



# Georgia Masters Newsletter

## Swimming in Georgia

### August 2021

#### Chair's Corner – August

#### Summer is Just About Over!



Summer is over. My kids are back in school and what a whirlwind of summer it was. Pools reopening, USMS nationals happening, travel, a new covid variant, more travel, new mask mandates,

new pool rules, more closed pools again, it doesn't seem to get boring these days.

I am so happy USMS SCY nationals were happening. I truly enjoyed seeing my USMS family and friends. It has been way too long. I am also looking forward for our upcoming meets in Georgia and to see many of your faces on a pool deck again. Check our meet calendar online to make sure you do not miss the registration deadlines.

We also have our annual LMSC meeting in September. Stay tuned for more detailed information regarding time, date and location. We are doing whatever we can to hold an in-person meeting.

Happy swimming,  
Britta

#### Don't Miss These Events

#### Southside Seals Pentathlon - September 11

The Southside Seals SCY Pentathlon is back and has returned to its earlier venue at the Kedron (outdoor!) pool in Peachtree City. Come join us on Saturday, September 11 to enjoy outdoor swim competition, reconnecting with swim friends, and socializing after the meet as we enjoy food and refreshments and conduct our LMSC Annual Meeting.

Warmups are at 11:15am. The meet starts at noon. Swimmers can enter any of three pentathlon categories:

- Sprint- 50s of each stroke & 100 IM
- Middle Distance- 100s of each stroke & 200 IM
- Ironman- 200s of each stroke & 400 IM

OR, you can just enter up to five of any individual events that you choose!

Thanks to meet director **Rob Copeland** and the Southside Seals for putting on this event. For questions, contact rob at [rob\\_copeland@comcast.net](mailto:rob_copeland@comcast.net) or call him at (404) 667-7902.

The link to the online registration is included with this newsletter. You can also easily access the meet info on our Georgia Masters website at [www.georgiamasters.org](http://www.georgiamasters.org). Note that the online entry deadline is September 9!

## ***Georgia LMSC Annual Meeting - September 11***

The Georgia LMSC Annual Meeting will be held in the grass around the Kedron Pool in Peachtree City after the meet. The anticipated start time is between 2:30pm and 3:00pm. If it rains, we will go to a room inside the building.

Food and refreshments will be provided. Enjoy socializing with your fellow swimmers as you eat and participate in our Annual Meeting, to be conducted by LMSC Chair **Britta O'Leary**. This will be an election year for officer positions. Directions can be found on the info page for the Southside Seals Pentathlon.

## ***2021 Elections LMSC Board***

2021 is election year for the executive board. If you are interested in running for a position or want more information about a position, please contact Britta O'Leary at [brittaoleary@gmail.com](mailto:brittaoleary@gmail.com). We are currently also seeking a social media person who can run the Georgia LMSC social media channels. If you catch yourself hanging on Facebook, Instagram and twitter all day anyway, please contact Britta O'Leary to learn more about this exciting opportunity.

## ***Atlanta Rainbow Trout LC – September 19***

Thanks to the Trout for giving us a Long Course meet this year! The Atlanta Rainbow Trout LC will be held on Sunday, September 19 at Herb McAuley Natatorium at Georgia Tech. Due to the Covid concerns, the meet is limited to the first 150 entrants. Meet info is included in this newsletter and also accessible on the Georgia Masters website.

Warmups are at 9:00am and starts at 10:00am. Swimmers may enter up to five individual events and three relays. Both paper entries and online

entries are available. Deadlines are:

- Paper entries- RECEIVED by September 14
- Online entries- September 13 at 11:59pm

Thanks to the Rainbow Trout for hosting this meet! For questions, contact meet director Shayne Lastinger at [shayne.lastinger@comcast.net](mailto:shayne.lastinger@comcast.net).

## ***USMS Fall Fitness Challenge – October 1-15***

It's getting near time for the final Fitness Challenge of 2021. The 1-mile swim needs to be completed sometime between October 1-15. You can swim it on your own or with your workout group. Coaches, we encourage you to hold a swim practice (or two) to allow interested swimmers to do the 1-mile swim. As with all the Fitness Challenge events, this can be done straight through, or it can be broken up into various segments. It can be in any stroke you choose.

To enter, go to the USMS website at [www.usms.org](http://www.usms.org) and click on 'Events' then 'Fitness Events' at the top of the screen.

Entry fees go to the Adult Learn to Swim Program, so you can get in a good swim and help raise money for a good cause as well. Make it more fun by doing it with some of your swimming buddies!

The event can be entered at any time before the October 15 deadline. Let's see how many Georgia swimmers we can have to participate!

## ***Swim Across America – October 2***

For our open water enthusiasts, the Swim Across America Open Water event will take place on Saturday, October 2 at Lake Lanier. Swimmers may enter any of three courses: ½ mile, 1 mile, or 5k swim. For more information and to register, go to [www.swimacrossamerica.org](http://www.swimacrossamerica.org).

***USMS LC Nationals –  
October 6-10***

Yes, that's right, the LC Nationals are in October this year because of the COVID pandemic. They will be held in Geneva, Ohio. You can find the meet info on the USMS website at [www.usms.org](http://www.usms.org). Entry deadline is September 7. Good luck to all Georgia swimmers participating!

**Meet Recaps**

***Recap USMS SCY National Championships 2021, Greensboro***

Although 2 months later than usual, USMS pulled out new protocols in order to make SCY national championships happen in Greensboro, NC from July 21-25.

