



**NEW  
ENGLAND  
SWIMMING**

## Upper Valley Aquatic Club 2022 Regional Meet

Upper Valley Aquatic Center, White River Junction, Vermont

February 11-13, 2022

Held under the sanction of USA Swimming/New England #NE22-0211UVAC

<b>Meet Director</b>	Scott Ellis	sellis@uvacswim.org	802-296-2850
<b>Meet Referee:</b>	Jessica Workman	jessworkman@comcast.net	802-238-2326
<b>Entry Chairperson:</b>	Mary Gentry	uvac.entries@gmail.com	802-369-9289
<b>Admin Official:</b>	Mary Gentry	uvac.entries@gmail.com	802-369-9289
<b>Safety Monitor</b>	Alex Muni	amuni@uvacswim.org	802-296-2850

List of teams assigned to this site: ATST, BLUE, BYD, CRVS, CTS, CVSC, EDGE, GMA, KYD, LRW, MST, NEK, ORO, PVA, SJSC, STS, UVAC, VAS, UN

New England Swimming reserves the right to reassign a team to another venue if the original venue is oversubscribed.

**IMPORTANT DEADLINES:**

Final date of entry: Tuesday February 1, 2022 by 9pm

Payment deadline: Saturday February 5, 2022

New cuts entry date: Monday February 7, 2022 by 9pm

**SESSIONS:**

	<b>Warm-up</b>	<b>Meet</b>
Friday	5:00 PM	6:00 PM
Saturday Morning (11/12s, 13/14s)	8:15 AM	9:30 AM
Saturday Afternoon (8&Us, 9/10s, 15-18s)	1:45 PM	3:00 PM
Saturday Evening (1000s)	6:00 PM	6:15 PM
Sunday Morning (11/12s, 13/14s)	8:15 AM	9:30 AM
Sunday Afternoon (8&Us, 9/10s, 15-18s)	1:45 PM	3:00 PM
Sunday Evening (1650s)	6:00 PM	6:15 PM

Times may be changed once all entries have been received. Teams will be notified of exact times by Tuesday prior to meet.

**ASSUMPTION OF RISK:** We, Upper Valley Aquatic Club, have taken enhanced health and safety measures – for athletes, coaches, officials, volunteers, and meet management. You must follow all instructions while participating in/spectating at 2022 Regional Meet or on site at Upper Valley Aquatics Center. An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. According to the Centers for Disease Control and Prevention, senior citizens and guests with underlying medical conditions are especially vulnerable. By participating in/spectating at 2022 Regional Meet and being on site at Upper Valley Aquatics Center, you voluntarily assume all risks related to exposure to COVID-19.

**RELEASE:** *An inherent risk of exposure to COVID-19 exists in any public place where people are present COVID-19 is an extremely contagious disease that can lead to severe illness and death. According to the Centers for Disease Control and Prevention, senior citizens and individuals with underlying medical conditions are especially vulnerable. USA Swimming, Inc., cannot prevent you (or your child(ren)) from becoming exposed to, contracting, or spreading COVID-19 while participating in USA Swimming sanctioned events. It is not possible to prevent against the presence of the disease, therefore, if you choose to participate in a USA Swimming sanctioned event, you may be exposing yourself to and/or increasing your risk of contracting or spreading COVID-19.*

*By attending or participating in this competition you voluntarily assume all risks associated with exposure to Covid-19 and forever release and hold harmless USA Swimming and New England Swimming and each of their Officers, Directors, Agents, employees or other representatives from any liability or claims including for personal injuries, death, disease or property losses, or any other loss, including but not limited to claims of negligence and give up any claims you may have to seek damages, whether known or unknown, foreseen or unforeseen, in connection with exposure, infection and/or spread of Covid-19 related to participation in this competition.*

**SAFETY PROTOCOLS DUE to COVID RESTRICTIONS:**

Statement of your State Department of Health protocols and requirements, or local guidelines, whichever is more restrictive: [State of Vermont Sports and Organized Sports Guidance](#)

Statement outlining the plan for spectator ingress and egress, use of locker rooms and other facility restrictions in place: Swimmers, coaches, and workers will enter and exit the facility through the Employee Entrance of the facility. Swimmers may use the rest rooms in the upstairs spectator area. Locker rooms and showers will NOT be available at the facility. Swimmers should wear their suit to and from the meet. More specific instructions will be sent to teams the week of the meet.

