

New Hampshire Swim Association 2015 State Championships

Upper Valley Aquatic Center, White River Junction, VT

March 6-8, 2015

Sanctioned by NE Swimming NE-15-0306-N

See NHSA web site <http://nhsaswim.org/> for events list, Hy-Tek events file, the team waiver form, team work assignments, team warm-up assignments, and results.

Meet Committee Chair	Steve VanDerBeken	(603) 533-3554	svanderbek@aol.com
Meet Director/Admin Official	Mary Gentry	(802) 369-9289	uvac.entries@gmail.com
Entry Chair/Safety Monitor	Brian Dirrane	(603) 786-9293	swimteam@uvacswim.org
Referee	Bob Menck	(802) 251-6272	rmenckiii@gmail.com

SESSIONS

	<u>Warm-up</u>	<u>Meet</u>
Friday Evening: 11 & Overs	4:30 PM	5:30 PM
Saturday Morning: 13&14 Girls & Boys	9:00 AM	10:00 AM
Saturday Afternoon: 11-12 Boys, 15-19 Girls & Boys	2:00 PM	3:00 PM
Sunday Morning: 8&Under Girls & Boys, 11-12 Girls	8:00 AM	9:00 AM
Sunday Afternoon: Bonus Events (200s of stroke, 400 IM)	12:15 PM	12:45 PM
Sunday Afternoon: 9-10 Girls & Boys	1:15 PM	2:15 PM

Times may be changed once all entries have been received. Teams will be notified of exact times one week prior to meet.

MEET FORMAT: The meet will be swum as timed-finals. Each session will be seeded by computer based on positive check-in at the beginning of each session. Coaches will receive scratch sheets before each session, which must be returned no later than 30 minutes before the end of warm-ups. Heat sheets will be posted around the pool deck. Coaches will be able to pick up heat sheets for each event at the computer table. All events will be seeded slow to fast. No events will compete two per lane.

SITE: The Upper Valley Aquatic Center is located at 100 Arboretum Lane, White River Junction, VT 05001. <http://www.uvacswim.org/> Directions may be found later in this document. The competition pool has eleven 7 foot wide 25 yard long lanes, with non-turbulent lane lines, Colorado Timing System electronic touch pads and alphanumeric display scoreboard. The start end of the pool is 7 feet deep, the turn end of the pool is 9 feet deep. There are no touch pads at the turn end of the pool. The competition pool has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming. Eight lanes will be used for competition. An additional lane will be left empty as a buffer lane and the remaining two lanes will be available for warm-up and warm-down throughout the meet. (Depending on entries, UVAC may elect to use ten lanes for competition, in which case three 25 yard lanes in the adjacent leisure pool will be available for warm-up and warm-down.) There is balcony seating for 400 spectators. A leisure pool (three 25 yard lap lanes, lazy river, zero entry play structure) will remain open to the public throughout the meet. Spectators may purchase day passes to use the leisure pool during the meet. Only people with proper credentials will be allowed on the competition pool deck. There is no smoking in the building or within 500 feet of the building. Failure to abide by rules defined in this notice, posted at the facility or determined by the Meet Referee, Meet Director, or Facility Director may result in ejection from the facility.

COURSE: Short course yards (25 yards).

25-YARD EVENTS: All 25 yard events will start from the blocks. Events will be timed using buttons and stop watches at the far end.

MEET COMMITTEE: The meet committee will be made up of the Meet Director, Meet Referee, Steve VanDerBeken, Judy Cook, and Brian Crawford. The meet committee will decide all issues of eligibility and anything not addressed in the Meet Announcement. The Meet Referee shall have authority as described in the current USA Swimming Rulebook.

RESERVE THE RIGHT TO MAKE CHANGES: The Meet Committee reserves the right to makes changes to the format of the meet.

