



## New Hampshire Swim Association State Championships

*Upper Valley Aquatic Center, White River Junction, Vermont*

March 17-18, 2023

Held under the sanction of USA Swimming/New England: NE23-0317UVAC



<b>Meet Director</b>	Steve VanDerBeken	<a href="mailto:svanderbek@aol.com">svanderbek@aol.com</a>	603-533-3554
<b>Meet Referee</b>	Laura Lewis	<a href="mailto:laura@thelewisfamily.net">laura@thelewisfamily.net</a>	802-299-7330
<b>Entry Chair</b>	Mary Gentry	<a href="mailto:uvac.entries@gmail.com">uvac.entries@gmail.com</a>	802-369-9289
<b>Admin Official</b>	Mary Gentry	uvac.entries@gmail.com	802-369-9289
<b>Safety Monitor</b>	Scott Ellis	<a href="mailto:sellis@uvacswim.org">sellis@uvacswim.org</a>	802-296-2850

### SESSIONS: Revised afternoon start times

	<b>Friday Evening</b> 200 IMs, Distance Frees	<b>Saturday Morning</b> All 10 & Unders, 11-12 Boys, 13-14 Boys	<b>Saturday Afternoon</b> 11-12 Girls, 13-14 Girls, All 15-19s Senior Ceremony
<b>Warm-up</b>	4:30	8:20	2:50
<b>Senior Ceremony</b>			3:50
<b>Meet Start time</b>	5:30	9:25	4:10

The Meet Director, with the concurrence of the Meet Referee, reserves the right to modify session times once entries are received. **Any updated session times received from the meet host will be reflected on the <http://www.nhsaswim.org/> 2023 State Meet page and the EVENT page of the neswim.com website.**

<b>WAIVERS:</b>	<ul style="list-style-type: none"> <li>• BY ATTENDING OR PARTICIPATING IN THIS COMPETITION, YOU VOLUNTARILY ASSUME ALL RISKS ASSOCIATED WITH EXPOSURE TO COVID-19 AND FOREVER RELEASE AND HOLD HARMLESS USA SWIMMING AND NEW ENGLAND SWIMMING AND EACH OF THEIR OFFICERS, DIRECTORS, AGENTS, EMPLOYEES OR OTHER REPRESENTATIVES FROM ANY AND ALL LIABILITY OR CLAIMS FOR PERSONAL INJURIES, DEATH, DISEASE OR PROPERTY LOSSES, OR ANY OTHER LOSS INCLUDING BUT NOT LIMITED TO CLAIMS OF NEGLIGENCE AND GIVE UP ANY CLAIMS YOU MAY HAVE TO SEEK DAMAGES, WHETHER KNOWN OR UNKNOWN, FORESEEN, OR UNFORESEEN, IN CONNECTION THEREWITH.</li> <li>• <i>Upper Valley Aquatic Club has taken enhanced health and safety measures for all attending this event however we cannot guarantee you that you will not become infected with COVID-19. You must follow all posted instructions while visiting the Upper Valley Aquatic Center. An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. According to the Centers for Disease Control and Prevention, senior citizens and individuals with underlying medical conditions are especially vulnerable. By attending this meet, you acknowledge the</i></li> </ul>
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	<p><i>contagious nature of COVID-19 and voluntarily assume all risks related to exposure to COVID-19.</i></p> <ul style="list-style-type: none"> <li>• In order to provide parents/guardians who are outside of the facility the ability to view their athletes' events, this meet may be video-streamed following all MAAPP guidelines. By attending or participating in this competition, you acknowledge and grant permission to be included in the video-streaming.</li> </ul>
<b>COVID RULES</b>	No COVID specific protocols or rules
<b>IMPORTANT DEADLINES</b>	<p>First date of entry: 02/07/23  Final date of entry: 03/07/23  Time Updates only: 03/13/23  Payment deadline: 03/18/23</p>
<b>SITE</b>	<p>The Upper Valley Aquatic Center (<a href="http://www.uvacswim.org">www.uvacswim.org</a>) 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 TimingSystem 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. No more than eight lanes will be used for competition. Two lanes will be available for warm-up/warm-down during the meet. The pool is located at 100 Arboretum Lane, White River Junction, VT 05001. Directions may be found later in this document.</p> <p>The competition course has been certified in accordance with 104.2.2C(4). [The copy of such certification is on file with USA Swimming.]</p>
<b>FORMAT:</b>	<ul style="list-style-type: none"> <li>• The meet will be swum as timed finals. The sessions will be seeded during warm-ups. Heat sheets will be given to coaches and posted on the pool deck.</li> <li>• DISTANCE EVENTS: will be seeded slow to fast.</li> <li>• No events will swim with more than one swimmer per lane.</li> <li>• Teams will be assigned jobs for all timing and other requirements. See <a href="http://www.nhsaswim.org/">http://www.nhsaswim.org/</a> for more meet specifics and assignments.</li> </ul>
<b>SCRATCHES</b>	Scratches will be collected before the meet and up until 20 minutes within the first warm-ups. Session will be seeded after scratches are received.
<b>COURSE</b>	SCY
<b>ELIGIBILITY</b>	<ul style="list-style-type: none"> <li>• All swimmers must be currently registered as athlete members of United States Swimming before 5:00 pm on the day before the first day of the meet. New England swimmers must have a proof of age on file by the above deadline in order to compete</li> <li>• Age is determined by the age of the swimmer on the first day of the meet.</li> <li>• 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 without the use of the backstroke ledge. 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.</li> <li>• New England teams are required to check their entries with the online registration check tool on the New England Swimming website to verify registration status. Coaches must be registered before the start of the meet.</li> <li>• 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 the entry.</li> <li>• Deck registrations will NOT be accepted.</li> </ul>
<b>DISABILITY SWIMMERS</b>	<ul style="list-style-type: none"> <li>• Athletes with a disability are welcome and shall provide advance notice of desired accommodations to the Meet Director.</li> </ul>

