



THE NBAC FALL *WARM-UP MEET*
Hosted by NORTH BALTIMORE AQUATIC CLUB
NOVEMBER 18 – 20, 2016

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THE UMBC AQUATIC COMPLEX
THE UNIVERSITY OF MARYLAND, BALTIMORE COUNTY (UMBC)
1000 HILLTOP CIRCLE
BALTIMORE, MARYLAND 21250

Held under the Sanction of USA Swimming, Inc., issued by Maryland Swimming, Inc.
Sanction #MD16/17 – 012

ENTRY DEADLINE: FRIDAY NOVEMBER 4, 2016 @ 6:00 PM
ENTRY FEE DEADLINE: SATURDAY NOVEMBER 12, 2016 @ 6:00 PM

MEET DIRECTOR TOM HIMES thimes@nbac.net / coachtom@comcast.net	MEET ENTRY COORDINATOR TOM HIMES C/O MEADOWBROOK AQUATIC CENTER 5700 COTTONWORTH AVENUE BALTIMORE, MARYLAND 21209 thimes@nbac.net / coachtom@comcast.net
MEET REFEREE BETSY COE 01andercoe@gmail.com	MEET MARSHALL ANNA SUMMERFIELD Summ1333@verizon.net
OFFICIALS CONTACT BETSY COE 01andercoe@gmail.com	ADMIN OFFICIAL SHAWN HURLEY / LAUREN MCCOMAS

FACILITY

UMBC is an indoor eight lane, 25 yard pool with separate warmup/down diving well approx. 15 yards wide, which will be open during the meet. Weather permitting there will be a an outdoor 50 meter by 25 yard outdoor pool also open for warmup/down during the meet. The facility has an Daktronics timing system and scoreboard, starting blocks and non-turbulent lane dividers. The minimum water depth , measured in accordance with Article 103.2.3 is 4'0" to 4'2' at the start end and 4'8" to 5'0" at the turn end. The competition course has not been certified in accordance with 104.2.2C(4).

ALL swimmers and spectators attending this meet are guests of the University of Maryland at Baltimore County and are required to adhere to the following:

Parking is authorized in designated areas only. Vehicles parked in unauthorized parking spaces are subject to citation and towing.

Chairs are not permitted in the stands.

Swimmers leaving the pool area are required to wear shirts, shorts or pants, and shoes at all times.

NO ONE is permitted on the basketball courts AT ANY TIME.

Use of the indoor track for seating, vendor sales and concessions is at the discretion of UMBC. Coaches will be notified of availability prior to the start of the meet.

MEET FORMAT

All Events are Timed Finals Events.

All Friday events will require a positive check-in. All Friday events will swim fastest to slowest alternating girls then boys in the following order:

ALL 12 & U 400 IM (Fast to slow alternating hts of event 1 then event 2)

ALL 13 & O 400 IM (Fast to slow alternating hts of event 3 then event 4)

ALL 12 & U 500 FR (Fast to slow alternating hts of event 5 then event 6)

ALL 13 & O 500 FR (Fast to slow alternating hts of event 7 then event 8)

All events on Saturday & Sunday will be Pre-Seeded.

Session	Day	Warm-up	Meet Start	Age Group
1	Friday	3:30 PM	4:30 PM	ALL
2	Saturday	7:00 AM	8:00 AM	13-14, OPEN
3	Saturday	12:00 NOON	1:00 PM	12 & U
4	Saturday	Approx. 5:00 PM	Approx. 5:40 PM	OPEN
5	Sunday	7:00 AM	8:00 AM	13-14, OPEN
6	Sunday	12:00 NOON	1:00 PM	12 & U

DEADLINE AND MEETING SUMMARY:

Day, Date	Time	For:
Monday November 4, 2016	6:00 PM	ENTRY DEADLINE
Saturday November 12, 2016	6:00 PM	ENTRY FEE DEADLINE
Friday November 18, 2016	3:45 PM	ALL Friday Events Positive Check-in
Friday November 18, 2016	3:45 PM	Officials Briefings
Saturday November 19, 2016	7:15 AM	Officials Briefings
Saturday November 19, 2016	7:30 AM	Coaches Meeting / If Needed
Saturday November 19, 2016	12:15 PM	Officials Briefings
Saturday November 19, 2016	12:30 PM	Coaches Meeting / If Needed
Saturday November 19, 2016	10:00 AM	1650 Free Positive Check-in
Sunday November 20, 2016	7:15 AM	Officials Briefings
Sunday November 20, 2016	12:15 pm	Officials Briefings

SAFETY

The MSI 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. Upon approval, by the facility, swimmers are allowed to use only personal kickboards, pull buoys and snorkels in non-competition warm-up areas. No other equipment will be allowed.