Within driving distance from Georgia, the pandemic still kept many people away for various reasons. Those who made the drive enjoyed a new meet format, with age groups 60+ competing between 8:00am and noon and age groups 60 and under competed 12:30-4:00pm. It made for short days on the pool deck, which left lots of time to be social and see USMS friends from across the country. But many missed cheering for their younger or older teammates and friends. Twenty six Georgia swimmers brought home 18 gold medals, 15 silver medals, 8 bronze medals. And 17 Georgia records were rewritten in Greensboro! An amazing result given the circumstances most of the swimmers had to deal with leading up to this meet.

Congratulations to all swimmers, and especially our new national champions, which are: David Hildebrandt (AWJ), Britta O'Leary (AWJ), Katherine Vazhenin (AWJ), Warren Griffin (GAJA), Pam Rogan (GAJA), Dan Snyder (GAJA), Francine Williamson (GAJA), John Zeigler (GAJA), Jewell Burson (CBF).



They whispered to her, you can't withstand the storm. She whispered back, I AM THE STORM!





***USA Games – Grand Rapids – June 28***

Igor Vazhenin and his daughter participated in this national meet in June. Igor won five gold medals and four silvers. His daughter, Kayla won seven gold medals. This was her first meet as a Masters swimmer!

***Georgia Games Open Water Meet***



Elaine Krugman, Mark Rogers and Marianne Countryman

**Other News**

***USMS ANNUAL CONVENTION***

The annual USMS Convention is being held virtually this year. While some of the committee meetings have either already met or will be meeting in the next few weeks, the main part of the Convention (the House of Delegates) will convene on September 24-26. We have a few Georgia delegates participating: Britta O’Leary, Rob Copeland, Ed Saltzman, Lisa Watson, Mark Rogers, Elaine Krugman, And Marianne Countryman.

Look for a report on the convention in our next newsletter.

## ***Assistant Swim Coaches Needed***

Coach Jonny at the McCleskey YMCA is looking for a few assistant coaches for his swim team. He's also looking for lifeguards. If you're interested or know someone who might be, contact Jonny at [mcyswimteam@ymcaatlanta.org](mailto:mcyswimteam@ymcaatlanta.org).

## ***Swimmer Profile –George Welborn***

By Elaine Krugman



George Welborn may be an unknown self-described “mystery man” to his Atlanta Water Jocks teammates here in Georgia; however, that wasn't the case in his native Chattanooga. As a 2011 Chattanooga Sports Hall of Fame inductee, he had developed quite the reputation for both his swimming and age group coaching.

For swimming, George's resume of achievements is quite extensive, beginning with his age group years when he won the high points trophy three times at the Chattanooga Championship meet. He was

also the state champion in the 100 meter butterfly. At McCallie School, he set school records in five individual events, was the state champion in both freestyle and butterfly, and was a two-time All-American, in addition to many other notable achievements.

The awards continued to accumulate when George went on to swim for Vanderbilt University. In addition to setting school records in the 50 freestyle and 100 butterfly, he was a member of a record-breaking freestyle and medley relay team. George also qualified for the NCAA Championships three years and was elected captain of his swim team.

As a USMS member, the sprinter made Top Ten in the short course meters 50 butterfly (2002 and 2007) and 100 freestyle (2007), as well as the short course yards 100 butterfly (2017). He also held eight Georgia state records in butterfly and freestyle at the time he was inducted into the hall of fame. Two of those records (50 and 100 SCY butterfly) still stand in the 65-69 age group.

In between amassing all of those college and Masters awards, George took a break from swimming and competition for six years to establish his career, marry his wife, Jan, and raise their three boys, in Marietta.

George returned to swimming at age 30, getting in pool workouts while on lunch break from work. He joined USMS about five years later, and has been swimming at YMCA's in town as well as when he traveled for work.

Except for those six years away from the pool, George has swum since the age of 9; so, I asked what keeps him coming back to the water again and again. “I have been motivated [to swim] for a number of reasons. My father had a very serious heart attack at age 53, when he was in the FBI, and I figured knowing how genetics works; I better keep in shape. I swim because I like to, I swim because I want to keep in shape, and I compete to see how much my body has deteriorated!” he said with a good-natured laugh. He added, “I have always used swimming as my de-stress time. When you are starting and running businesses, there’s stress. I have always found [swimming] as a great way for me to cope with stress... I use that time as my think time, de-stress time, and sometimes I use it as my veg. time, and I just don’t think about anything but my stroke. That’s all I think about.”

George also explained, “I played tennis in ALTA for years, I ran for years, I ran the Peachtree Road Race several times; but, I just like swimming better. It’s a total body exercise, it doesn’t make things hurt, like, I don’t have shin splints and Achilles issues; or, sore knees or hips. It’s a great cardiovascular exercise, you exercise the whole body, and I can use my Master’s affiliation to trick myself into working out a little harder, because I have a goal to go to a time trial event.”

“I have some [specific] goals. Every year when I’m the baby in my age group, I try to see how close I can come to the Top Ten; I

think that’s kind of a good motivator. The last time I did it I was 65, and I got one 9<sup>th</sup>, an 11<sup>th</sup>, and a 12<sup>th</sup>—I got close, and it made me feel like at least I wasn’t on death’s doorstep.”

