

Upper Valley Aquatic Club

2016 Connecticut Valley Invitational Meet

Upper Valley Aquatic Center, White River Junction, VT
Sunday, January 24th, 2016

Events List

Entry Cover Page (Adobe PDF)

Hy-Tek Events File for Team Manager

Meet Director/Entry Chair	Brian Dirrane	(603) 786-9293	UVACentries@gmail.com
Referee	Ken Vutech	(802) 332-6264	kvutech@micros-retail.com
Admin Official	Mary Gentry		UVACentries@gmail.com

SESSIONS

	<u>Warm-up</u>	<u>Meet</u>
Sunday Morning, January 24 th	8:00 AM	9:00 AM
Sunday Afternoon, January 24 th	1:30 PM	2:30 PM

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 a positive check-in sheet before each session, which must be returned no later than 30 minutes before the beginning of the session. 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.

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 minimum depth of the pool is seven feet deep at the start end and nine feet deep at the turn end. 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).

MEET COMMITTEE: The meet committee will consist of the Meet Director, Meet Referee, two coaches, and one athlete.

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 session,** is a decision of the Meet Director, Meet Referee and the Meet Committee

ELIGIBILITY All swimmers must be 2016 registered swimmers with United States Swimming. Swimmers may register with Carol Healey, PO Box 920133, Needham, MA 02492: office@neswim.com Age is determined by the age of the swimmer on the first day of the meet. 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

EVENTS and SESSIONS: See attached list.

ENTRY INFORMATION:

First date of entry acceptance: Thursday, December 1, 2015 (any entry received before this date will be considered received December 1.

Final date of entry acceptance: Tuesday, January 12th 2016

Make checks payable to "Upper Valley Aquatic Club".

Mail completed signed entry cover page and waiver, and payment to the entry chairperson:

Brian Dirrane

PO Box 453

Rumney, NH 03266-0453

Payment due date for all entries: January 14, 2016. Any team that fails to send payment, cover page and waiver form, by this due date can be scratched from the meet at the discretion of the Entry Chairperson.

ENTRY POLICY: First Come First serve (FCFS)

Accepted teams that do not send payment by the payment due date forfeit their entry, but will still be liable for payment of the entry fee. No refunds will be given for entries that are accepted or for entries that are rejected due to improper entry. *Any swimmer who is entered with incorrect swimmer information, or an incorrect or no ID, or is unregistered, will be scratched from the meet until corrections are made per the New England policy.* All unattached swimmers must be declared as unattached in writing before the meet begins.

ELECTRONIC ENTRIES: Electronic entries (such as from Hy-Tek or Team Unify or other team management software) that are in CL2 or SD3/SDIF format may be emailed as an attachment to the entry chairperson at Swimteam@uvacswim.org. Please check that your team name, address, and contact information are listed correctly in this file. For email entries, payment and hardcopy of the entry (including signed entry cover page and waiver) must be received by January 14th, 2016.

ENTRY LIMITS: Athletes may enter and swim in a maximum of 3 individual events and 2 relays.

ENTRY TIME UPDATES: Entry times may be updated until the Wednesday prior to the first day of the meet. No new entries will be accepted after the entry deadline. Entry time updates should be sent via email to the entry chairperson at UVACentries@gmail.com. Entry time updates must be sent as Hy-Tek format CL2 files with updated times.

ENTRY FEES: Electronic entries: \$5.00 for individual events and \$20.00 for relay events. Non-electronic entries: \$5.50 for individual events, \$22.00 for relay events.

ENTRY TIMES: All entries must be specified in short course yard times. Meter times must be converted to yard times. Please avoid any "NT" entries, use coaches times (estimate) instead.

ENTRY CUTS: Entry cuts, if necessary, will be made by the date of receipt. Teams will be notified that they have been accepted or cut from the meet within 4 days of receipt of entry. If the meet becomes oversubscribed, a random selection of those entries received on the date the meet becomes oversubscribed will be conducted in accordance with New England Swimming guidelines. Teams that are cut from the meet will have their entry fee returned within four days of being cut.

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

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 \$3.00 per session.

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. .

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: 2016 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.

