NEW ENGLAND SWIMMING

Upper Valley Aquatic Club
Winter Classic

Upper Valley Aquatic Center, White River Junction, Vermont

December 3-5, 2021

Held under the sanction of USA Swimming/New England #NE22-1203UVAC

Meet Director	Scott Ellis	sellis@uvacswim.org	802-296-2850
Meet Referee:	David Travers	dktravers@comcast.net	413-320-7953
Entry Chairperson:	Mary Gentry	uvac.entries@gmail.com	802-369-9289
Admin Official:	Mary Gentry	uvac.entries@gmail.com	802-369-9289
Safety Monitor	Alex Muni	amuni@uvacswim.org	802-296-2850

IMPORTANT DEADLINES:
First date of entry: 11/09/21
Final date of entry: 11/29/21
Payment deadline: 12/03/21

Session times may be adjusted once all entries are in. Teams will be notified of any changes.

Date	Session	Warm up	Start
12/03/21 Evening	Distance Session	5:15 PM	06:10 PM
12/04/21	Morning 10&U, 13/14	8:15 AM	9:30 AM
12/04/21	Afternoon 11-12, Open	1:30 PM	2:45 PM
12/05/21	Morning 10&U, 13/14	8:15 AM	9:30 AM
12/05/21	Afternoon 11-12, Open	1:30 PM	2:45 PM

ASSUMPTION OF RISK: We, Upper Valley Aquatic Club, have taken enhanced health and safety measures – for athletes, coaches, officials, volunteers, and meet management. You must follow all instructions while participating in/spectating at the UVAC Winter Classic or on site at 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 guests with underlying medical conditions are especially vulnerable. By participating in/spectating at a UVAC swim meet and being on site at the Upper Valley Aquatic Center, you voluntarily assume all risks related to exposure to COVID-19.

RELEASE: *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. USA Swimming, Inc., cannot prevent you (or your child(ren)) from becoming exposed to, contracting, or spreading COVID-19 while participating in USA Swimming sanctioned events. It is not possible to prevent against the presence of the disease, therefore, if you choose to participate in a USA Swimming sanctioned event, you may be exposing yourself to and/or increasing your risk of contracting or spreading COVID-19.*

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 liability or claims including 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 with exposure, infection and/or spread of Covid-19 related to participation in this competition.

SAFETY PROTOCOLS DUE to COVID RESTRICTIONS:
Statement of your State Department of Health protocols and requirements, or local guidelines, whichever is more restrictive: State of Vermont Sports and Organized Sports Guidance

Statement outlining the plan for spectator ingress and egress, use of locker rooms and other facility restrictions in place: Swimmers, coaches, and workers will enter and exit the facility through the Employee Entrance of the facility. Swimmers may use the rest rooms in the upstairs spectator area. Locker rooms and showers will NOT be available at the facility. Swimmers should wear their suit to and from the meet. More specific instructions will be sent to teams the week of the meet.
Number of individuals gathering in each area of the facility including all spaces, the pool, deck and spectator seating, and all other areas to be used: Operations are limited to 200 swimmers on the pool deck and 100 swimmers in the upstairs spectator space.
Any parent or legal guardian requesting access to their child will be allowed following all safety guidelines, bycontacting the Meet Director, Scott Ellis, at 802-296-2850.

Spectators will not be allowed. Parents not working in assigned roles will have to stay outside.

LIST OTHER PROTOCOLS SPECIFIC TO YOUR SITE:

- All workers, officials, and coaches will wear masks at all times.
- Swimmers will wear masks between events and will not remove their masks until they arrive at the starting block.
- One heat of swimmers will be in the water. One heat of swimmers with masks on, will be lined up behind the blocks. Additional heats will be organized along the side of the pool by lane 0.
- Showers will NOT be available at the start of the meet. Swimmers should wear their suit to and from the meet. Locker rooms may be available at the end of the afternoon and evening sessions.
- Track start fins on the starting blocks may be moved by individual swimmers

STATE GUIDELINES: State of Vermont Sports and Organized Sports Guidance

MEET FORMAT: The meet will be swum as timed finals. Lane seeding will be determined once all entries are submitted. The expectation is to use normal seeding for an 8 lane pool. Events with only 1 swimmer in a single gender event may be combined with the other gender of the same event to create a mixed event. Seeding will be done the morning before the meet. Team contacts will be provided with heat sheets on Friday. Heat sheets will also be available in MeetMobile.

No events will swim with more than one swimmer per lane.

DISTANCE EVENTS: The 400 IM and 1000 free will be seeded as a mixed events, slow to fast. Parents will time their children.

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. No more than eight lanes will be used for competition. Swimmers 13 and over will be able to use warm-down lanes 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 a 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, Patrick Johnstone. 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 Meet Jury but not vote. When possible, 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.

