

<b>Sponsored by</b> 	<b>45<sup>th</sup> Annual Vermont Swim Association 2023 Championship Meet</b> <i>Upper Valley Aquatic Center, White River Junction, Vermont</i> <b>August 5-6, 2023</b> This meet is NOT sanctioned by New England Swimming/USA Swimming	<b>Hosted by</b> 
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<b>Sponsoring Organization</b>	Vermont Swim Association	<a href="mailto:vermontswiminfo@gmail.com">vermontswiminfo@gmail.com</a>	<a href="http://www.vermontswim.org">www.vermontswim.org</a>
<b>Meet Director</b>	Mary Gentry	<a href="mailto:vsachamps@gmail.com">vsachamps@gmail.com</a>	802-369-9289
<b>Meet Referee</b>	Jessica Workman	<a href="mailto:jessworkman.swim@gmail.com">jessworkman.swim@gmail.com</a>	802-238-2326
<b>Entry Chair</b>	Mary Gentry	<a href="mailto:vsachamps@gmail.com">vsachamps@gmail.com</a>	802-369-9289
<b>Admin Official</b>	Mary Gentry	<a href="mailto:vsachamps@gmail.com">vsachamps@gmail.com</a>	802-369-9289
<b>Safety Monitor</b>	Alex Muni	<a href="mailto:amuni@uvacswim.org">amuni@uvacswim.org</a>	802-296-2850

#### SESSIONS:

Date	Session	Warm-Ups	Meet Start
Saturday, August 5	Morning 10&Unders	8:20 am	9:25 am
Saturday, August 5	Lunch 500 Free	11:30 am	12:00 pm
Saturday, August 5	Afternoon 11&Overs	12:50 pm	2:15 pm
Sunday, August 6	Morning 10&Unders	8:20 am	9:25 am
Sunday, August 6	Afternoon 11&Overs	12:00 pm	1:40 pm
Sunday, August 6	Senior Ceremony	Immediately after afternoon warmups. 1:20 pm	
Sunday, August 6	Team Trophies	Awarded immediately after the end of the afternoon session	

Vermont Swim Association reserves the right to modify session times once entries are received. Changes in timeline will be posted on the <http://www.vermontswim.org/current-season> site

<b>IMPORTANT DEADLINES</b>	First date of entry: Sunday, 07/30/23 Final date of entry: Monday, 07/31/23 – 6:00 pm Waiver and Payment deadline: Saturday, 08/05/23
<b>SITE</b>	The Upper Valley Aquatic Center ( <a href="http://www.uvacswim.org">www.uvacswim.org</a> ) 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 TimingSystem 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.

