

**MIDDLE ATLANTIC SWIMMING
2006 Summer
Junior Olympic Championships**

**Hosted by
LANCASTER AQUATIC CLUB**



**Golden Meadows Swim Center @ Workouts
Lancaster, PA**

Thursday - Sunday, July 27-30, 2006

Held under the sanction of Middle Atlantic Swimming

Meet Sanction – MA 0693 AG
Time Trials Sanction – MA 0693 TT

Meet Site Director:	Ned Yoskoski
Safety Director:	Chris Schleif
Meet Manager:	Nancy Yoskoski
Meet Referee:	Jim Leigh
General Chair:	George Breen
Age Group Chair:	
Administrative Chair:	Fred Killian
Middle Atlantic Office:	(302) 429-6288 office@maswim.org

Please review the notes on page two of this meet packet.



Notes on the 2006 Long Course Junior Olympics

- ✂ Swimmers who qualify for FINALS on their last meet day and do not compete are subject to a \$50 fine, unless the swimmer has appropriately scratched at Prelims.
- ✂ 10 & Under events are Timed Finals; 11-12, 13-14 and 15-19 will have both A- and B-Finals.
- ✂ All swimmers, including relay-only swimmers, are subject to a \$3 surcharge. All relay-only swimmers must be entered into the meet prior to the entry deadline.
- ✂ Swimmers are limited to three (3) individual events each day and nine (9) total events.
- ✂ Swimmers eight (8) years and younger may enter 10 & Under events if they have achieved the event qualifying time.
- ✂ All 10&Under Relays will swim in the afternoon. The top eight (8) seeded relays (after check -in) for 11-12, 13-14, and 15-19 will swim at Finals. All other relays will swim during the Prelims sessions.
- ✂ All Thursday evening swimmers and relays must provide their own Timers. Swimmers in the 800 Free must also provide their own lap counter.
- ✂ **Make entry fee checks payable to: LANCASTER AQUATIC CLUB.**

NEW FOR 2006

- ✂ **Bonus events will be allowed in this meet; any swimmer having a qualifying time in one event may enter one additional event; any swimmer having two or more qualifying times may enter two additional events. Bonus events are included in the daily limit of 3 and the meet limit of 9 individual events. Swimmers must have an entry time to swim any bonus event. Bonus swims in events 400 meters or longer will be at the discretion of the Meet Director.**
- ✂ **'Fly-over' starts will be used at the morning and afternoon sessions.**
- ✂ The 11-12 400 IM is a Timed Final event, swum during the Sunday afternoon session only.

LOCATION	Golden Meadows Swim Center at Workouts 2301 Harrisburg Pike Lancaster, PA 17603 Day of meet ONLY emergency phone number: 717-951-5708
FACILITIES	<p>OUTDOOR competition pool is 50 meters; 8 lanes with non-turbulent lane lines. Water depth is 12 feet at the starting end; and 3.5 - 4.0 feet at the turn end. The limited water depth will require an in-water start for the 2nd and 4th swimmers in the 200-meter relays.</p> <p>Colorado electronic timing system, with a single line scoreboard.</p> <p>An indoor 25-yd pool will be available for warm -up and warm -down throughout the Meet. There will no breaks during competition in the main pool.</p> <p>Free parking is available.</p> <p>Hospitality will be available at all sessions for coaches, officials and volunteer workers. A snack bar will be provided for spectators.</p> <p>JOs T-shirts will be available for purchase.</p> <p>A Speedo vendor will be on site to sell suits and equipment.</p> <p>There are no provisions for Spectator seating. You are encouraged to bring lawn chairs. Team tents are suggested. Contact Tents for Rent at 717-733-9700.</p>
MEET DIRECTOR	Ned Yoskoski, 717-653-8156 (h) E-mail team entries to lacmeetentry@yahoo.com . Please put LC JO Entry in subject line. Please refer all questions to the above e-mail address.
SAFETY DIRECTOR	Chris Schleif (h) 717-898-1472
OFFICIALS	Meet Referee - Jim Leigh (215-572-0787) E-mail: leighjj@comcast.net . Middle Atlantic Officials will be contacted via e-mail prior to the Meet to determine their availability. All Officials are urged to work when present at the Meet. If you are not contacted but will be at the Meet, please contact Gary Gehman at gehman2570@comcast.net (phone 717-569-2998) or report to the Referee at the start of warm-ups ready to work.
ELIGIBILITY	<p>All swimmers must be currently registered with USA Swimming. The meet is limited to Middle Atlantic registered swimmers only. Age group is determined by the swimmer's age on Thursday, July 27, 2006.</p> <p>Swimmers are limited to three (3) individual events and one (1) relay per day; swimmers are limited to nine (9) total individual events in the Meet.</p> <p>Bonus events will be allowed in this meet; any swimmer having a qualifying time in one event may enter one (1) additional event; any swimmer having two or more qualifying times may enter two (2) additional events. Bonus events count towards the daily and total meet entry limitations.</p> <p>Qualifying times must have been achieved on or after January 1, 2005. Entry times must be equal to or faster than the Qualifying Times shown in the attached Tables. All entry times must be from a USA Swimming Sanctioned, Observed or Approved meet or a Middle Atlantic Accepted meet. YMCA and high school times are not acceptable unless that particular meet was granted one of the above statures. Penalties will be imposed upon the swimmer when any coach, parent or swimmer enters a time other than the swimmer's best time for any particular event, and could cause the swimmer to be suspended from competition for a minimum of three months, but not more than one year. Further violations by a coach or parent could result in that person being forbidden to participate in, or attend, USA Swimming functions.</p>

