

New England Swimming 12 & Under Age Group Championships

Hosted by North Country Aquatic Club
Upper Valley Aquatic Center, February 25-28, 2010
White River Junction, Vermont
Sanctioned by New England Swimming # NE-10-28 (TT)

Note: The entry deadline is Wednesday, February 17, 2010. Any teams submitting entries after the deadline are subject to a \$100 fine.

Contacts	Phone	E-mail
Meet Manager: Mary Gentry	603/653-1068 day 802/295-8976 evening	ncac.meet.entries@gmail.com
Meet Referee: MaryAnne Lustgraaf Administrative Referee: Ken Galica	603/603-343-1099	MaryAnne.Lustgraaf@unh.edu kennethgalica@gmail.com
Entry Chair: Mary Gentry	603/653-1068 day 802/295-8976 evening	ncac.meet.entries@gmail.com

SESSIONS:

Date	Session	Warm-up	Meet Start
Thursday February 25	Evening Timed Final All Ages	5:00pm	6:00pm
Friday February 26	Morning 11 & 12 Prelims	7:30am	9:00am
	Afternoon 10 & Under Timed Finals	12:30pm	1:30pm
	Evening 11 & 12 Finals	5:30pm	6:30pm
Saturday February 27	Morning 11 & 12 Prelims	7:30am	9:00am
	Afternoon 10 & Under Timed Finals	12:30pm	1:30pm
	Evening 11 & 12 Finals	5:30pm	6:30pm
Sunday February 28 Note different start times for 11/12s compared to Fri & Sat	Morning 11 & 12 Prelims	7:00am	8:30am
	Afternoon 10 & Under Timed Finals	12:30pm	1:30pm
	Evening 11 & 12 Finals	4:30pm	5:30pm

Start times may be changed once all entries have been received. Teams will be notified of exact times by e-mail.

SITE: The Upper Valley Aquatic Center (UVAC) 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 minimum depth of the pool is seven 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. There is balcony seating for 400 spectators. There will be at least two 25 yard lanes available for warm-up and warm-down during each session. The leisure pool (1-3 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).

EVENTS and SESSIONS: See attached list.

FORMAT:

The **11 & 12 age group** will be a Trials / Finals Format for individual events. Two heats of swimmers – Consolation and Championship finals - will return for the evening finals session. Consolation and Championship Final Heats will be swum in that order. Swimmers in the Championship final will participate in marching to the blocks from the far end of the pool. The 1000 free, 1650 free, 500 free, 400 IM and all relays are timed final events. No heats of these events will be swum in the finals sessions. Eight lanes will be used for Friday, Saturday, and Sunday morning Prelim sessions. Ten lanes will be used for Thursday evening timed finals and Friday, Saturday, and Sunday evening Finals sessions. Two warm-up lanes in the competition pool will be available for the morning sessions. Two warm-up lanes in the leisure pool will be available for the evening sessions. For the morning sessions, there will be an empty buffer lane between the two warm-up lanes and the eight competition lanes. (NCAC and NES reserve the right to change the number of lanes used based on entries submitted.)

Individuals swimming the 1650 free, 500 free, 1000 free and 400 IM are responsible for providing their own counter and two timers. Teams swimming the 11&12 400 Free Relay Thursday evening are also responsible for providing two timers. All heats of the 1000 free and 1650 free will swim fastest to slowest, alternating girls and boys. Girls and boys may be combined if that requires fewer heats. Thursday evening will be seeded by computer during warm-ups of that session. Friday through Sunday 11 & 12 sessions (non-distance events) will be seeded based on scratches submitted the night before for prelims and during prelims for finals. All distance events and the 400 free relay will have positive check-in during warm-ups of their session. Failure to positively check-in for Thursday's events and other distance events will result in the swimmer not being seeded in that event.

The **10 & Under age group** will be timed finals for all events. Coaches will receive scratch sheets that they should submit by 9:00 AM the day of the session. The 500 Free will have a positive check-in. Failure to positively check-in for the 500 free will result in the swimmer not being seeded in that event. Swimmers in the 500 are responsible for providing their own counter and two timers. Ten lanes will be used for all 10 & Under events. (NCAC and NES reserve the right to change the number of lanes used based on entries submitted.)

