Upper Valley Aquatic Club
2018 Silver Meet
Upper Valley Aquatic Center
White River Junction, VT
March 16-18, 2018

Sanctioned by USA-Swimming/NE Swimming # NE18-0316UVAC-TT

Meet Director	Mary Gentry	(802) 369-9289	uvac.entries@gmail.com
Referee	Jessica Workman	(802) 238-2326	jessworkman@comcast.net
Entry Chairman/ Admin Official	Mary Gentry	(802) 369-9289	uvac.entries@gmail.com
Safety Monitor	Brian Dirrane	(603) 786-9293	swimteam@uvacswim.org

IMPORTANT DATES:
Entry Deadline: Tuesday March 6, 2018 @ 9:00 pm
Payment Deadline: Saturday March 10, 2018
New Cuts and Updated Times Deadline: Monday March 12, 2018 @9:00 pm * those that have achieved a time faster than the "slower than" time since the original entry will be marked exhibition.

List of teams assigned to this site: BGNE, BYD, CAN, CCSC, CONY, CRA, CVSC, EDGE, FLWS, GMA, GST, JCCS, LCST, LRW, MIDD, MST, NSSC, ORO, PRDE, PST, PVA, PVAA, PWSC, RAYS, SJSC, SOLO, SSC, UVAC, YNS, UN

New England Swimming reserves the right to reassign a team to another venue if the original venue is oversubscribed.

SESSIONS: SUBJECT TO CHANGE once entries are received

	WARM UP	START
FRIDAY (400 IM, 500 Free)	5:00 PM	6:00 PM
SATURDAY		
10&U, 13-14	8:00 AM	9:00 AM
11-12, 15-18	2:00 PM	3:00 PM
Distance (1000 Free)	7:00 PM	7:20 PM
SUNDAY		
10&U, 13-14	8:00 AM	9:00 AM
11-12, 15-18	1:30 PM	2:30 PM
Distance (1650 Free)	6:10 PM	6:30 PM

SITE: The Upper Valley Aquatic Center is located at 100 Arboretum Lane, White River Junction, VT 05001. http://www.uvacswim.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 start end of the pool is 7 feet deep, the turn end of the pool is 9 feet deep. There are no touch pads at the turn end of the pool. Eight lanes will be used for competition. An additional lane will be left empty as a buffer lane and the remaining two lanes will be available for warm-up and warm-down throughout the meet. (Depending on entries, UVAC may elect to use ten lanes for competition, in which case three 25 yard lanes in the adjacent leisure pool will be available for warm-up and warm-down.) 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. There is no smoking in the building or within 500 feet of the building. The Upper Valley Aquatic Center and Upper Valley Aquatic Club assume no responsibility for lost or stolen property. 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.

The competition course has been certified in accordance with 104.2.2C(4).

MEET FORMAT: The meet will compete 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, which must be returned no later than 30 minutes before the beginning of the session. Heat sheets will be posted around the pool deck. Heat sheets will be available for coaches at the computer table. Events may be seeded with multiple age groups and results will be scored in the more specific age groups (10&U, 11/12, 13/14, 15/18). The 1000 free and 1650 free will be swum fast-to-slow and mixed gender and ages. There will be no two per lane competition.

BONUS EVENTS:
1 qualified event for the weekend = up to 4 bonus events
2 qualified events for the weekend = up to 3 bonus events
3 qualified events for the weekend = up to 2 bonus events
4 qualified events for the weekend = 1 bonus event
5+ qualified events for the weekend = no bonus events

Bonus swims can be any event in which the swimmer has a time **in SWIMS** and is **slower than the bottom-end Silver's time standard.**
*Only swimmers already entered into the meet are eligible for these bonus events
**Distance session events (1000 and 1650) are not eligible for bonus -*

CUT PROTOCOL: If a session is over-subscribed the following cuts/adjustments may be made under the discretion of the Meet Director and Meet Referee:

- Relays will be cut or limited to one or two entries per team.
- Bonus events will be cut.
- The 200 fly, 200 back, and 200 breast for the 11 and 12 age groups may be limited to 4 heats for each gender.
- The 400 IM, 500 free, 1000 free, 1650 free may be cut by time.