	<p>subject to the following procedures: No diving during warm-up except in designated sprint lanes. Pool entry during warm-ups must be from the end of lanes only. The Referee may remove anyone from the warm-up for failure to comply with appropriate warm-up rules and procedures.</p> <p>Only currently credentialed coaches, registered athletes and registered essential meet personnel will be permitted on deck. All coaches must wear their 2006 USA Swimming Coach Membership Card. Officials and meet personnel must display their 2006 Non-athlete Membership Card. This requirement will be strictly enforced! This meet will be conducted using the Whistle command and No-Recall False Start procedures.</p>																											
<p>SCRATCH POLICY</p>	<p>Any swimmer who does not swim a pre-seeded preliminary or timed-final event will not be penalized.</p> <p>Any swimmer who positively checks-in for a deck-seeded event and does not swim that event will be barred from their next Individual event, either on the same or next meet day.</p> <p>Any swimmer who qualifies for Finals in a Preliminary/Finals event and does not swim that event at Finals will be barred from the rest of the Meet (including Relays) unless the swimmer has scratched, or indicated their possible intention to scratch, within thirty (30) minutes of the announcement of the Preliminary results of the event; swimmers indicating a possible intention to scratch must confirm their intention within thirty (30) minutes of the announcement of the Preliminary results of that swimmer's last individual event at the Preliminary session. A swimmer who does not confirm their intention will not be scratched and will be seeded into the event and expected to swim. Swimmers initially announced as Alternates for the Finals heats will not be so penalized.</p> <p>A swimmer may take a Declared False Start in a Preliminary or Timed Final event. At Finals, a Declared False Start, deliberate Delay of Meet False Start or other action to non-compete will be subject to the penalty for non-competition.</p> <p>Any swimmer that fails to compete in a Finals heat or a deck-seeded Timed Final heat that swims at Finals, on the last night of competition (or that swimmer's final day of competition) will be subject to a \$50 fine. Such swimmer will be suspended from MA Championship or other MA hosted meets until the fine is paid.</p>																											
<p>PROOF OF TIME FINES & DEADLINES</p>	<p>Middle Atlantic Swimming will notify each Team regarding any swimmer on the Team who does not swim the qualifying time at the meet; those swimmers will be required to prove their entry time. If the entry time cannot be proven, a \$50 fine per event will be levied against the swimmer, to be paid within the time specified by Middle Atlantic. Swimmers not satisfying this requirement will be suspended from further competition in Middle Atlantic sponsored meets until the fine is paid.</p>																											
