



## UVAC Connecticut Valley Invitational Meet

Upper Valley Aquatic Center, White River Junction, VT

January 27, 2019

*Held under the sanction of USA Swimming/New England # NE19-0127UVAC*

|                           |                 |                        |              |
|---------------------------|-----------------|------------------------|--------------|
| <b>Meet Director</b>      | Brian Dirrane   | swimteam@uvacswim.org  | 603-481-0018 |
| <b>Meet Referee:</b>      | David Travers   | dktravers@comcast.net  | 413-320-7953 |
| <b>Entry Chairperson:</b> | Mary Gentry     | uvac.entries@gmail.com | 802-369-9289 |
| <b>Admin Official:</b>    | Mary Gentry     | uvac.entries@gmail.com | 802-369-9289 |
| <b>Safety Monitor</b>     | Forrest Pollard | fpollard@uvacswim.org  | 603-481-0018 |

### IMPORTANT DEADLINES:

First date of entry: December 19, 2018

Final date of entry: January 15, 2019

Payment deadline: January 15, 2019

**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 swim with more than one swimmer per lane.

**DISTANCE EVENTS:** The 500 Free will be swum fast to slow. The 500 free will be limited to 3 heats. Swimmers must provide their own timers for events 400 yards or longer.

**SITE:** The Upper Valley Aquatic Center ([www.uvacswim.org](http://www.uvacswim.org)) competition pool is an 11 lane, 25-yard pool with 7-foot-wide lanes and non-turbulent lane lines. The timing system includes a fully-automatic Colorado Timing System with touchpads at the finish end of the pool and an alphanumeric display scoreboard. There are no touchpads at the turn end of the pool. The start end of the pool is 7 feet deep, the turn end of the pool is 9 feet deep. 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.) Spectator seating is for 400. 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. The pool is located at 100 Arboretum Lane, White River Junction, VT 05001. Directions may be found later in this document. The competition course has been certified in accordance with 104.2.2C(4). [The copy of such certification is on file with USA Swimming.]

**COURSE:** Short course yards (25 yards)

**25-YARD EVENTS:** 25-yard events will start at the starting block end of the pool and finish at the turn end with manual timers using 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.

If deck scratches allow a reasonable time-line, the swimmers may be reinstated into those previously entered events. Clubs will be notified of cuts no later than Monday before 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 a decision of the Meet Director and the Meet Referee.

**ELIGIBILITY:** All swimmers must be current registered swimmers with United States Swimming. 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 any sanctioned or approved meet. The age of the swimmer is determined on the first day of the meet. A list of banned suits is found on [www.neswim.com](http://www.neswim.com) under ADMIN/Governance/Policies.

**REGISTRATIONS:** All swimmers 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. Coaches must be registered before the start of the meet.

**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 produce 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 of \$100 to the coach, and \$200 to the coach's club.

**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:** *First Come First Serve (FCFS)*

**ENTRY LIMITS:** Athletes may enter as many events as they choose, but may only compete in a maximum of 4 individual events and 1 medley relay and 1 free relay. Time trials count in the per day event count.

First date of entry acceptance: 12/19/18 (any entry received before this date will be considered received on 12/19/18)

Final date of entry acceptance: 01/15/19

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: 01/15/19. 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 48 hours of the first date of entry if they are accepted into the meet. *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 meet host. 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 all timed final individual events 200 yards and under.

\$10.00 for distance events (events 400 yards and over).

\$10.00 for time trials

Non-electronic entries: \$5.50 for individual \$10.50 for distance and \$25.00 for relays.

Swimmer Participation Fee is \$8.00 per swimmer

**NE Swimming Travel Fee of \$1.00 per swimmer** (to be included in the check and the host team will send to NE Swimming)

**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 [uvac.entries@gmail.com](mailto:uvac.entries@gmail.com). 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 01/15/19.

**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 [uvac.entries@gmail.com](mailto:uvac.entries@gmail.com). 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:**

- Use of Electronic Relay Judging Pads: Dual Human Confirmation of relay take off violations will be required at all New England Swimming meets. If Electronic Relay Judging pads are to be used at a meet, they will serve in the following capacity. Once a Dual Confirmation of a relay take off has been confirmed (Dual Human Confirmation), the Meet Referee or his/her designee shall request the RJP data. This data can only be used to support the disqualification or overturn the disqualification. In the event the RJP data is either missing or deemed invalid, the disqualification will stand. Electronic Relay Judging Pads will not be used at this meet.
- 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 computer table) 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:** \$3.00 per session

**HEAT SHEETS:** \$3.00 per session.

**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/her 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. Officials meetings will start 15 minutes into the start of each warm-up session and take place in the meet office on the pool deck.

**WARM-UPS:** The pool will open for warm-ups as designated on the event list, 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 times and lanes after all entries are received. At least two lanes will be available for warm-up and warm-down during each session.

**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](mailto:nesafesport@gmail.com) (857-928-3638) or through the [USA-S online reportable form](#).

**ON DECK PHOTOGRAPHY:** 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. 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.

**SCORING:** The meet will not be scored.

**FOOD:** A concession stand will be in operation for the duration of the meet, or there will be no concession stand, or a stand will be in operation as run by the facility

**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.

**MISCELLANEOUS:** New England Swimming and UVAC assume no responsibility for lost or stolen property. Pets of any kind are not permitted within the facility. 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.