	<p>Two lanes will be available for warmUp/warm-down during the meet. The pool is located at 100 Arboretum Lane, White River Junction, VT 05001. Directions may be found later in this document.</p> <p>The competition course has been certified in accordance with 104.2.2C(4). [The copy of such certification is on file with USA Swimming.]</p> <p>There is balcony seating for 300 spectators. Team tents may be set up outside. The Splash Park pool will be closed to the public during the meet. Spectators will not be able to observe the meet from the Splash Park pool deck.</p>
<b>COURSE</b>	Short Course Yards (SCY)
<b>FORMAT:</b>	<ul style="list-style-type: none"> <li>• The meet will be swum as timed finals. The session will be pre-seeded Wednesday before the meet. Heat sheets will be given to coaches and posted on the pool deck.</li> <li>• No events will swim with more than one swimmer per lane</li> <li>• 25-yard events will start at the start end and be timed with a touchpad, a button, and 2 watches.</li> <li>• The 500 freestyle will be swum slow to fast. Swimmers must provide their own timers.</li> </ul>
<b>ELIGIBILITY</b>	<ul style="list-style-type: none"> <li>• All entrants must be members of a 2023 VSA team and have represented his/her VSA team in at least <b>TWO</b> 2023 meets hosted by a VSA member team prior to the State Championships. League championships may be one of the two meets.</li> <li>• No exhibition swimmers or swims are allowed.</li> <li>• 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.</li> <li>• 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 <a href="http://www.vermontswim.org">http://www.vermontswim.org</a> site.</li> </ul>
<b>DISABILITY SWIMMERS</b>	<ul style="list-style-type: none"> <li>• Athletes with a disability are welcome and shall provide advance notice of desired accommodations to the Meet Director.</li> <li>• The athlete (or the athlete's coach) is also responsible for notifying the session referee of any disability prior to the competition.</li> </ul>
<b>ENTRIES</b>	<ul style="list-style-type: none"> <li>• Final entries must be received before 6:00 pm Monday July 31. Teams are suggested to submit preliminary entries by Sunday July 30 and then send final entries on Monday. 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 31 6:00 PM deadline.</li> <li>• Make checks payable to "Vermont Swim Association"</li> <li>• Mail completed signed entry cover page and waiver, and payment to the Meet Director:  Mary Gentry  193 Stone Crest Ave  White River Junction, VT 05001  (802) 369-9289</li> <li>• If bringing check to the pool, email a picture of signed waiver to <a href="mailto:vsachamps@gmail.com">vsachamps@gmail.com</a> by Friday. No deck entries will be accepted. No refunds will be given for accepted entries.</li> <li>• Any changes to entries after the July 31 deadline will be exhibition entries with no points or awards.</li> <li>• No deck entries will be accepted.</li> </ul>
<b>ENTRY LIMITS</b>	Athletes are entitled to enter and swim <b>5</b> individual events and 2 relays (one medley relay and one free relay). <i>5 events is NEW for 2023</i>
<b>ENTRY TIMES</b>	<ul style="list-style-type: none"> <li>• 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, 2023.</li> <li>• Relays must also have times. Coach times are allowed for relays.</li> </ul>

	<ul style="list-style-type: none"> <li>● 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. 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.</li> </ul>
<b>BONUS EVENTS</b>	<ul style="list-style-type: none"> <li>● Any swimmer who has met the qualifying time in at least one event (and is entered in a qualified 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 five 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.</li> <li>● Bonus Event Limits: met (and entered) in 1 official event can add 4 bonus swims, entered 2 official events can add 3 bonus swims, 3 official events can add 2 bonus swim, 4 official events can add 1 bonus swim, 5 official entries does not allow any bonus swims.</li> <li>● Bonus entry swims are eligible for team points and awards.</li> <li>● 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.</li> </ul>
<b>SCRATCHES</b>	Notification of scratches is appreciated but not required once the meet is seeded (Wednesday morning). Identifying scratches lets officials and timers know not to expect a swimmer in a lane.
<b>CUT PROTOCOL</b>	<p>If a session is over-subscribed, the VSA Competition Committee 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:</p> <ul style="list-style-type: none"> <li>● Coaches will be asked to cut a 5<sup>th</sup> entry for swimmers entered in 5 individual events.</li> <li>● Teams may be asked to cut relay events.</li> </ul>
<b>RELAYS</b>	<ul style="list-style-type: none"> <li>● All relays must be included in the official entries due July 31 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 31.</li> <li>● There are no limits to the number of relays per team per event.</li> <li>● All relay swimmers must be officially entered into the meet. Relay only swimmers are allowed as long as they are listed in the entries file.</li> <li>● Swimmers may only participate on one medley relay and one freestyle relay.</li> <li>● 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.</li> <li>● Unattached swimmers may not participate in any relays.</li> </ul>
<b>TIME TRIALS</b>	Time trials will be offered at the discretion of the Meet Director and the Meet Referee if time allows.
<b>FEES</b>	<ul style="list-style-type: none"> <li>● Electronic Entries: \$5.00/individual entry, \$20.00/relay entry</li> <li>● Swimmer participation fee: \$5.00/swimmer. <i>NEW for 2023</i> (includes relay only swimmers)</li> <li>● Non-electronic entries: \$5.50/individual entry, \$22.00/relay entry</li> <li>● Time Trials \$10.00/swim</li> </ul>
<b>ADMISSIONS</b>	<ul style="list-style-type: none"> <li>● No charge for admission</li> <li>● Free Pdfs of heat sheets will be available on <a href="http://www.vermontswim.org">www.vermontswim.org</a>. Heat sheets will also be available on Meet Mobile</li> </ul>
<b>RESULTS</b>	Results will be posted in the facility and online during the meet. The meet name on the MeetMobile app is VSA 2023 State Championships. Results will be posted after the meet on the Vermont Swim Association website. <a href="http://www.vermontswim.org">http://www.vermontswim.org</a>
<b>MEET MOBILE</b>	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. Meet Mobile name is VSA 2023 State Championships