DECK ACCESS: Only athletes, coaches, officials, and official meet staff are permitted on the pool deck.

SCORING / AWARDS: Ribbons will be awarded to the top eight finishers in each individual event. A team championship trophy will be awarded to the team achieving the most points. Team Trophies will be awarded for 6 places based on combined team points.

Scoring will be as follows:

	1 st	2 nd	3 rd	4 th	5 th	6 th
Ind.	8	6	4	3	2	1
Rel.	16	12	8	6	4	2

No one team can capture more than 4 places (set of points) in any event.

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>

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

MISCELLANEOUS: The Upper Valley Aquatic Center and Upper Valley Aquatic Club 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://www.uvacswim.org/About_UVAC/directions.html

[Google maps link](#)

PARKING: There will be a free shuttle parking lot. The shuttle bus will also stop at the Ballardvale Dr. hotels. There will be a daily fee for parking at the Aquatic Center. Parking is not allowed on Arboretum Lane.

LODGING: The following hotels and motels are in the area.

Preferred Hotels: * These area hotels support the sport of swimming by offering special meet weekend rates and/or sponsoring of Upper Valley Aquatic Center events. Your patronage of these establishments is appreciated.

Hotel	Address	City/State	Phone
*Comfort Inn	56 Ralph Lehman Dr.	White River Junction, VT	802/295-3051
*Courtyard by Marriott	10 Morgan Dr.	Lebanon, NH	603/643-5600
*Fairfield Inn (was Comfort Suites)	102 Ballardvale Dr.	White River Junction, VT	802/291-9911
*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
*Hotel Coolidge	39 South Main St.	White River Junction, VT	802/295-3118
*Norwich Inn	325 Main St.	Norwich, VT	802/649-1143
*Quality Inn	5815 Woodstock Rd (Rte 4)	Quechee, VT	802/295-7600
*Residence Inn by Marriott	32 Centerra Parkway	Lebanon, NH	603/643-4511
*Super 8 Motel	442 North Hartland Rd (Rte 5)	White River Junction, VT	802/295-7577
*Trumbull House B&B	40 Etna Rd	Hanover, NH	800/651-5141
Other Area Hotels			
Baymont Inn (was Airport Inn)	Airport Rd	West Lebanon, NH	603/298-8888
Days Inn	Route 120	Lebanon, NH	603/448-5070
Fireside Inn & Suites	Airport Rd	West Lebanon, NH	603/298-5900

2016 Connecticut Valley Invitational

Morning Session

- | # | Event |
|----|----------------------------------|
| 1 | Girls 13-14 200 Freestyle |
| 2 | Boys 13-14 200 Freestyle |
| 3 | Girls 8 & Under 100 Medley Relay |
| 4 | Boys 8 & Under 100 Medley Relay |
| 5 | Girls 9-10 200 Medley Relay |
| 6 | Boys 9-10 200 Medley Relay |
| 7 | Girls 13-14 200 Medley Relay |
| 8 | Boys 13-14 200 Medley Relay |
| 9 | Girls 8 & Under 50 Freestyle |
| 10 | Boys 8 & Under 50 Freestyle |
| 11 | Girls 9-10 100 Freestyle |
| 12 | Boys 9-10 100 Freestyle |
| 13 | Girls 13-14 100 Freestyle |
| 14 | Boys 13-14 100 Freestyle |
| 15 | Girls 8 & Under 100 IM |
| 16 | Boys 8 & Under 100 IM |
| 17 | Girls 9-10 100 IM |
| 18 | Boys 9-10 100 IM |
| 19 | Girls 13-14 200 IM |
| 20 | Boys 13-14 200 IM |
| 21 | Girls 8 & Under 25 Butterfly |
| 22 | Boys 8 & Under 25 Butterfly |
| 23 | Girls 9-10 50 Butterfly |
| 24 | Boys 9-10 50 Butterfly |
| 25 | Girls 13-14 100 Butterfly |
| 26 | Boys 13-14 100 Butterfly |
| 27 | Girls 8 & Under 25 Backstroke |
| 28 | Boys 8 & Under 25 Backstroke |
| 29 | Girls 9-10 50 Backstroke |

