successors, and assigns, hereby agree to and make the following contractual representations pursuant to this Waiver and Release of Liability, Assumption of Risk and Indemnity Agreement (the "Agreement");

1. I hereby certify and represent that (i) I am in good health and in proper physical condition to participate in the Events; and (ii) I have not been advised of any medical conditions that would impair my ability to safely participate in the Events. I agree that it is my sole responsibility to determine whether I am sufficiently fit and healthy enough to participate in the Events.
2. I acknowledge the inherent risks associated with the sport of swimming. I understand that my participation involves risks and dangers, which include, without limitation, the potential for serious bodily injury, sickness and disease, permanent disability, paralysis and death (from drowning or other causes); loss of or damage to personal property and equipment; exposure to extreme conditions and circumstances; accidents involving other participants, event staff, volunteers or spectators; contact or collision with natural or manmade objects; dangers arising from adverse weather conditions; imperfect water conditions; water and surface hazards; facility issues; equipment failure; inadequate safety measures; participants of varying skill levels; situations beyond the immediate control of the Event organizers; and other undefined, not readily foreseeable and presently unknown risks and dangers ("Risks"). I understand that these Risks may be caused in whole or in part by my own actions or inactions, the actions or inactions of others participating in the Events, or the negligent acts or omissions of the Released Parties defined below, and I hereby expressly assume all such Risks and responsibility for any damages, liabilities, losses or expenses that I incur as a result of my participation in any Events.
3. I agree to be familiar with and to abide by the Rules and Regulations established by USMS, including any safety regulations. I accept sole responsibility for my own conduct and actions while participating in the Events.
4. I acknowledge the contagious nature of COVID-19 and voluntarily assume the risk that I may be exposed to or infected by COVID-19, or other viral or bacterial infection, while participating in any of the Events, and that such exposure or infection may result in personal injury, illness, permanent disability, and death. I agree that if I have a fever, cough, feel short of breath, have any other symptoms, have knowingly been exposed to a communicable disease such as COVID-19 or have traveled to or from a highly impacted area, I will not attend an Event for at least two weeks after exposure or symptoms have subsided or I have returned from a highly impacted area. In addition, if I discover I have been exposed to a suspected or positive case of COVID-19 or have tested positive for COVID-19, I will notify the USMS coach or club administrator immediately.
5. I hereby Release, Waive and Covenant Not to Sue, and further agree to Indemnify, Defend and Hold Harmless the following parties: USMS, its members, clubs, workout groups, event hosts, employees, and volunteers (including, but not limited to, event directors, coaches, officials, judges, timers, safety marshals, lifeguards, and support boat owners and operators); the USMS Swimming Saves Lives Foundation; USMS Local Masters Swimming Committees (LMSCs); the Event organizers and promoters, sponsors and advertisers; pool facility, lake and property owners or operators hosting the Events; law enforcement agencies and other public entities providing support for the Events; and each of their respective parent, subsidiary and affiliated companies, officers, directors, partners, shareholders, members, agents, employees, and volunteers (individually and collectively, the "Released Parties"), with respect to any liability, claim(s), demand(s), cause(s) of action, damage(s), loss or expense (including court costs and reasonable attorneys' fees) of any kind or nature ("Liability") which may arise out of, result from, or relate in any way to my participation in the Events, including claims for Liability caused in whole or in part by the negligent acts or omissions of the Released Parties.
6. I further agree that if, despite this Agreement, I, or anyone on my behalf, makes a claim for Liability against any of the Released Parties, I will indemnify, defend and hold harmless each of the Released Parties from any such Liabilities which any may be incurred as the result of such claim.

I hereby warrant that I am of legal age and competent to enter into this Agreement, that I have read this Agreement carefully, understand its terms and conditions, acknowledge that I will be giving up substantial legal rights by signing it (including the rights of my spouse, children, heirs and next of kin, and any legal and personal representatives, executors, administrators, successors, and assigns), acknowledge that I have signed this Agreement without any inducement, assurance, or guarantee, and intend for my signature to serve as confirmation of my complete and unconditional acceptance of the terms, conditions and provisions of this Agreement. This Agreement represents the complete understanding between the parties regarding these issues and no oral representations, statements, or inducements have been made apart from this Agreement. If any provision of this Agreement is held to be unlawful, void, or for any reason unenforceable, then that provision shall be deemed severable from this Agreement and shall not affect the validity and enforceability of any remaining provisions.

Last Name	First Name	MI	Sex (circle) M F	Date of Birth (mm/dd/yy)
Street Address, City, State, Zip				
Signature of Participant			Date Signed	