WEATHER PROTOCOL: If weather or facility conditions make it impossible to follow the original timeline of events, the Meet Director and Meet Referee have a right to make changes to the meet sessions. The Meet Director will notify the teams of the changes with as much notice as possible. **Cancellation of the meet, or a session**, is the decision of the Meet Director, Meet Referee and the meet committee.

ELIGIBILITY: All swimmers must be qualified under Article V of the revised [NHSA](#) Bylaws (1992) and be 2015 registered swimmers with USA Swimming. Age is determined by the age of the swimmer the first day of the meet and must be shown on the entry form. All coaches on deck must be registered with USA Swimming and display their coach membership cards.

Any swimmer entered in the meet must be certified by a USA Swimming member-coach as being proficient in performing a racing start or must start each race from within the water. When unaccompanied by a member-coach, it is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.

REGISTRATIONS: All swimmers must be registered (includes proof of age and payment) with USA Swimming before the first day of the start of the meet. Any swimmer who has entered a meet and does not register by 11:59 PM on the day before the first day of the meet is subject to a \$100 fine and will be scratched from the meet. Teams are **required** to check their entries with the online registration check tool on the [New England Swimming web site](#) to verify registration status.

ADAPTED SWIMMING: Any current athlete members of USA Swimming with a disability, as defined by USA Swimming Rules and Regulations, may enter this meet. If modifications to USA Swimming rules are necessary then the coach or athlete must notify the meet referee of any disability prior to competition.

EVENTS and SESSIONS: See attached list.

ENTRY INFORMATION: Entries are due Tuesday February 17, 2015 to swimteam@uvacswim.org . All entries must be submitted electronically using Hy-tek or Team Unify team manager programs. A printed copy of your entry, a signed waiver, and the team entry fees are due by Tuesday, March 3. Mail the copy of the entry, signed waiver, and entry fees to the Brian Dirrane, PO Box 453, Rumney, NH 03266 (physical address 648 Quincy Rd, Rumney). No deck entries will be accepted. No refunds will be given for entries that are accepted, or for entries that are rejected due to improper entry.

ENTRY LIMITS: Athletes may enter and swim in a maximum of 3 individual events and 2 relays. (see next section on Bonus Events)

BONUS EVENTS: 13-14 and 15-18 swimmers will be allowed to swim up to two bonus events. These events will NOT be scored and must be noted on the entry as Bonus Events with a "B". If this is not noted as described then the last events entered (over the 3 that a swimmer can swim) will be noted as Bonus Events and will NOT be scored. These Bonus Events are optional. No swimmer is allowed to swim more than five individual events a day including bonus events and time trials.

One of the Bonus Events may be swum during that swimmer's regular session (Friday or Saturday) and one Bonus Events may be during a special session on Sunday afternoon (session 5) which will include a 200 of the strokes (Fly, Back, Breast) and the 400 IM. Note that two Bonus Events may be swum during this special session on Sunday afternoon. No events in the special Sunday afternoon session will be scored. Entries for the special session on Sunday cost \$5.00 each.

RELAYS: Swimmers may participate on one medley relay and one free relay. Swimmers may age up **one age group only** for relays. Relays entries and seed times must be included in the meet entries file. Swimmer names for the relays may change up to the start of the event. Relay cards with swimmers names and order will be turned in to the computer table. Each team is allowed an unlimited number of relay entries in an event but only the top two can score points and receive awards.

ENTRY TIME UPDATES: Entry times may be updated until 5:00 PM Monday, March 2. No other changes are allowed to the entries submitted February 17.

ENTRY FEES: \$23.00/swimmer including relay only swimmers. Sunday session bonus events are \$5/entry. Make check payable to NHSA.

ENTRY TIMES: All entries must be specified in short course yard times. Meter times must be converted to yard times. Entries with No Time will not be accepted. You may estimate seed times for swimmers that have no time.

PROGRAMS: Psych sheets for the weekend will be available for \$5.00 for the entire meet. Heat sheets will be available for \$2.00 per session.