“[In addition], I would like to see how close I can get to one minute in the 100 butterfly when I’m 70. I definitely want to be able to break seventy seconds when I’m 70, but I would really like to see if I could go faster when I’m 70 than when I was 55.” He said he’ll be 70 in January, and he asked, “Did you know that every year that goes by, you find the pool gets longer?” Yeah, and the older we get, the faster we were!

Although Top Ten is a motivator for George, it has not been a top priority in life. His family and running his technology businesses have always been his main focus. He also enjoys playing golf and looks forward to being able to travel again, now that he and his wife have been fully vaccinated for COVID-19.

Currently, George has a routine of swimming two or three days in a row, and then taking a day off before repeating that schedule again. One of those days each week, he will swim 35-45 minutes non-stop, even though he is a sprinter. He trains alone, which has its advantages and disadvantages. “One of the things I miss is working out with folks like I worked out with in high school, in summer, and in college; but, the times just don’t work for me. I’m not going to go somewhere at 6:00 in the morning. I spent many years doing that, and I’m not that motivated to do it

now.” He does, however, look forward to meeting his teammates at a future social event, such as a happy hour, once it is safe to do so.

The speedster’s favorite race events are the 50 and 100 butterfly and freestyle. As he reflected on racing those events, he said, “When I was in high school, I was a two-time All-American in those strokes, and when I was in college, our relay was in the top twenty in the nation, which is pretty good for Vanderbilt, since they didn’t have any [swimming] scholarships... It was really cool to swim with people who swam because they loved to swim.”

When asked George what his thoughts were on trying some other events in the future, he replied, “Many moons ago, I did the IM, and many moons ago I was a distance swimmer, until I turned into a sprinter. I have thought about swimming some distance and backstroke. I have always been a terrible breaststroker. Even though I had some success in the IM, it was *not* because of breaststroke, I can tell you that! I have been working on breaststroke, but it’s just not my favorite stroke. It doesn’t move fast enough!”

Competing in travel meets isn’t on George’s bucket list either. “Traveling around and going to the national meets is just not my thing. I swim to stay healthy, and I use my competition as a motivator to push myself a little harder in practices.”

George is also inspired and motivated by the mutually-supportive relationship he has

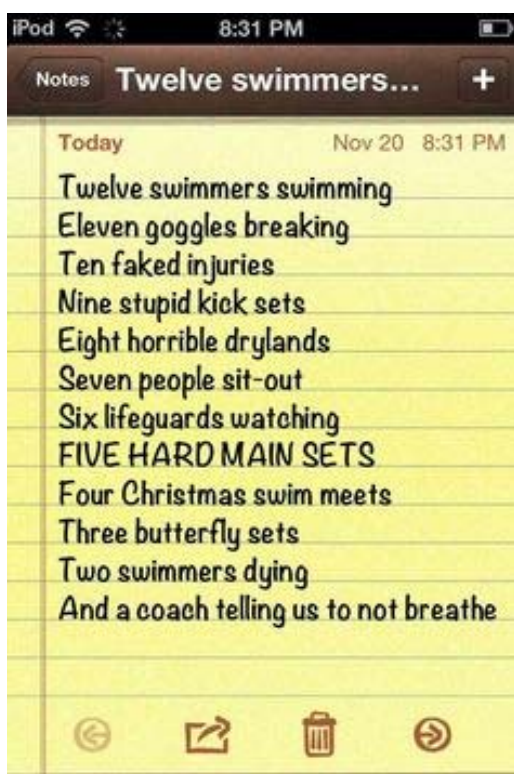
with his younger brother, Jimmy. They grew up swimming together and went on to co-coach the same team for three years.

Although George was a sprinter, Jimmy was a distance swimmer. “Because we were both swimming, reinforcing each other, we both liked it, and were doing well at it; he reinforced my enjoyment of swimming and I reinforced his enjoyment. When [Jimmy] was 52, he swam the Tampa Bay race, a 24-mile race. He swam it in 9 hours and 45 minutes and won by an hour-and-a-half. I was right there with him, but I was in a boat. When we finished, I was tired, and I had been in the boat! We were feeding him electrolytes, giving him peanut butter sandwiches, and counting his strokes per minute to make sure he wasn’t slowing down too much. We were trying to guide the kayak and the boat to get him to the finish line... He had a big influence on my swimming, and I probably did with him, too,” he said.

Before wrapping up our interview, I asked George what he enjoyed about USMS. He replied, “I enjoy and appreciate how organized the whole Master’s program is. To be able to go look at all of my times I have done in the last however many years and see what they were, and see how people I went to school with are swimming—just the fact that they keep such meticulous records... Because they have that, it motivates me to work out a little harder knowing that I am going to compete... It used to be when [I] swam in meets, I wanted to win, win, win; but, now I look at it as this is for me, it’s a time trial,

and I'll give it my best. I'm not going to put any pressure [on myself]; I'm just going to do what I can do. I like that they have given me that structure to compete with that attitude."

