

New Hampshire Swim Association

2020 State Championships

Upper Valley Aquatic Center, White River Junction, VT

March 20-22, 2020

Held under the sanction of USA Swimming/New England #NE20-0320UVAC

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 Director/Committee Chair	Steve VanDerBeken	(603) 533-3554	svanderbek@aol.com
Entry Chair/Admin Official	Mary Gentry	(802) 369-9289	uvac.entries@gmail.com
Safety Monitor	Forrest Pollard	(603) 786-9293	fpollard@uvacswim.org
Referee	Dave Travers	(413) 320-7953	dktravers@comcast.net

	<u>Warm-up</u>	<u>Meet</u>
Friday March 20: 11 & Overs longer events	4:30 PM	5:35 PM
Saturday March 21		
Morning: 13 and 14 Girls and Boys	8:00 AM	9:05 AM
Bonus Events: 200s of stroke, 400 IM (\$5/event)	12:00 PM	12:30 PM
Afternoon: 15-19 Girls and Boys	1:40 PM	2:40 PM
Includes the Senior Ceremony at start of meet		
Sunday March 22		
Morning: 8 & Under Girls and Boys, 11-12 Girls	8:00 AM	9:05 AM
Afternoon: 9-10 Girls and Boys, 11-12 Boys	12:30 PM	1:35 PM
Includes final team scores		

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

IMPORTANT DEADLINES:

Final date of entry: Wednesday, March 11

Payment deadline: Friday, March 20

Time updates after Silvers: Monday, March 16

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 Frees will be swum slow to fast. Team timing assignments on Friday will continue through the 500 frees. Swimmers must provide their own timers for the Saturday bonus events.

SITE: The Upper Valley Aquatic Center (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, NHSA 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.

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.

MEET COMMITTEE: The meet committee will be made up of the Meet Director, Meet Referee, Steve VanDerBeken, John DiCaprio, 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.

ENTRY POLICY: Teams that are members of the New Hampshire Swim Association are eligible to participate in this meet. Unattached swimmers may only participate in the meet if they are associated with one of the participating teams (recent transfer in or out of the team). Unattached swimmers will not score points and cannot participate in relays.

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.) Bonus events will be cut
- (b.) Teams may be asked to cut relay events

If deck scratches allow a reasonable time-line, the swimmers may be reinstated into those previously entered events. Teams 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 qualified under Article V of the revised [NHSA](#) Bylaws (2015) and must be current 2020 registered swimmers with United States Swimming. 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 **age 12** 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 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 and up-to-date on certifications 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 INFORMATION:

First date of entry acceptance: 02/11/20

Final date of entry acceptance: 03/11/20

Make checks payable to "NHSA".

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

Scott Ellis

Upper Valley Aquatic Center

PO Box 1198

White River Junction, VT 05001

Payment due date for all entries: 03/20/20. 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 please try submitting your entries again.*

All unattached swimmers must be declared as unattached, on the entry cover sheet, before the meet begins.

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 NHSA. Late payment 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 LIMITS: Athletes may enter and swim in a maximum of 3 individual events, 1 medley relay, and 1 free relay. (see next section about Bonus Events)

BONUS (Exhibition) EVENTS: 13-14 and 15-19 year old 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 Exhibition Events with an "Exh". 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.

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

ENTRY FEES: \$25.00/swimmer including relay only swimmers. Saturday mid day bonus events are \$5/entry. Make check payable to NHSA.

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. 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: Friday, March 20.

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.

ENTRY TIME UPDATES: Entry time updates from Silvers may be submitted until 9:00 PM Monday March 16. No other changes are allowed to the entries submitted March 11. Entry time updates should be sent via email to the entry chairperson at uvac.entries@gmail.com. Entry time updates must be sent as Hy-Tek format CL2 files with updated times.

RELAYS: Swimmers may participate in one medley relay and one free relay. Notice that in the events file there is overlap in the relay age groups for teams to have a broader group of swimmers eligible for a particular relay. E.g., there are 11-14 relays in the 13-14 age group session and 13-19 relays in the 15-19 session. (Similar to allowing 13-14 swimmers to age up and participate in a 15-19 relay.) 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 (if different than what is submitted with entries). Each team is allowed an unlimited number of relay entries in an event but only the top two can score points and receive awards.

- 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.
- All relay swimmers must be officially entered into the meet.
- Unattached swimmers may not participate in any relays.

TIME TRIALS: Time permitting, time trials will be offered immediately after each regular session. Time Trial swimmers must be USA Swimming registered swimmer with a NHSA participating team. Swimmers must provide their own timers. The fee is \$10 for individual events and \$40 for relays. No swimmer is allowed to swim more than six individual events a day including bonus events and time trials.