<p>SCORING & AWARDS</p>	<table border="0"> <tr> <td>Individual:</td> <td>10&under</td> <td>Medals 1-8</td> </tr> <tr> <td></td> <td>11-12, 13-14</td> <td>Medals 1-9</td> </tr> <tr> <td>Relays:</td> <td>All age groups</td> <td>Medals 1-3 (exc 15-19)</td> </tr> <tr> <td>High Point</td> <td>Team:</td> <td>Combined</td> </tr> <tr> <td></td> <td>Age Group:</td> <td>For each gender</td> </tr> <tr> <td></td> <td>Individual:</td> <td>For each gender and age group</td> </tr> <tr> <td>Scoring for individual events</td> <td colspan="2">20,17,16,15,14,13,12,11,9,7,6,5,4,3,2,1</td> </tr> <tr> <td>Scoring for relays</td> <td colspan="2">40,34,32,30,28,26,24,22,18,14,12,10,8,6,4,2</td> </tr> <tr> <td></td> <td colspan="2">(max of two relays per team per age group score)</td> </tr> </table>	Individual:	10&under	Medals 1-8		11-12, 13-14	Medals 1-9	Relays:	All age groups	Medals 1-3 (exc 15-19)	High Point	Team:	Combined		Age Group:	For each gender		Individual:	For each gender and age group	Scoring for individual events	20,17,16,15,14,13,12,11,9,7,6,5,4,3,2,1		Scoring for relays	40,34,32,30,28,26,24,22,18,14,12,10,8,6,4,2			(max of two relays per team per age group score)	
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PROGRAMS & ADMISSION	<p>Program: 3-1/2 Day-\$12.00; coupons for finals in program/\$3 without coupon.</p> <p>Admission \$3.00 per day. 12 and under spectators – free. Finals – free admission.</p>
TEAM WORK ASSIGNMENTS	<p>Every Team entered will be responsible for supplying workers for the Meet. This is a mandatory duty and is necessary for the smooth running of the Meet. If the Team's workers do not report when called, that Team's swimmers may not be allowed to swim. Each Team's contact person will be contacted in order to organize our work force.</p> <p>Teams are also asked to keep their team area clean. It is important that Middle Atlantic Swimming respect the facilities that they use.</p>
RESULTS	<p>Will be posted on the Middle Atlantic website www.maswim.org</p> <p>No disks will be returned with final meet results.</p>
DIRECTIONS	<p>From West – Take PA Turnpike to Lancaster exit, (I-283 Exit 247). Just past toll booth bear right onto Rt. 283 East toward Lancaster. Follow Rt. 283 to Pa-722 exit. Turn right at end of off ramp onto State Road. Proceed to the traffic light at Harrisburg Pike. Turn left onto Harrisburg Pike. Pool is 1.3 miles on the left.</p> <p>From North – South via Rt. 81. Take the exit for Harrisburg and follow Rt. 83 South 3 miles until the exit for Rt. 283. Then follow directions from the west.</p> <p>From East – Follow Rt. 30 West, exit at Harrisburg Pike (same exit as Franklin and Marshall). Turn right onto Harrisburg Pike. Follow Harrisburg Pike past the Lancaster Health Campus, cross Rt. 741, pool is 0.3 of a mile on right.</p> <p>From South – Rt. 83 North to US Rt. 30 East. Exit Pa-741. Turn left onto PA-741 Rohrerstown Road. Turn left onto Harrisburg Pike; pool is 0.3 of a mile on right.</p>
ACCOMMODATIONS	<p>Park Plaza – 5000 Centerville Road, Lancaster, PA 17603 Ph: 717-898-2431</p> <p>Hampton Inn – 545 Greenfield Road, Lancaster, PA Ph: 717-299-1200</p> <p>Hilton Garden Inn – 101 Granite Run Road, Lancaster, PA Ph: 717-560-0880</p> <p>Eden (Best Western) – 222 Eden Road, Lancaster, PA Ph: 717-569-6444</p> <p>Fairfield Inn – 150 Granite Run Road, Lancaster, PA Ph: 717-581-1800</p> <p>Hawthorn Inn and Suites – 2045 Lincoln Hwy East, Lancaster, PA 717-290-7100</p> <p>Holiday Inn – 521 Greenfield Road, Lancaster, PA 717-299-2551</p> <p>Quality Inn and Suites – 2364 Oregon Pike, Lancaster, PA 717-569-0477</p> <p>Country Inn and Suites – 2260 Lincoln Hwy East, Lancaster, PA 17602 717-299-4460</p> <p>Country Inn and Suites – 1475 Lancaster Road (Rt. 72) Manheim, PA 17545 717-665-5440</p> <p>Sleep Inn – 310 Primrose Lane, Mountville, PA 17554 717-285-0444</p> <p>Main Stay Suites – 314 Primrose Lane, Mountville, PA 17554 717-285-2500</p> <p>Marriott Court Yard – Lancaster, PA Ph: 717-393-3600</p>