Afternoon Session

- | # | Event |
|----|------------------------------|
| 51 | Girls 11-12 200 Freestyle |
| 52 | Boys 11-12 200 Freestyle |
| 53 | Girls 200 Freestyle |
| 54 | Boys 200 Freestyle |
| 55 | Girls 11-12 200 Medley Relay |
| 56 | Boys 11-12 200 Medley Relay |
| 57 | Girls 200 Medley Relay |
| 58 | Boys 200 Medley Relay |
| 59 | Girls 11-12 100 Freestyle |
| 60 | Boys 11-12 100 Freestyle |
| 61 | Girls 100 Freestyle |
| 62 | Boys 100 Freestyle |
| 63 | Girls 11-12 200 IM |
| 64 | Boys 11-12 200 IM |
| 65 | Girls 200 IM |
| 66 | Boys 200 IM |
| 67 | Girls 11-12 50 Butterfly |
| 68 | Boys 11-12 50 Butterfly |
| 69 | Girls 100 Butterfly |
| 70 | Boys 100 Butterfly |
| 71 | Girls 11-12 50 Backstroke |
| 72 | Boys 11-12 50 Backstroke |
| 73 | Girls 100 Backstroke |
| 74 | Boys 100 Backstroke |
| 75 | Girls 11-12 50 Freestyle |
| 76 | Boys 11-12 50 Freestyle |
| 77 | Girls 50 Freestyle |
| 78 | Boys 50 Freestyle |
| 79 | Girls 11-12 50 Breaststroke |

- 30 Boys 9-10 50 Backstroke
- 31 Girls 13-14 100 Backstroke
- 32 Boys 13-14 100 Backstroke
- 33 Girls 8 & Under 25 Freestyle
- 34 Boys 8 & Under 25 Freestyle
- 35 Girls 9-10 50 Freestyle
- 36 Boys 9-10 50 Freestyle
- 37 Girls 13-14 50 Freestyle
- 38 Boys 13-14 50 Freestyle
- 39 Girls 8 & Under 25 Breaststroke
- 40 Boys 8 & Under 25 Breaststroke
- 41 Girls 9-10 50 Breaststroke
- 42 Boys 9-10 50 Breaststroke
- 43 Girls 13-14 100 Breaststroke
- 44 Boys 13-14 100 Breaststroke
- 45 Girls 8 & Under 100 Freestyle Relay
- 46 Boys 8 & Under 100 Freestyle Relay
- 47 Girls 9-10 200 Freestyle Relay
- 48 Boys 9-10 200 Freestyle Relay
- 49 Girls 13-14 200 Freestyle Relay
- 50 Boys 13-14 200 Freestyle Relay
- 80 Boys 11-12 50 Breaststroke
- 81 Girls 100 Breaststroke
- 82 Boys 100 Breaststroke
- 83 Girls 11-12 200 Freestyle Relay
- 84 Boys 11-12 200 Freestyle Relay
- 85 Girls 200 Freestyle Relay
- 86 Boys 200 Freestyle Relay

Upper Valley Aquatic Club
2016 Connecticut Valley Invitational Meet
Upper Valley Aquatic Center, White River Junction, VT
January 24th, 2016

CONTACT INFORMATION

Team Name: _____ Abbreviation: _____
Deck Coach: _____ Phone: _____ Email: _____
Entries Contact: _____ Phone: _____ Email: _____

ENTRY FEES

_____ Individual Electronic Entries	@ \$5.00	=	\$ _____
_____ Individual Non-Electronic Entries	@ \$5.50	=	\$ _____
_____ Relay Events Electronic Entries	@ \$20.00	=	\$ _____
_____ Relay Events Non-Electronic Entries	@ \$22.00	=	\$ _____
			Total: \$ _____

Make check payable to: Upper Valley Aquatic Club

Mail entries and check to:
Brian Dirrane
PO Box 453 .
Rumney, NH 03266
(603) 786-9293 (home)

Entry Deadline: January 12th, 2016
*For e-mailed entries, this form and payment
must be received within four business days
of your entry e-mail.*

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, Upper Valley Aquatic Club, and the Upper Valley Aquatic Center for any and all injuries suffered by him/her at said meet.

Signature of Authorized Team Official

Date