ADMISSION: Admission is free.

WARMUPS: The pool will open for warm-ups one-hour before the beginning of each session. The pool will close five minutes before the beginning of each session. Teams will be assigned warm-up lanes after all entries are received. Two lanes will be available during the meet for warm-up and warm-down.

TIME TRIALS: Time permitting, time trials will be offered immediately after each session on Saturday and Sunday. Time Trial swimmers must be USA Swimming registered swimmer with a NHSA participating team. Swimmers must provide their own timers. The fee is \$10/time trial.

LEGAL SPLITS: Legal splits must be requested before the event using a legal split form, and the requesting party must supply additional timers, if necessary, to meet the two stop watch times needed

SAFETY:

1. Diving will be prohibited during warm-ups except in specifically announced one-way sprint lanes. There will be no diving in the warm-up and warm-down areas at any time
2. No shaving is permitted at the competition site.
3. No glass containers are permitted within the facility.
4. Swimmers must be under the supervision of a coach. If a swimmer arrives at the meet without a coach, the swimmer should notify the referee before he/she warms up. The referee will assign the swimmer to a registered coach for warm-ups.
5. Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms, locker rooms, behind the blocks, or in any marked NO CAMERA ZONE.
6. Changing into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and is prohibited.

RULES: 2015 USA Swimming rules will govern all competition. Decisions by the meet referee will be final unless a written protest is lodged within 30 minutes of the heat swum. All swimmers, coaches and officials will follow the USA Swimming code of conduct under article 304 of the USA Swimming rules and regulations. Any violation of such policy will be reported to the Meet Referee and the Meet Director for further review and/or action.

SAFE SPORT: The conduct of all participants and spectators at a meet is governed by USA Swimming Rules 304/305. Any and all infractions must be reported to an official, the Referee or the Meet Director to be resolved.

DECK ACCESS: Only 2014 USA Swimming registered athletes, coaches, officials, and official meet staff are permitted on the pool deck. All non-athletes on the pool deck must display their current USA Swimming registration card at all times. Individuals without their USA Swimming registration card will be removed from the pool deck, and will be subject to a fine by New England Swimming.

PHOTOGRAPHY: PHOTOGRAPHERS ON DECK: As per New England Swimming policy, professional photographers contracted by UVAC or press photographers who have been approved in advance by the Meet Director are allowed on deck. Any other adult taking pictures on deck, must be displaying their USA Swimming registration card.

Use of audio or visual recording devices, including a cell phone, is not permitted behind the starting blocks, including in any spectator area behind the starting blocks, nor in any other marked NO CAMERA ZONE. Email the Meet Director with questions and requests.

TEAM WORK ASSIGNMENTS: Team work assignments will be distributed to all teams the weekend before the meet.

DECK ACCESS: Only 2015 USA Swimming registered athletes, coaches, officials, and official meet staff are permitted on the pool deck. All non-athletes on the pool deck must display their current USA Swimming registration card at all times. Individuals without their USA Swimming registration card will be removed from the pool deck.

SCORING: An unlimited number of individual swimmers can score in an event. Only two relays per team can score in an event. 15-19 age group individual events will be swum together but scored separately for 15-16 year olds and 17-19 year olds.

Place	1	2	3	4	5	6	7	8	9	10	11	12	13	13	15	16
Individual	20	17	16	15	14	13	12	11	9	7	6	5	4	3	2	1
Relay	40	34	32	30	28	26	24	22	18	14	12	10	8	6	4	2

AWARDS: Swimmers will be given medals for 1st through 8th place in individual and 1st through 3rd for relay events. Ribbons will be awarded for 9th through 16th places in individual events and 4th through 8th places in relay events. A team representative will pick up all awards at the conclusion of the meet on Sunday. Heat winner ribbons will be awarded at the end of each heat. Banners will be awarded to the top six teams.