ORDER OF EVENTS

Thursday – Timed Finals								
Warm up 4:30 pm Meet start 5:30 pm								
GIRLS	SCY	SCM	LCM	Event	LCM	SCM	SCY	BOYS
1	12:07.59	10:36.69	10:47.99	13-14 800 Free	10:31.29	10:15.99	11:43.89	2
	11:55.89	10:26.49	10:41.89	15-19 800 Free	10:04.59	9:48.19	11:12.19	
3	6:48.39	5:57.39	6:09.69	10/U 400 Free	6:06.79	5:54.09	6:44.59	4
	6:04.29	5:18.79	5:32.29	11-12 400 Free	5:30.89	5:20.29	6:06.09	
5				13-14 800 Free Relay				6
				15-19 800 Free Relay				

Age groups will swim combined in the 800 Free, 400 Free and the 800 Free Relay, and score separately. All events will swim fast to slow, alternating girls and boys.

All Thursday evening swimmers and relays must provide their own Timers; swimmers in the 800 Free must provide their own counter.

Friday Morning Prelims								
Warm up 6:30 am Meet start 8:00 am								
GIRLS	SCY	SCM	LCM	Event	LCM	SCM	SCY	BOYS
7	1:06.79	1:14.59	1:18.39	15-19 100 Back	1:11.99	1:10.69	1:03.29	8
9	1:08.09	1:15.49	1:19.69	13-14 100 Back	1:15.59	1:11.69	1:04.89	10
11	2:05.49	2:19.99	2:25.39	15-19 200 Free	2:17.39	2:08.79	1:55.39	12
13	2:09.89	2:24.99	2:28.59	13-14 200 Free	2:24.99	2:19.19	2:04.69	14
15	1:05.29	1:12.89	1:16.09	15-19 100 Fly	1:09.09	1:06.79	59.79	16
17	1:07.39	1:14.89	1:17.59	13-14 100 Fly	1:12.69	1:10.79	1:04.09	18
19	5:14.09	5:47.09	5:57.59	15-19 400 IM	5:29.99	5:19.49	4:49.09	20
21	5:21.49	5:58.79	6:03.19	13-14 400 IM	5:46.79	5:34.69	5:02.89	22
23				15-19 400 Free Relay				24
25				13-14 400 Free Relay				26

Fastest heat of each Relay will swim at Finals.

Friday Afternoon Prelims								
Warm up 11:30 am Meet start 12:30 pm								
GIRLS	SCY	SCM	LCM	Event	LCM	SCM	SCY	BOYS
27	1:20.79	1:30.19	1:33.79	11-12 100 Breast	1:33.89	1:29.79	1:21.29	28
29	1:33.39	1:43.19	1:47.49	10/U 100 Breast	1:46.99	1:44.49	1:34.09	30
31	2:16.19	2:32.09	2:39.69	11-12 200 Free	2:36.19	2:31.19	2:16.89	32
33	2:36.39	2:52.79	2:59.89	10/U 200 Free	2:54.39	2:50.89	2:33.89	34
35	32.09	35.69	36.79	11-12 50 Fly	36.79	35.79	32.39	36
37	37.49	41.69	42.09	10/U 50 Fly	41.49	40.49	36.69	38
39	2:37.09	2:53.59	3:00.69	11-12 200 Back	3:01.59	2:49.99	2:33.79	40
41				10/U 200 Free Relay				42
43				11-12 200 Free Relay				44

Fastest heat of each 11-12 Relay will swim at Finals.

FRIDAY – FINALS		
GIRLS	Event	BOYS
43	11-12 200 Free Relay – F1	44
7	15-19 100 Back	8
9	13-14 100 Back	10
27	11-12 100 Breast	28
11	15-19 200 Free	12
13	13-14 200 Free	14
31	11-12 200 Free	32
15	15-19 100 Fly	16
17	13-14 100 Fly	18
35	11-12 50 Fly	36
19	15-19 400 IM	20
21	13-14 400 IM	22
39	11-12 200 Back	40
23	15-19 400 Free Relay – F1	24
25	13-14 400 Free Relay – F1	26