Number of individuals gathering in each area of the facility including all spaces, the pool, deck and spectator seating, and all other areas to be used: no limitations

Any parent or legal guardian requesting access to their child will be allowed following all safety guidelines, by contacting the Meet Director, Scott Ellis, at 802-296-2850.

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

**LIST OTHER PROTOCOLS SPECIFIC TO YOUR SITE:**

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

**STATE GUIDELINES:** [State of Vermont Sports and Organized Sports Guidance](#)

**MEET FORMAT:** The meet will be conducted as timed-finals. Each session will be seeded by computer based on positive check-in at the beginning of each session. Coaches will receive a positive check-in sheet before each session, which must be returned no later than 45 minutes before the beginning of the session. At the

discretion of meet management, Saturday and Sunday morning and afternoon sessions may be pre-seeded Friday morning and copies of heat sheets distributed to team contacts Friday morning for distribution to participating families. Heat sheets will be posted around the pool deck. Heat sheets will be available for coaches at the computer table. Events may be seeded with multiple age groups, but results will be posted in specific age groups (8 & U, 10 & U, 11/12, 13/14, 15/18). Events with only 1 swimmer in a single gender event may be combined with the other gender of the same event.

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

#### **SPECIAL FORMAT NOTES:**

- 1.) Any swimmer who ages into a new age group between the first day of Regionals (February 11, 2022) and the first day of their Age Group Championship Meet (10&U: Feb 18, 2022, 11-14: Feb 24, 2022, 15-18: March 4, 2022,)), and does not have the age group qualifying time for their future age group, will be allowed to compete with their current age group at Regionals, even if they have the age group cut for their current age in that event. They will compete as exhibition (their time will count, but they will not receive awards).
- 2.) In addition, all athletes entered in the meet with a time at the Silvers cut or faster (but slower than the Age Group standard) will compete in each event as exhibition. All exhibition declarations must be made at the time of the team entry to the Entry Chair.
- 3.) The cut-off time for each age group will be the SCY Age Group Championship standard for each corresponding age group. If a swimmer has the AG cut in SCM or LCM, but not in Yards, they may swim the event as exhibition.
- 4.) The 1000 free and 1650 free will be swum fast-to-slow, mixed gender and mixed ages. Teams are responsible for providing their own timers and counters for the distance events.
- 5.) The 50's of each stroke will be offered to the 13/14 and 15/18 age groups if they have the corresponding cut time in the 100 of that stroke, or if they want to use it as a bonus event (subject to the bonus rules below). **All 50's for the 13/14, 15/18 groups in the Breaststroke, Butterfly, and Backstroke should be entered with, and will be seeded with, their 100 time.** These events count towards the entry max and are also eligible to be used as bonus events if the corresponding 100 time is not achieved, and the swimmer has qualified for 3 or fewer events (see bonus procedure) If a swimmer has the age group cut in the 100 of the stroke, they are not eligible to swim the 50.

#### **BONUS EVENTS:**

Any swimmer who qualifies for Regionals in any event, may enter bonus events in any other event **in which their time is slower than the Regional cut for their corresponding age group**. Bonus events will be seeded last, but may score and receive awards. A swimmer may compete in a maximum of 6 individual events per day. All bonus events **MUST** be marked as BONUS upon entry and cannot be a "NT". Use a coach time in place of a NT.

#### **Bonus Event Limits:**

1 cut = 3 bonus swims; 2 cuts = 2 bonus swims; 3 cuts = 1 bonus swim; 4+ cuts = 0 bonus swims

**DISTANCE EVENTS:** The 1000 free and 1650 free will be swum fast-to-slow, mixed gender and mixed ages. Teams are responsible for providing their own timers and counters for the distance events. Friday evening distance events will rely on team timing assignments.

**SITE:** (example): The Upper Valley Aquatic Center ([www.uvacswim.org](http://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. An additional lane will be left empty as a buffer lane and the remaining two lanes will be available for warm-up and warm-down throughout the meet. (Depending on entries, UVAC may elect to use ten lanes for competition, in which case three 25 yard lanes in the adjacent leisure pool will be available for warm-up and warm-down.) 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).

**COURSE:** Short course yards (25 yards)

**25-YARD EVENTS:** 25-yard events will start at the starting block end of the pool and finish at the turn end with manual timers using two watches and a button.

