



**NEW
ENGLAND
SWIMMING**

Central Vermont Swim Club 9th Annual Winter Pentathlon

Norwich University, Goodyear Pool, Northfield, VT

January 16, 2022

Held under the sanction of USA Swimming/New England #NE22-0116CVSC

Meet Director	Alysia Backman	alysia.backman@gmail.com	802-233-7388
Meet Referee:	Laura Lewis	laura@thelewisfamily.net	802-299-7330
Entry Chairperson:	Alysia Backman	alysia.backman@gmail.com	802-233-7388
Admin Official:	Mary Gentry	uvac.entries@gmail.com	802-369-9289
Safety Monitor	Heather McLain	hmclain@gmail.com	646-418-1381

IMPORTANT DEADLINES:

First date of entry: December 30, 2021

Final date of entry: January 7, 2022

Payment deadline: January 10, 2022

ASSUMPTION OF RISK: We, Central Vermont Swim Club (CVSC), 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 CVSC Winter Pentathlon or on-site at Goodyear Pool at Norwich University. 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 the CVSC Winter Pentathlon and being on-site at Goodyear Pool at Norwich University, 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:

- Participants must abide by the [State of Vermont Cross State Travel Guidelines](#). Participants may only come from Vermont or be associated with a program based in Vermont.
- Operations will be limited based on the State Guidelines. More information about the specific number of swimmers will be made available a week before the first date of entry.
- 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.

Statement outlining the plan for spectator ingress and egress, use of locker rooms and other facility restrictions in place:

- Spectators are not allowed.
- Swimmers, coaches, and workers will enter and exit through an identified door. More specific instructions will be sent to teams the week of the meet.
- Everyone entering the facility will have their temperature checked.
- Swimmers will not be able to leave the facility and re-enter the facility during the session.

Spectators will not be allowed. Adults not working in assigned roles will have to stay outside. Each team will be assigned jobs so adults may rotate through who is working on the deck. **Any parent or legal guardian requesting access to their child will be allowed following all safety guidelines, by contacting the Meet Director, Alysia Backman at (802) 233-7388.**

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.
- Swimmer seating will be in the gym with ample social distancing space.
- One heat of swimmers will be in the water. One heat of swimmers with masks on will be lined up in the hallway. All other swimmers will be at their designated sitting space.
- Swimmers behind the blocks will remain at the back wall until called up to the blocks after the previous heat has gotten out the pool, put their masks on, and exited the block end.
- Showers will NOT be available at the facility. Swimmers should wear their suits to and from the meet.
- Lane seeding will be determined once all entries are submitted. Events with only 1 swimmer in a single gender event may be combined with the other gender of the same event.

STATE GUIDELINES: [Vermont Organized Sports Guidelines](#)

MEET FORMAT: The meet will be swum as timed finals. Each session will be pre-seeded on Friday. Coaches will receive .pdfs of heat sheets on Friday to distribute to participating families. Heat sheets will also be available for free on Meet Mobile. There will be no deck entries.

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

SITE: Norwich University, Goodyear Pool is a 6-lane, 25-yard pool with seven-foot-wide lanes and non-turbulent lane lines. The timing system includes a fully automatic Colorado Time Systems electronic timing system with touchpads at the finish end of the pool with a single-line electronic display. There are no touchpads at the turn end of the pool. The finish end of the pool is 5 feet deep; the turn end of the pool is 11 feet deep. Stadium-style spectator seating. The pool is located inside the Norwich University Plumley Armory at the corner of S Main St. & ID White Ave, Northfield, VT 05663. Parking is limited near the Armory. Directions and parking instructions may be found later in this document. The competition course has been certified in accordance with 104.2.2C(4). A copy of such certification is on file with USA Swimming.

COURSE: SCY

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 three watches.

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: First Come First Serve (FCFS)

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 FCFS 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 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 (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 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 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, INCLUDING MEET SAFETY MARSHALS, 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 below and this [link](#).

ENTRY INFORMATION:

First date of entry acceptance: 12/27/2021

Final date of entry acceptance: 01/07/2022

Make checks payable to **Central Vermont Swim Club**

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

Alysia Backman
225 Woodland Acres
Waterbury, VT 05676

Payment due date for all entries:01/10/2022. 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 acknowledgment.*

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 **Central Vermont Swim Club**. 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 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

Non-electronic entries: \$5.50 for individual \$10.50 for distance.

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 NESwimming)

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 alysia.backman@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: January 7, 2022.

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 alysia.backman@gmail.com. Entry time updates must be sent as Hy-Tek format CL2 files with updated times. (New entries will be automatically excluded.)