Clubs will be notified of cuts no later than Monday, March 12, 2018

COURSE: Short course yards (25 yards).

RELAYS: Relay-only swimmers are not allowed. Relays are age-specific. Relay entries may be limited to two teams per event per club if the meet is oversubscribed (see cut protocol). Unattached swimmers may not compete in a relay.

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/JURY: The Meet Jury will be made up of one official, one coach, and one athlete to be selected by the Meet Referee who will present issues and moderate the jury but not vote. The three members shall be from separate teams. 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

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 session, is a decision of the Meet Director, Meet Referee and the Meet Committee

ELIGIBILITY All swimmers must be currently registered swimmers with New England Swimming and must have achieved the qualifying time from a sanctioned, approved, or observed meet that is posted in the SWIMS database. Age is determined by the age of the swimmer on the first day of the meet.

Any swimmer entered in the meet must be certified by a USA Swimming member coach as being proficient in performing a racing start or must start each race from within the water. When unaccompanied by a member-coach, it is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.

There are cut off times in SCY, SCM and LCM for each event. See event file or time standards chart on the website

SWIMWEAR: Per New England Swimming policy, swimmers 10 years old and younger are not allowed to wear "Tech" suits at any NE sanctioned or approved meet. The age of the swimmer is determined on the first day of the meet

REGISTRATIONS: All swimmers must be registered with USA Swimming before the entry deadline of Tuesday, March 7, 2018 at 9PM. Any team that enters an unregistered swimmer is subject to a $100 fine and will be scratched from the meet. Teams are **required** to check their entries with the online registration check tool on the New England Swimming web site.

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:
Entry deadline is Tuesday March 6th 2018 @ 9:00 pm
Entry times must be achieved on or after February 10th, 2017

For all entries, payment and hard copy of the entry (including signed entry cover page and waiver) must be received by Saturday, March 10, 2018.

Mail signed entry cover page and waiver, and payment to:

Brian Dirrane
Upper Valley Aquatic Center
PO Box 1198
White River Junction, VT 05001

ENTRIES: Electronic entries 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.

All non-electronic entries must be typed or printed legibly, and must use full names and registration numbers from USA Swimming registration. 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.

Anyone submitting a team's late entry is subject to a fine up to $100, at the sole discretion of the Meet Director. If a team already entered in the meet wishes to add either swimmers or entries after the March 6, 2018 deadline, but before the new cuts deadline of 9:00pm Monday, March 12, 2018, they will be accepted at the discretion of the Meet Director and subject to a $10 penalty per individual entry. No entries will be accepted after 9:00 pm Monday, March 12, 2018.

ENTRY TIMES VERIFICATION: All entries, must be provable in the SWIMS database and will be reviewed by New England Swimming. The meet database will be run through the SWIMS program to verify **yard** times achieved since February 10th, 2017. Anyone entering a swimmer in events where a time is not in SWIMS will be fined $100 per event and will be scratched from the meet and may jeopardize their participation in future New England Swimming "end of season" meets.

ENTRY LIMITS: Athletes may enter in as many events in which they have qualified, but can only swim in a maximum of 6 individual events per day. Time Trials count in the per day event count.

NEW CUTS and UPDATED TIMES: New cuts achieved after the March 6, 2018 entry deadline will be accepted through Monday, March 12, 2018 by 9:00 PM. * any updated times that are faster than the "slower than" time since the original entry will be marked exhibition. Additional fees are due by the start of the meet. New cuts and updated times should be sent in an electronic file.

ENTRY FEES: Electronic entries:
$6.00 per event 200 yards or less
$10.00 per event 400 yards or more
$24.00 per relay
$2.00 per swimmer travel fee
$10.00 per swimmer participation fee
$10.00 per Time Trial individual event; $24.00 per relay

In accordance with New England Swimming policy, fees are increased 50¢ per individual entry or per relay if not submitted in an .sd3 or .cl2 electronic file.
Only one check per team for all fees will be accepted and should be made payable to Upper Valley Aquatic Club

ADMISSION: $5.00 per session
HEAT SHEETS: $2.00 per session

WARM-UPS: The pool will open for assigned 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.