Saturday Morning Prelims								
Warm up 6:30 am Meet start 8:00 am								
GIRLS	SCY	SCM	LCM	Event	LCM	SCM	SCY	BOYS
45	2:26.49	2:43.49	2:47.59	15-19 200 Back	2:34.89	2:26.59	2:13.59	46
47	2:25.69	2:42.69	2:51.99	13-14 200 Back	2:42.99	2:34.19	2:19.69	48
49	1:15.79	1:24.59	1:29.79	15-19 100 Breast	1:20.59	1:16.49	1:09.19	50
51	1:17.49	1:25.89	1:30.09	13-14 100 Breast	1:23.59	1:19.89	1:12.29	52
53	2:27.29	2:42.79	2:44.69	15-19 200 Fly	2:32.19	2:28.69	2:14.59	54
55	2:28.59	2:44.19	2:49.59	13-14 200 Fly	2:41.59	2:37.19	2:22.29	56
57	26.99	32.39	31.89	15-19 50 Free	28.79	26.89	24.09	58
59	27.49	30.49	31.89	13-14 50 Free	30.69	28.89	25.89	60
61	5:44.99	5:01.89	5:12.89	15-19 400 Free	4:53.29	4:40.29	5:20.29	62
63	5:53.69	5:09.49	5:16.59	13-14 400 Free	5:06.29	4:53.29	5:35.09	64
65				15-19 400 Med Relay				66
67				13-14 400 Med Relay				68

Fastest heat of each Relay will swim at Finals.

Saturday Afternoon Prelims								
Warm up 11:30 am Meet start 12:30 pm								
GIRLS	SCY	SCM	LCM	Event	LCM	SCM	SCY	BOYS
69	2:36.69	2:54.89	3:00.19	11-12 200 IM	2:58.09	2:53.09	2:36.69	70
71	2:55.99	3:07.29	3:22.59	10/U 200 IM	3:20.89	3:16.09	2:56.29	72
73	37.59	41.79	43.19	11-12 50 Breast	43.69	41.49	37.69	74
75	41.99	46.49	48.79	10/U 50 Breast	48.99	47.79	42.99	76
77	1:12.09	1:20.49	1:26.29	11-12 100 Back	1:24.09	1:20.69	1:13.09	78
79	1:22.19	1:30.89	1:35.49	10/U 100 Back	1:34.69	1:30.19	1:21.69	80
81	28.59	31.99	33.59	11-12 50 Free	33.09	31.69	28.59	82
83	32.49	36.29	38.49	10/U 50 Free	36.79	36.19	32.39	84
85	2:44.69	3:01.99	3:07.89	11-12 200 Fly	3:02.19	2:54.89	2:38.29	86
87				10/U 200 Med Relay				88
89				11-12 200 Med Relay				90

Fastest heat of each 11-12 Relay will swim at Finals.

SATURDAY – FINALS		
GIRLS	Event	BOYS
89	11-12 200 Med Relay - F1	90
45	15-19 200 back	46
47	13-14 200 Back	48
69	11-12 200 IM	70
49	15-19 100 Breast	50
51	13-14 100 Breast	52
73	11-12 50 Breast	74
53	15-19 200 Fly	54
55	13-14 200 Fly	56
77	11-12 100 Back	78
57	15-19 50 Free	58
59	13-14 50 Free	60
81	11-12 50 Free	82
61	15-19 400 Free	62
63	13-14 400 Free	64
85	11-12 200 Fly	86
65	15-19 400 Med Relay -F1	66
67	13-14 400 Med Relay - F1	68

Sunday Morning Prelims								
Warm up 6:30 am Meet start 8:00 am								
GIRLS	SCY	SCM	LCM	Event	LCM	SCM	SCY	BOYS
91	2:47.29	3:06.79	3:08.49	15-19 200 Breast	2:54.29	2:45.89	2:30.09	92
93	2:47.99	3:05.69	3:11.99	13-14 200 Breast	3:02.39	2:52.69	2:36.29	94
95	58.39	1:04.89	1:08.09	15-19 100 Free	1:03.09	58.59	52.49	96
97	59.59	1:05.89	1:09.29	13-14 100 Free	1:06.39	1:01.89	55.59	98
99	2:24.99	2:43.29	2:46.09	15-19 200 IM	2:37.19	2:33.39	2:17.39	100
101	2:25.79	2:42.79	2:48.39	13-14 200 IM	2:44.59	2:35.99	2:20.49	102
103	19:59.89	19:51.99	20:28.49	15-19 1500 Free	19:22.99	18:41.39	18:47.49	104
	20:12.19	20:05.09	20:39.79	13-14 1500 Free	20:14.39	19:32.59	19:39.49	

Fastest heat of 1500 Free will swim at Finals; remaining heats will swim at Prelims, fast to slow, alternating girls and boys. Swimmers at Prelims must provide their own timer and counter.