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

LEGAL SPLITS – Individual Events: Legal splits must be requested before the event, by a coach, using a legal split form (available from the Control 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: \$0.00

PROGRAMS: \$3.00

MEET MOBILE: 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: Officials that know they will be attending the meet are highly encouraged to email the Meet Referee and let them know your level of certification, team, and sessions you will be available. All officials are welcome to work any number of sessions and walk-ons are always welcome. Officials' meeting will be one hour prior to the start of the meet just off the pool deck in the hallway between hospitality and the pool office.

WARM-UPS: The pool will open for warm-ups as designated on the event list one hour and twenty minutes 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.

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, restrooms, locker rooms, behind the blocks, or in any marked NO CAMERA ZONE.
- 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.
- Deck changes are prohibited.

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

SAFE SPORT: The conduct of all participants and spectators at a meet is governed by USA Swimming Rules 304/305. Any and all infractions must be reported to 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"), and that they understand that compliance with the MAAPP 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](#).

ON DECK PHOTOGRAPHY: As per New England Swimming policy, professional photographers contracted by the Central Vermont Swim 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: Trophies will be awarded to the top 3 finishers in each age group (8 & Under, 9-10, 11-12, 13-14, and 15 & Over) for the Pentathlon. Participation medals will be given to all swimmers who complete all five events of the pentathlon, regardless of DQ's.

SCORING: The meet will not be scored. Pentathlon scoring will use an accumulation of race times. Swimmers must swim all five events to qualify. DQ's will add one minute to the slowest legal time in that event.

FOOD: A concession stand will be in operation for the duration of the meet.

VENDOR: There will likely be a t-shirt vendor at the meet with pre-orders available in December. Information will be sent out to teams when available.

MISCELLANEOUS: New England Swimming and Central Vermont Swim Club assume no responsibility for lost or stolen property. Pets of any kind and smoking are not permitted within the facility.

PARKING: Many small parking lots are available near Plumley Armory on the Norwich Campus. Swimmers may be dropped off along General I.D. White Ave. Drivers will find parking by Roberts Hall (admissions), Jackman Hall (straight up hill, Gen I.D. White Ave), on the Central Ave side of Plumley Armory, and by turning left off Gen I.D. White toward the Wise Campus Center.

DIRECTIONS. From I-89 north or south, take Exit 5 off I-89 toward Northfield (Route 64 west). Turn right on Route 12 (north). Campus is on the left. From the north via Route 12, go through the town of Northfield, campus is on the southern edge of town on your right. See campus map at: <http://www.norwich.edu/about/map/pdf/campus-map.pdf>

Central Vermont Swim Club
9th Annual Winter Pentathlon
Norwich University, Goodyear Pool, Northfield, VT
January 16, 2022
Warm-up: 9:30 AM, Meet Starts: 11:00 AM

Girls	Event	Boys
1	8 & Under 25 Butterfly	2
3	9-12 50 Butterfly	4
5	13 & Over 100 Butterfly	6
7	8 & Under 25 Backstroke	8
9	9-12 50 Backstroke	10
11	13 & Over 100 Backstroke	12
13	8 & Under 25 Breaststroke	14
15	9-12 50 Breaststroke	16
17	13 & Over 100 Breaststroke	18
19	8 & Under 25 Freestyle	20
21	9-12 50 Freestyle	22
23	13 & Over 100 Freestyle	24
25	12 & Under 100 IM	26
27	13 & Over 200 IM	28

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Winter Pentathlon
Norwich University, Goodyear Pool, Northfield, VT
January 16, 2022

CONTACT INFORMATION

Team Name: _____ Abbreviation: _____

Deck Coach: _____ Phone: _____ Email: _____

Entries Contact: _____ Phone: _____ Email: _____

Address: _____

Unattached Swimmers: _____

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

_____ Individual Entries all distances @ \$5.00 =	\$ _____
_____ Swimmer Participation.PPE Fee: # athletes___ @ \$25.00 =	\$ _____
_____ NE Travel Surcharge: # athletes___ @ \$1.00 each =	\$ _____
Total:	\$ _____

Make check payable to: Central Vermont Swim Club

Mail entries and check to:

Alysia Backman
225 Woodland Acres
Waterbury, VT 05676
Phone: (802) 233-7388

Entry Deadline: 01/03/2022

For emailed entries, this form and payment
must be received by: 01/07/2022

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, Central Vermont Swim Club for any and all injuries suffered by him/her at said meet. In submitting this entry the undersigned team certifies that all athletes in the entry are registered with USA Swimming and understands that the team may be fined \$100 for each swimmer in the entry that is not registered with USA Swimming.

Signature of Authorized Team Official

Date