**Swimming Humor**





## *Upcoming Events*

<b>September 2021</b>			
<b>11*</b>	Southside Seals SCY – Contact Rob Copeland at <a href="mailto:rob_copeland@comcast.net">rob_copeland@comcast.net</a>	<b>11*</b>	Georgia Masters LMSC Annual Meeting – Contact Britta at <a href="mailto:brittaoleary@gmail.com">brittaoleary@gmail.com</a>
<b>19*</b>	Atlanta Rainbow Trout LC @ GA Tech. Contact Shayne at <a href="mailto:shayne.lastinger@comcast.net">shayne.lastinger@comcast.net</a>		
<b>October 2021</b>			
1-15	USMS Fall Fitness Challenge – 1 mile	<b>2*</b>	Swim Across America - Lake Lanier
6-10	USMS LC Nationals – Geneva, OH	15-17	Rowdy Gaines Classic SCM – Orlando, FL
<b>24</b>	Collins Hill Developmental Meet (tentative date)		
<b>November 2021</b>			
<b>TBA</b>	Georgia LMSC monthly Zoom meeting	13-14	Sarasota, FL SCM
<b>December 2021</b>			
<b>TBA</b>	Georgia LMSC monthly Zoom meeting	<b>12*</b>	St. Nicholas SCM Invitational @ Georgia Tech

Information on these and other Dixie Zone events can be found on the Dixie Zone website at [www.dixiezone.org/Meets.htm](http://www.dixiezone.org/Meets.htm).

\*Dates in red are Georgia LMSC events.

<i><b>Swim Websites</b></i>	
ARP Blue Tides	<a href="https://www.augustaga.gov/DocumentCenter/View/12491/ARP-Blue-Tides-flyer">https://www.augustaga.gov/DocumentCenter/View/12491/ARP-Blue-Tides-flyer</a>
Athens Bulldog Swim Club	<a href="http://www.athensbulldogs.com">http://www.athensbulldogs.com</a>
Atlanta Rainbow Trout	<a href="https://www.atlantarainbowtrout.com">https://www.atlantarainbowtrout.com</a>
Atlanta Water Jocks	<a href="http://www.atlantawaterjocks.com">http://www.atlantawaterjocks.com</a>
Chastain Park Athletic Club	<a href="http://www.ChastainParkAthleticClub.org">www.ChastainParkAthleticClub.org</a>
Columbus Aquatic Club	<a href="http://www.swimhurricanes.com">http://www.swimhurricanes.com</a>
Concourse Athletic Club	<a href="http://wellbridge.com/concourse-athletic-club/sandy-springs">wellbridge.com/concourse-athletic-club/sandy-springs</a>
Cumming Waves Swim Team	<a href="http://www.cummingwaves.net">www.cummingwaves.net</a>
Decatur Family YMCA	<a href="http://ddy.ymcaatlanta.org">ddy.ymcaatlanta.org</a>
DeKalb Aquatics Masters	<a href="http://daqswim.com">http://daqswim.com</a>
Douglas County Stingrays	<a href="http://www.swimdcs.com">www.swimdcs.com</a>
Dynamo Swim Club Masters	<a href="http://dynamoswimclub.com">http://dynamoswimclub.com</a>
Fyns	<a href="http://www.fynsmasters.com">http://www.fynsmasters.com</a>
Great White Shark Aquatics	<a href="http://www.gwsaswim.com">www.gwsaswim.com</a>
John P. Thayer YMCA Masters Swim	<a href="http://Columbusymca.com">Columbusymca.com</a>
Savannah Masters	<a href="http://www.tlb975.wix.com/mastersswimming">http://www.tlb975.wix.com/mastersswimming</a>
Stingrays Masters Swimming	<a href="http://www.stingraysswimming.com">http://www.stingraysswimming.com</a>
Swim Gainesville	<a href="http://www.swimgainesville.com">www.swimgainesville.com</a>
Swim Macon Masters	<a href="http://www.swimmacon.com">www.swimmacon.com</a>
Tidal Wave Masters Swimming	<a href="http://tidalwaveswimming.com">tidalwaveswimming.com</a>

***For more information about the clubs and teams,  
Visit [www.georgiamasters.org](http://www.georgiamasters.org)***

Name	Abbr	Contact	Phone	Email
<b>GEORGIA CLUBS</b>				
Atlanta Rainbow Trout	ART	Jake Macks	(602) 821-2677	<a href="mailto:jake.macks@gmail.com">jake.macks@gmail.com</a>
Atlanta Water Jocks	AWJ	Lorenzo Benucci	(404) 353-2952	<a href="mailto:lbenucci@gmail.com">lbenucci@gmail.com</a>
Camden PSA Masters	CAST	John Eife	(407) 212-2410	<a href="mailto:jdeife@co.camden.ga.us">jdeife@co.camden.ga.us</a>
Chastain Park Athletic Club	CPAC	Star Brackin	(404) 841-9196	<a href="mailto:masters@chastainparkac.org">masters@chastainparkac.org</a>
Columbus Aquatic Club	HURM	Andrew Beggs	(610) 742-8114	<a href="mailto:andrew.t.beggs@gmail.com">andrew.t.beggs@gmail.com</a>
Concourse Athletic Club	CONC	Chris Nasser	(770) 713-3694	<a href="mailto:swim@concoursemasters.com">swim@concoursemasters.com</a>
DeKalb Aquatics Masters	DAQM	Melissa Wilborn	(770) 736-3512	
Dutch Island Dolphins	DID	Joyce Bustinduy		<a href="mailto:jobustinduy@gmail.com">jobustinduy@gmail.com</a>
John P. Thayer YMCA Masters Swim	BARM	Scott Balkcum	(706) 322-8269	<a href="mailto:sbalkcum@ymcacolumbusga.com">sbalkcum@ymcacolumbusga.com</a>
Kennesaw State University Masters	KSUM	Cheryl Richardson	(615)828-9206	<a href="mailto:bricha89@kennesaw.edu">bricha89@kennesaw.edu</a>
Nautical Milers Special Needs Team	NAUT	Patrick Thoreson	(770) 289-0235	<a href="mailto:patrick_thoreson@yahoo.com">patrick_thoreson@yahoo.com</a>
Southern Eagle Aquatics	SEGA	Beau Caldwell	(614) 440-1660	<a href="mailto:swimsega@gmail.com">swimsega@gmail.com</a>
Spartans Aquatic Masters Club	SAMC	Kris Kester		<a href="mailto:spartanscoachkarl@gmail.com">spartanscoachkarl@gmail.com</a>
Summer Hill Orcas Swim Club	SHOC	Kaleigh Shook	(706) 835-7604	<a href="mailto:summerhillrec@gmail.com">summerhillrec@gmail.com</a>
Swim Gainesville	SG	Joy Kelleher	(904) 955-7344	<a href="mailto:joylohr@yahoo.com">joylohr@yahoo.com</a>
Windy Hill Athletic Club Masters	WHA	Keith Berryhill	(770) 657-1851	<a href="mailto:keith.berryhill@windyhillclub.com">keith.berryhill@windyhillclub.com</a>