RACING STARTS

Any swimmer entered in the meet, unaccompanied by an USA Swimming member coach, must be certified by an USA Swimming member coach as being proficient in performing a racing start or must start each race from within the water. 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. Maryland LSC Rules shall also apply.

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

Except where venue facilities require otherwise, changing into or out of swimsuits other than in locker rooms or other designated areas is prohibited.

ELIGIBILITY

Open to ALL USA Swimming Inc. registered swimmers who meet the SCY qualifying standards:

The following Maryland LSC Teams should attend the NBAC site:

AESC ASC **CBAC** **FAST** GTAC **LBA** HFY
NBAC **NWSC** **OPST** **RAC** **RAID** **ROCK** TCY **YRAC**

Returning teams (From the 2015 Meet) entries received, prior to the deadline, receive priority over new teams entries received. The meet is open to ALL USA Swimming Teams regardless of LSC affiliation. New teams will be entered on a first come first served basis.

Swimmers must be registered prior to 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.

13 & Older Swimmers: Must have SCY qualifying times equal to or faster than the modified 'B' – 'BB' USA Swimming 2013-2016 Time Standards for the Friday events. Must have SCY qualifying times equal to or faster than the USA Swimming Inc. 2013-2016 SCY 'B' Time Standards for ALL events on Saturday & Sunday. Open/15-O events use SCY 15-16 'B' standards. There are NO BONUS events.

12 & Under Swimmers: Must have SCY qualifying times equal to or faster than the modified 'B' – 'BB' USA Swimming 2013-2016 Time Standards for the Friday events. Must have SCY qualifying times equal to or faster than the USA Swimming Inc. 2013-2016 SCY 'B' time standards for ALL events on Saturday & Sunday. There are NO BONUS events.

1650 FREESTYLE: Must have SCY qualifying times equal to or faster than the modified 'BB' – 'A' USA Swimming 2013-2016 15-16 Time Standards.

SWIMMERS WITH DISABILITIES

NBAC 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 NBAC's ability to accommodate all requests.

ENTRIES

ALL entries should be submitted via email (Hy-Tek entry file) along with a file containing a Microsoft word or PDF document of the entries (Please check the proof of times option).

ALL ENTRY TIMES SHOULD BE IN SCY. NT ENTRIES WILL NOT BE ACCEPTED.

A completed and signed Entry Summary Sheet (Last page of this meet announcement) should be emailed or mailed in with payment for entries to be considered complete.

ALL entries must be in the hands of the Meet Entry Coordinator no later than Friday November 4, 2016 at 6:00 PM. Entry fees and completed Entry

Summary Sheet must be in the hands of the Meet Entry Coordinator no later than Saturday November 12, 2016 at 6:00 PM. Entries are not considered complete until the Entry File, Entry Summary Sheet and Entry Fees are received. Entry Fees not received by Saturday November 12, 2016 at 6:00 PM may result in entries being removed from the meet or a \$100.00 late fee being applied.

All relay only swimmers including alternates must be listed in the HY-TEK team file submitted.

NBAC entries will be entered first and then additional teams entries in order they were received, until the four/five hour rule is reached. Entries received thereafter will be returned immediately.

ENTRY LIMITATIONS

ALL Swimmers may enter a maximum of 2 events in the Friday evening session.

13 & Older swimmers may enter a maximum of 4 events & 1 relay in the Saturday and Sunday AM sessions (This applies to 12 & under swimmers entered in OPEN events).

12 & U swimmers may enter a maximum 4 events and 1 relay in the Saturday and Sunday PM sessions.

Failure of any swimmer to comply with the above rules will result in the swimmer being scratched from all events entered beyond the above rule at the discretion of the meet entry coordinator.

We reserve the right to change the warmup and start times based on entries received. Please check for any changes on www.mdswim.org and www.nbac.net for any changes to warmup and start times.

The meet entry director reserves the right to limit entries to ensure that sessions fall within the Maryland LSC Swimming Rules. Returning Teams (From the 2015 Meet) Entries received prior to the deadline receive priority over new teams entries received.

ENTRY VERIFICATION

An email will be sent to the person submitting the entry confirming receipt of the entry within 48 hours of receipt.

ENTRY DEADLINES

The Meet Entry Coordinator must receive entries by Friday November 4, 2016 @ 6:00 PM. No late entries will be accepted.