<b>LIVE STREAM</b>	A live stream of the meet will be available through the UVAC LiveBarn subscription program. <a href="http://www.livebarn.com">www.livebarn.com</a> Venue is Upper Valley Aquatic Center
<b>TEAM ASSIGNMENTS</b>	<ul style="list-style-type: none"> <li>All team assignments for the meet and warm-ups will be posted on the VSA web site <a href="http://www.vermontswim.org/current-season">www.vermontswim.org/current-season</a> by the end of day Wednesday, August 2</li> </ul>
<b>WARM-UPS</b>	<ul style="list-style-type: none"> <li>The pool will open for warm-ups at least 60 minutes before the start of the meet as designated on the event list. Teams will have assigned warm-up lanes for 20 minutes. The pool will close five minutes before the beginning of each session. Teams will be assigned warm-up lanes after all entries are received.</li> <li>Two lanes will be available for warm-up/warm-down during the meet.</li> <li>All team assignments for the meet and warm-ups will be posted on the VSA web site by the end of day Wednesday, August 2.</li> </ul> <p><b>WARM UP SAFETY:</b></p> <ul style="list-style-type: none"> <li>For all sessions, swimmers must utilize a “sit and slide”/“three-point” entry to enter the pool for warm-ups, by first sitting on the deck, and then sliding, feet-first, into the pool.</li> <li>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.</li> <li>Relay starts may NOT be practiced during warm-ups</li> </ul>
<b>AWARDS</b>	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.
<b>SCORING</b>	<p>The meet will be scored in accordance with VSA guidelines:</p> <ul style="list-style-type: none"> <li>Individual Events: 19-17-16-15-14-13-12-11-10-9-8-7-6-5-4-3-2-1</li> <li>Relay Events: 38-32-28-24-20-16-12-10-8-6-4-2</li> </ul> <p>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</p>
<b>SWIMWEAR</b>	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 <a href="#">Tech Suit Restriction for 12-and-Under Swimmers</a> .
<b>RULES</b>	<ul style="list-style-type: none"> <li>The current USA Swimming Rules and Regulations including the Minor Athlete Abuse Protection Policy will govern this meet.</li> <li>Operation of a <b>DRONE</b>, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach areas, spectator areas, and outdoor tent areas) any time athletes, coaches, officials and/or spectators are present without written VSA approval.</li> <li>Use of audio or visual recording devices, including cell phones, is not permitted in changing areas, rest rooms or locker rooms. In addition, photography behind the blocks is <u>not permitted</u>.</li> <li><b>PHOTOGRAPHY:</b> 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.</li> <li><b>VIDEO STREAMING:</b> 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.</li> <li>Deck Changing is <b>PROHIBITED</b>.</li> <li>An athlete suspected of sustaining a concussion or exhibiting signs of a concussion, will immediately be removed from competition and shall not return to competition that day. The athlete may return to competition on a subsequent day, but only with a release authorization signed by a licensed healthcare provider.</li> </ul>