ENTRY POLICY*:* 100%

Teams that are included in the 75% and the 100% of guaranteed entries must submit their entry no later than 7 calendar days before the first date of entry and payment made to the host team by the first date of entry acceptance, or the host team may remove them from the guaranteed entries. The team will still be liable for payment of the entry fee and will be referred to the Admin Review Board if necessary. The host team can release this liability if it is able to fill the meet with entries from other teams.

When using the 100% policy, only teams or unattached swimmers from the New England Swimming LSC will be allowed to enter the meet until 48 hours after the first date of entry, at which point entries will be opened to teams from other LSCs.

CUT PROTOCOL: 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:

(a.) May be asked to cut each athlete to one less events per day than the maximum allowed.
(b.) Entries may be cut by a proportion of entries per team for events 200 yards or longer.

If deck scratches allow a reasonable time-line, swimmers may be reinstated into those previously entered events**.** Clubs 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. If weather requires the cancellation of any Finals session, the results of the preliminary session will be the final order.

ELIGIBILITY: All swimmers must be currently registered as athlete members of United States Swimming. 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 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.

SWIMWEAR: 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 Tech Suit Restriction for 12-and-Under Swimmers.

REGISTRATIONS: All swimmers must be registered (including 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 website to verify registration status. Coaches must be registered 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 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 fined 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:
Any team that has been entered into the meet but is prevented from attending due to a change in restrictions imposed by state or local health authorities or the facility shall not be responsible for any meet fees.

First date of entry acceptance: 11/09/21
Final date of entry acceptance: 11/29/21
Make checks payable to "Upper Valley Aquatic Club".
Mail completed signed entry cover page and waiver, and payment to the entry chairperson (or bring to the pool on the first day of the meet):

Scott Ellis
100 Arboretum Lane
White River Junction, VT 05001

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 meet host. Late payment of entry fees may result in future exclusion from meets hosted by our club.

Entries will be acknowledged within 24 of the first date of entry if they are accepted into the meet. *Your entry is considered received only if you receive an acknowledgement.*

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

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 as many events as they choose but may only compete in a maximum of 5 individual events per day for timed final events. Time trials count in the per day event count.

ENTRY FEES: Electronic entries:
$5.00 for all timed final individual events 200 yards and under.
$10.00 for distance events (events 400 yards and over).
$10.00 for time trials

Swimmer Participation Fee is $25.00 per swimmer

NE Swimming Travel Fee of $1.00 per swimmer (to be included in the check and the host team will send to NE Swimming)

Non-electronic entries: $5.50 for individual $10.50 for distance and $25.00 for relays.

ELECTRONIC ENTRIES: Electronic entries should 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: 12/03/21)

ENTRY TIME UPDATES: 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 uvac.entries@gmail.com . Entry time updates must be sent as Hy-Tek format CL2 files with updated times.

ENTRY TIMES: All entry times must be entered in the specified meet course. (Coach's times should be used instead of NT's)

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.

RELAYS – available only via time trials:

- Use of Electronic Relay Judging Pads: Dual Human Confirmation of relay take off violations will be required at all New England Swimming meets. 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.

LEGAL SPLITS – Individual Events: Preferable, 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, 3 timers without touchpad timing). Timers must be positioned over the lane at the end of the racing course. 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 the 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.

LEGAL SPLITS – Relays: All lead-off splits for relays are automatically loaded into SWIMS and do not require additional watches for validation unless there are no touchpads present, or the second swimmer starts in the water. If there are no touchpads, or the second swimmer starts in the water, a legal split form with three watches will be required for entry into SWIMS. Timers must be positioned over the lane at the end of the racing course. It is recommended that coaches report lead-off time discrepancies to the Administrative Referee or Administrative Official.

ADMISSION: no charge – there will be no spectators at this meet.

PROGRAMS: no charge – heat sheets will be available for free on Meet Mobile and a pdf emailed to coaches prior to the meet.

LIVE STREAM: UVAC will live stream the meet on the UVAC YouTube channel. The specific link will be provided with more detailed information sent to all participating teams the week of the meet.

MEET MOBILE HEAT SHEETS Meet Mobile heat sheets will be offered at this meet for free. The Meet Mobile heat sheet includes smart phone access to all heat sheets for the whole meet, including last minute changes and re-seeds**.**

MEET MOBILE RESULTS: 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. Unofficial results will be posted at the conclusion of each heat. Times may be updated when they become official.

OFFICIALS: Officials that know they will be attending the meet are highly encouraged to email the Meet

Referee and let her know your level of certification, team, and sessions you will be available. Walk-on officials may not be accepted to limit the number of people on the deck. Officials meetings will be at least 30 minutes prior to the start of a session and may be conducted virtually the day before the meet.