Sunday Afternoon Prelims								
Warm up 11:30 am Meet start 12:30 pm								
GIRLS	SCY	SCM	LCM	Event	LCM	SCM	SCY	BOYS
105	5:54.59	6:31.89	6:42.49	11-12 400 IM	6:24.29	6:11.99	5:36.69	106
107	33.09	36.79	39.19	11-12 50 Back	38.79	37.59	33.79	108
109	37.99	42.19	43.69	10/U 50 Back	44.69	42.59	38.29	110
111	1:13.29	1:21.79	1:24.09	11-12 100 Fly	1:23.09	1:20.19	1:12.49	112
113	1:26.69	1:35.09	1:39.69	10/U 100 Fly	1:38.19	1:36.29	1:26.69	114
115	1:01.29	1:08.49	1:13.59	11-12 100 Free	1:11.59	1:09.09	1:02.19	116
117	1:11.39	1:19.29	1:21.89	10/U 100 Free	1:21.59	1:18.19	1:10.79	118
119	2:57.69	3:16.29	3:23.69	11-12 200 Breast	3:21.19	3:11.09	2:52.99	120
121				10/U 400 Free Relay				122
123				11-12 400 Free Relay				124

11-12 400 IM is Timed Finals – swum at Prelims only. Fastest heat of each 11-12 Relay will swim at Finals.

SUNDAY – FINALS		
GIRLS	Event	BOYS
123	11-12 400 Free Relay - F1	124
103	13-19 1500 Free - F1	104
107	11-12 50 Back	108
91	15-19 200 Breast	92
93	13-14 200 Breast	94
111	11-12 100 Fly	112
95	15-19 100 Free	96
97	13-14 100 Free	98
115	11-12 100 Free	116
99	15-19 200 IM	100
101	13-14 200 IM	102
119	11-12 200 Breast	120

LONG COURSE JOs - SUMMARY SHEET

THIS FORM **MUST** ACCOMPANY THE OFFICIAL ENTRY BLANK

Team Name _____ Team Code _____

Head Coach _____

Coach's Address _____

City _____ State _____ Zip Code _____

Telephone: Daytime () _____ Evening () _____

Person designated to receive entry limitation information, if needed:

Name: _____ Phone: _____ Fax: _____

Mail Entries to: **Lancaster Aquatic Club JO Entries**
309 School Lane
Mount Joy, PA 17552

Phone: (717) 653-9642
Fax: (717) 653-8156
email: lacmeetentry@yahoo.com

ENTRY DEADLINE: Must be received by 5:00 pm, Wednesday, July 12, 2006
No entries will be accepted after that date.

Please make checks payable to Lancaster Aquatic Club, one check per club, please.

ENTRY FEES:

_____ # of swimmers x \$3 surcharge \$ _____ (everybody pays this)
Include relay-only swimmers

_____ Individual Events @ \$5.00 \$ _____

_____ Relay Teams @ \$10.00 \$ _____

_____ Manual processing fee @ \$5.00 \$ _____
(For non-disk entry of swimmers only)

Total \$ _____

Payment to be received by Friday, July 14, 2006

Total swimmers entered in meet: _____

WORKER CONTACT PERSON: THIS PERSON WILL BE RESPONSIBLE FOR OBTAINING THE WORKERS FOR YOUR CLUB FOR THIS MEET. THE AGE GROUP COMMITTEE WILL CONTACT THEM AFTER THE ENTRIES ARE SUBMITTED. NO ENTRIES WILL BE ACCEPTED WITHOUT THIS INFORMATION.

NAME: _____

TELEPHONE: _____

FAX NUMBER: _____

EMAIL (preferred) _____

I certify that all swimmers from this team entered in this meet are current members of USA Swimming and that all coaches from this team who will attend the meet hold current USA Swimming coaching credentials.

Head coach's signature _____

