

North Country Aquatic Club November Team Specialty Meet

Upper Valley Aquatic Center, White River Junction, VT
November 6-8, 2009
Sanctioned by NE Swimming NE-09-102 (TT)

[Events List](#) (Adobe PDF)

[Entry Cover Page](#) (Adobe PDF)

[Hy-Tek Events File for Team Manager](#)

Assignments and Information for Participating Teams

Results

Results (Adobe PDF)

Hy-Tek CL2 File for Team Manager (no time trials)

Hy-Tek CL2 File for Team Manager (time trials only)

Meet Director/Entry Chair	Mary Gentry	(802) 295-8976	ncac.meet.entries@gmail.com
Referee	Ken Vutech	(802) 362-8283	kvutech@micros-retail.com

SESSIONS

	<u>Warm-up</u>	<u>Meet</u>
Friday Evening, November 6	5:30 PM	6:15 PM
Saturday Morning, November 7	8:30 AM	9:30 AM
Saturday Afternoon, November 7	2:00 PM	3:00 PM
Sunday Morning, November 8	7:30 AM	8:30 AM
Sunday Afternoon, November 8	1:00 PM	2:00 PM

MEET FORMAT: All events will be deck seeded during warm-ups and swum as timed finals. Coaches must turn in scratches no later than 30 minutes before the beginning of the session. Heat and lane assignments will be posted prior to each event. Coaches will be able to pick up heat sheets. Swimmers are to report directly to their lane before their event is called. Coaches are responsible for ensuring their swimmers are in the correct heat and lane. Friday evening distance events will be swum fastest to slowest. Teams are responsible for providing their own timers for the Friday evening distance events.

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 UVAC 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. 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, NCAC may elect to use ten lanes for competition, in which case three 25 yard lanes in the adjacent leisure pool will be available for warm-up and warm-down.) There is balcony seating for 400 spectators. A leisure pool (three 25 yard lap lanes, lazy river, zero entry play structure) will remain open to the public throughout the meet. Spectators may purchase day passes to use the leisure pool during the meet. Only people with proper credentials will be allowed on the competition pool deck. There is no smoking in the building or within 500 feet of the building. Failure to abide by rules defined in this notice, posted at the facility or determined by the Meet Referee, Meet Director, or Facility Director may result in ejection from the facility.

COURSE: Short course yards (25 yards).

EVENTS and SESSIONS: See attached list.

ELIGIBILITY: All contestants must be 2009 or 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. 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: 20 Cleveland Road, Needham MA 02492, 781-449-0270, office@neswim.com.

ENTRY INFORMATION: Entries will be accepted on and after October 2, 2009. Entries received before October 2, 2009 will be considered received on October 2, 2009. Entries must be received no later than October 27, 2009. Make checks payable to "North Country Aquatic Club". Mail completed forms (including signed entry cover page and waiver) and payment to the entry chairperson: Mary Gentry, 193 Stonecrest Ave, White River Junction, VT 05001 All entries must be typed or printed legibly, and must use full names and registration numbers from USA Swimming registration. All entries must include a completed and signed entry cover sheet and waiver. No deck entries will be accepted. No refunds will be given for entries that are accepted, or for entries that are rejected due to improper entry. *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.*

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 ncac.meet.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 within four (4) days, excluding Sundays and holidays, of receipt of the email entry. If payment is received within four (4) days, excluding Sundays and holidays, of the email entry, the email receipt date will be considered the date of entry. If payment is received more than four (4) days, excluding Sundays and holidays, after the email entry, the payment receipt date will be considered the date of entry.

ENTRY LIMITS: Athletes may enter and swim in a maximum of 5 events per day.

ENTRY TIME UPDATES: Entry times may be updated until 4 days prior to the first day of the meet. Entry time updates should be sent via email to the entry chairperson at ncac.meet.entries@gmail.com. Entry time updates must be sent as Hy-Tek format CL2 files with updated times.

ENTRY FEES: Electronic entries: \$4.00 for individual events, \$5.00 for distance events (1000 Free and 1650 Free), and \$16.00 for relays. Non-electronic entries: \$4.50 for individual events, \$5.50 for distance events, and \$16.50 for relays. The Swimmer Participation Fee is \$7.00 per swimmer.

ENTRY TIMES: All entries must be specified in short-course yard (25-yard pool) times. Meter times must be converted to yard times.

ENTRY CUTS: Entry cuts, if necessary, will be made by the date of receipt. Teams will be notified that they have been accepted or cut from the meet within seven days of receipt of entry. If the meet becomes oversubscribed on the first day, 60% of the entries will be reserved for select teams that have participated in NCAC meets for multiple years. Teams filling the remaining 40% of the entries will be randomly selected in a lottery of those entries received on the date the meet becomes oversubscribed in accordance with New England Swimming guidelines. Teams that are cut from the meet will have their entry fee returned within four days of

being cut. If the Friday night events need to be cut, individual swimmers will be determined by lottery. A waiting list will be maintained to pull in additional swimmers if other swimmers scratch before the session

RELAYS: Swimmers may swim in one medley relay and one free relay. Any combination of girls and boys may be used in the relays including all four swimmers of the same sex. All relay swimmers must be officially entered in the meet.

25-YARD EVENTS: All 25 yard events will start from the blocks. Events will be timed using buttons and stop watches at the far end. 100 yard relay swimmers #2 and #4 will start from the edge of the pool.

PROGRAMS: Psych sheets for the weekend will be available for \$5.00 for the entire meet. Heat sheets will be available for \$2.00 per session.

ADMISSION: Admission is \$1.00 per 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.

SAFETY:

1. Diving will be prohibited during warm-ups except in specifically announced one-way sprint lanes.
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.
5. No camera cell phones are permitted in the locker rooms.

RULES: 2009 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.

TIME TRIALS: Time trials will be offered at the discretion of the meet referee if time allows. Time trials are \$5.00 for individual events and \$20.00 for relays.

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

SCORING: The meet will not be scored.

AWARDS: Ribbons will be awarded for 1st through 8th.

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

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

MISCELLANEOUS: North Country Aquatic Club and the Upper Valley Aquatic Center assume no responsibility for lost or stolen property. Pets of any kind and smoking are not permitted within the facility.

DIRECTIONS:

The Upper Valley Aquatic Center (UVAC) is located at 100 Arboretum Lane in White River Junction, Vermont 05001. (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: There is free but limited parking available at the Aquatic Center. Carpooling from the hotels is appreciated. A shuttle bus may be running to and from the White River Junction hotels and UVAC.

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
*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