WARM-UPS: The pool will open for warm-ups 75 minutes before the start of the meet as designated on the event list. Teams will have assigned warm-up lanes for 20 minutes. There will be a five minute break between warm-up sessions to allow for safe movement of swimmers in and out of the pool. 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 warm-down lanes may be available for swimmers 13 and over. Teams will be informed of final determination of warm-down lane availability the week of the meet.

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 CAMERA ZONE.
- 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.

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.
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.

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.

VIDEO STREAMING: 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 be providing a live stream of the meet on the free UVAC YouTube channel.

ON DECK PHOTOGRAPHY: 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

AWARDS: There will be no awards for this meet.

SCORING: The meet will not be scored.

FOOD: There will be no food for sale at this meet.

VENDOR: There will be no t-shirt or equipment vendor at this meet.

MISCELLANEOUS: New England Swimming, Upper Valley 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.

- 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 likely be a free parking on-site. Participating teams will be notified of any changes in parking availability.

UVAC Winter Classic

December 3-5, 2021

Order of Events

Friday Evening Events (5:15 Warm-ups, 6:10 Meet)

Girls #	Age Group	Event	Boys #
1	Open	Mixed 400 IM	with the girls
2	Open	Mixed 1000 Free	with the girls

Friday events will be seeded as mixed, slow to fast

Saturday Events

Saturday Morning (8:15 Warm-ups, 9:30 Meet)

Girls #	Age Group	Event	Boys #
3	10 & Under	50 Fly	4
5	13 & 14	200 Fly	6
7	8 & Under	25 Breast	8
9	10 & Under	100 Breast	10
11	13 & 14	100 Breast	12
13	10 & Under	100 Free	14
15	13 & 14	50 Free	16
17	10 & Under	200 IM	18
19	8 & Under	25 Back	20
21	10 & Under	100 Back	22
23	13 & 14	100 Back	24
25	10 & Under	50 Free	26
27	13 & 14	200 Free	28

Saturday Afternoon (1:30 Warm-ups, 2:45 Meet)

Girls #	Age Group	Event	Boys #
29	11 & 12	50 Back	30
31	Open	200 Breast	32
33	11 & 12	100 Fly	34
35	Open	100 Fly	36
37	11 & 12	100 Free	38
39	Open	200 IM	40
41	11 & 12	200 IM	42
43	Open	100 Free	44
45	11 & 12	50 Breast	46
47	Open	200 Back	48

Sunday Events

Sunday Morning (8:15 Warm-ups, 9:30 Meet)

Girls #	Age Group	Event	Boys #
49	10 & Under	100 IM	50
51	13 & 14	200 IM	52
53	8 & Under	25 Free	54
55	10 & Under	200 Free	56
57	13 & 14	100 Free	58
59	10 & Under	50 Back	60
61	13 & 14	200 Back	62
63	8 & Under	25 Fly	64
65	10 & Under	100 Fly	66
67	13 & 14	100 Fly	68
69	10 & Under	50 Breast	70
71	13 & 14	200 Breast	72

Sunday Afternoon (1:30 Warm-ups, 2:45 Meet)

Girls #	Age Group	Event	Boys #
73	11 & 12	100 IM	74
75	Open	200 Fly	76
77	11 & 12	100 Back	78
79	Open	100 Back	80
81	11 & 12	200 Free	82
83	Open	50 Free	84
85	11 & 12	50 Fly	86
87	11 & 12	100 Breast	88
89	Open	100 Breast	90
91	11 & 12	50 Free	92
93	Open	200 Free	94

UVAC Winter Classic

Upper Valley Aquatic Center, White River Junction, VT 05001
December 3-5, 2021

CONTACT INFORMATION

Team Name: _____ Abbreviation: _____

Deck Coach: _____ Phone:_____Email: _____

Entries Contact:_____Phone:_____Email: _____

Address: _____

Unattached Swimmers: _____

ENTRY FEES (*non-electronic add .50 per entry*)

_____	# of Non Distance Individual Events	@ $5.00	=	$ _____
_____	# of Distance Individual Events	@ $10.00	=	$ _____
_____	# Athletes Swimmer Participation Fee	@ $25.00	=	$ _____
_____	# Athletes NE Travel Surcharge:	@ $1.00	=	$ _____

Total: $ _____

Make check payable to: **Upper Valley Aquatic Club**
Mail entries 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, December 3, 2021.

LIABILITY RELEASE

Any swimmer whose entry is accepted will, for him/herself, his/her theirs, executors and administrators, 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 Club, and 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.

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 liability or claims including 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 with exposure, infection and/or spread of Covid-19 related to participation in this competition.

_____ _____
Signature of Authorized Team Official Date