Heat sheets will be posted around the pool deck. Copies of heat sheets will be given to coaches and available for purchase for parents. Swimmers should report directly to the blocks for their events. Coaches and swimmers are responsible for ensuring swimmers are in the correct heat and lane.

ELIGIBILITY: All contestants must be 2010 USA Swimming registered athletes. *All swimmers must be registered before the entry is submitted. Teams that enter unregistered swimmers will be subject to a fine of \$100 per unregistered swimmer.* New England teams entering the meet are *required* to check their entries with the online registration check tool on the New England Swimming web site.

<http://www.teamunify.com/SubTabGeneric.jsp?team=lscnes&stabid=17033>

Please contact the New England Swimming Office for registration information. Disabled swimmer forms are available from the New England Swimming Office. New England Swimming Office: 47 May St., Needham MA 02492, 781-449-0270, office@neswim.com.

ENTRY INFORMATION:

- Swimmers may enter any number of events.
 - 11 & 12 swimmers may only compete in a maximum of three (3) individual events per day (including time trials) and a maximum of nine (9) individual events in the meet (not including time trials).
 - 10 & Under swimmers may compete in a maximum of 9 individual events throughout the meet but no more than 5 individual events per day including time trials.
- Qualification period: February 01, 2009 through February 17, 2010.
- The opportunity to enter bonus events may be added by the Age Group Chair if this meet is undersubscribed. Teams will be notified by Saturday February 20 if Bonus events will be allowed

and be given instructions on how to add Bonus events.

- Seeding order: SCY, LCM, SCM.
- Regular Entry Deadline: All entries must be received by end of the day Wednesday, February 17, 2010. Late team entries are subject to a fine up to \$100.
- Electronic Email Entries: Email a Hy-Tek entries file (preferred) or a SDIF file to ncac.meet.entries@gmail.com. Your email must be received by the regular entry deadline. Please include your team initials in the email subject.
- A signed waiver, and hard copy printout of entries (Proof of Times report) must be mailed along with the entry fees. Please print your entry report organized “by athlete” (not “by event”), and include the meet name that the entry time was achieved at. Your signed entry cover and waiver, proof of times report and payment must arrive no later than Friday, February 19, 2010
- When mailing, United States Postal Service Overnight Mail method is to be used. **Indicate that the package can be delivered even if no one is there to sign for it.** No fax entries will be accepted. Make checks payable to “North Country Aquatic Club”. Mail completed forms including signed entry cover page and waiver and list of entries showing qualifying meets (proof of times report) and payment to the entry chairperson:
Mary Gentry, 193 Stonecrest Ave, White River Junction, VT 05001 (802/295-8976).
- Non-Electronic Entries: Send entry forms, completed and signed entry cover and waiver, and entry fee to the entry address. Your entry materials must be received on or before the regular entry deadline of February 17, 2010.
- Teams may enter up to two relays per relay event. All relays may score. Relays are age specific. Swimmers may not age up for a relay.
- Relay-Only Swimmers: Relay-only swimmers are allowed based on the number of entered qualifying athletes per age group and gender. Different relay-only swimmers may be used for different relays.
 - 0 qualifying athletes = 0 relay-only swimmers
 - 1 qualifying athlete = 3 relay-only swimmers
 - 2 qualifying athletes = 2 relay-only swimmers
 - 3 qualifying athletes = 1 relay-only swimmer
 - 4 or more qualifying athletes = 0 relay-only swimmers
- All relay-only swimmers must be listed on the official entry form.

ENTRY FEES: \$7.50 electronic / \$8.00 paper per individual event
\$25.00 electronic / \$16.50 paper per relay
\$2.00 per swimmer New England Travel Fee Surcharge
\$10.00 per swimmer Participation Fee

NEW CUTS: New cuts only achieved after the February 17 entry deadline will be accepted through Monday, February 22, 2010 (11:59 PM). Fees are due February 24 along with an updated Proof of Times report. No updated times will be accepted.

