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# Final Countdown Meet

## MEET ANNOUNCEMENT

### **About the Meet**

Date: February 4, 2018

Location: Towson University

Entry Deadline: January 19, 2018

Hosted by: Y in Central Maryland

Meet Director: Melanie Greenhill

### Contents

<i>About The Meet</i>	2
<i>Location and Facility</i>	2
<i>Contact Information</i>	2
<i>Meet Timeline</i>	3
<i>Eligibility</i>	3
<i>Entry Information</i>	4
<i>Volunteers/Officials/Timers</i>	5
<i>Check-in Procedure</i>	5
<i>Spectators</i>	8
<i>Liability, Safety and Emergency Procedures</i>	8



## The Final Countdown February 4, 2018

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### ABOUT THE MEET

This meet is a sanctioned, closed, inter-association Invitational YMCA meet. This meet and all participants will adhere to the Rules that Govern YMCA Competitive Sports and the Swimming Addendum to the Rules that Govern YMCA Competitive Sports. USA Swimming technical rules will be followed. The meet is YMCA sanctioned and approved by Maryland Swimming, Inc of USA Swimming.

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

YMCA Sanction number:  
USA-S/Maryland Swimming, Inc Approval #MD 17/18 AM 002

### MEET FORMAT WAIVER

**RESERVE THE RIGHT TO MAKE CHANGES:** The host organization reserves the right to make any adjustments to the provisions of the meet announcement deemed necessary to ensure the fair and efficient running of the meet. Changes will be communicated as far in advance as possible. None of the required elements of a sanctioned meet may be changed.

### LOCATION AND FACILITY

Location: Burdick Hall, Towson University, Towson, MD

Emergency Phone Number: 410-704-4444

The Towson University pool is an eight lane, 25-yard pool with non-turbulent lane lines. A Daktronics timing system will be utilized. The minimum water depth, measure in accordance with Article 103.2.3, is 12 feet deep at the starting end, and 4 feet deep at the turn end. Decking seating for coaches only as all swimmers and families will be seated in one of two gyms. The competition course has not been certified in accordance with 104.2.2c(4).

Please remind your teams that you will not be allowed to lay blankets on the gym floor...please bring chairs. We will have the two gym configuration this year. Teams will be designated a space in one of the gyms according to the size of their teams. **Hallways must remain clear at all times.**

### CONTACT INFORMATION

Meet Director: Melanie Greenhill [melaniegreenhill@ymaryland.org](mailto:melaniegreenhill@ymaryland.org)

Entry Chairperson: Melanie Greenhill [ycmentries@ymaryland.org](mailto:ycmentries@ymaryland.org)



## The Final Countdown February 4, 2018

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Volunteer Coordinator: [ycmvolunteers@ymaryland.org](mailto:ycmvolunteers@ymaryland.org)

Officials Coordinator: [ycmofficials@ymaryland.org](mailto:ycmofficials@ymaryland.org)

### MEET TIMELINE

Warm-up and start times for all sessions are subject to change depending on the size of the meet

Session	Day	Warm-up	Meet Start
1	Sunday, February 4 2018	7:00 AM	8:30 AM
2	Sunday, February 4 2018	12:30 PM	2:00 PM

Inclement Weather/Cancelation: In the event of inclement weather refunds are at the discretion of the Y in Central Maryland.

### ELIGIBILITY

#### ATHLETE

YMCA Membership: An athlete must be a YMCA member in good standing who holds an annual, full privilege membership at the YMCA he/she represents for a period of at least 30 days prior to the first day of the meet.

Amateur Status: An athlete may not have represented a college, university or other post-high school institution in any competition and may not have accepted pay or compensation for competing as a swimmer.

Unattached Athletes: There is no unattached status in YMCA Swimming.

Age: An athlete must be at least six (6) years of age, and not older than nineteen (19) years of age on the first day Meet.

Times: This is Qualifying Times meet.

