

**42nd Annual Vermont Swim Association
2019 Championship Meet**

Upper Valley Aquatic Center

100 Arboretum Lane, White River Junction, VT 05001

Saturday August 3 – Sunday August 4, 2019

Held under the approval of USA Swimming/ New England Swimming #NE190803UVAC-A

Meet Director	Mary Gentry	uvac.entries@gmail.com	802-369-9289
Meet Referee:	Jessica Workman	jessworkman@comcast.net	802-238-2326
Entry Chairperson:	Mary Gentry	uvac.entries@gmail.com	802-369-9289
Admin Official:	Elizabeth Austin	elizabethaustinvt@gmail.com	
Safety Monitor	Ann Thompson	ann.thompson@trsu.org	

IMPORTANT DATES:

First date of entry acceptance: July 28, 2019

Last date of entry acceptance: July 29, 2019

Payment due date: August 1, 2019

SESSIONS	Warm-up	Meet
Saturday Morning, August 3	8:00 AM	9:00 AM
Saturday Lunch, August 3	11:30 AM	12:00 PM
Saturday, Afternoon, August 3	12:45 PM	1:45 PM
Sunday Morning, August 4	8:00 AM	9:00 AM
Sunday, Afternoon, August 4	12:15 PM	1:30 PM

Senior Ceremony at end of warm-ups and before the start of the afternoon meet session

Start times are subject to change based on entries submitted. If there are any changes, all teams will be contacted by Wednesday, July 31.

New for 2019:

- Events: Added 15-18 100 IM. Moved 200 Frees into Sunday afternoon session and eliminated the Sunday lunch session. Revised order of events in the afternoon sessions.
- Approved Meet Status: VSA has received Approved meet status from New England Swimming. That means USA-Swimming (USAS) registered swimmers will be covered by USA-Swimming insurance. (VSA has it's own insurance for all swimmers regardless of USAS membership.) It also means that results from this meet will be loaded in to SWIMS. In order for those registered swimmers to be covered by USAS and have their times in SWIMS, their names and IDs in their hy-tek entry files must match their full USA Swimming name and ID. It's fine that their team may be different. Names and IDs that do not match USAS will not be considered USAS registered swimmers. VSA is charging USAS registered swimmers an extra \$5 per swimmer to cover the cost of submitting times to SWIMS and paying the New England Swimming per swim surcharge. Please note – this fee only applies to USAS registered swimmers with a matching name and ID in the meet entry file. See Registrations section of this meet information file for additional information.

WARM-UP AND WORK ASSIGNMENTS: All team assignments for the meet and warm-ups will be posted on the VSA web site by the end of day Wednesday, July 31.

MEET FORMAT: The meet will be swum as timed finals. Each session will be pre-seeded. Heat sheets will be posted around the pool deck. Coaches will be able to pick up heat sheets for each session at the computer table. No events will swim with more than one swimmer per lane.

DISTANCE EVENTS: The 500 freestyle will be swum slow to fast. Swimmers must provide their own timers.

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. Touch pads will be moved to the far end of the pool for the morning 25 yard events. Eight lanes will be used for competition, one lane will be kept empty as a buffer lane, and the other two lanes will be used as warm-up warm-down lanes throughout the meet.

The competition course 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. Team tents may be set up outside. There is a separate indoor splash park pool that will be open to the public throughout the meet. The Splash Park has additional lap lanes, a current channel, slide, and zero entry play structure. The Center also has a fitness room with assorted equipment. Spectators may purchase day passes to use the Splash Park and fitness room during the meet. Meet swimmers will not be able to use the Splash Park unless they have purchased a day pass.

COURSE: Short Course Yards

25-YARD EVENTS: 25 yard events will start from the blocks. There will be touchpads at the far end of the pool.

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. While session length has never been a problem at this meet, if there was an issue teams may be asked to cut relay events.

WEATHER PROTOCOL: If weather or facility conditions make it impossible to follow the original timeline of events, the Meet Director and Meet Referee, in conjunction with the VSA Competition Committee, have a right to make changes to the meet sessions. Cancellation of the meet or a session will be by vote of the head coaches (or a representative) from each team). The UVAC Weather Hotline (e.g., pool closures because of weather) is 802-698-8361.