OFFICIALS: If you know that you will be attending this meet, please email the Meet Referee at jessworkman@comcast.net and let her know your level of certification, team, and sessions you will be available. This is for pre-meet planning purposes only. All officials are welcome to work any number of sessions and walk-ons are always welcome.

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 areas 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.
5. Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, restrooms, locker rooms, behind the blocks, or in any marked NO CAMERA ZONE.
6. Deck changes are prohibited.

RULES: Current USA Swimming rules will govern all competition. Decisions by the Meet Referee will be final unless a written protest is lodged within 30 minutes of the heat swum. All swimmers, coaches and officials will follow the USA Swimming code of conduct under article 304 of the USA Swimming rules and regulations. Any violation of such policy will be reported to the Meet Referee and the New England Swimming office for further review and/or action.

SAFE SPORT: The conduct of all participants and spectators at a meet is governed by USA Swimming Rules 304/305. Any and all infractions must be reported to an official, the Meet Referee or the Meet Director to be resolved. USA Swimming and NE Swimming encourage all to report any witnessed or suspected forms of abuse/safe sport violations to the NE Swimming Safe Sport Chair, Anne Kaufman: nesafesport@gmail.com (857-928-3638) or through the USA-S online reportable form.

PHOTOGRAPHY: **PHOTOGRAPHERS ON DECK:** As per New England Swimming policy, professional photographers contracted by 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.

TIMING ASSIGNMENTS and "NO SHOW" WORKERS: All teams will be assigned to time based on the # of entries. A team will be fined $100 per incident if it does not provide the timers it has been assigned, and will not be allowed to enter swimmers in another New England meet until the fine(s) is paid. This can be appealed to the Admin Review Board of New England Swimming and is enforced only if the meet

management has properly assigned timers based on the number of swimmers a team has entered in the meet.

DISTANCE EVENTS TIMING: All swimmers in the distance events (400 yards or longer) must provide 2 timers and a counter.

TIME TRIALS: Time trials will be offered at the discretion of the Meet Director and the Meet Referee if time allows. Time trials are $10.00 for individual events, and $40.00 for relays.

LEGAL SPLITS: Legal splits (including relay lead-offs) must be requested before the event, by a coach, using a legal split form (available from the computer table) and the requesting party must supply an additional timer(s) and watch(es) on the lane for the split, if necessary, to meet the USA-S requirement.

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 prove their registration status by displaying a registration card or Deck Pass. Any coach who is found to be not compliant will be removed from the deck and fined per NE Swimming policy.

SCORING: The meet will not be scored.

AWARDS: Ribbons for the top ten places in Individual Events will be awarded to 10 & Unders, age 11/12, and age 13/14. The results of all three Silver sites will be merged for scoring the top 10 places overall. Those swimmers will receive a medal for their event.

MEET MOBILE: Meet Mobile will be functional for this meet - 2018 NE Silvers at UVAC. Results will be posted to Meet Mobile after the full set of results for an event have been finalized. .

LIVE RESULTS will not be functional for this meet

FOOD: A concession stand will be open throughout the meet.

EQUIPMENT VENDOR: K&B Sportswear will be selling suits, goggles, and other accessories for the duration of the meet. Fine Designs will be selling meet t-shirts and other clothing.

DIRECTIONS: The Upper Valley Aquatic Center (UVAC) is located at 100 Arboretum Lane in White River Junction, Vermont.

- 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.

https://uvacswim.org/hours-directions/

PARKING: There will be a free shuttle parking lot. The shuttle bus will also stop at two of the Ballardvale Dr. hotels. There will be a daily fee for parking at the Aquatic Center. Parking is not allowed on Arboretum Lane.