	<ul style="list-style-type: none"> <li>The athlete (or the athlete's coach) is also responsible for notifying the session referee of any disability prior to the competition.</li> </ul>
<b>ENTRY POLICY</b>	<p>NHSA teams only</p> <p>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.</p>
<b>CUT PROTOCOL</b>	<p>If a session 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 using the following cut protocols in any order deemed necessary:</p> <p>(a.) Bonus events will be cut</p> <p>(b.) Teams may be asked to cut the number of relays within an event.</p>
<b>ENTRIES</b>	<ul style="list-style-type: none"> <li>Electronic entries should be emailed as an attachment to the entry chairperson. Please check that your team's 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: Saturday March 18. Failure to pay entry fees by this deadline could result in teams being barred from the meet.</li> <li>Mail completed signed entry cover page and waiver, and payment to Scott Ellis: <ul style="list-style-type: none"> <li>Scott Ellis</li> <li>Upper Valley Aquatic Center</li> <li>PO Box 1198</li> <li>White River Junction, VT 05001</li> <li>(Physical address is 100 Arboretum Lane, White River Junction VT 05001 for non-USPS deliveries)</li> </ul> </li> <li>Any team that fails to send payment, cover page and waiver form, by the entry due date may be scratched from the meet and may be assessed a \$100 fine at the discretion of the Entry Chairperson. If no payment is received after 30 days, the fine is doubled. This fine is payable to the New Hampshire Swim Association. Late payment of entry fees may result in future exclusion from meets hosted by our club.</li> <li><b>IMPORTANT:</b> If payment is sent via Express Mail/FedEx/Airborne/UPS/etc., please ensure that a signature is NOT required for delivery.</li> <li>Entries will be acknowledged within 48 hours of the first date of entry if they are accepted into the meet. <i>Your entry is considered received only if you receive an acknowledgement.</i></li> <li>All unattached swimmers must be declared as unattached, on the entry cover sheet, before the meet begins.</li> <li>All entry times must be entered in the specified meet course. (Coach's times should be used instead of NT's)</li> <li>Athletes may enter and swim in a maximum of 3 individual events, 1 medley relay, and 1 free relay. (see next sections about Bonus Events and Relays)</li> <li><b>ENTRY TIME UPDATES:</b> 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 <a href="mailto:uvac.entries@gmail.com">uvac.entries@gmail.com</a>. Entry time updates must be sent as Hy-Tek format CL2 files with updated times.</li> <li>No deck entries will be accepted.</li> </ul>
<b>BONUS (exhibition) EVENTS</b>	<p>11-12, 13-14, and 15-19 year old swimmers will be allowed to swim one bonus event. 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. Bonus events are optional.</p>
<b>RELAYS</b>	<p>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.)</p> <ul style="list-style-type: none"> <li>Dual Human Confirmation of relay take off violations will be required at all New England Swimming meets.</li> </ul>