ELIGIBILITY: All entrants must be members of a 2019 VSA team and have represented his/her VSA team in at least three 2019 meets hosted by a VSA member team prior to the State Championships. League championships may be one of the three meets. No exhibition swimmers or swims are allowed. Age eligibility is determined by the age of the swimmer the first day of the State meet and must be shown on the entry form. A swimmer may compete in VSA State championships provided he or she is not older than 18 years of age on the first day of the State Championships. (Coaches of graduating seniors over the age of 18 may petition to the Competition Committee to have the swimmer participate in the State Meet. They will compete in the 17-18 age group.) See the Meet Handbook Article 202 for more information on eligibility. The Handbook is available on the <http://www.vermontswim.org> site.

REGISTRATIONS: Swimmers in this Approved meet are not required to be registered with USA Swimming. All currently United States Swimming/New England registered swimmers must have a proof of age on file. If the swimmer is age 18 or over, they must have completed the [Athlete Protection Training](#) or they will be ineligible to swim. Swimmers may register with the NE Swimming Registrar: registrarnes@gmail.com before 5:00 PM the Thursday before the meet.

Any USA Swimming registered 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.

DECK REGISTRATIONS will not be accepted.

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 deck credentials at all times. Individuals without credentials must leave the deck, and will be subject to a fine by VSA.

RESERVE THE RIGHT TO MAKE CHANGES: Once a meet is approved, 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.

DISABILITY SWIMMERS: Any current athlete members of a VSA team 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. Coaches and teams entering swimmers with disabilities that require any accommodations shall provide advance notice in writing to the meet director by the entry deadline. Failure to provide advance notice may limit the host's ability to accommodate all requests. The swimmer (or the swimmer's coach) is responsible for notifying the Referee, prior to the competition, of any disability of the swimmer and of the requested modification. The swimmer/coach shall provide any assistant(s) or equipment if required.

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.

EVENTS and SESSIONS: See attached list.

ENTRY LIMITS: Athletes are entitled to enter and swim 4 individual events and 2 relays.

BONUS EVENTS: Any swimmer who has met the qualifying time (and is entered in a qualified event) in at least one event, may enter bonus events in any other event in which they have achieved at least the Bonus qualifying time. A swimmer may be entered in a maximum of four events. Bonus entries must have a legal,

official result seed time achieved since January 1. A too slow entry as a team's sole entry in an event does not qualify as a swimmer's one official entry to then qualify for bonus events.

Bonus Event Limits: met (and entered) in 1 official event = 3 bonus swims, entered 2 official events = 2 bonus swims, 3 official events = 1 bonus swim, 4 official entries = 0 bonus swims.

Bonus entry swims are eligible for team points and awards.

Note that the Hy-tek events file does not identify the Bonus qualifying times. If you want to use bonus entries, you must manually check the swimmer's best time against the Bonus qualifying time.

ENTRY INFORMATION: Final entries must be received before 6:00pm July 29. Teams are suggested to submit preliminary entries by 7:00 PM on Sunday July 28. Note below in the Relay section that all relays must have a seed time or they will be rejected and cannot be reinstated after the July 29 6:00 PM deadline. Make checks payable to "Vermont Swim Association". Mail completed forms (including signed entry cover page and waiver) and payment to: Mary Gentry, 193 Stonecrest Ave., White River Junction, VT 05001. Entry fees and a signed waiver must arrive by Thursday, August 1st. No deck entries will be accepted. No refunds will be given for accepted entries.

ENTRY FEES: Electronic entries: \$5.00 for individual events, \$20.00 for relays. Non-electronic entries: \$5.50 for individual events, \$22.00 for relays. USA Swimming entries: \$10.00 per athlete meet fee. There are two team fees: \$30 for the Annual Dues and \$25 for the website. Teams must pay fees with one check only.

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

ELECTRONIC ENTRIES: Electronic entries (from Hy-Tek Team Manager or TeamUnify) that are in zipped CL2 or SD3/SDIF format may be emailed to VSAchamps@gmail.com. For email entries, payment and the signed entry cover page and waiver) must be received by Thursday, August 1. Athletes will not be allowed to compete until the team fees have been paid. The Entry Chair will return a confirmation pdf of the team's entries as loaded into the Meet program. Teams are responsible for ensuring those entries are correct.