VERIFICATION: All hard copies of entries must include verifications. There will be a verification table at 12 & Under Age Group Championships. At this meet teams must submit to the verification table a copy of their meet entry with verification of all times indicated. Teams must also include a copy of any non-New England calendar meet results used for entry times. Results will be reviewed by New England Swimming. Any swimmer unable to verify an entry time will be barred from the rest of the meet. If several swimmers from one team are unable to verify entry times the swimmers and the coach may be banned from the remainder of the meet.

SCRATCHES:

Scratches for 11 & 12 events: Scratch deadlines for Friday, Saturday and Sunday 11 & 12 prelim events will be due by 6:00pm the night before. Scratches are submitted by filling out a scratch form available at the Clerk of Course table. Scratches for Friday only may be made by phone to Mariella Allard, 508-633-

8821 until 6:00 pm Thursday, February 25. All Thursday Evening events will be **POSITIVE CHECK-IN** by 5:30 pm at the Clerk of Course table on deck. Special scratch notes for the 11 & 12 events.

1. Any swimmer who fails to compete in an individual event heat in which he/she is entered and has not been scratched will be barred from further new competition for that day, including relays and time trials. The swimmer will be also automatically scratched from the following day's events unless the Clerk of Course has been notified of the swimmers intention to compete by 6:00 pm. **NOTE:** Finals are considered continuation of events starting with trials.
2. Any swimmer who qualifies for the Championship or Consolation Finals and wants to withdraw from the final must notify the Clerk of Course of that intent to withdraw within 30 minutes of the preliminary results being announced. Any Finals qualifier who fails to notify the Clerk of Course of his/her intention to withdraw from the final within 30 minutes of announcing the preliminary results or is not excused by the referee, and does not compete will be barred from all subsequent competition in the meet including relays and time trials.
3. Any team that has a no-show swimmer in the Finals on Sunday evening will be fined \$100 per no-show.
4. The 400 Free Relay, 500 Free, 400 IM, 1000 Free and 1650 Free events must confirm their intention to participate with a **POSITIVE CHECK-IN** during warm-ups of that session (by 5:30 PM for Thursday evening events, by 8:30 AM for Friday through Sunday distance events). Failure to check-in will result in the swimmer not being seeded for that event.

Scratches for 10 & Under afternoon sessions: Scratches must be turned in to the timing table by 9:30 AM the day of the session using the team scratch sheets (entry lists) provided at the meet. Thursday's 500 Free will be a **POSITIVE CHECK-IN** by 5:30 pm at the Clerk of Course table. Failure to positively check-in for the 500 free will result in the swimmer not being seeded for that event. There is no penalty for not scratching any event.

RELAY CARDS: For both the 11-12 and 10 & Under sessions, relay cards must be submitted to the Clerk of Course 30 minutes before the start of the session. Preliminary names for the relay should be submitted at that time. Names and the order of the swimmers may be changed up to the time of the relay heat. Any changes must be submitted to the Clerk of Course before the start of that relay's heat.

TIME TRIALS: Time trials will be available at the discretion of the meet referee and meet director, and if time allows, after the prelims sessions on Friday, Saturday and Sunday. Please be aware that time trials count towards the daily maximum of three individual events for 11 & 12 swimmers and five individual events for 10 & Unders. All time trial swimmers must provide two timers for their swims. Time trials are \$10 for individual events and \$40 for relays. Sign-up for time trials at the Clerk of Course table. Time trials are open to any swimmer registered with USA Swimming. Time Trial swimmers not already entered in the meet must notify the entry chair by Tuesday, February 23 of their intent to do a time trial and provide their USA Swimming registration information. Time Trial swimmers not already entered in the meet also must pay the swimmer participation fee of \$10 in addition to the time trial fee of \$10 per event. These fees can be paid at the Clerk of Course table the day of the time trial.

ADMISSION: \$3.00 per session (11/12 Finals sessions are free if you bring a can or box of food to donate to the local Upper Valley Haven food bank)

PSYCH SHEETS: \$5.00 – includes all events for the weekend

HEAT SHEETS: \$3.00 per session.