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

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

2018 New England Silver Championships At UVAC

Girls #	Event Name	Boys #	Girls #	Event Name	Boys #
Friday Evening					
Warm-ups 5:00 PM, Meet 6:05 PM					
1	11-18 400 IM *	2			
3	0-18 500 Freestyle *	4			
Saturday Morning			**Sunday Morning**		
Warm-ups 8:00 AM, Meet 9:05 AM			**Warm-ups 8:00 AM, Meet 9:05 AM**		
5	10 & Under 50 Butterfly	6	61	10 & Under 200 Freestyle Relay	62
7	13-14 200 Butterfly	8	63	13-14 200 Freestyle Relay	64
9	10 & Under 200 Freestyle	10	65	10 & Under 100 IM	66
11	13-14 200 Freestyle	12	67	13-14 200 IM	68
13	10 & Under 100 Backstroke	14	69	10 & Under 100 Butterfly	70
15	13-14 100 Backstroke	16	71	13-14 100 Butterfly	72
17	10 & Under 50 Breaststroke	18	73	10 & Under 100 Freestyle	74
19	13-14 200 Breaststroke	20	75	13-14 100 Freestyle	76
21	10 & Under 50 Freestyle	22	77	10 & Under 50 Backstroke	78
23	13-14 50 Freestyle	24	79	13-14 200 Backstroke	80
25	10 & Under 200 IM	26	81	10 & Under 100 Breaststroke	82
27	13-14 200 Medley Relay	28	83	13-14 100 Breaststroke	84
29	10 & Under 200 Medley Relay	30			
Saturday Afternoon			**Sunday Afternoon**		
Warm-ups 2:00 PM, Meet 3:05 PM			**Warm-ups 1:30 PM, Meet 2:35 PM**		
31	11-12 100 IM	32	85	11-12 200 Freestyle Relay	86
33	15-18 200 IM	34	87	15-18 200 Freestyle Relay	88
35	11-12 50 Backstroke	36	89	11-12 200 IM	90
37	11-12 200 Breaststroke	38	91	11-12 50 Butterfly	92
39	15-18 100 Backstroke	40	93	15-18 200 Breaststroke	94
41	11-12 200 Freestyle	42	95	11-12 100 Backstroke	96
43	15-18 100 Freestyle	44	97	15-18 200 Backstroke	98
45	11-12 100 Butterfly	46	99	11-12 100 Freestyle	100
47	15-18 200 Butterfly	48	101	15-18 50 Freestyle	102
49	11-12 50 Breaststroke	50	103	11-12 100 Breaststroke	104
51	15-18 100 Breaststroke	52	105	15-18 100 Butterfly	106
53	11-12 200 Backstroke	54	107	11-12 200 Butterfly	108
55	15-18 200 Medley Relay	56	109	15-18 200 Freestyle	110
57	11-12 200 Medley Relay	58	111	11-12 50 Freestyle	112
Saturday Distance			**Sunday Distance**		
Warm-ups 7:00 PM, Meet 7:15 PM			**Warm-ups 6:15 PM, Meet 6:30 PM**		
59	Mixed 11-18 1000 Freestyle *		113	Mixed 11-18 1650 Freestyle*	

All session warm-up times and meet start times are subject to change once entries are received

* Distance Events - Age groups will be combined for seeding and separated for results and awards.

Upper Valley Aquatic Club

2018 Silver Meet

Upper Valley Aquatic Center

March 16-18, 2018

Sanctioned by USA-Swimming/NE Swimming # NE18-0316UVAC-TT

All information required

CONTACT INFORMATION

Team Name:_____ Abbreviation: _____

Deck Coach: _____ Cell Phone:_____ Email: _____

Entries Contact: _____ Phone: _____ Email: _____

UN Swimmers: _____

ENTRY FEES

Individual Entries _____ @ $6.00/$6.50 $ _____

Distance Events (400 and longer) _____ @ $10.00/10.50 $ _____

Relays Entries _____ @ $24.00/$26.00 $ _____

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

Total: $ _____

Any team entries submitted after the March 6, 2018 deadline are subject to a $100 fine

Make check payable to: **Upper Valley Aquatic Club**
Mail waiver and check to:

Brian Dirrane
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 Saturday March 10, 2018.

LIABILITY RELEASE

Any swimmer whose entry is accepted will, for him/herself, his/her heirs, executors and administrations, waive and release any and all rights and claims for damages he/she may have against United States Swimming, New England Swimming, Upper Valley Aquatic Center and Club 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