Entry Fees must be in the hands of the Meet Entry Director no later than Saturday November 12, 2016 @ 6:00 PM. Entries are not considered to be complete until the entry fees are received. If entry fees are not received by Saturday November 12, 2016 @ 6:00 PM your entries may be removed from the meet or subject to a \$100.00 late fee.

The meet entry director reserves the right to limit entries to ensure that sessions fall within the Maryland LSC Swimming Rules. Returning Teams (From the 2015 Meet) Entries received prior to the deadline receive priority over new teams entries received.

ENTRY FEES

Make checks payable to:	NORTH BALTIMORE AQUATIC CLUB
Individual Event	\$7.50 per individual event
Individual Event / Paper Entry	\$10.00 per individual event
Relays	\$15.00 per relay event
Relays / Paper Entry	\$20.00 per relay event
LSC Swimmer Surcharge	\$2.00 per swimmer

Entry Fees should be sent to:

North Baltimore Aquatic Club
c/o Meadowbrook Aquatic Center
ATTN: Tom Himes
5700 Cottonworth Avenue
Baltimore, Maryland 21209

SEEDING

ALL Entry times must be submitted in SCY. Swimmers will be seeded and swim from slowest to fastest unless otherwise indicated. Converted times or no time entries will not be accepted.

NOTE: Friday events and the 1650 FR will be swum fastest to slowest alternating girls then boys.

CHECK-IN

The following events require positive check-in:

- ALL Friday Events / Positive Check-in by 3:45 PM on Friday
- Saturday Session 4 – 1650 Free / Positive Check-in by 10:00 am on Saturday

The positive check-in location is to the left of the announcing stand on the pool deck.

Swimmers that fail to check in will be scratched from the event and not seeded. A swimmer who has checked in, been seeded, and fails to complete in said event, shall be barred from his/her next individual event.

SCRATCHES

There will be no penalty for scratching pre-seeded events. For 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.

SCORING

No team or individual scoring.

AWARDS

12 & Under swimmers will receive ribbons for 1st – 8th place in individual events. There will be no awards for 13-14 and OPEN/15-O swimmers. No relay awards will be given. Awards that are not picked up will not be mailed.

RESULTS

Live Results will be available via the NBAC website (nbac.net). The meet will also be available via meet mobile. Final Results will be sent to all participating teams within 48 hours of the conclusion of the meet. Final Results will be posted on the MSI's website within 48 hours of the meet's conclusion.

COACHES

All coaches on deck must be registered and certified with USA Swimming. Meet Management will require all coaches to show proof of certification/registration. Either deck pass or a membership card will be acceptable proof of membership. 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 the date and time listed in the Deadline and Meeting Summary.

**OFFICIALS/TIMERS/
VOLUNTEERS**

There will be a need for officials. NBAC 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. Either deck pass or a membership card will be acceptable as proof of membership. 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 Deadline and Meeting Summary.

NOTE: Swimmers must supply their own timers and counters for ALL EVENTS in the FRIDAY EVENING SESSION AND THE SATURDAY AFTERNOON 1650 SESSION..

Officials who wish to volunteer should sign up using the link below:

<https://docs.google.com/spreadsheet/viewform?formkey=dE80WmMwVjR6OWxtaklicjVOOUxKYUE6MQ#gid=0>

**HOSPITALITY/
CONCESSIONS**

There will be a hospitality area open to all coaches and officials. Refreshments will be available at the concession stand operated by UMBC.

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 Marshall 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/down (if available). There is to be no diving or horseplay in this area and should be monitored by each teams coaching staff.

The MSI 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. Upon approval, by the facility, swimmers are allowed to use only personal kickboards, pull buoys and snorkels in non-competition warm-up areas. No other equipment will be allowed.

WAIVER/RELEASE

As a team entered in this meet, upon entry you are verifying that all of the swimmers and coaches listed on the enclosed entry are registered with USA Swimming. You acknowledge that you are familiar with the Safety Rules of USA Swimming, Inc. and Maryland 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. NBAC, UMBC, 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. 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.