WARM UPS: Teams will be assigned warm-up lanes after all entries are received. Flagrant violations of the warm up procedures may result in disqualification from the meet for unsportsmanlike conduct. Encourage swimmers to cooperate with meet marshals and life guards. Before the start of the distance events 400 IM, 11 & 12 500 FR, 1650 FR a 10 minute warm-up will be provided at the conclusion of the prior prelim event. A session time line will be complied with designated awards presentations, breaks and

warm-up/warm-down periods. At the conclusion of finals, after the award presentation we will provide a 10 minute warm-down in the competition pool.

MEET COMMITTEE: There will be a Meet Committee comprised of the Meet Director, Meet Referee, Age Group Chair (or his designee), a Coach, and an Athlete. During the meet, the Committee will make any decisions about changes to the meet format if necessary – including cancellation or moving of sessions due to weather concerns. If weather requires the cancellation of any Finals session, the results of the Preliminary session will be the final order.

OTHER MEET NOTES: Coaches are expected to understand the scratch, verification, and relay rules before the meet begins. Do not let your swimmer miss his or her best event because you failed to understand all meet procedures and protocols. All coaches should check-in at the Clerk of Course on the pool deck upon arrival. Coaches are responsible for the behavior of their swimmers at all times. Any damage to the premises or equipment is the responsibility of those doing the damage. North Country Aquatic Club, Upper Valley Aquatic Center, and New England Swimming assume no responsibility for lost or stolen property. No pets (except service dogs) are allowed within the facility. Smoking is not permitted within 500 feet of the facility.

PHOTOGRAPHERS: As per USA Swimming and New England Swimming policy, the only photographers allowed on the pool deck at any time during the meet (including during warm ups) must be professional photographers contracted by NCAC or press photographers who have been approved in advance by the Meet Director and have been properly credentialed. Email the Meet Director with questions and requests.

SAFETY:

1. Diving will be prohibited during warm-ups except in specifically announced one-way sprint lanes. There will be no diving in the warm-up and warm-down lanes at any time
2. No shaving is permitted at the competition site.
3. No glass containers are permitted within the facility.
4. Swimmers must be under the supervision of a coach. If a swimmer arrives at the meet without a coach, the swimmer should notify the referee before he/she warms up. The referee will assign the swimmer to a registered coach for warm-ups. Please notify the referee prior to the meet if you know no coach will be attending.
5. No camera cell phones are permitted in the locker rooms.
6. No flash photography is allowed at the start of events.

RULES: 2010 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.

SCORING:

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

AWARDS: Medals will be awarded for the first 8 places in individual events and first 3 places in relays; ribbons for 9-16 places individual, and 4-8 relays. Awards for the top 8 places in each individual event and the top 3 teams in each relay event will be presented throughout the meet. All 10 & Under awards ceremonies will take place during the 10 & Under sessions. Awards ceremonies for 11&12 individual events will be scheduled during finals sessions, award ceremonies for relays will be during the prelim session the day of the relay. Once entries have been received a session time line will be complied with designated awards presentations scheduled. The coach of the winning swimmer/relay team will be asked to present the awards during each ceremony. Ribbons for 9-16 in individual events and 4-8 in relay events may be picked up after the awards ceremony for that event.

The top eight high point winners for girls and boys in each age group will be awarded a plaque. The top eight teams for the combined age groups will also be awarded a plaque. Individual 10 & Under High Point plaques will be awarded at the end of the Sunday afternoon session. 11 & 12 Individual High Point and Team High Point plaques will be awarded at the end of the Sunday evening session. Coaches are responsible for making sure their swimmer is present to receive their award.

TIMERS AND OFFICIALS: In accordance with standard NES Championship procedures, all teams entering the meet must provide a prorated share of officials and timers. Work assignments will be based on the number entries per team. Teams will be informed of their assignments prior to the meet via e-mail. If a team does not provide the timers it has been assigned during one of the sessions, the team will be fined \$100 per incident. Since timing assignments are created before the meet, there is a possibility that a team will have a timing assignment at one of the 11-12 Finals session even though no swimmer from that team qualified for that session of Finals. That team is still responsible for providing the assigned number of timers. All swimmers in the 500 freestyle, 1000 freestyle and 1650 freestyle must provide 2 timers and 1 counter for their swim. All swimmers in the 400 IM preliminaries must provide 2 timers for their swim. All teams in the 11 & 12 400 Free Relay must provide two timers.