SAFETY	<ul style="list-style-type: none"><li>• No shaving is permitted at the competition site.</li><li>• No glass containers are permitted within the facility.</li><li>• 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.</li><li>• Any injuries or need for medical attention should be reported to the facility lifeguards. An AED is available in the facility lobby.</li><li>• <a href="#">UVAC-Evacuation-Policy</a></li></ul>																				
SAFE SPORT	<p>The conduct of all participants and spectators at a meet is governed by USA Swimming Rules 304/305. All infractions must be reported to the Meet Referee or Meet Director.</p> <p>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.</p> <p>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, Susan Pascale-Frechette: <a href="mailto:safesportne@gmail.com">safesportne@gmail.com</a> (401-965-0183), or through the <a href="#">USA-S online reportable form</a>.</p>																				
CHANGES TO MEET	Once this meet is posted, changes can be made only with the approval of the VSA Competition Committee in conjunction with the Meet Referee and Meet Director. 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 JURY	The Meet Jury will be made up of VSA Competition Committee and the Meet Referee.																				
WEATHER/FACILITY 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 the decision of the Meet Director, Meet Referee and the Meet Competition Committee.																				
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.																				
OFFICIALS	Officials that know they will be attending the meet are highly encouraged to email the Meet Referee ( <a href="mailto:jessworkman.swim@gmail.com">jessworkman.swim@gmail.com</a> ) and let her know your level of certification, team, and sessions you will be available. Officials sign-in will be in the hospitality room. The Officials meetings will be at least 40 minutes prior to the start of a session in the hospitality room.																				
VENDORS	<p><b>FOOD:</b> There may be a concession stand in the Lobby for this meet.</p> <p><b>T-SHIRTS:</b> There will be a t-shirt vendor with State Championship T-shirts and other apparel.</p> <p><b>EQUIPMENT:</b> A swimming equipment vendor will be selling suits, goggles, and other accessories for the duration of the meet.</p>																				
DIRECTIONS	Directions for the Upper Valley Aquatic Center are available at <a href="https://www.uvacswim.org/hours-directions/">https://www.uvacswim.org/hours-directions/</a>																				
PARKING	There will then be a weekend fee for parking on-site at the Aquatic Center. There will be a free shuttle parking lot and bus at the beginning of Ballardvale Dr. Parking is not allowed on Arboretum Lane.																				
HOTELS	<p>The following hotels and motels support the Upper Valley Aquatic Center</p> <p><a href="#">Hotel Alliance at UVAC</a></p> <table><tr><th>Hotel</th><th>Address</th><th>City/State</th><th>Phone</th></tr><tr><td>Comfort Inn</td><td>56 Ralph Lehman Lane</td><td>White River Junction, VT</td><td>844-257-8596</td></tr><tr><td>Fairfield Inn &amp; Suites</td><td>102 Ballardvale Dr.</td><td>White River Junction, VT</td><td>802/291-9911</td></tr><tr><td>Hampton Inn</td><td>104 Ballardvale Dr.</td><td>White River Junction, VT</td><td>802/296-2800</td></tr><tr><td>Hotel Coolidge</td><td>39 South Main St.</td><td>White River Junction, VT</td><td>802/295-3118</td></tr></table>	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
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EVENTS	List of events and sessions located on the next page																				

<b>WAIVERS</b>	Vermont Swim Association, USA Swimming, Inc., New England Swimming, Inc., the Upper Valley Aquatic Center, and the Upper Valley Aquatic Club cannot prevent you (or your children) from becoming exposed to, contracting, or spreading COVID-19 while participating in events. It is not possible to prevent the presence of the disease. Therefore, if you choose to participate in a Vermont Swim Association sponsored event, you may be exposing yourself to and/or increasing your risk of contracting or spreading COVID-19.
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**Vermont Swim Association**  
**2023 Championship Meet**  
 Saturday and Sunday August 5-6, 2023