<b>GEORGIA SUPER TEAMS - GAJA</b>				
Georgia Masters	GAJA	Lisa L Watson	(770) 497-1901	<a href="mailto:lisa.watson@ung.edu">lisa.watson@ung.edu</a>
Athens Bulldog Swim Club	ABSC	Craig Page	(706) 461-8288	<a href="mailto:craigwpage@gmail.com">craigwpage@gmail.com</a>
Augusta Recreation & Parks Blue Tides	ARP	Barbara Ingold	(815) 370-7722	<a href="mailto:arpbluetides@gmail.com">arpbluetides@gmail.com</a>
Douglas County Stingreys	DCS	Jarrod Hunte	(352) 804-2106	<a href="mailto:coachjrodhunte@gmail.com">coachjrodhunte@gmail.com</a>
Dynamo Swim Club Masters	DYNA	Rebecca Carpenter		<a href="mailto:rebecca@dynamomultisport.com">rebecca@dynamomultisport.com</a>
Georgia Masters Killer Whales	GMKW	Danny Palmer	(770) 548-7562	<a href="mailto:danny@buckheadaquatics.com">danny@buckheadaquatics.com</a>
Savannah Masters	SAVM	John Denion	(912) 655-6589	<a href="mailto:jmd7362@gmail.com">jmd7362@gmail.com</a>
Southside Seals	SSS	Rob Copeland	(404) 667-7902	<a href="mailto:rob_copeland@comcast.net">rob_copeland@comcast.net</a>
Stingrays Masters	RAYS	Michael Soderlund	(678) 877-1306	<a href="mailto:rebecca@dynamomultisport.com">rebecca@dynamomultisport.com</a>
Swim Beyond Atlanta	SBA	Mandi Bell	(404) 450-4956	<a href="mailto:mandi@swimbeyond.com">mandi@swimbeyond.com</a>
Swim Macon Masters	SMM	Jason Michael	(478) 474-9689	<a href="mailto:mrbreaker66@gmail.com">mrbreaker66@gmail.com</a>
Warner Robins Aquanuts	WHA	Daniel Murray	(478) 714-8246	<a href="mailto:dmurray54.dm@gmail.com">dmurray54.dm@gmail.com</a>
<b>LIFE TIME SWIM</b>				
Life Time Swim Alpharetta	ALPL	Aquatics Manager	(678) 327-2623	<a href="mailto:GAALAquaticsManager@lt.life">GAALAquaticsManager@lt.life</a>
Life Time Swim Atlanta	ATLL	Aquatics Manager	(678) 832-2323	<a href="mailto:GAATAquaticsManager@lt.life">GAATAquaticsManager@lt.life</a>
<b>SWIM ATLANTA MASTERS</b>				
Swim Atlanta Masters-Cumming	SAMS	Andrew Rogers	(770) 888-0010	
Swim Atlanta Masters-Georgia Tech	SAMS	Clarín Ellard	(678) 230-4248	<a href="mailto:coachclarin@gmail.com">coachclarin@gmail.com</a>
Swim Atlanta Masters-Hamilton Mill	SAMS	Mary Tripp	(678) 889-2039	

Swim Atlanta Masters-Johns Creek	SAMS	Elizabeth Stowe	(770) 232-7227	
Swim Atlanta Masters-Marietta	SAMS	Pat Eddy	(614) 670-1108	<a href="mailto:pateddy52@aol.com">pateddy52@aol.com</a>
Swim Atlanta Masters-Roswell	SAMS	Andy Griffin		<a href="mailto:andy@swimatlanta.com">andy@swimatlanta.com</a>
Swim Atlanta Masters-Sugarloaf	SAMS	Scot Davis	(678) 442-7946	<a href="mailto:scot@swimatlanta.com">scot@swimatlanta.com</a>

GEORGIA SUPER TEAMS - YMCA				
YMCA of Metro Atlanta	ATLY	Becky Shipley	(678) 569-9622	<a href="mailto:beckys@ymcaatlanta.org">beckys@ymcaatlanta.org</a>
Andrew & Walter Young YMCA Masters	AWYY	lilonga Thandiwe	(404) 523-9622	<a href="mailto:linz.t@mindspring.com">linz.t@mindspring.com</a>
Decatur Family YMCA	DFY	Beth Costello	(404) 377-9622	<a href="mailto:bethc@ymcaatlanta.org">bethc@ymcaatlanta.org</a>
G.Cecil Prueett Community Center YMCA				
J.M Tull-Gwinnett Family YMCA				
McCleskey-East Cobb Family YMCA				
Summit Family YMCA				-