Athletes with a Disability: Swimmers with a disability are welcome to enter this meet. The coach or team entry person must alert the meet director and the meet referee as to the need for any special accommodations or seeding arrangements at the time the entry is submitted (article 105 USA Swimming) the coach or athlete must notify the meet referee of any disability prior to competition.

#### COACH

Required Certifications: Coaches must hold current certifications in the following courses in order to receive a deck credential: Professional Rescuer CPR, First Aid, Safety Training for Swim Coaches (a Lifeguard certification may be used if accompanied by completion of the Safety Training for Swim Coaches online content) and Principles of YMCA Competitive Swimming and Diving. A list of the



## The Final Countdown February 4, 2018

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acceptable certifications can be found in the Swimming Addendum to the Rules That Govern Competitive Sport.

Coach Registration: Each coach must have completed the annual YMCA on-line team and coach registration process. Coaches who are not registered and approved will not be permitted on deck.

Teams without A Coach at the Meet: All athletes and teams must have at least one certified and credentialed YMCA coach designated as being responsible for their supervision during competition. When a YMCA team will not have a coach present, that YMCA may authorize an eligible coach from another YMCA attending the meet to be responsible for their athletes at the meet. The Meet Director and Meet Referee must be notified of this situation.

### TEAM

Team Registration: Each team must have completed the annual YMCA on-line team registration and paid the annual registration fee.

Insurance: Each team that participates in the meet must have a current and correct Certificate of Liability Insurance, in effect through the last day of the meet.

### ENTRY INFORMATION

**ENTRY LIMITS:** Swimmers may swim a maximum of 3 individual events.

**USA-S IDs:** Only USA-S registered athletes should have an ID number in the Meet Entry File.

**TIMES:** Qualifying times are required.

#### ENTRY FEES:

Facility Charge	\$8.00 per Swimmer
Individual Event	\$6.00 per event

**ENTRY DEADLINE:** Friday, January 19 @ 6:00PM.

**ENTRY PROCEDURE:** All entries MUST be submitted via Hy-tek's Team Manager. Email is preferred for electronic entries. PLEASE make sure your entry file only includes USA IDs for swimmers who are USA registered. (If you are using Team Unify files, please send me a list of your swimmers who are USA registered so ID's for non-USA participants can be eliminated from the meet manager database.)

A completed and signed Entry Summary Sheet (included in the announcement) and payment in full must be received by the Meet Entry Coordinator by Friday, January 26<sup>th</sup> to be considered complete and entries confirmed. Entries will not be considered complete until fees are received.



## The Final Countdown February 4, 2018

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The Meet Entry Coordinator must receive entries by the date and time listed in the Deadline and Meeting Summary. No late entries will be accepted. There will be no on deck registrations.

**PAYMENT:** Make checks payable to: Y in Central Maryland, fees are refundable at the discretion of the Y in Central Maryland. Entry fees and forms should be mailed to: Melanie Greenhill, 4331 Montgomery Road, Ellicott City, 21043

**OVER-SUBSCRIPTION:** The Y in Central Maryland Team entries will be entered first and then accept teams/entries in the order received, until the four hour rule is reached. Entries received thereafter will be returned immediately.

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

### **VOLUNTEERS/OFFICIALS/TIMERS**

**OFFICIALS AND TIMERS:** There will be a need for officials. The Y in Central Maryland Swim Team welcomes and encourages anyone willing to volunteer to contact the Meet Referee at [ycmofficials@ymaryland.org](mailto:ycmofficials@ymaryland.org) prior to the meet or sign in once you arrive at the meet. An Official briefing will be held in the hospitality area at the date and time listed in the Deadline and Meeting Summary.

**Teams will be required to supply timers.** Teams will be assigned lanes once entries are finalized. It will be the responsibility of the each head coach to make sure their lane assignments are filled with a timer. A timer's meeting will take place 20 minutes prior to the session.