All officials are encouraged to submit an [Intent to Officiate form](#) (NES website> Officials> Forms> Intent to Officiate 12 & Unders) prior to the meet deadline (February 17th). Officials doing so will help the meet referee with planning and scheduling the sessions. In addition, any official submitting an Intent to Officiate form by the entry deadline will receive credit for the distribution of team work assignments. Officials may submit an Intent form after the entry deadline but the team will not receive credit. For specific questions concerning your availability or for further information, please contact the Meet Referee MaryAnne Lustgraaf at MaryAnne.Lustgraaf@unh.edu or at 603-343-1099 before the meet.

DECK ACCESS: Only athletes, coaches, officials, and official meet staff are permitted on the competition pool deck. All non-athletes on the pool deck (except timers) must display their USA Swimming registration card at all times. Individuals without their USA Swimming registration card will be removed from the deck, and will be subject to a fine by New England Swimming.

FOOD / VENDOR: A concession stand will be in operation for the duration of the meet. A vendor will be selling suits, goggles, and other accessories for the duration of the meet.

DIRECTIONS:

The Upper Valley Aquatic Center (UVAC) is located at 100 Arboretum Lane in White River Junction, Vermont 05001. (Arboretum Lane is so new it may not be on your GPS unit or web applications – it is across Route 5 from 1 Wright Reservoir Rd, White River Junction)

- At the junction of Interstates I-89 and I-91 in Vermont, go north on I-91 and immediately take Exit 11 for White River Junction.
- Turn left off the exit (before the stop light) on to Route 5 South.
- Follow Route 5 immediately under the interstate
- Travel ½ mile, go under the other interstate, and take the next left on to Arboretum Lane.
- UVAC is the only building on Arboretum Lane.

http://www.uvac-swim.org/About_UVAC/directions.html

PARKING: Free but limited parking is available at the facility. Carpooling is appreciated.

LODGING: The following hotels and motels are in the area.

Preferred Hotels: * These area hotels support the sport of swimming by offering special meet weekend rates and/or sponsoring of Upper Valley Aquatic Center events. Your patronage of these establishments is appreciated. http://www.uvac-swim.org/Partners/preferred_hotels.html

Hotel	Address	City/State	Phone
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*Comfort Inn	56 Ralph Lehman Dr.	White River Junction, VT	802/295-3051
*Comfort Suites	102 Ballardvale Dr.	White River Junction, VT	802/291-9911
*Courtyard by Marriott	10 Morgan Dr.	Lebanon, NH	603/643-5600
*Hampton Inn	104 Ballardvale Dr.	White River Junction, VT	802/296-2800
*Holiday Inn Express	121 Ballardvale Dr.	White River Junction, VT	802/299-2700
*Hotel Coolidge	39 South Main St.	White River Junction, VT	802/295-3118
*Norwich Inn	325 Main St.	Norwich, VT	802/649-1143
*Quality Inn	5815 Woodstock Rd (Rte 4)	Quechee, VT	802/295-7600
*Residence Inn by Marriott	32 Centerra Parkway	Lebanon, NH	603/643-4511
*Super 8 Motel	442 North Hartland Rd (Rte 5)	White River Junction, VT	802/295-7577

Other Area Hotels

Baymont Inn (was Airport Inn)	Airport Rd	West Lebanon, NH	603/298-8888
Days Inn	Route 120	Lebanon, NH	603/448-5070
Econo Lodge (was Best Western)	Ballardvale Dr.	White River Junction, VT	802/295-3015
Fireside Inn & Suites	Airport Rd	West Lebanon, NH	603/298-5900

Dartmouth College in Hanover, NH provides a long list of area lodging on their site:
<http://www.dartmouth.edu/apply/visiting/lodging.html>

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Upper Valley Aquatic Center, White River Junction, VT
February 25 - 28, 2010