RESULTS: Results will be posted on deck and in the spectator area throughout the meet. Results will also be posted on-line during the meet at http://www.uvac-meets.org/2015/NHSAChamps_Mar Results will also be available on the MeetMobile app. The meet name is NHSA State Championships 2015.

FOOD: A concession stand will be in operation for the duration of the meet.

EQUIPMENT VENDOR: A swimming equipment vendor will be selling suits, goggles, and other accessories for the duration of the meet.

MISCELLANEOUS: The Upper Valley Aquatic Center, Upper Valley Aquatic Club, and the New Hampshire Swim Association assume no responsibility for lost or stolen property. Pets of any kind and smoking are not permitted within the facility.

DIRECTIONS:

The Upper Valley Aquatic Center (UVAC) is located at 100 Arboretum Lane in White River Junction, Vermont 05001. (Arboretum Lane may not be on your GPS unit or web applications – it is across Route 5 from 1 Wright Reservoir Rd, White River Junction)

- At the junction of Interstates I-89 and I-91 in Vermont, go north on I-91 and immediately take Exit 11 for White River Junction.
- Turn left off the exit (before the stop light) on to Route 5 South.
- Follow Route 5 immediately under the interstate
- Travel ½ mile, go under the other interstate, and take the next left on to Arboretum Lane.
- UVAC is the only building on Arboretum Lane.

<http://uvacswim.org/community/about/hours-and-directions/>

PARKING: There is a free shuttle parking lot at the Bartering Barn on Ballardvale Dr off Route 5. The shuttle bus will also stop at the Ballardvale Drive hotels. There will be a daily fee for parking at the Aquatic Center. Parking is not allowed on Arboretum Lane or at any other of the businesses along Route 5.

LODGING: The following hotels and motels sponsor the Upper Valley Aquatic Center.

Hotel	Address	City/State	Phone
Courtyard by Marriott	10 Morgan Dr.	Lebanon, NH	603/643-5600
Fairfield Inn & Suites	102 Ballardvale Dr.	White River Junction, VT	802/291-9911
Hanover Inn	2 South Main St.	Hanover, NH	603/643-4300
Hampton Inn	104 Ballardvale Dr.	White River Junction, VT	802/296-2800
Holiday Inn Express	121 Ballardvale Dr.	White River Junction, VT	802/299-2700
Norwich Inn	325 Main St.	Norwich, VT	802/649-1143
Residence Inn by Marriott	32 Centerra Parkway	Lebanon, NH	603/643-4511
White River Inn & Suites	91 Ballardvale Dr.	White River Junction, VT	802/295-3015

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Hosted by Upper Valley Aquatic Club
Upper Valley Aquatic Center, White River Junction, Vermont
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CONTACT INFORMATION

Team Name: _____ Abbreviation: _____

Deck Coach: _____ Phone: _____ Email: _____

Entries Contact: _____ Phone: _____ Email: _____

ENTRY FEES

_____ Number of Swimmers @ \$23.00 = \$ _____

_____ Entries in the Bonus Session @ \$5.00 = \$ _____

Make check payable to: NHSA

Swimmer entries are due 02/17/15

This signed waiver and entry fees are due 03/03/15

Mail entries and check to:

Brian Dirrane

PO Box 453

Rumney, NH 03266-0453

(603) 786-9293 (For non-US Postal Service deliveries, use 648 Quincy Rd., Rumney, NH 03266)

LIABILITY RELEASE

Any swimmer whose entry is accepted will, for him/herself, his/her heirs, executors and administrations, waive and release any and all rights and claims for damages he/she may have against United States Swimming, New England Swimming, New Hampshire Swim Association, Upper Valley Aquatic Club, and the Upper Valley Aquatic Center for any and all injuries suffered by him/her at said meet. **In submitting this entry the undersigned team certifies that all athletes in the entry are registered with USA Swimming and understands that the team may be fined \$100 for each swimmer in the entry that is not registered with USA Swimming.**

Signature of Authorized Team Official

Date