	<ul style="list-style-type: none"> <li>• Each team is allowed an unlimited number of relay entries in an event but only the top two can score points and receive awards.</li> <li>• 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).</li> <li>• All relay swimmers must be officially entered into the meet.</li> <li>• Unattached swimmers may not participate in any relays.</li> </ul>																																																			
<b>TIME TRIALS</b>	Time trials will be offered at the discretion of the Meet Director and the Meet Referee if time allows.																																																			
<b>FEES</b>	<p>\$40.00 per swimmer including relay only swimmers. This includes fees for events, relays, swimmer participation and NES Travel Fee.</p> <p>\$10.00 for time trials</p> <p>Non-electronic entries: \$42.00 per swimmer.</p> <p>Make check payable to <b>NHSA</b>.</p>																																																			
<b>ADMISSIONS</b>	<ul style="list-style-type: none"> <li>• No charge for admission</li> <li>• Heat sheets \$3 per session</li> </ul>																																																			
<b>MEET MOBILE</b>	<b>MEET MOBILE:</b> 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. Meet name is 2023 NHSA State Championships.																																																			
<b>WARM-UP</b>	<p>The pool will open for warm-ups 60 minutes before the start of each session as designated on the event list. Teams will have assigned warm-up lanes for 20 minutes. 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 for warm-up/warm-down during the meet.</p> <p><b>See "Safety" for Warm-up safety guidelines.</b></p>																																																			
<b>AWARDS</b>	Swimmers will be given medals for 1 <sup>st</sup> through 8 <sup>th</sup> place in individual and 1 <sup>st</sup> through 3 <sup>rd</sup> for relay events. Ribbons will be awarded for 9 <sup>th</sup> through 16 <sup>th</sup> places in individual events and 4 <sup>th</sup> through 8 <sup>th</sup> 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 teams.																																																			
<b>SCORING</b>	<p>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.</p> <table border="1"> <tr> <td>Place</td> <td>1</td> <td>2</td> <td>3</td> <td>4</td> <td>5</td> <td>6</td> <td>7</td> <td>8</td> <td>9</td> <td>10</td> <td>11</td> <td>12</td> <td>13</td> <td>14</td> <td>15</td> <td>16</td> </tr> <tr> <td>Individual</td> <td>20</td> <td>17</td> <td>16</td> <td>15</td> <td>14</td> <td>13</td> <td>12</td> <td>11</td> <td>9</td> <td>7</td> <td>6</td> <td>5</td> <td>4</td> <td>3</td> <td>2</td> <td>1</td> </tr> <tr> <td>Relay</td> <td>40</td> <td>34</td> <td>32</td> <td>30</td> <td>28</td> <td>26</td> <td>24</td> <td>22</td> <td>18</td> <td>14</td> <td>12</td> <td>10</td> <td>8</td> <td>6</td> <td>4</td> <td>2</td> </tr> </table>	Place	1	2	3	4	5	6	7	8	9	10	11	12	13	14	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
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<b>LEGAL SPLITS</b>	<p><b>Individual Events:</b> Preferably, legal splits should be requested before the event, by a coach, using a legal split form (available from the Control Table) and the requesting party should supply an additional timer(s) on the lane for the split, if necessary, to ensure an accurate time. (1 timer with touchpad timing.) Timers must be positioned over the lane at the end of the racing course.</p> <p>Optionally, a legal split may be requested after the event using a legal split form when using a fully automatic timing system. The Admin Official has discretion to either grant or deny the request after reviewing the available evidence. Backstroke legal splits must be requested in advance to ensure a legal finish.</p>																																																			
<b>SWIMWEAR</b>	Per USA Swimming rules (102.8.1.F), 12 & Under swimmers may not wear a Technical Suit at any Sanctioned, Approved, or Observed meet. The age of the swimmer is determined on the first day of the meet. Guidance on identifying compliant and non-compliant suits can be found on the USA Swimming website under <a href="#">Tech Suit Restriction for 12-and-Under Swimmers</a> .																																																			
<b>RULES</b>	<ul style="list-style-type: none"> <li>• The current USA Swimming Rules and Regulations including the Minor Athlete Abuse Protection Policy will govern this meet.</li> <li>• Operation of a <b>DRONE</b>, 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 without written USA Swimming approval.</li> </ul>																																																			