### **CHECK-IN PROCEDURE**

**COACHES MEETING/SCRATCH MEETING:** There will be a coach/general meeting on Sunday, February 4 at 8:10 a.m. 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 AND TIMERS MEETING:**

All Sessions	20 minutes prior to session start time	Timers Meeting
All Sessions	20 minutes prior to session start time	Official Briefings

### **PROCEDURES AND OPERATIONS**

**RULES:** All swimmers must be Y members in good standing. If your swimmer is a USA member and you wish to have their times submitted, the swimmers must be registered prior to entry deadline. There will be no on deck registration available at this meet.



## The Final Countdown February 4, 2018

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Each swimmer must be a member in good standing of their local Y/YMCA and must have a full privilege annual membership. This meet is open to the following teams (C&P Swim League):

BCCY BRY CCY DCY CECY CDEL CUY FCY HAGY HFY RY SFY SPY  
TCY TAC TY WEST YASD YCM YRAC YSS

A swimmer's age on 12/1/2017 will determine their age for the entire meet.

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 behind the starting blocks or in changing areas, rest rooms or locker rooms.(USA 206.6.6E)

**SAFETY: The Maryland Swimming, Inc. 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.** All swimmers MUST dry off, have clothing AND shoes upon leaving the pool area!! The hallways MUST stay as dry as possible. There is to be NO BALL PLAYING OR THROWING OF ANY KIND in the gym areas. All meet participants and family members MUST remain in the areas of the building allotted to meet attendees. Anyone outside of the appropriate areas will be asked to leave the meet. Marshalls will enforce the rules for safety.

**HEALTH GUIDELINES:** All meets in the Maryland Swimming LSC are guided by the Maryland Department of Health and Mental Hygiene as posted on the Maryland Swimming Website. This not only applies to Viral Gastroenteritis but other infectious diseases as well. The Meet Staff has the authority to inform and protect coaches and swimmers from a potential outbreak of illness. At the discretion of the Meet Referee, any participants or spectators who exhibited symptoms of illness within 24 hours prior and/or during the event may be asked to withdraw from the competition and/or leave the venue as a safety precaution.

**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.

**EVENT 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.

**SCRATCH PROCEDURES:** An athlete is considered entered into an event unless he/she scratches from that event. If an athlete does not scratch from an event and does not swim the event, that event still counts toward the athlete's total number of events for the meet.



## The Final Countdown February 4, 2018

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**NO SHOW:** An athlete who is seeded in an event and fails to compete (i.e., a “no show”) shall not compete in any further individual or relay events unless the athlete and/or coach declares an intent to swim to the Administrative Referee prior to the next scheduled event for the athlete.

**WARM-UP SAFETY PROCEDURES:** Teams will be assigned lanes for warm-ups. During designated warm up sessions, athletes may only enter the competition pools from the starting end. Athletes are expected to use a three-point entry in which they sit on the side of the pool then slide into the pool gently, with one hand on the wall. The exception is during specific warm up periods when sprint lanes are designated for practicing racing starts. 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.

**STARTS:** Any swimmer entered in the meet must be certified by their coach as being proficient in performing a racing start or must start each race from within the water. If needed, overhead (dive-over) starts will be used during the meet. Coaches are asked to make sure your swimmers understand how overhead starts are done.

**PROTEST PROCEDURE:** Protests may only be initiated by a person with standing, that is, a coach or YMCA supervisor whose team is competing in the meet. Protests against the judgment decisions of starters, stroke, turn, place and relay take-off judges can only be considered by the Referee and the Referee’s decisions will be final USA-S Rule 102.23.

**CONDUCT AND RESTRICTIONS:** The Meet Referee reserves the right to dismiss any swimmer, coach and/or spectator from the competition due to inappropriate conduct

- Deck access is limited to only registered and approved coaches, swimmers, timers, YCM volunteers and working officials.
- Except where the venue facilities require otherwise, changing, into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and is prohibited. (USA-S Rule 206.6.6F) The USA Swimming Rulebook defines Deck Change as: Changing, in whole or in part, into or out of a swimsuit (excluding a drag suit) in an area other than a permanent or temporary locker room, bathroom, changing room or other space designated for changing purposes while at a practice, competition, or other pool-related activity.” This includes slipping off the top of a one-piece performance suit to place on an alternate bikini top immediately following a race.
- Glass, Food, and Chairs are not permitted on deck.
- The use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms.
- Massage tables are not permitted.
- Individuals are responsible for the security of their personal belongings and are encouraged not to bring valuables to the meet venue and not to leave items unattended.