<b>Saturday, August 5</b>			<b>Sunday, August 6</b>		
<b>GIRLS</b>		<b>BOYS</b>	<b>GIRLS</b>		<b>BOYS</b>
<b>#</b>	<b>Event</b>	<b>#</b>	<b>#</b>	<b>Event</b>	<b>#</b>
<b>Saturday Morning</b>			<b>Sunday Morning</b>		
1	9-10 50 Back	2	61	9-10 25 Fly	62
3	8&U 25 Breast	4	63	8&U 25 Fly	64
5	9-10 25 Breast	6	65	9-10 25 Back	66
7	7-8 25 Free	8	67	6&U 25 Back	68
9	9-10 25 Free	10	69	7-8 25 Back	70
11	6&U 25 Free	12	71	9-10 50 Breast	72
13	9-10 50 Fly	14	73	8&U 50 Free	74
15	8&U 100 IM	16	75	9-10 50 Free	76
17	9-10 100 IM	18	77	8&U 100 Free Relay	78
19	8&U 100 Medley Relay	20	79	10&U 100 Free Relay	80
21	10&U 100 Medley Relay	22			
Saturday Lunch					
23	500 Free	24			
Saturday Afternoon			Sunday Afternoon		
25	12&U 100 Fly	26	81	12&U 100 Free	82
27	13-14 100 Fly	28	83	13-14 100 Free	84
29	15-18 100 Fly	30	85	15-18 100 Free	86
31	11-12 50 Breast	32	87	11-12 50 Fly	88
33	13-14 50 Breast	34	89	13-14 50 Fly	90
35	15-18 50 Breast	36	91	15-18 50 Fly	92
37	11-12 100 IM	38	93	12&U 100 Breast	94
39	13-14 100 IM	40	95	13-14 100 Breast	96
41	15-18 100 IM	42	97	15-18 100 Breast	98
43	11-12 50 Free	44	99	11-12 200 Free	100
45	13-14 50 Free	46	101	13-14 200 Free	102
47	15-18 50 Free	48	103	15-18 200 Free	104
49	12&U 100 Back	50	105	11-12 50 Back	106
51	13-14 100 Back	52	107	13-14 50 Back	108
53	15-18 100 Back	54	109	15-18 50 Back	110
55	12&U 200 Medley Relay	56	111	15-18 200 IM	112
57	14&U 200 Medley Relay	58	113	12&U 200 Free Relay	114
59	18&U 200 Medley Relay	60	115	14&U 200 Free Relay	116
			117	18&U 200 Free Relay	118

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

**ENTRY PAYMENT AND LIABILITY RELEASE FORM****Vermont Swim Association****2023 Championships****Upper Valley Aquatic Center, August 5-6, 2023**

<b>CONTACT INFO</b>	<p>CLUB NAME: _____</p> <p>DECK COACH NAME: _____</p> <p>COACH EMAIL: _____ COACH CELL PHONE: _____</p> <p>ENTRIES CONTACT NAME: _____</p> <p>CONTACT EMAIL: _____ CONTACT CELL PHONE: _____</p>
<b>ENTRY FEES</b>	<p># of Individual Entries all distances @ \$5.00 _____ = \$ _____</p> <p># of Relays @ \$20.00 _____ = \$ _____</p> <p># of Swimmer Participation Fee @ 5.00 _____ = \$ _____</p> <p>TOTAL DUE: _____ = \$ _____</p>
<b>PAYMENT</b>	<p>Make checks payable to: Vermont Swim Association</p> <p>Bring to the meet on Saturday or Send to: Mary Gentry 193 Stone Crest Ave White River Junction, VT 05001</p> <p>Payment deadline: August 5, 2023</p> <p>Paper or picture copy of signed waiver due Friday August 4</p>
<b>WAIVER:</b>	<p style="text-align: center;"><b>LIABILITY RELEASE</b></p> <p>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 Vermont Swim Association, the Upper Valley Aquatic Center, and the Upper Valley Aquatic Club for any and all injuries suffered by him/her at said meet, including Covid 19.</p> <p>_____</p> <p>Signature of Authorized Team Official                      Date</p>