2016 NBAC FALL WARM-UP MEET

ORDER OF EVENTS & QUALIFYING TIMES

(Qualifying Times Faster than or Equal to)

FRIDAY NOVEMBER 18, 2016

SESSION 1

Warm-up: 3:30 PM Meet Start: 4:30 PM

#	Girls	Event	Boys	#
	(Faster than or Equal to)		(Faster than or Equal to)	
1	6:14.79	9 - 12 400 IM	6:06.59	2
3	5:55.39	13-14 400 IM	5:32.69	4
3	5:45.19	15 & O 400 IM	5:19.59	4
5	3:09.29	9-10 200 FREE	2:59.69	6
7	7:49.49	9-10 500 FREE	7:42.59	8
7	6:48.59	11-12 500 FREE	6:42.79	8
9	6:32.99	13-14 500 FREE	6:11.69	10
9	6:22.69	15 & O 500 FREE	5:57.89	10

NOTE: ALL FRIDAY NIGHT EVENTS REQUIRE POSITIVE CHECK-IN BY 3:45 PM

NOTE: ALL FRIDAY NIGHT QUALIFYING STANDARDS ARE USA SWIMMING 2013-2016 'A' TIME STANDARDS. ALL SWIMMERS MUST HAVE TIMES FASTER THAN OR EQUAL TO THE Q-TIMES.

NOTE: 10 & Under swimmers who wish to swim the 12 & U 400 IM must have the 11-12 USA Swimming 2013-2016 'A' Time Standard to enter.

**NOTE: EVENT 3 will be 13-14 G & 15-O G 400 IM combined and seeded by entry time.
EVENT 4 will be 13-14 B & 15-O B 400 IM combined and seeded by entry time.
EVENT 5 will be 10 & U G & 11-12 G 500 FR combined and seeded by entry time.
EVENT 6 will be 10 & U B & 11-12 B 500 FR combined and seeded by entry time.
EVENT 7 will be 13-14 G & 15-O G 500 FR combined and seeded by entry time.
EVENT 8 will be 13-14 B & 15-O B 500 FR combined and seeded by entry time.**

NOTE: ALL FRIDAY EVENTS WILL SWIM FASTEST TO SLOWEST ALTERNATING GIRLS THEN BOYS IN THE FOLLOWING ORDER:

ALL 12 & U 400 IM (Fastest to slowest alternating hts of event 1 then event 2)

ALL 13 & O 400 IM (Fastest to slowest alternating hts of event 3 then event 4)

ALL 12 & U 500 FR (Fastest to slowest alternating hts of event 5 then event 6)

ALL 13 & O 500 FR (Fastest to slowest alternating hts of event 7 then event 8)

NOTE: Swimmers must supply their own timers and counters for ALL EVENTS in the FRIDAY EVENING SESSION.

SATURDAY NOVEMBER 19, 2016**SESSION 2****Warm-up: 7:00 AM Meet Start: 8:00 AM**

#	Girls/Women	Event	Boys/Men	#
	(Faster than or Equal to)		(Faster than or Equal to)	
11	1:18.29	13-14 100 BACKSTROKE	1:13.59	12
13	1:16.29	OPEN 100 BACKSTROKE	1:09.69	14
15	2:52.39	13-14 200 BUTTERFLY	2:40.39	16
17	2:46.79	OPEN 200 BUTTERFLY	2:33.29	18
19	1:29.39	13-14 100 BREASTSTROKE	1:22.59	20
21	1:28.29	OPEN 100 BREASTSTROKE	1:19.19	22
23	1:11.39	13-14 100 FREESTYLE	1:06.29	24
25	1:09.99	OPEN 100 FREESTYLE	1:03.29	26
27	2:53.19	13-14 200 IM	2:41.89	28
29	2:48.89	OPEN 200 IM	2:34.29	30
31	NT	13-14 200 FREE RELAY	NT	32
33	NT	OPEN 200 FREE RELAY	NT	34

SATURDAY NOVEMBER 19, 2016**SESSION 3****Warm-up: 12:00 Noon Meet Start: 1:00 PM**

#	Girls/Women	Event	Boys/Men	#
	(Faster than or Equal to)		(Faster than or Equal to)	
35	2:59.49	9 - 12 200 BACKSTROKE	2:55.29	36
37	48.59	9 - 10 50 BACKSTROKE	48.59	38
39	38.79	11-12 50 BACKSTROKE	38.99	40
41	1:55.49	9 - 10 100 BUTTERFLY	1:54.09	42
43	1:26.29	11-12 100 BUTTERFLY	1:24.49	44
45	3:25.79	9 - 12 200 BREASTSTROKE	3:17.69	46
47	53.59	9 - 10 50 BREASTSTROKE	53.19	48
49	43.69	11-12 50 BREASTSTROKE	43.79	50
51	1:30.69	9 - 10 100 FREESTYLE	1:28.49	52
53	1:13.59	11-12 100 FREESTYLE	1:12.19	54
55	3:40.39	9 - 10 200 IM	3:38.89	56
57	1:25.29	11-12 100 IM	1:23.19	58
59	NT	9 - 10 200 FREE RELAY	NT	60
61	NT	11-12 200 FREE RELAY	NT	62

NOTE: 9 & 10 Year Old Swimmers who wish to swim the 9 - 12 200 Backstroke or 200 Breaststroke must have the 11-12 USA Swimming 2013-2016 'B' Time Standard to enter.