***Who Y'All Can Call***

Name	Title	Phone	Email
Rob Copeland	Long Distance	(678) 817-1602	<a href="mailto:rob_copeland@comcast.net">rob_copeland@comcast.net</a>
Pat Eddy	Coaches Chair	(614) 670-1108	<a href="mailto:pateddy52@aol.com">pateddy52@aol.com</a>
Elizabeth Giesecking	Member At Large		<a href="mailto:elizabeth@giesecking.us">elizabeth@giesecking.us</a>
Bob Kohmescher	Newsletter Editor	(770) 722-2192	<a href="mailto:bobk340@comcast.net">bobk340@comcast.net</a>
Elaine Krugman	Contributing Editor	(678) 603-1543	<a href="mailto:ekkrugman@gmail.com">ekkrugman@gmail.com</a>
Britta O'Leary	<b>LMSC Chair</b>	(636) 295-3222	<a href="mailto:brittaoleary@gmail.com">brittaoleary@gmail.com</a>
Mark Rogers	Membership Coordinator		<a href="mailto:mlrogers_98@yahoo.com">mlrogers_98@yahoo.com</a>
Leann Rossi	Diversity & Inclusion Chair		<a href="mailto:swimfastatlanta@gmail.com">swimfastatlanta@gmail.com</a>
Ed Saltzman	Treasurer, Records, Meet Sanctions, Communications	(770) 442-9075	<a href="mailto:swimsalt@bellsouth.net">swimsalt@bellsouth.net</a>
Jeff Tacca	Member At Large	(404) 256-0733	<a href="mailto:jtacca@comcast.net">jtacca@comcast.net</a>
Lisa Watson	Vice-Chair	(770) 497-1901 (678)717-3646	<a href="mailto:lisa.watson@ung.edu">lisa.watson@ung.edu</a>
Karol Welling	Secretary	(770) 631-9195	<a href="mailto:krw83@mindspring.com">krw83@mindspring.com</a>
John Zeigler	Fitness	(770) 972-7981	<a href="mailto:jvzeigler@bellsouth.net">jvzeigler@bellsouth.net</a>



# 20<sup>th</sup> Annual Georgia Masters SouthSide Pentathlon Swim Meet

Saturday, September 11, 2021

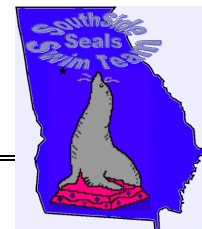
Warm-ups 11:30 am Meet Starts 12:15pm

Sanctioned by GA-LMSC for USMS, Inc.: Sanction #451-S006

Hosted by SouthSide Seals Swim Team

Meet Director – Rob Copeland

Meet Referee – Nancy Harmon



- Facilities:** **Kedron Fieldhouse and Aquatic Center** - 202 Kedron Drive, Peachtree City, GA 30269  
Eight lane – 25 yard pool – competition pool, with at least 2 for warm-up/warm-down lanes. Semi-automated timing (automated start, push button finish). The length of the competition course without a bulkhead is in compliance and on file with USMS in accordance with articles 105.1.7 and 106.2.1. Times from this competition will be eligible for USMS Top 10 consideration, but not for world or USMS records.
- Directions:** From Atlanta – From 1-85 take Exit #61 (GA-74) South, towards Peachtree City. Go 8 miles to Kedron Drive. Turn Left on Kedron Drive, then 3rd left (Fieldhouse/Aquatic Center).
- Eligibility:** Open to all 2021 registered United States Masters Swimming (USMS) members 18 years or older as of September 11, 2021.
- Rules:** 2021 USMS rules apply.
- Entries:** Maximum of five individual events, plus two relays. You may enter any events you choose. However, to be eligible for one of the 3 pentathlons, you must enter as follows:  
Sprint Pentathlon – 50 Fly, 50 Back, 50 Breast, 50 Free, plus 100 IM  
Middle Distance Pentathlon – 100 Fly, 100 Back, 100 Breast, 100 Free, plus 200 IM  
Iron Man Pentathlon – 200 Fly, 200 Back, 200 Breast, 200 Free, plus 400 IM
- Deadline:** On-line entries close 11:59PM September 9<sup>th</sup>. Paper entries must be received by September 8<sup>th</sup>. Mail your entry form, copy of your 2021 USMS card, and check for \$35.00 payable to Karol Welling to:  
**Deck Entries** will be accepted up until the start of the meet, at a fee of \$40.00. Deck entrants will be seeded into open lanes of existing heats.
- Information:** Contact Rob Copeland – Phone: (404) 667-7902 E-Mail: [rob\\_copeland@comcast.net](mailto:rob_copeland@comcast.net)
- Seeding:** All events are pre-seeded and timed finals. Heats are seeded and swum from slowest to fastest, with men and women seeded together.
- Awards:** Awards for 1st through 3rd places by age group and men and women for individual events. Men and Women Pentathlon winners (lowest cumulative time for the 5 events) in each age group and for each Pentathlon distance (Sprint, Middle Distance & Iron Man) receive trophies!
- Fees:** **\$35.00 - Individual event fees must accompany entries and are non-refundable. Make checks payable to Karol Welling. Deck entrant fees are \$40.00.**
- Warm-Up:** The pool will be available for warm-up from 11:15 to 12:00 pm. Warm-up/warm-down lane(s) will be available during the entire meet. Warm-up diving permitted ONLY in designated 1-way sprint lanes.
- Relays:** Relay swimmers must be entered in at least one individual event. Relays will be deck entered. Relay entry forms will be provided and must be submitted 45 minutes before the relay event.
- Social:** A social gathering and the Georgia LMSC Annual Meeting will follow the meet. The social is free to all meet entrants and \$5.00 for each non-entrant. Last year, everyone had a great time, so don't miss out. Details will be available at the meet.
- On-line Entry:** [https://www.clubassistant.com/club/meet\\_information.cfm?c=2278&smid=14067](https://www.clubassistant.com/club/meet_information.cfm?c=2278&smid=14067)
- Covid:** Locker rooms and bathrooms will be open, however we encourage you to come dressed to swim and limit locker/bathroom use. Masks are not required, but are strongly encouraged for all participants. Follow posted and announced safety recommendations and requirements. If you test positive for Covid after the event, please contact Rob Copeland [Rob\\_Copeland@Comcast.net](mailto:Rob_Copeland@Comcast.net).

