



**NEW
ENGLAND
SWIMMING**

Upper Valley Aquatic Club Vermont Tri Meet with EDGE & GMA

Upper Valley Aquatic Center, White River Junction, Vermont

September 19, 2020

Held under the sanction of USA Swimming/New England #NE20-0912UVAC

Meet Director	Scott Ellis	sellis@uvacswim.org	802-296-2850
Meet Referee:	Jessica Workman	jessworkman@comcast.net	802-238-2326
Entry Chairperson:	Mary Gentry	uvac.entries@gmail.com	802-369-9289
Admin Official:	Mary Gentry	uvac.entries@gmail.com	802-369-9289
Safety Monitor	Forrest Pollard	fpollard@uvacswim.org	802-296-2850

IMPORTANT DEADLINES:

First date of entry: 09/03/20

Final date of entry: 09/18/20

Payment deadline: 09/19/20

SAFETY INFORMATION: *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 individual 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 and CHANGES DUE to COVID RESTRICTIONS – some of these items may change. Participating coaches will be notified of changes by Monday the week of the meet.

- Spectators will not be allowed. Parents not working in assigned roles will have to stay outside. Each team will be assigned jobs so parents may rotate through who is working on the deck. Safe Sport considerations always allow parents access to their child when needed. Please contact the Scott Ellis, the Meet Director. We hope to have live stream in place for parents to be able to watch swims.

- Swimmers, workers and coaches will enter the facility at the far corner of the pool deck and exit outside at the start end corner of the pool deck. Everyone entering the pool deck the first time will have their temperature checked. If the temperature is high, they will be asked to sit to the side for 2 minutes before taking a second temperature.
- All workers, officials (except referee blowing whistles), and coaches will wear masks at all times.
- Swimmers will wear masks when sitting between events.
- Swimmer seating will be in the spectator stands to allow for ample social distancing space.
- A heat of swimmers will come down from the spectator area and leave their mask on the bleachers at the far end of the pool. One heat of swimmers will line up in lane order on the far side of the pool. Once a heat has started in the water, the heat of swimmers on the far side will move behind the blocks. There will never be more than one heat behind the blocks or lined up on the far side of the pool.
- Once all swimmers in a heat have finished their race, all swimmers will swim a warm-down lap and exit at the far end of the pool.
- Showers will NOT be available at the facility. Swimmers should wear their suit to the meet. Traveling swimmers may be able to change out of their suit before leaving the facility.
- Heat seeding will be altered from standard practices. Up to 8 lanes will be used for each heat. Unless participating coaches agree otherwise, seeding of swimmers fastest (A) through slowest (H) in a heat will be seeded in these physical lanes
 - A – Lane 6
 - B – Lane 7
 - C – Lane 4
 - D – Lane 3
 - E – Lane 9
 - F – Lane 10
 - G – Lane 2
 - H – Lane 1
 - (note there will also be an empty lane between lanes 1 and 2)
- Track start fins on the starting blocks will be set at the same position on all blocks. The position of the fins may not be changed during the meet.

STATE OF VERMONT GUIDELINES: (page 10)

MEET FORMAT: The meet will be swum as timed finals. Each session will be pre-seeded. Coaches will receive a positive check-in sheet before each session that must be returned no later than 30 minutes before the beginning of the session. Heat sheets will be posted around the pool deck. Coaches will be able to pick up heat sheets at the computer.

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

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. Eight lanes will be used for competition. There were be no warm-down lanes during this 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

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. 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. 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 100% of guaranteed entries must submit their entry no later than 7 calendar days before the first date of entries, and payment to the host team by the first date of entry acceptance, or the host team may remove them from the 100% of 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. In addition, no LSC teams other than New England Swimming will be allowed to enter the meet until after day 7 (midnight) of entries, at which point entries will be opened to non-New England Swimming LSC's.

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:

For meets using the 100 % or FCFS entry policy. and for teams included in the 25% of the 75%/ 25% entry policy:

- (a.) May be asked to cut each athlete to one less event per day than the maximum allowed.
- (b.) Entries may be cut by time or to a specific number of heats for specified events.

If deck scratches allow a reasonable timeline, 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 current registered swimmers with 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. 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 New England Swimming policy, swimmers **age 12** years old and younger are not allowed to wear "Tech" suits at any sanctioned or approved meet. The age of the swimmer is determined on the first day of the meet. A list of banned suits is found on www.neswim.com under ADMIN/Governance/Policies.

REGISTRATIONS: All swimmers must be registered (includes 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 web site 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 a meet 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 subject to a fine 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:

First date of entry acceptance: 09/03/20 (any entry received before this date will be considered received on 09/03/20)

Final date of entry acceptance: 09/11/20

Make checks payable to "Upper Valley Aquatic Club".

Mail completed signed entry cover page and waiver, and payment to the entry chairperson:

Scott Ellis

100 Arboretum Lane

White River Junction, VT 05001

Payment due date for all entries: 09/12/20 Any team that fails to send payment, cover page and waiver form, by this due date can be scratched from the meet at the discretion of the Entry Chairperson.

Entries will be acknowledged within 48 hours 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 team who has not paid their meet fees by the start of the meet will be assessed a \$100 fine. 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.

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 4 individual events per day for timed final events. Time trials count in the per day event count.

ENTRY FEES: Electronic entries:
\$30 per swimmer

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 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: 09/12/20

ENTRY TIME UPDATES: Entry times may be updated until the Friday prior to the 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.

