

Upper Valley Aquatic Club
2017 Connecticut Valley Invitational Meet
Upper Valley Aquatic Center, White River Junction, VT
Saturday, January 28th, 2017
Sanctioned by New England Swimming NE17-0128-2NC TT

Entry Chair	Brian Dirrane	(603) 481-0018	swimteam@uvacswim.org
Referee	Dave Travers	(413) 320-7953	dktravers@comcast.net
Meet Director/Admin Official	Mary Gentry	(802) 369-9289	uvac.entries@gmail.com
Safety Monitor	Brian Dirrane	(603) 481-0018	swimteam@uvacswim.org

SESSIONS

	<u>Warm-up</u>	<u>Meet</u>
Saturday Morning, January 28 th	8:00 AM	9:00 AM
Saturday Afternoon, January 28 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. All events will be swum slow to fast. No events will be swim with more than one swimmer 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 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).

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.

RESERVE THE RIGHT TO MAKE CHANGES: Once a meet is sanctioned, changes can be made to the meet invitation before the meet, only with the approval of the Technical Chair, Laura Matuszak. Any change to the meet format after the meet begins will be at the discretion of the Meet Referee, and will be presented to the coaches at a coaches meeting.

MEET COMMITTEE/JURY: The meet jury will be made up of one official, one coach, and one athlete to be selected by the Meet Referee who will present issues and moderate the jury but not vote. The three members

shall be from separate teams. The meet jury 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

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.

ELIGIBILITY All swimmers must be 2017 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

REGISTRATIONS: All swimmers must be registered (includes proof of age and payment) with USA Swimming before 11:59 PM on the Tuesday before the start of the meet. Any swimmer who has entered a meet and does not register by 11:59 PM on the Tuesday 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.

DISABILITY SWIMMERS: 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 and meet director of any disability prior to competition.

EVENTS and SESSIONS: See attached list.

ENTRY INFORMATION:

First date of entry acceptance: Thursday, December 1, 2016 (any entry received before this date will be considered received December 1.

Final date of entry acceptance: Tuesday, January 12th 2017

Make checks payable to "Upper Valley Aquatic Club".

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

Brian Dirrane

Upper Valley Aquatic Center

PO Box 1198

White River Junction, VT 05001

Payment due date for all entries: January 14, 2017. 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, 2017.

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.

RELAYS: All relay swimmers must be officially entered into the meet.

TIME TRIALS: Time trials will be offered at the discretion of the Meet Director and the Meet Referee if time allows. Time trials are \$5.00 for individual events, and \$20.00 for relays.

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 three times needed.

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.

MEET MOBILE Meet Mobile will be functional for this meet. All users should be aware that MeetMobile publishes unverified raw data which cannot be relied upon until the official results have been published and posted in the facility.

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. .

OFFICIALS: If you know that you will be attending this meet, please email the meet referee and let him know your level of certification, team, and sessions you will be available. This is for pre-meet planning purposes only. All officials are welcome to work any number of sessions and walk-ons are always welcome. Check in and the Officials Meeting will be in the Meet Office on the pool deck starting at the beginning of warm-ups.

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: Current 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 New England Swimming office 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 Meet Referee or the Meet Director to be resolved.

USA Swimming and NE Swimming encourage all to report any witnessed or suspected forms of abuse/safe sport violations to the NE Swimming Safe Sport Chair, Anne Kaufman: anne.l.kaufman@gmail.com (857-928-3638) or through the [USA-S online reportable form](#).

PHOTOGRAPHY: PHOTOGRAPHERS ON DECK: As per New England Swimming policy, professional photographers contracted by Upper Valley Aquatic Club or press photographers who have been approved in advance by the Meet Director are allowed on deck. 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, including on deck. All NO CAMERA ZONES will be clearly designated. Email the Meet Director with questions and requests

DECK ACCESS: Only 2017 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.

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 banners will be awarded for 3 places based on combined team points.

Scoring will be as follows:

1st 2nd 3rd 4th 5th 6th

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 daily fee for parking at the Aquatic Center. Parking is not allowed on Arboretum Lane.

2017 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 |

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 |

- 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
- 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
- 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
- 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

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2017 Connecticut Valley Invitational Meet
Upper Valley Aquatic Center, White River Junction, VT
January 28th, 2017

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, 2017
*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