	<ul style="list-style-type: none"> <li>● Use of audio or visual recording devices, including cell phones, is not permitted in changing areas, rest rooms or locker rooms. In addition, photography behind the blocks is <u>not permitted</u>.</li> <li>● <b>PHOTOGRAPHY:</b> As per New England Swimming policy, professional photographers contracted by the 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.</li> <li>● <b>VIDEO STREAMING:</b> All video streaming must be approved in advance by the Meet Director. Any such video stream must conform to all current Safe Sport policies defined by USA Swimming, New England Swimming, and the Meet Host. No video stream may originate from behind the starting blocks or from any other area marked as a NO CAMERA ZONE. UVAC will offer a live stream of the meet through a LiveBarn subscription.</li> <li>● Deck Changing is <b>PROHIBITED</b>.</li> <li>● An athlete suspected of sustaining a concussion or exhibiting signs of a concussion, will immediately be removed from competition and shall not return to competition that day. The athlete may return to competition on a subsequent day, but only with a release authorization signed by a licensed healthcare provider.</li> <li>● According to New England Swimming Best Practices, all athletes should shower before entering the pool.</li> <li>● In accordance with New England Swimming Policy, only those coaches who have current, valid USA Swimming credentials will be permitted to act in a coaching capacity at this meet. Coaches with expired or non-current credentials will be required to leave the deck area.</li> </ul>
<b>SAFETY</b>	<ul style="list-style-type: none"> <li>● No shaving is permitted at the competition site.</li> <li>● No glass containers are permitted within the facility.</li> <li>● 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.</li> </ul> <p><b>WARM UP SAFETY:</b></p> <ul style="list-style-type: none"> <li>● 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</li> <li>● For all sessions with 12 &amp; Under events, swimmers must utilize a “sit and slide”/“three-point” entry to enter the pool for warm-ups, by first sitting on the deck, and then sliding, feet-first, into the pool. If the session includes both 12 &amp; Under events and 13 &amp; Over/Senior events, two warm-up sessions must be utilized, or the “sit and slide”/“three-point” entry will be required for all swimmers.”</li> <li>● During competition, when entering the warm-up/warm-down area, a “sit and slide”/“three-point” entry is required at all times</li> </ul>
<b>SAFE SPORT</b>	<p>The conduct of all participants and spectators at a meet is governed by USA Swimming Rules 304/305. All infractions must be reported to the Meet Referee or Meet Director.</p> <p>All applicable adults participating in or associated with this meet acknowledge that they are subject to the provisions of the USA Swimming Minor Athlete Abuse Prevention Policy ("MAAPP 2.0"), and that they understand that compliance with the MAAPP 2.0 policy is a condition of participation in the conduct of this competition.</p> <p>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, Susan Pascale-Frechette: <a href="mailto:safesportne@gmail.com">safesportne@gmail.com</a> (401-965-0183), or through the <a href="#">USA-S online reportable form</a>.</p>
<b>CHANGES TO MEET</b>	<p>Once a meet is sanctioned, changes can be made to the meet invitation before the meet, only with the approval of the Technical Chair, <a href="#">Patrick Johnstone</a>. Any change to the meet format after the meet</p>