			SCY	SCM	LCM
Thursday	Event #	Timed Finals	Warm-up 5:00pm Meet @ 6:00pm		
2/25	1	Girls 11-12 1000 Free	12:52.99	10:47.19	11:21.69
	2	Boys 11-12 1000 Free	12:48.89	10:39.89	11:20.19
	3	Girls 10&U 500 Free	6:48.39	5:57.39	6:09.69
	4	Boys 10&U 500 Free	6:52.59	5:54.09	6:06.79
	5	Girls 11-12 400 Free Relay			
	6	Boys 11-12 400 Free Relay			
Friday	11 & 12 Trials		Warm-up 7:30am Meet @ 9:00am		
2/26	7	Girls 11-12 200 Medley Relay			
	8	Boys 11-12 200 Medley Relay			
	9	Girls 11-12 50 Free	28.79	30.79	32.79
	10	Boys 11-12 50 Free	28.09	30.29	32.09
	11	Girls 11-12 100 Breast	1:20.59	1:26.89	1:31.69
	12	Boys 11-12 100 Breast	1:21.39	1:25.49	1:31.59
	13	Girls 11-12 50 Fly	31.89	34.29	35.69
	14	Boys 11-12 50 Fly	31.89	33.79	35.59
	15	Girls 11-12 200 Back	2:32.89	2:45.09	2:56.69
	16	Boys 11-12 200 Back	2:34.49	2:41.89	2:54.99
	17	Girls 11-12 400 IM	5:30.09	5:55.99	6:17.99
	18	Boys 11-12 400 IM	5:30.19	5:48.29	6:14.29
	10 & Under Timed Finals		Warm-up 12:30pm Meet @ 1:30pm		
	19	Girls 10&U 200 Medley Relay			
	20	Boys 10&U 200 Medley Relay			
	21	Girls 10&U 200 Free	2:34.39	2:48.79	2:58.69
	22	Boys 10&U 200 Free	2:35.39	2:47.89	2:52.39
	23	Girls 10&U 50 Breast	41.99	46.49	48.29
	24	Boys 10&U 50 Breast	43.39	47.19	48.49
	25	Girls 10&U 100 Fly	1:26.19	1:34.79	1:38.69
	26	Boys 10&U 100 Fly	1:26.69	1:34.59	1:37.99
	11 & 12 Finals		Warm-up 5:30pm Meet @ 6:30pm		
	9 / 10	50 Free			
	11 / 12	100 Breast			
	13 / 14	50 Fly			
	15 / 16	200 Backstroke			

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		SCY	SCM	LCM
Saturday	11 & 12 Trials	Warm-up 7:30am		Meet @ 9:00am
2/27	27 Girls 11-12 200 Free Relay			
	28 Boys 11-12 200 Free Relay			
	29 Girls 11-12 100 Free	1:01.79	1:06.79	1:12.69
	30 Boys 11-12 100 Free	1:01.59	1:06.29	1:10.09
	31 Girls 11-12 200 Fly	2:35.99	2:47.89	2:57.19
	32 Boys 11-12 200 Fly	2:38.29	2:46.49	2:53.69
	33 Girls 11-12 50 Breast	37.09	39.99	41.19
	34 Boys 11-12 50 Breast	37.19	39.29	42.09
	35 Girls 11-12 100 Back	1:12.79	1:18.09	1:22.39
	36 Boys 11-12 100 Back	1:12.19	1:16.19	1:21.69
	37 Girls 11-12 200 IM	2:34.99	2:46.79	2:56.29
	38 Boys 11-12 200 IM	2:33.89	2:44.29	2:54.09
	39 Girls 11-12 500 Free	6:00.89	5:07.69	5:24.49
	40 Boys 11-12 500 Free	5:59.99	5:05.89	5:21.49
10 & Under Timed Finals		Warm-up 12:30pm		Meet @ 1:30pm
	41 Girls 10&U 400 Free Relay			
	42 Boys 10&U 400 Free Relay			
	43 Girls 10&U 100 Free	1:10.89	1:17.49	1:21.89
	44 Boys 10&U 100 Free	1:10.79	1:18.19	1:20.59
	45 Girls 10&U 100 Breast	1:33.39	1:43.19	1:47.09
	46 Boys 10&U 100 Breast	1:35.49	1:42.39	1:45.99
	47 Girls 10&U 50 Back	37.89	41.59	43.69
	48 Boys 10&U 50 Back	38.39	42.29	44.19
	49 Girls 10&U 100 IM	1:21.59	1:31.89	
	50 Boys 10&U 100 IM	1:23.59	1:29.79	
11 & 12 Finals		Warm-up 5:30pm		Meet @ 6:30pm
	29 / 30 100 Free			
	31 / 32 200 Fly			
	33 / 34 50 Breast			
	35 / 36 100 Back			
	37 / 38 200 IM			