## The Final Countdown February 4, 2018

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- Shaving is not permit in any areas of the facility.
- Swimmers must wear shoes and a shirt while walking from the gym area to the pool deck.

### RESULTS

- **RESULTS:** Results will be posted on the Y in Central Maryland Swim Team's and MSI's website within 48 hours of the meet's conclusion. At the conclusion of the meet, teams may obtain Hy-tek backups either on a memory stick or via email attachment. Results will be forwarded to the Y regional representative at the end of the meet.

### SPECTATORS

**HEAT SHEETS/PROGRAMS:** Meet Mobile will be utilized

**CONCESSION STAND/HOSPITALITY:** There will be a hospitality area open to all coaches and officials. Refreshments will be available at the concession stand.

**SEAT SAVING POLICY:** Spectators will not be allowed on the pool deck and will not be allowed to establish seating for an entire session or in the aisles of the stands. We must adhere strictly to these conditions in order to meet Fire Marshal regulations. Swimmers will be expected to be in the gym when they are not swimming.

#### **CONDUCT AND RESTRICTIONS:**

- No Flash Photography at the start of competition races.
- No personal chairs are allowed in the spectator stands.
- Parents are responsible for the conduct of their children. Children are not allowed to roam the facility unattended.
- The use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms.
- Spectators are not permitted on deck.
- No smoking, drugs, or alcohol are permitted in the swimming complex.

### LIABILITY, SAFETY AND EMERGENCY PROCEDURES

**INSURANCE:** Each Association participating in this meet must have insurance coverage for representative(s) including leadership and participants who will be in attendance for the period of travel from their Association to the meet, during the entire period of the meet and return to their Association. Appendix 3 must be signed by each association participating in the meet.

#### **LIABILITY LIMITS:**

- In granting of the USA-S/Maryland Swimming approval, it is understood and agreed that USA Swimming and Maryland Swimming shall be free and held harmless from





## The Final Countdown February 4, 2018

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any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the meet.

- In granting the YMCA Sanctioning, it is understood and agreed that YMCA of the USA shall be free and held harmless from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the meet.

**EMERGENCIES:** The facility personnel will handle all emergencies at the meet. These individuals will provide CPR and first aid as needed and will ensure that individuals with serious injuries are transported immediately to the nearest hospital for further treatment. Defibrillators will be on site. Any coach, athlete or official who recognizes an emergency situation should immediately inform the facility's personnel and then make sure the vicinity of the emergency is clear for the emergency personnel to do their job.

**UNACCOMPANIED ATHLETE:** Each athlete must have a certified coach responsible for him/her while on the pool deck. The coach of the athlete must authorize in writing a coach from another team to represent their team and be responsible for the swimmer(s).

**CONCUSSION AWARENESS:** This meet will follow the YMCA of USA Concussion procedure. Anyone who observes or has knowledge of a potential head injury should immediately notify lifeguards and/or hired medical personnel. Once the injury report is completed, the lifeguard and/or hired medical personnel will notify the Event Staff, the athlete's coaching staff, and the Meet Director.

If a head injury occurs, the action plan below will be followed:

1. Athlete is removed immediately from participation by the Meet Director
2. Athlete must be evaluated by a licensed health care professional experienced in identifying and treating concussions. In addition, the athlete must be in compliance with the laws that are in effect within the jurisdiction where the meet is held.
3. The coaching staff will inform the athlete's parents or guardians about the possible concussion and give or send them the fact sheet on concussion.
4. The athlete will not be allowed back to warm-up or compete until a health care professional, experienced in evaluating concussions determines that the athlete is symptom-free and is OK to return to participation.