	begins will be at the discretion of the Meet Referee and will be presented to the coaches at a coaches meeting.																
<b>MEET JURY</b>	The Meet Jury will be made up of the Meet Director, Steve VanderBeken, John DiCaprio, and Brian Crawford. The Meet Referee who will present issues and moderate the Meet Jury but not vote. 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.																
<b>DECK ACCESS</b>	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. USA Swimming member card in good standing 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 fined by New England Swimming of \$100 to the coach, and \$200 to the coach's club.																
<b>OFFICIALS</b>	Officials that know they will be attending the meet are highly encouraged to email the Meet Referee and let him/her know your level of certification, team, and sessions you will be available. Officials' meetings will be at least 30 minutes prior to the start of a session in the meet office.																
<b>TEAM WORK Assignments</b>	Team work assignments will be distributed to all teams by the end of day Tuesday before the meet. Assignments will also be posted on the <a href="http://www.nhaswim.org/">http://www.nhaswim.org/</a> site																
<b>GENERAL</b>	<p><b>FOOD:</b> There will be a small concession stand in the Lobby for this meet.</p> <p><b>VENDORS:</b> There will be a t-shirt/clothing vendor and likely a swim suit and equipment vendor.</p> <p><b>LIVE STREAM:</b> Live stream of the meet (including scoreboard overlay) available through a LiveBarn subscription. Customers can view any meet results for up to 30 days after purchasing a month-long subscription. Subscription and log in information will be sent to participating teams the week of the meet.</p> <p><b>PARKING:</b> If the number of swimmers is high, parking on-site will have a fee and a free shuttle service will be offered to an off-site free parking lot on Ballardvale Dr.</p>																
<b>DIRECTIONS</b>	Directions for the Upper Valley Aquatic Center are available at <a href="https://www.uvacswwim.org/hours-directions/">https://www.uvacswwim.org/hours-directions/</a> Facility physical address is 100 Arboretum Lane, White River Junction, Vermont																
<b>HOTELS</b>	The following hotels and motels support the Upper Valley Aquatic Center <a href="#">Hotel Alliance at UVAC</a>																
	<table border="1"> <thead> <tr> <th>Hotel</th> <th>Address</th> <th>City/State</th> <th>Phone</th> </tr> </thead> <tbody> <tr> <td>Comfort Inn</td> <td>56 Ralph Lehman Lane</td> <td>White River Junction, VT</td> <td>844-257-8596</td> </tr> <tr> <td>Hampton Inn</td> <td>104 Ballardvale Dr.</td> <td>White River Junction, VT</td> <td>802/296-2800</td> </tr> <tr> <td>Hotel Coolidge</td> <td>39 South Main St.</td> <td>White River Junction, VT</td> <td>802/295-3118</td> </tr> </tbody> </table>	Hotel	Address	City/State	Phone	Comfort Inn	56 Ralph Lehman Lane	White River Junction, VT	844-257-8596	Hampton Inn	104 Ballardvale Dr.	White River Junction, VT	802/296-2800	Hotel Coolidge	39 South Main St.	White River Junction, VT	802/295-3118
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<b>EVENTS</b>	List of events and sessions located on the next page																
<b>WAIVERS</b>	<ul style="list-style-type: none"> <li>USA Swimming, Inc., New England Swimming, Inc., New Hampshire Swim Association, the Upper Valley Aquatic Center, and the Upper Valley Aquatic Club cannot prevent you (or your children) from becoming exposed to, contracting, or spreading COVID-19 while participating in USA Swimming/New England Swimming sanctioned events. It is not possible to prevent the presence of the disease. Therefore, if you choose to participate in a USA Swimming/New England Swimming sanctioned event, you may be exposing yourself to and/or increasing your risk of contracting or spreading COVID-19.</li> </ul>																

## 2023 NHSA State Championships Order of Events

### Friday, March 18

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

<u>Girls #</u>	<u>Events</u>	<u>Boys #</u>
1	11-12 200 IM	2
3	13-14 200 IM	4
5	15-19 200 IM	6
7	11-12 200 Free	8
9	13-14 500 Free	10
11	15-19 500 Free	12