ENTRY TIMES: All entries must be specified in short-course yard (25-yard pool) times. Meter times must be converted to yard times. (Entries with "NO TIME" will be rejected.) All entry times must have been achieved since January 1, 2019. In the 11/12 Age Group, there are separate qualifying times for 11 year olds and 12 year olds but those events will be swum and scored together.

Per Article 203.4 in the Bylaws, each team is entitled to enter one swimmer in each event (a bonus entry counts as a swimmer). In the case that the entered swimmer does not meet the time standard for the event, the entered time should be the swimmer's best time or the Bonus qualifying time – whichever is faster and not "NT." A team's sole entry in an event with a time slower than the qualifying time cannot be considered as that swimmer's official cut for adding bonus events. In 11/12 year old events, a team may only add one swimmer if they do not have an entry even though there are separate qualifying times for 11 year olds and 12 year olds. Also note that the 15-18 year old events will be scored as two separate events 15-16 and 17-18, so teams may enter at least one swimmer in each of the 15-16 and 17-18 events.

RELAYS: All relays must be included in the official entries due July 29 and must include a seed time. Relay entries with "NO TIME" will be rejected. No relays may be reinstated after the 6:00 PM entry deadline on July 29.

- All relay swimmers must be officially entered in the meet. Relay only swimmers are allowed as long as they are listed in the entries file.
- The names and order of the swimmers in each relay may be updated at the meet, up to 30 minutes before the start of the relay.
- Swimmers are allowed to swim in one medley relay and one freestyle relay.
- Use of Electronic Relay Judging Pads: Dual Human Confirmation of relay take off violations will be required at all New England Swimming meets. If Electronic Relay Judging pads are to be used at a meet, they will serve in the following capacity. Once a Dual Confirmation of a relay take off has been confirmed (Dual Human Confirmation), the Meet Referee or his/her designee shall request the RJP data. This data can only be used to support the disqualification or overturn the disqualification. In the event the RJP data is either missing or deemed invalid, the disqualification will stand. Relay Judging Pads will NOT be used at this meet.
- Unattached swimmers may not participate in any relays.

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) for SWIMS 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 a pad, 3 timers when no pad) When this form is submitted for relay take offs, it will be used to verify a time that is in question. It can also be used to verify and record a lead off split in an event that does not automatically go into SWIMS.

ADMISSION: Free

PROGRAMS: \$5.00 and will include heat and lane assignments for all sessions.

RESULTS: Results will be posted in the facility and online during the meet. The meet name on the MeetMobile app is VSA 2019 State Championships. Results will be posted after the meet on the Vermont Swim Association website. <http://www.vermontswim.org>.

WARM-UPS: Teams will have assigned warm-up times and lanes for 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. Two lanes will be available during the meet for warm-up and warm-down. All team assignments for the meet and warm-ups will be posted on the VSA web site by the end of day Wednesday, July 31.

OFFICIALS: If you know that you will be attending this meet, please email the meet referee, Jessica Workman (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. Check in and the Officials Meeting will be in the Meet Office on the pool deck starting at the beginning of warm-ups each session.

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.

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.

RULES: Current USA Swimming rules and 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 the Meet Referee or the 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](#).

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

SCORING: The meet will be scored in accordance with VSA guidelines:

Individual Events	19-17-16-15-14-13-12-11-10-9-8-7-6-5-4-3-2-1
Relay Events	38-32-28-24-20-16-12-10-8-6-4-2

The 15-18 age group events will be seeded as swum as 15-18 events but will be scored as 15-16 events and 17-18 events. 11/12 age group events have separate qualifying times for 11 year olds and 12 year olds but will be swum and scored together.

AWARDS: All Teams will receive a trophy based on their place in their division. Medals will be awarded to the top ten finishers in individual events and to the top six relay finishers. Ribbons will be awarded to eleventh through twenty-fourth places for individuals and seventh through tenth places for relays.

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.

STATE CHAMPIONSHIP T-SHIRTS: Special t-shirts commemorating the 2019 Vermont Swim Association State Championships will be on sale.

MISCELLANEOUS: The Upper Valley Aquatic Center and the Vermont Swim Association 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

- 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 Arboretum Lane.
- UVAC is the only building on Arboretum Lane.