**LIGHTNING POLICY:** The National Lightning Safety Institute, National Athletic Trainers Association, American College of Emergency Physicians, USA Swimming, and YMCA of the USA all recommend or require closing an indoor pool during an electrical storm. This policy will be followed at the meet.



# The Final Countdown

## February 4, 2018

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**Sunday February 4, 2018**

**Session 1**

**Warm-ups: 6:30 AM**

**Meet Starts: 8:00AM**

<b><u>Girls</u></b>	<b><u>Age group</u></b>	<b><u>Event</u></b>	<b><u>Boys</u></b>
1	10 & U	50 Free	2
3	11-12	50 Free	4
5	13-14	50 Free	6
7	15 & O	50 Free	8
9	10 & U	200 Free	10
11	11-12	200 Free	12
13	13-14	200 Free	14
15	15 & O	200 Free	16
17	10 & U	100 Free	18
19	11-12	100 Free	20
21	13-14	100 Free	22
23	15 & O	100 Free	24
25	10 & U	500 Free	26
27	11-12	500 Free	28
29	13-14	500 Free	30
31	15 & O	500 Free	32



# The Final Countdown

## February 4, 2018

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**Sunday February 4, 2018**

**Session 2**  
**Warm-ups: 12:30 AM**  
**Meet Starts: 2:00PM**

<u>Girls</u>	<u>Age group</u>	<u>Event</u>	<u>Boys</u>
33	10 & U	50 Breast	34
35	11-12	50 Breast	36
37	10 & U	100 Back	38
39	11-12	100 Back	40
41	13-14	100 Back	42
43	15 & O	100 Back	44
45	10 & U	200 Fly	46
47	11-12	200 Fly	48
49	13-14	200 Fly	50
51	15 & O	200 Fly	52
53	10 & U	200 IM	54
55	11-12	200 IM	56
57	13-14	200 IM	58
59	15 & O	200 IM	60
61	10 & U	50 Back	62
63	11-12	50 Back	64
65	10 & U	100 Fly	66
67	11-12	100 Fly	68
69	13-14	100 Fly	70
71	15 & O	100 Fly	72
73	10 & U	200 Breast	74
75	11-12	200 Breast	76
77	13-14	200 Breast	78
79	15 & O	200 Breast	80
81	10 & U	100 IM	82
83	11-12	100 IM	84



## The Final Countdown February 4, 2018

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85	10 & U	50 Fly	86
87	11-12	50 Fly	88
89	10 & U	100 Breast	90
91	11-12	100 Breast	92
93	13-14	100 Breast	94
95	15 & O	100 Breast	96
97	10 & U	200 Back	98
99	11-12	200 Back	100
101	13-14	200 Back	102
103	15 & O	200 Back	104
105	11-12	400 IM	106
107	13-14	400 IM	108
109	15 & O	400 IM	110



## The Final Countdown February 4, 2018

### 2018 Final Countdown Qualifying Times - BOYS

EVENT	10 and Under Boys	11 & 12 Boys	13 & 14 Boys	15 and Over Boys
50 FREE	33.99	29.99	26.49	24.99
100 FREE	01:15.99	01:08.49	56.99	54.49
200 FREE	02:44.49	02:28.99	02:03.99	02:00.99
500 FREE	07:08.99	06:11.99	05:35.99	05:30.49
50 BACK	39.99	34.99		
100 BACK	01:25.99	01:14.49	01:05.49	01:02.99
200 BACK		02:42.99	02:21.49	02:16.49
50 BREAST	44.99	39.49		
100 BREAST	01:38.49	01:24.99	01:14.49	01:11.49
200 BREAST		03:05.49	02:40.99	02:35.99
50 FLY	39.49	32.99		
100 FLY	01:31.49	01:14.99	01:05.49	01:00.99
200 FLY		02:46.49	02:24.99	02:18
100 IM	01:25.99	01:14.99		
200 IM	03:04.99	02:40.49	02:20.49	02:15.99
400 IM		05:44.49	05:04.49	04:58.49