LEGAL SPLITS: Legal splits (including relay lead-offs) must be requested before the event, by a coach, using a legal split form (available from the Control 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.(1 timer with a pad, 3 timers when no pad) When this form is submitted for relay take offs, it will be used to verify a time that is in question. It can also be used to verify and record a lead off split in an event that does not automatically go into SWIMS.

ADMISSION: Admission is free.

HEAT SHEETS: Heat sheets will be available for \$3.00 per session.

MEET MOBILE: Meet mobile will be functional for this meet. All users should be aware that Meet Mobile publishes unverified raw data which cannot be relied upon until the official results have been published and posted in the facility. The Meet Mobile has an annual or monthly fee to download.

OFFICIALS: If you know that you will be attending this meet email the Meet Referee (dktravers@comcast.net) 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. Officials meetings will be at least 30 minutes prior to the start of a 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:

- 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 PHOTOGRAPHY ZONE.
- Deck changes are prohibited.

RULES: Current USA Swimming rules and the Minor Athlete Protection Abuse Policy (MAAPP) 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 the Meet Referee or Meet Director. 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](#).

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 PHOTOGRAPHY ZONE, including on deck. All NO PHOTOGRAPHY ZONES will be clearly designated. Email the Meet Director with questions and requests.

TEAM WORK ASSIGNMENTS: Team work assignments will be distributed to all teams by end of day Tuesday before the meet.

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.

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

RESULTS: Results will be posted on deck and in the spectator area throughout the meet. Results will also be posted on the MeetMobile app. The meet name is NHSA State Championships 2020.

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

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

MISCELLANEOUS: New England Swimming, 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. <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
Hotel Coolidge	39 South Main St.	White River Junction, VT	800/622-1124

NHSA 2020 State Championships - March 20-22, 2020

Friday and Saturday Events

Warm-up Times and Session Times are Subject to Change Once All Entries are Submitted

Friday Evening

Warm-ups: 4:30 PM, Meet: 5:35 PM

- 1 Girls 11-12 200 IM
- 2 Boys 11-12 200 IM
- 3 Girls 13-14 200 IM
- 4 Boys 13-14 200 IM
- 5 Girls 15-19 200 IM
- 6 Boys 15-19 200 IM
- 7 Girls 11-12 200 Freestyle
- 8 Boys 11-12 200 Freestyle
- 9 Girls 13-14 500 Freestyle
- 10 Boys 13-14 500 Freestyle
- 11 Girls 15-19 500 Freestyle
- 12 Boys 15-19 500 Freestyle

Saturday Morning

13 and 14 Girls and Boys

Warm-ups: 8:00 AM, Meet: 9:05 AM

- 13 Girls 11-14 200 Medley Relay
- 14 Boys 11-14 200 Medley Relay
- 15 Girls 13-14 200 Freestyle
- 16 Boys 13-14 200 Freestyle
- 17 Girls 13-14 50 Freestyle
- 18 Boys 13-14 50 Freestyle
- 19 Girls 13-14 100 Backstroke
- 20 Boys 13-14 100 Backstroke
- 5 minute break
- 21 Girls 13-14 100 Butterfly
- 22 Boys 13-14 100 Butterfly
- 23 Girls 13-14 100 Freestyle
- 24 Boys 13-14 100 Freestyle
- 25 Girls 13-14 100 Breaststroke
- 26 Boys 13-14 100 Breaststroke
- 27 Girls 11-14 200 Freestyle Relay
- 28 Boys 11-14 200 Freestyle Relay

Saturday Bonus Distance Events (not scored)

13-19 Girls and Boys

Warm-ups: 12:00 PM, Meet: 12:30 PM

- 29 Mixed 200 Backstroke
- 30 Mixed 200 Breaststroke
- 31 Mixed 200 Butterfly
- 32 Mixed 400 IM

Saturday Afternoon

15-19 Girls and Boys

Warm-ups: 1:40 PM, Meet: 2:40 PM

- Senior Recognition
- 33 Girls 13-19 200 Medley Relay
- 34 Boys 13-19 200 Medley Relay
- 35 Girls 15-19 200 Freestyle
- 36 Boys 15-19 200 Freestyle
- 37 Girls 15-19 50 Freestyle
- 38 Boys 15-19 50 Freestyle
- 39 Girls 15-19 100 Backstroke
- 40 Boys 15-19 100 Backstroke
- 5 minute break
- 41 Girls 15-19 100 Butterfly
- 42 Boys 15-19 100 Butterfly
- 43 Girls 15-19 100 Freestyle
- 44 Boys 15-19 100 Freestyle
- 45 Girls 15-19 100 Breaststroke
- 46 Boys 15-19 100 Breaststroke
- 47 Girls 13-19 200 Freestyle Relay
- 48 Boys 13-19 200 Freestyle Relay