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Sunday	11 & 12 Trials		SCY	SCM	LCM
			note these start times are earlier than Fri & Sat		
			Warm-up 7:00am	Meet @ 8:30am	
2/28	51	Girls 11-12 200 Free	2:17.09	2:28.09	2:35.09
	52	Boys 11-12 200 Free	2:15.09	2:24.19	2:31.49
	53	Girls 11-12 50 Back	33.39	35.89	38.19
	54	Boys 11-12 50 Back	33.39	35.29	37.89
	55	Girls 11-12 100 Fly	1:11.79	1:17.09	1:20.99
	56	Boys 11-12 100 Fly	1:13.69	1:16.79	1:20.49
	57	Girls 11-12 200 Breast	2:53.59	3:07.39	3:19.49
	58	Boys 11-12 200 Breast	2:58.69	3:05.09	3:17.89
	59	Girls 11-12 100 IM	1:13.59	1:21.89	
	60	Boys 11-12 100 IM	1:14.49	1:19.69	
	61	Girls 11-12 1650 Free	21:12.49	20:38.19	21:53.89
	62	Boys 11-12 1650 Free	21:00.09	20:22.89	21:52.59

10 & Under Timed Finals		Warm-up 12:30pm	Meet @ 1:30pm	
63	Boys 10&U 200 Free Relay			
64	Girls 10&U 200 Free Relay			
65	Girls 10&U 50 Free	31.79	34.49	36.49
66	Boys 10&U 50 Free	31.89	34.89	36.19
67	Girls 10&U 100 Back	1:21.69	1:29.89	1:35.29
68	Boys 10&U 100 Back	1:22.49	1:29.79	1:33.69
69	Girls 10&U 50 Fly	37.09	40.69	42.09
70	Boys 10&U 50 Fly	37.19	40.49	40.99
71	Girls 10&U 200 IM	2:54.99	3:12.49	3:20.59
72	Boys 10&U 200 IM	2:56.29	3:13.69	3:18.89

11 & 12 Finals		Warm-up 4:30pm	Meet @ 5:30pm	
51 / 52	200 Free			
53 / 54	50 Back			
55 / 56	100 Fly			
57 / 58	200 BR			
59 / 60	100 IM			

New England Swimming

12 & Under Age Group Championships

Hosted by North Country Aquatic Club
Upper Valley Aquatic Center, February 25-28, 2010
100 Arboretum Lane, White River Junction, VT 05001
Sanctioned by New England Swimming # NE-10-28 (TT)

CONTACT INFORMATION

Team Name: _____ Abbreviation: _____

Deck Coach: _____ Phone: _____ Email: _____

Entries Contact: _____ Phone: _____ Email: _____

ENTRY FEES

_____ Individual Entries @ \$7.50/\$8.00 = \$ _____

_____ Relays Entries @ \$25.00/\$25.50= \$ _____

_____ Swimmers with NE Travel Surcharge (\$2.00) @ \$12.00 = \$ _____
and Swimmer Participation Fee (\$10.00)

Total: \$ _____

Any team entries submitted after the February 17 deadline are subject to a \$100 fine

Include a copy of the Proof of Times Report (identifies meets where qualifying times were achieved) as the paper copy of your entries.

Make check payable to: North Country Aquatic Club

Mail entries and check to:

Mary Gentry

193 Stonecrest Ave.

White River Junction, VT 05001

(802) 295-8976 (home) (603) 653-1068 (work)

Entry Deadline: February 17, 2010

For e-mailed entries, this form and payment must be received by February 19, 2010.

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, North Country 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