### Saturday, March 18

**Morning Session: 8 & Under Girls, 8 & Under Boys, 9-10 Girls, 9-10 Boys, 11-12 Boys, 13-14 Boys**

Warm-up: 8:20 AM; Meet Start: 9:25 AM

<u>Girls #</u>	<u>Events</u>	<u>Boys #</u>		<u>Girls #</u>	<u>Events - continued</u>	<u>Boys #</u>
13	8 & Under 100 Medley Relay	14		36	8 & Under 25 Fly	37
15	10 & Under 200 Medley Relay	16		38	9-10 50 Fly	39
	9-12 Boys 200 Medley Relay	17			11-12 Boys 50 Fly	40
	11-14 Boys 200 Medley Relay	18			13-14 Boys 100 Fly	41
19	8 & Under 25 Free	20		42	8 & Under 50 Free	43
21	9-10 50 Free	22		44	9-10 100 Free	45
	11-12 Boys 50 Free	23			11-12 Boys 100 Free	46
	13-14 Boys 50 Free	24			13-14 Boys 100 Free	47
25	8 & Under 100 IM	26		48	8 & Under 25 Breast	49
27	9-10 50 100 IM	28		50	9-10 50 Breast	51
	13-14 Boys 100 Back	29			11-12 Boys 50 Breast	52
30	8 & Under 25 Back	31			13-14 Boys 100 Breast	53
32	9-10 50 Back	33		54	8 & Under 100 Free Relay	55
	11-12 Boys 50 Back	34		56	10 & Under 200 Free Relay	57
	13-14 Boys 200 Free	35			9-12 Boys 200 Free Relay	58
					11-14 Boys 200 Free Relay	59

## 2023 NHSA State Championships Order of Events - continued

**Saturday, March 18**

**Afternoon Session: 11-12 Girls, 13-14 Girls, 15-19 Girls, 15-19 Boys**

*Revised Times: Warm-up: 2:50 PM, Senior Ceremony 3:50, Meet Start to Follow*

<u>Girls #</u>	<u>Events</u>	<u>Boys #</u>
	Senior Ceremony	
60	11-14 Girls 200 Medley Relay	
61	13-19 200 Medley Relay	62
63	9-12 Girls 200 Medley Relay	
64	13-14 Girls 50 Free	
65	15-19 50 Free	66
67	11-12 Girls 50 Free	
68	13-14 Girls 100 Back	
69	15-19 100 Back	70
71	11-12 Girls 50 Back	
72	13-14 Girls 200 Free	
73	15-19 200 Free	74
75	11-12 Girls 50 Fly	
76	13-14 Girls 100 Fly	
77	15-19 100 Fly	78
79	11-12 Girls 100 Free	
80	13-14 Girls 100 Free	
81	15-19 100 Free	82
83	11-12 Girls 50 Breast	
84	13-14 Girls 100 Breast	
85	15-19 100 Breast	86
87	9-12 Girls 200 Free Relay	
88	11-14 Girls 200 Free Relay	
89	13-19 200 Free Relay	90



# ENTRY PAYMENT AND LIABILITY RELEASE FORM

## 2023 NHSA State Championships

Upper Valley Aquatic Center, March 17-18, 2023

Held under the sanction of USA Swimming/New England: NE23-0317UVAC

<b>CONTACT INFO</b>	CLUB NAME:  CONTACT NAME:  CONTACT EMAIL CONTACT CELL PHONE:  LEAD DECK COACH NAME: (if different than contact name) CONTACT EMAIL CONTACT CELL PHONE:  LIST UNATTACHED SWIMMERS:
<b>ENTRY FEES</b>	_____ # of Swimmers @ \$40.00/swimmer = \$ _____
<b>PAYMENT</b>	Make checks payable to: <b>NHSA</b>  Send to: Scott Ellis Upper Valley Aquatic Center PO Box 1198 White River Junction, VT 05001 (Physical address is 100 Arboretum Lane, White River Junction VT 05001 for non-USPS deliveries)  Payment deadline: March 18, 2023
<b>WAIVER:</b>	<p style="text-align: center;"><b>LIABILITY RELEASE</b></p> <p>Any swimmer whose entry is accepted will, for him/herself, his/her theirs, 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 Inc, New Hampshire Swim Association, the Upper Valley Aquatic Center, and the Upper Valley Aquatic Club for any and all injuries suffered by him/her at said meet, including Covid 19. 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.</p>  <p>_____</p> <p>Signature of Authorized Team Official Date</p>