15-19 individual events are swum with combined ages but are scored as 15-16 and 17-19

NHSA 2019 State Championships - March 20-22, 2020

Sunday Events

Warm-up Times and Session Times are Subject to Change Once All Entries are Submitted

Sunday Morning

8&Under Girls and Boys, 11-12 Girls

Warm-ups: 8:00AM, Meet 9:05 AM

- 49 Girls 8 & Under 100 Medley Relay
- 50 Boys 8 & Under 100 Medley Relay
- 51 Girls 9-12 200 Medley Relay
- 52 Girls 8 & Under 25 Freestyle
- 53 Boys 8 & Under 25 Freestyle
- 54 Girls 11-12 50 Freestyle
- 55 Girls 8 & Under 100 IM
- 56 Boys 8 & Under 100 IM
- 57 Girls 8 & Under 25 Backstroke
- 58 Boys 8 & Under 25 Backstroke
- 59 Girls 11-12 50 Backstroke
- 60 Girls 8 & Under 25 Butterfly
- 61 Boys 8 & Under 25 Butterfly
- 62 Girls 11-12 50 Butterfly
- 63 Girls 8 & Under 50 Freestyle
- 64 Boys 8 & Under 50 Freestyle
- 65 Girls 11-12 100 Freestyle
- 66 Girls 8 & Under 25 Breaststroke
- 67 Boys 8 & Under 25 Breaststroke
- 68 Girls 11-12 50 Breaststroke
- 69 Girls 8 & Under 100 Freestyle Relay
- 70 Boys 8 & Under 100 Freestyle Relay
- 71 Girls 9-12 200 Freestyle Relay

Sunday Afternoon

9-10 Girls and Boys, 11-12 Boys

Warm-ups: 12:30 PM, Meet 1:35 PM

- 72 Girls 10&Under 200 Medley Relay
- 73 Boys 10&Under 200 Medley Relay
- 74 Boys 9-12 200 Medley Relay
- 75 Girls 9-10 50 Freestyle
- 76 Boys 9-10 50 Freestyle
- 77 Boys 11-12 50 Freestyle
- 78 Girls 9-10 100 IM
- 79 Boys 9-10 100 IM
- 80 Boys 11-12 50 Backstroke
- 81 Girls 9-10 50 Backstroke
- 82 Boys 9-10 50 Backstroke
- 83 Boys 11-12 50 Butterfly
- 84 Girls 9-10 50 Butterfly
- 85 Boys 9-10 50 Butterfly
- 86 Boys 11-12 100 Freestyle
- 87 Girls 9-10 100 Freestyle
- 88 Boys 9-10 100 Freestyle
- 89 Boys 11-12 50 Breaststroke
- 90 Girls 9-10 50 Breaststroke
- 91 Boys 9-10 50 Breaststroke
- 92 Boys 9-12 200 Freestyle Relay
- 93 Girls 10&Under 200 Freestyle Relay
- 94 Boys 10&Under 200 Freestyle Relay

Note that relays are listed as four year age groups. That is to accommodate the appropriate two year age group but also allow for younger swimmers to be included in the relay. A swimmer may only swim in one medley relay and one free relay during the meet, regardless of age group.

NHSA State Championships 2020

Hosted by Upper Valley Aquatic Club
Upper Valley Aquatic Center, White River Junction, Vermont
March 20-22, 2020

CONTACT INFORMATION

Team Name: _____ Abbreviation: _____

Deck Coach: _____ Phone: _____ Email: _____

Entries Contact: _____ Phone: _____ Email: _____

Unattached Swimmers: _____

ENTRY FEES

_____ Number of Swimmers	@ \$25.00	=	\$ _____
_____ Bonus Event Entries	@ \$5.00	=	\$ _____
	Total	=	\$ _____

Make check payable to: NHSA **Check your fees. TeamUnify may try to assign all events \$5 rather than just the Saturday mid-day bonus events.**

Swimmer entries are due 03/11/20

This signed waiver and entry fees are due 03/20/20

Mail waiver form and check to:

Scott Ellis

Upper Valley Aquatic Center

PO Box 1198

White River Junction, VT 05001

(802) 296-2850 (physical address 100 Arboretum Lane, WRJ, VT 05001 for non-USPS deliveries)

*For e-mailed entries, this form and payment
must be received by **Friday, March 20, 2020***

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