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

PARKING: There is a free shuttle parking lot in front of the Bartering Barn on Ballardvale Dr. The shuttle bus will also stop at 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 support the Upper Valley Aquatic Center

[Hotel Alliance at 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
Hotel Coolidge	39 South Main St.	White River Junction, VT	802/295-3118

Vermont Swim Association
2019 Championship Meet
Saturday and Sunday August 3-4, 2019

Saturday, August 3

Sunday, August 4

GIRLS		BOYS	GIRLS		BOYS
#	Event	#	#	Event	#
Saturday Morning			Sunday Morning		
1	8&U 25 Breast	2	57	8&U 25 Fly	58
3	9-10 25 Breast	4	59	9-10 25 Fly	60
5	7-8 25 Free	6	61	7-8 25 Back	62
7	6&U 25 Free	8	63	6&U 25 Back	64
9	9-10 25 Free	10	65	9-10 25 Back	66
11	8&U 100 IM	12	67	8&U 50 Free	68
13	9-10 100 IM	14	69	9-10 50 Free	70
15	8&U 100 Medley Relay	16	71	8&U 100 Free Relay	72
17	10&U 100 Medley Relay	18	73	10&U 100 Free Relay	74
 Saturday Lunch					
19	500 Free	20			
 Saturday Afternoon			 Sunday Afternoon		
21	12&U 100 Fly	22	75	12&U 100 Free	76
23	13-14 100 Fly	24	77	13-14 100 Free	78
25	15-18 100 Fly	26	79	15-18 100 Free	80
27	11-12 50 Breast	28	81	11-12 50 Fly	82
29	13-14 50 Breast	30	83	13-14 50 Fly	84
31	15-18 50 Breast	32	85	15-18 50 Fly	86
33	11-12 100 IM	34	87	12&U 100 Breast	88
35	13-14 100 IM	36	89	13-14 100 Breast	90
37	15-18 100 IM	38	91	15-18 100 Breast	92
39	11-12 50 Free	40	93	11-12 200 Free	94
41	13-14 50 Free	42	95	13-14 200 Free	96
43	15-18 50 Free	44	97	15-18 200 Free	98
45	12&U 100 Back	46	99	11-12 50 Back	100
47	13-14 100 Back	48	101	13-14 50 Back	102
49	15-18 100 Back	50	103	15-18 50 Back	104
51	12&U 200 Medley Relay	52	105	15-18 200 IM	106
53	14&U 200 Medley Relay	54	107	12&U 200 Free Relay	108
55	18&U 200 Medley Relay	56	109	14&U 200 Free Relay	110
			111	18&U 200 Free Relay	112

15-18 Age Group Events will be seeded and swum as 15-18 but scored as 15-16 and 17-18.

**Vermont Swim Association
2019 Championships**

Upper Valley Aquatic Center, White River Junction, Vermont
August 3-4, 2019

ENTRY SUMMARY AND WAIVER

CONTACT INFORMATION

Team Name: _____ Abbreviation: _____

Deck Coach: _____ Phone: _____ Email: _____

Entries Contact: _____ Phone: _____ Email: _____

ENTRY FEES

_____	Individual Electronic Entries	@ \$5.00 = \$	_____
_____	Individual <i>Manual</i> Entries	@ \$5.50 = \$	_____
_____	Relay Electronic Entries	@ \$20.00 = \$	_____
_____	Relay <i>Manual</i> Entries	@ \$22.00 = \$	_____
_____	USA Swimming Registered Swimmers	@ \$5.00 = \$	_____
	VSA Annual Dues/Team	@ \$30.00 = \$	<u>30</u>
	VSA Web Fees/Team	@ \$25.00 = \$	<u>25</u>
	Total:	\$	_____

Make check payable to: Vermont Swim Association (only one check per team)

Mail entries and check to:
Mary Gentry
193 Stonecrest Ave.
White River Junction, VT 05001
(802) 369-9289

Final Entry Deadline: July 29, 2019
this signed for and fees are due
Thursday, August 1

LIABILITY RELEASE

Any athlete whose entry is accepted will for himself/herself, his/her heirs, executors and administrators, waive and release any and all rights and claims for damages he/she may have against Vermont Swim Association and the Upper Valley Aquatic Center for any and all injuries suffered by him/her at this meet.

Team Representative: _____

Date: _____