**Rob Copeland**  
**319 Chestnut Oak Dr.**  
**Peachtree City, GA 30269**

**2021 Georgia Masters – SouthSide Pentathlon Swim Meet**  
*September 11, 2021*

First Name \_\_\_\_\_ Last \_\_\_\_\_  
 Gender \_\_\_\_\_  
 Date of Birth \_\_\_\_\_  
 USMS # \_\_\_\_\_  
 Club/Chapter \_\_\_\_\_  
 Address \_\_\_\_\_  
 City/State/Zip \_\_\_\_\_  
 Telephone \_\_\_\_\_  
 E-Mail \_\_\_\_\_

Georgia Masters membership will be verified against our registration files. All other Masters please attached a copy of your 2021 USMS Registration Card HERE.

**REMEMBER:**

- Complete information above and attach USMS card (at right)
- or enter on-line at [https://www.clubassistant.com/club/meet\\_information.cfm?c=2278&smid=14067](https://www.clubassistant.com/club/meet_information.cfm?c=2278&smid=14067)
- Sign and Date the Liability release (next page)
- Include a check for **\$35.00**, payable to **Karol Welling**
- Plus \$5.00 for each additional social attendee
- Mail to Rob Copeland; 319 Chestnut Oak Drive, Peachtree City GA 30269

Event #	Distance	Stroke	Group	Seed Time (or NT)
1	200	Free	RELAY (Men/Women)	Deck Entered
2	400	IM	Iron Man	____:____.____
3	500	Free	Non-Pentathlon	____:____.____
4	100	Fly	Middle Distance	____:____.____
5	50	Back	Sprint	____:____.____
6	200	Free	Iron Man	____:____.____
7	200	IM	Middle Distance	____:____.____
8	50	Fly	Sprint	____:____.____
9	200	Breast	Iron Man	____:____.____
10	100	Free	Middle Distance	____:____.____
11	100	IM	Sprint	____:____.____
12	200	Free	RELAY Mixed	Deck Entered
13	200	Medley	RELAY (Men/Women)	Deck Entered
14	200	Back	Iron Man	____:____.____
15	100	Breast	Middle Distance	____:____.____
16	50	Free	Sprint	____:____.____
17	200	Fly	Iron Man	____:____.____
18	100	Back	Middle Distance	____:____.____
19	50	Breast	Sprint	____:____.____
20	200	Medley	RELAY Mixed	Deck Entered

- Circle the Event # and enter your yards seed time or NT for no time.
- Limit of five individual events.
- All Relays will be deck entered.
- Warm-up at 11:30 AM
- Meet starts at 12:15PM
- Social and Georgia LMSC Annual Meeting immediately following the meet

## 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/yyyy)
Street Address, City, State, Zip				
Signature of Participant				Date Signed



*Rainbow Trout Fall Splash Invitational  
GA Tech Campus Recreation Center (CRC)  
September 19, 2021*

**Hosted by:** Atlanta Rainbow Trout  
**Meet Director:** Shayne Lastinger

**USMS Sanction #:** 451-S004  
**Date:** September 19th, 2021

**Time:** The meet will have warm-ups start at 9AM; meet starts at 10AM.

**Facility:** Georgia Tech Campus Recreation Center (CRC). 10 Lanes, Long-Course Meters. 8 Lanes for warm-up/warm-down continuously running through the meet. <http://www.crc.gatech.edu/aquatics/>

The length of the competition course is in compliance and on file with USMS in accordance with articles 105.1.7 and 107.2.1, 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.

A separate warm up pool will be available throughout the meet.

**Address:** 750 Ferst Dr NW, Atlanta, GA 30318. Limited parking passes will be available to park along Tech Parkway. We ask that all entrants please carpool. Nearby lots are available at an hourly rate. Please see a parking pass attendant at the back entrance of the CRC (along tech parkway) for a parking pass.

**Eligibility:** The meet is open to all persons 18 years and older as of September 19<sup>th</sup>, 2021. Your age on December 31<sup>st</sup>, 2021 determines your age at the meet. USMS REGISTRATION IS REQUIRED. If you are not registered, your application can be accepted at the meet. **Please include a copy of your USMS card with your registration.**

**Covid-19:** Due to the pandemic, we will only accept the first 150 registrants. We will follow CDC guidelines and provide updates within one week of the event regarding spectators, and locker room policies.