SATURDAY NOVEMBER 19, 2016**SESSION 4****Warm-up: IMMEDIATELY AFTER THE CONCLUSION OF SESSION 3 / APPROX. 5:00 PM****Meet Start: 30 MINUTES AFTER THE BEGINNING OF WARMUPS / APPROX. 5:40 PM**

#	Girls/Women	Event	Boys/Men	#
	(Faster than or Equal to)		(Faster than or Equal to)	
63	20:37.69	OPEN 1650 FREE	19:26.69	64

SUNDAY NOVEMBER 20, 2016
SESSION 5
Warm-up: 7:00 AM Meet Start: 8:00 AM

#	Girls/Women	Event	Boys/Men	#
	(Faster than or Equal to)		(Faster than or Equal to)	
65	2:48.39	13-14 200 BACKSTROKE	2:38.39	66
67	2:44.79	OPEN 200 BACKSTROKE	2:31.59	68
69	32.89	13-14 50 FREESTYLE	30.39	70
71	32.29	OPEN 50 FREESTYLE	28.99	72
73	3:13.99	13-14 200 BREASTSTROKE	3:00.49	74
75	3:09.09	OPEN 200 BREASTSTROKE	2:52.79	76
77	1:17.69	13-14 100 BUTTERFLY	1:12.19	78
79	1:16.19	OPEN 100 BUTTERFLY	1:08.79	80
81	2:33.89	13-14 200 FREESTYLE	2:24.49	82
83	2:30.79	OPEN 200 FREESTYLE	2:18.29	84
85	NT	13-14 200 MEDLEY RELAY	NT	86
87	NT	OPEN 200 MEDLEY RELAY	NT	88

SUNDAY NOVEMBER 20, 2016
SESSION 6
Warm-up: 12:00 Noon Meet Start: 1:00 PM

#	Girls/Women	Event	Boys/Men	#
	(Faster than or Equal to)		(Faster than or Equal to)	
89	2:41.19	11-12 200 FREESTYLE	2:37.19	90
91	1:45.09	9 - 10 100 BACKSTROKE	1:41.39	92
93	1:26.29	11 - 12 100 BACKSTROKE	1:24.09	94
95	47.99	9 - 10 50 BUTTERFLY	46.69	96
97	37.29	11- 12 50 BUTTERFLY	37.69	98
99	3:02.39	9 - 12 200 BUTTERFLY	2:58.09	100
101	1:58.79	9 - 10 100 BREASTSTROKE	1:53.69	102
103	1:35.79	11-12 100 BREASTSTROKE	1:33.59	104
105	39.49	9 - 10 50 FREESTYLE	38.49	106
107	34.09	11-12 50 FREESTYLE	33.09	108
109	1:43.39	9 - 10 100 IM	1:40.39	110
111	3:02.49	11-12 200 IM	3:00.99	112
113	NT	9 - 12 200 MEDLEY RELAY	NT	114
115	NT	11-12 200 MEDLEY RELAY	NT	116

NOTE: 9 & 10 Year Old Swimmers who wish to swim the 9 - 12 200 Butterfly must have the 11-12 USA Swimming 2013-2016 'B' Time Standard to enter.

**2016 NBAC FALL WARM-UP MEET
ENTRY SUMMARY / RELEASE FORM**

Complete and email or mail this form along with entry fees to (checks payable to **NBAC**):

NORTH BALTIMORE AQUATIC CLUB
C/O MEADOWBROOK AQUATIC CENTER

ATTN: Tom Himes

5700 Cottonworth Avenue

Baltimore, Maryland 21209

Email to: thimes@nbac.net / coachtom@comcast.net

Team Name	
Club Code	
Coach	
Coach Phone	
Coach Email	
Team Address	

Item	Total Number	Cost per	Total
Individual Entries		\$7.50 per event	
Individual Entries/Paper		\$10.00 per event	
Relay Entries		\$15.00 per relay	
Relay Entries / Paper		\$20.00 per relay	
LSC Swimmer Surcharge		\$2.00 per swimmer	
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. TEAM HOST, FACILITY, 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