### 2018 Final Countdown Qualifying Times - GIRLS

EVENT	10 and Under	11 & 12	13 & 14	15 and Over
50 FREE	33.49	29.99	27.99	27.49
100 FREE	01:14.49	01:04.49	01:00.49	59.99
200 FREE	02:44.49	02:20.99	02:10.99	02:10.49
500 FREE	07:08.99	06:11.99	05:46.99	05:46.49
50 BACK	39.49	34.49		
100 BACK	01:24.99	01:13.49	01:08.99	01:08.49
200 BACK		2:39.49	02:25.99	02:25.49
50 BREAST	44.99	40.99		
100 BREAST	01:38.49	01:23.99	01:18.49	01:18
200 BREAST		03:05.49	02:48.99	02:48.49
50 FLY	37.99	32.99		
100 FLY	01:31.49	01:13.99	01:08.99	01:08.49
200 FLY		02:46.49	02:29.99	02:29.49
100 IM	01:24.99	01:13.99		
200 IM	03:04.99	02:39.99	02:27.99	02:27.49
400 IM		05:44.49	05:14.99	05:14.49



# The Final Countdown February 4, 2018

## The Final Countdown 2018

### Summary of Fees/Release Form

Complete and email or mail this form along with entry fees to  
(checks payable to **the Y in Central Maryland Swim Team**):

Melanie Greenhill

**The Y in Ellicott City**

**4331 Montgomery Road**

**Ellicott City, MD 21043**

melaniegreenhill@ymaryland.org

Team Name			
Club Code			
Coach			
Coach Phone			
Coach Email			
Team Address			
Item	Total Number	Cost per	Total
Facility Fee		\$8.00 per swimmer	
Individual Entries		\$ 6.50 per event	
<b>Total Fees Due</b>			

### Waiver, Acknowledgement and Liability Release:

I, the undersigned coach or team representative 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. The Y in Catonsville Swim Team, Coppin State University, 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



## The Final Countdown February 4, 2018

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### YMCA Sanctioned Meet Declaration Form

(Return signed form to the meet director)

**Participating YMCA:**

**YMCA Address:**

**Meet Name: The Final Countdown**

**Meet Date(s): February 4, 2018**

**Meet Host: Y in Central Maryland Swim Team**

**Meet Location: Towson University, Towson, MD**

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We the undersigned attest to the following:

**SWIMMERS** - All swimmers representing the YMCA above are full privilege members of the YMCA and meet all eligibility requirements.

**COACHES** - All coaches representing the YMCA above hold current certifications in CPR Pro, First Aid, Coaches Safety Training and Principles of YMCA Competitive Swimming and Diving and have completed the annual YMCA coach registration online.

**INSURANCE** - Our Association now has insurance coverage for representative(s) including leadership and participants who will be in attendance at the Mark Schisler Memorial Meet for the period of travel from our Association to the meet, during the entire period of the meet and return to our Association. I hereby certify that YMCA has a minimum of \$1,000,000/\$2,000,000 in liability insurance that covers our coaches and swimmers during their participation in the Mark Schisler Memorial Meet.

**RELEASE** - In consideration of your accepting this entry, I hereby, for myself, heirs, executor and administrators, waive and release any and all right and claim for damages I may have against the YMCA of the USA, Y in Catonsville Swim Team, their agents representatives or assigns, and the Coppin State University any and all injuries which may be suffered by participants at the Mark Schisler Memorial Meet. Furthermore we understand that the YMCA of the USA and the Y in Catonsville Barracudas are not responsible for any intended or unintended consequences related to removing an athlete from competition for a head injury. This includes, but is not limited to, any financial reimbursement associated with such removal.

\_\_\_\_\_  
*Name and Signature of Head Coach*

\_\_\_\_\_  
*Name and Signature of YMCA Executive Director or Designee*