**Events:** Swimmers may enter up to 5 individual events per day and 3 relays.

**Awards:** Ribbons will be awarded for 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> places. Individual High point winners will receive an award.

**Timing:** Touchpads/electronic timing with hand/stopwatch backup. Times will count toward USMS Records and Top Ten.

**Scoring:** Top eight finishers will score as follows: 20, 17, 16, 15, 14, 13, 12, 11 for Individual events and 40, 34, 32, 30, 28, 26, 24, 22 for relays.

**Fees:** \$70 covers facility and meet costs.

**Seeding:** All events will be seeded in advance and slowest to fastest. Men and Women will be seeded together based on time.

Relays will be deck-seeded and relay heat/lane assignments posted at the meet. Psych sheets will be posted at [www.georgiamasters.org](http://www.georgiamasters.org) around September 10<sup>th</sup> (depending on the number of late entries being processed).

**Relays:** Entries for events 3-5 and 12-14 will be due at 9:30 AM. Entries for events 22-26 will be due at 12:30 PM.

**Entry deadline:** Paper entries must be received by Wednesday, September 14th. Mailed entries received after that date will be assessed a \$10 late fee. No new heats will be created to accommodate late entries.

**ENTER ONLINE at** [https://www.ClubAssistant.com/club/meet\\_information.cfm?c=2176&smid=13582](https://www.ClubAssistant.com/club/meet_information.cfm?c=2176&smid=13582) until September 13th at 11:59PM. No late fee with online registration!



**Include a copy of your USMS Card!**

Last Name:		First Name:		Middle Initial:
Date of birth:	USMS#:	Team/Club Affiliation (NOT GAJA):		
Gender:	Email address:			

Circle the event number, and provide your best Short-Course Meter (25M) time for each event you plan to enter. No deck entries will be accepted for Individual events. Maximum of 5 individual events per day. **400 IM and 800 Free limited to the first 10 entries.**

Warm ups 9 AM; Meet Starts 10AM.					
#	EVENT	Time (00:00:00)	#	EVENT	Time (00:00:00)
1	800 Free		13	Mixed 400 Medley Relay	
2	400 IM		14	100 Back	
3	Women 200 Free Relay		15	50 Fly	
4	Men 200 Free Relay		16	200 Free	
5	Mixed 200 Free Relay		17	100 Breast	
6	50 Breast		18	200 Fly	
7	100 Free		19	50 Free	
8	100 Fly		20	200 Back	
9	50 Back		21	Women 200 Medley Relay	
10	200 Breaststroke		22	Men 200 Medley Relay	
11	200 IM		23	Women 200 Medley Relay	
12	Mixed 400 Free Relay				

**Payment Info:**  
**Meet Entry Fee:**  
\$70.00

Make Checks Payable to: **Atlanta Rainbow Trout**  
**Mail to:** Atlanta Rainbow Trout, 43 Ivy Ridge NE, Atlanta, GA 30342

**Paper Entry must be received by Wednesday, September 8th.**

Online entry: [https://www.ClubAssistant.com/club/meet\\_information.cfm?c=2176&smid=13582](https://www.ClubAssistant.com/club/meet_information.cfm?c=2176&smid=13582)

Questions? Email [Shayne.lastinger@comcast.net](mailto:Shayne.lastinger@comcast.net)

## Must sign USMS Liability Release on Back of Entry

### 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



**USMS COVID-19 Attendee Screening Form**

The following form is based on CDC guidance and must be completed by all attendees (swimmers, volunteers, officials, and facility staff) in the 24 hours prior to the event and submitted prior to entering the facility. If the answer to any of these questions is yes, the participant shall not attend the event unless clearance is given by their medical provider.

Name Printed		Date	
Name Signature		Temperature	
<b>In the past 48 hours, have you had any of the following symptoms?</b>			
Yes <input type="checkbox"/> No <input type="checkbox"/>	Fever of 100.4 F (38 C) or above	Yes <input type="checkbox"/> No <input type="checkbox"/>	Cough
Yes <input type="checkbox"/> No <input type="checkbox"/>	Trouble breathing, shortness of breath, or severe wheezing	Yes <input type="checkbox"/> No <input type="checkbox"/>	Muscle aches
Yes <input type="checkbox"/> No <input type="checkbox"/>	Chills or repeated shaking with chills	Yes <input type="checkbox"/> No <input type="checkbox"/>	Sore throat
Yes <input type="checkbox"/> No <input type="checkbox"/>	Loss of sense of smell or taste, or a change in taste	Yes <input type="checkbox"/> No <input type="checkbox"/>	Headache
Yes <input type="checkbox"/> No <input type="checkbox"/>	Nausea, vomiting, or diarrhea		
Yes <input type="checkbox"/> No <input type="checkbox"/>	Within the past 14 days, have you been in close proximity (6 feet or closer for a cumulative total of 15 minutes) to any individual who tested positive for COVID-19 or has symptoms consistent with COVID-19?		
Yes <input type="checkbox"/> No <input type="checkbox"/>	Are you isolating or quarantining because you may have been exposed to a person with COVID-19 or are worried that you may be sick with COVID-19?		
Yes <input type="checkbox"/> No <input type="checkbox"/>	Are you currently waiting on the results of a COVID-19 test?		

The event host shall keep all original USMS COVID-19 Attendee Screening Forms for no less than 90 days following the completion of the event or until directed by USMS to dispose of them.