



UVAC Connecticut Valley Invitational Meet

Upper Valley Aquatic Center, White River Junction, VT

January 21, 2018

Held under the sanction of USA Swimming/New England # NE18

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

IMPORTANT DEADLINES:

First date of entry: December 10th, 2017

Final date of entry: January 2nd, 2018

Payment deadline: January 9th, 2018

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 that 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.uvac-swim.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/50 METER EVENTS: 25-yard events will start at the starting block end of the pool and finish at the turn end with manual timers using three watches, or two watches and one button.

CUT PROTOCOL: If the meet is over-subscribed, the Meet Director reserves the right to limit events, heats, swimmers or adjust the format to conform to the 4-hour rule the following using the below cut protocols:

(a.) Teams may be asked to cut relay events.

(b.) Entries may be cut by time proportion of team entries for distance events.

Clubs will be notified of cuts no later than Monday before the meet

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, Bob Menck. 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.

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 a decision of the Meet Director and the Meet Referee. If weather requires the cancellation of any finals session, the results of the preliminary session will be the final order.

ELIGIBILITY: All swimmers must be current 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. 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

SWIMWEAR: Per New England Swimming policy, swimmers 10 years old and younger are not allowed to wear "Tech" suits at this meet. The age of the swimmer is determined on the first day of the meet.

REGISTRATIONS: All swimmers and coaches must be registered (includes proof of age and payment) with USA Swimming before 5:00 pm on the Thursday before the first day of the start of the meet. New England teams are required to check their entries with the online registration check tool on the New England Swimming web site to verify registration status.

FALSE REGISTRATIONS: If a swimmer who is not properly registered with USA Swimming competes in a sanctioned competition, the host LSC will impose a fine of up to \$100.00 per event against the individual, member coach or a member club submitting a meet the entry.

DECK REGISTRATIONS: Will not be accepted

DECK ACCESS: Only current 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 proof of their valid USA Swimming registration when asked. Deck Pass is an acceptable proof of

membership. Individuals without proof of a valid membership in USA Swimming will be removed from the pool deck, and will be subject to a fine by New England Swimming.

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 POLICY: Entry is limited to invitees of the Upper Valley Aquatic Club

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

ENTRY INFORMATION:

First date of entry acceptance: December 10th 2017

Final date of entry acceptance: January 2nd 2018

Make checks payable to the 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 9th 2018 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.

Entries will be acknowledged within 24 hours. If you do not receive acknowledgement you should **not** consider your entry received and begin alternate contact efforts.

Any team that fails to send payment, cover page and waiver form, by the payment due date can be scratched from the meet at the discretion of the Entry Chair.

Any team who has not paid their meet fees by the start of the meet will be assessed a \$100 fine. If no payment is received after 30 days, the fine is doubled. This fine is payable to the Upper Valley Aquatic Club. Late payments of entry fees may result in future exclusion from meets hosted by our club

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.

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.

ELECTRONIC ENTRIES: Electronic entries (such as from Hy-Tek Team Manager 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 9, 2018.

ENTRY TIME UPDATES: Entry times may be updated until the Monday 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 swimteam@uvacswim.org Entry time updates must be sent as Hy-Tek format CL2 files with updated times. (New entries will be automatically excluded.)

ENTRY TIMES: All entry times must be entered in the specified meet course. (Coach's times should be used instead of NT's)

RELAYS: Relays will be limited to 4 relays per team per event. All relay swimmers must be officially entered into the meet. Unattached swimmers may not participate in any relays.

TIME TRIALS: Time trials will be offered at the discretion of the Meet Director and the Meet Referee if time allows. Time trials are \$10.00 for individual events, and \$40.00 for relays.

LEGAL SPLITS: Legal splits (including relay lead-offs) must be requested by a coach, before the event, using a legal split form (available from the Clerk of Course) and the requesting party must supply an additional timer(s) on the lane for the split, if necessary, to meet the USA-S requirement.

ADMISSION: \$2.00 per session

PROGRAMS: \$3.00

MEET MOBILE: Meet Mobile will be functional for this meet, (dependent upon satisfactory internet access) All users should be aware that Meet Mobile publishes unverified raw data that may not always be accurate.

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.

WARM-UPS: 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 may be available during the meet for warm-up and warm-down.

SAFETY:

- 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

- No shaving is permitted at the competition site.
- No glass containers are permitted within the facility.
- 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.
- 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.
- Deck changes are 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.

DRONES Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach areas, spectator areas and open ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present. Exceptions may be granted with prior written approval by the Vice President of Program Operations.

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: nesafesport@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

AWARDS: Ribbons will be awarded to the top eight finishers in each individual event, and top three finishers in each relay event

SCORING: Individual: 9-7-6-5-4-3-2-1 Relays: 18-14-12-10-8-6-4-2

FOOD: The lobby cafe will be in operation for the duration of the meet.

EQUIPMENT VENDOR: none

MISCELLANEOUS: Upper Valley Aquatic Club and the Upper Valley Aquatic Center 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. <https://uvacswim.org/hours-directions/>

- 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.

PARKING: There will be a daily fee for parking at the Aquatic Center.

Upper Valley Aquatic Club
2018 Connecticut Valley Invitational Meet

Upper Valley Aquatic Center, White River Junction, VT
January 21st, 2018

CONTACT INFORMATION

Team Name: _____ Abbreviation: _____

Deck Coach: _____ Phone: _____ Email: _____

Entries Contact: _____ Phone: _____ Email: _____

Unattached Swimmers _____

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 1198 .

White River Junction, VT 05001

(Physical address 100 Arboretum Lane, WRJ, VT 05001 for non-USPS deliveries)

Entry Deadline: January 2nd, 2018

*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

2018 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
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

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
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