**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 free shuttle parking lot. The shuttle bus will also stop at two of 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 and support UVAC.

| Hotel                  | Address              | City/State               | Phone        |
|------------------------|----------------------|--------------------------|--------------|
| Comfort Inn            | 56 Ralph Lehman Lane | White River Junction, VT | 844-257-8596 |
| Fairfield Inn & Suites | 102 Ballardvale Dr.  | White River Junction, VT | 802/291-9911 |
| Hampton Inn            | 104 Ballardvale Dr.  | White River Junction, VT | 802/296-2800 |
| Hanover Inn            | 2 South Main St.     | Hanover, NH              | 800/443-7024 |
| Norwich Inn            | 325 Main St.         | Norwich, VT              | 802/649-1143 |

## 2019 Connecticut Valley Invitational

### Morning Session

Warm-ups 8:00 Meet Start at 9:05

| Girls # | Event                         | Boys # |
|---------|-------------------------------|--------|
| 1       | 13-14 200 Freestyle           | 2      |
| 3       | 8 & Under 100 Medley Relay    | 4      |
| 5       | 9-10 200 Medley Relay         | 6      |
| 7       | 13-14 200 Medley Relay        | 8      |
| 9       | 8 & Under 50 Freestyle        | 10     |
| 11      | 9-10 100 Freestyle            | 12     |
| 13      | 13-14 100 Freestyle           | 14     |
| 15      | 8 & Under 100 IM              | 16     |
| 17      | 9-10 100 IM                   | 18     |
| 19      | 13-14 200 IM                  | 20     |
| 21      | 8 & Under 25 Butterfly        | 22     |
| 23      | 9-10 50 Butterfly             | 24     |
| 25      | 13-14 100 Butterfly           | 26     |
| 27      | 8 & Under 25 Backstroke       | 28     |
| 29      | 9-10 50 Backstroke            | 30     |
| 31      | 13-14 100 Backstroke          | 32     |
| 33      | 8 & Under 25 Freestyle        | 34     |
| 35      | 9-10 50 Freestyle             | 36     |
| 37      | 13-14 50 Freestyle            | 38     |
| 39      | 8 & Under 25 Breaststroke     | 40     |
| 41      | 9-10 50 Breaststroke          | 42     |
| 43      | 13-14 100 Breaststroke        | 44     |
| 45      | 8 & Under 100 Freestyle Relay | 46     |
| 47      | 9-10 200 Freestyle Relay      | 48     |
| 49      | 13-14 200 Freestyle Relay     | 50     |

### 500 Free Session

Warm-ups at 1:10 Meet Start at 1:25

| Girls # | Event                    | Boys # |
|---------|--------------------------|--------|
| 51      | Mixed Open 500 Freestyle | 51     |

### Afternoon Session

Warm-ups at 2:00 Meet Start at 3:05

| Girls # | Event                     | Boys # |
|---------|---------------------------|--------|
| 53      | 11-12 200 Freestyle       | 54     |
| 55      | Open 200 Freestyle        | 56     |
| 57      | 11-12 200 Medley Relay    | 58     |
| 59      | Open 200 Medley Relay     | 60     |
| 61      | 11-12 100 Freestyle       | 62     |
| 63      | Open 100 Freestyle        | 64     |
| 65      | 11-12 200 IM              | 66     |
| 67      | Open 200 IM               | 68     |
| 69      | 11-12 50 Butterfly        | 70     |
| 71      | Open 100 Butterfly        | 72     |
| 73      | 11-12 50 Backstroke       | 74     |
| 75      | Open 100 Backstroke       | 76     |
| 77      | 11-12 50 Freestyle        | 78     |
| 79      | Open 50 Freestyle         | 80     |
| 81      | 11-12 50 Breaststroke     | 82     |
| 83      | Open 100 Breaststroke     | 84     |
| 85      | 11-12 200 Freestyle Relay | 86     |
| 87      | Open 200 Freestyle Relay  | 88     |

Open events are limited to 11 and over except the Mixed 500 Free which is Open to 9 and over

**Upper Valley Aquatic Club**  
**2019 Connecticut Valley Invitational Meet**

Upper Valley Aquatic Center, White River Junction, VT  
January 27, 2019

CONTACT INFORMATION *(all fields required)*

Team Name: \_\_\_\_\_ Abbreviation: \_\_\_\_\_

Deck Coach: \_\_\_\_\_ Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Entries Contact: \_\_\_\_\_ Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Address: \_\_\_\_\_

Unattached Swimmers: \_\_\_\_\_

**ENTRY FEES** *(non-electronic add .50 per entry)*

\_\_\_\_ Individual Electronic Entries 200 yards and less @ \$5.00= \$ \_\_\_\_\_

\_\_\_\_ Individual Electronic Entries 400 yards and more @ \$10.00=\$ \_\_\_\_\_

\_\_\_\_ Relay Events Electronic Entries @ \$20.00 = \$ \_\_\_\_\_

\_\_\_\_ Swimmer Participation Fee: # athletes @ \$ 8.00 = \$ \_\_\_\_\_

\_\_\_\_ NE Travel Surcharge: # athletes @ \$1.00 each = \$ \_\_\_\_\_

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 15, 2019

*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