LEGAL SPLITS – Individual Events: Legal splits 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) on the lane for the split, if necessary, to meet the USA-S requirement. (1 timer with touchpad timing, 3 timers without touchpad timing). Timers must be positioned over the lane at the end of the racing course.

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.

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.

OFFICIALS: If you know that you will be attending this meet email the Meet Referee and let him/her know your level of certification, team, and sessions you will be available. This is for pre-meet planning purposes. An officials meeting will be done virtually before the meet. The referee will send details to each team.

WARM-UPS: The pool will open for warm-ups as designated on the event list 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. There will be no warm-up/warm-down lanes during 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 and the Minor Athlete Protection Abuse Policy (MAAPP) 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. 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](#).

ON DECK PHOTOGRAPHY: 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. There will be no meet photographers at this meet.

AWARDS: There will be no awards for this meet.

SCORING: The meet will not be scored.

FOOD: A concession stand is unlikely to be available 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 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.

EVENTS: September 12, 2020

Morning Session

Warm-ups 9:00 Meet Start at 10:15

Event # Event

- 1 Mixed 12 & Under 200 Free
- 2 Mixed 12 & Under 100 Fly
- 3 Mixed 12 & Under 50 Back
- 4 Mixed 12 & Under 100 Breast
- 5 Mixed 12 & Under 50 Free
- 6 Mixed 12 & Under 100 IM
- 7 Mixed 12 & Under 50 Fly
- 8 Mixed 12 & Under 100 Back
- 9 Mixed 12 & Under 50 Breast
- 10 Mixed 12 & Under 100 Free

Afternoon Session

Warm-ups at 1:30 Meet Start at 2:45

Event # Event

- 11 Mixed 13 & Over 100 Free
- 12 Mixed 13 & Over 200 Fly
- 13 Mixed 13 & Over 100 Back
- 14 Mixed 13 & Over 200 Breast
- 15 Mixed 13 & Over 200 Free
- 16 Mixed 13 & Over 200 IM
- 17 Mixed 13 & Over 100 Fly
- 18 Mixed 13 & Over 200 Back
- 19 Mixed 13 & Over 100 Breast
- 20 Mixed 13 & Over 50 Free
- 10 minute warm-up break
- Assigned lanes
- 21 Mixed Open 500 Free

All events are mixed age and mixed gender.

Seeding is likely to be different than usual meets. Swimmers will be seeded in groups of 2 lanes, have an empty lane, another two swimmers, an empty lane etc. to spread out eight swimmers across eleven lanes. This will help spread out the swimmers and workers at the start end of the pool.

Heat seeding will be altered from standard practices. Up to 8 lanes will be used for each heat. Unless participating coaches agree otherwise, seeding of swimmers fastest (A) through slowest (H) in a heat will be seeded in these physical lanes

- A – Lane 6
- B – Lane 7
- C – Lane 4
- D – Lane 3
- E – Lane 9
- F – Lane 10
- G – Lane 2
- H – Lane 1 (lane closest to the windows, formerly considered lane 0)
- (note lane 0, an unused lane, will be between lanes 2 and 3)

Lane 1	Lane 2	Lane 0	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10
H	G		D	C		A	B		E	F

Upper Valley Aquatic Club
Vermont Tri Meet
Upper Valley Aquatic Center, White River Junction, VT 05001
September 12, 2020

CONTACT INFORMATION (all fields required)

Team Name: _____ Abbreviation: _____

Deck Coach: _____ Cell Phone: _____ Email: _____

Entries Contact: _____ Phone: _____ Email: _____

UN Swimmers: _____

ENTRY FEES

_____ # Swimmers @ \$30.00 = \$ _____

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 Saturday September 12, 2020.

LIABILITY RELEASE

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, 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.

Signature of Authorized Team Official Date

STATE OF VERMONT GUIDELINES:

On June 1st, gymnasiums, fitness centers and similar exercise facilities, massage therapists, nail salons, spas, tattoo parlors, indoor recreation facilities (such as skating rinks and field houses), and businesses that require limited close personal contact may resume in-person operations subject to the mandatory health and safety requirements and:

- Operations are limited to 25% (twenty-five percent) of approved fire safety occupancy; or 1 customer per 200 square feet and, no classes of more than 75 people shall occur in any single, distinct indoor space.
- Operators should separate customers to maintain physical distancing of 6 feet for any activity that will occur for more than a few moments (e.g. a retail transaction).
- Gyms and fitness centers should adopt a reopening plan based on the restart plan found here: <https://accd.vermont.gov/covid-19/business/restart/plans#gyms-and-fitness-centers>
- To the greatest extent possible, operations shall be by appointment only with specified time periods for each client. No walk-in appointments are allowed.
- Operations may serve only Vermont residents, those who meet the [state's travel policy](#), or others who have completed the prescribed quarantine.
- Locker rooms, waiting areas, and other common areas shall be restricted to occupancy limits noted above.
- For retail sales, curbside pickup is preferred; no testing / demonstration of products is allowed; and cashless/touch-less transactions are strongly preferred.
- Personal instructional services/lessons (such as art, music, athletic, skills, academic) may occur within the maximum occupancy limits mentioned above at a commercial location or residence. (Masks and physical distancing are encouraged to the extent possible.)
- No contact games or contact activity, except for those activities essential to the safety of participants, during practices are currently allowed.
- Operators must maintain a log of customers and their contact information for 30 days in the event contact tracing is required by the Department of Health.