**RESERVE THE RIGHT TO MAKE CHANGES:** Once a meet is sanctioned, changes can be made to the meet invitation before the meet, only with the approval of the Technical Chair, [Patrick Johnstone](#). Any change to the meet format after the meet begins will be at the discretion of the Meet Referee and will be presented to the coaches at a coaches meeting.

**MEET COMMITTEE/ JURY:** The Meet Jury will be made up of one official, one coach, and one athlete to be selected by the Meet Referee who will present issues and moderate the Meet Jury but not vote. When possible, the three members shall be from separate teams. The Meet Jury will decide all issues of eligibility and anything not addressed in the Meet Announcement. The Meet Referee shall have authority as described in the current USA Swimming Rulebook.

**CUT PROTOCOL:** If a session is over-subscribed the following cuts/adjustments may be made under the discretion of the Meet Director and Meet Referee:

- Bonus events will be cut.
- Relays will be cut or limited to one or two entries per team.
- The distance events (400 IM, 500 free, 1000 free, 1650 free) will be cut by time.
- The 200 fly, 200 back, and 200 breast for the 11 and 12 age groups may be limited to 4 heats for each gender.

Clubs will be notified of cuts no later than Monday, February 8, 2022.

**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 2022 registered swimmers with New England Swimming and must have achieved the qualifying time from a sanctioned, approved, or observed meet that is posted in the SWIMS database. 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.

**ENTRY TIMES VERIFICATION:** All entries, except for bonus events and the 8 & Under 25 yard events, must be provable in the SWIMS database and will be reviewed by New England Swimming. The meet database will be run through the SWIMS program to verify times achieved since January 1, 2020. Anyone entering a swimmer in events where a time is not in SWIMS, or there is a time that is faster than the cut off time within the qualifying period, will be fined \$100 per event and the swimmer will be scratched from the event. This violation may jeopardize the team's participation in future New England Swimming "end of season" meets. It is up to the team entering to verify the swimmers' times are actually in SWIMS. Please note that a time may be in Team Unify but not in SWIMS. It is your responsibility to verify the time at a USA sanctioned/approved/observed time in SWIMS.

**SWIMWEAR:** Per USA Swimming rules (102.8.1.F), 12 & Under swimmers may not wear a Technical Suit at any Sanctioned, Approved, or Observed meet. The age of the swimmer is determined on the first day of the meet. Guidance on identifying compliant and non-compliant suits can be found on the USA Swimming website under [Tech Suit Restriction for 12-and-Under Swimmers](#).

**REGISTRATIONS:** All swimmers must be registered (including proof of age and payment) with USA Swimming before the entry deadline of February 1, 2022. Any team that swims an unregistered swimmer will be fined \$100 per event. Teams are required to check their entries with the online registration check tool on the New England Swimming website.

**ENTRY INFORMATION:** Entry times must be achieved between January 1, 2020 and the entry deadline of 9:00 PM Tuesday, February 1, 2022.

Any team submitting a late entry (after the February 1<sup>st</sup> deadline) is subject to a fine up to \$100, at the sole discretion of the Entry Chair. If a team already entered in the meet wishes to add either swimmers or entries after the February 1<sup>st</sup> deadline, but before the new cuts deadline of 9:00pm Monday, February 7, 2020, they will be accepted at the discretion of the Meet Director and subject to a \$10 penalty per individual entry.

**NEW CUTS:** New cuts (and updated seed times) achieved after the February 1<sup>st</sup> entry deadline will be accepted through Monday, February 7, 2022 @9:00 PM. Additional fees are due by the start of the meet. If a swimmer achieves the Age Group cut after the original entry deadline, they are entitled to still swim that event at Regionals as entered.

**DECK REGISTRATIONS:** Will not be accepted.

**DECK ACCESS:** Only current USA Swimming registered athletes, coaches, officials, and official meet staff are permitted on the pool deck. All non-athletes on the pool deck must produce proof of their valid USA Swimming registration when asked. Deck Pass is an acceptable proof of membership. Individuals without proof of a valid membership in USA Swimming will be removed from the pool deck and will be fined by New England Swimming of \$100 to the coach, and \$200 to the coach's club.

**DISABILITY SWIMMERS:** Any current athlete members of USA Swimming with a disability, as defined by USA Swimming Rules and Regulations, may enter this meet. If modifications to USA Swimming rules are necessary then the coach or athlete must notify the Meet Referee and Meet Director of any disability prior to competition.

**EVENTS and SESSIONS:** See attached list.

**ENTRY INFORMATION:**

***Any team that has been entered into the meet but is prevented from attending due to a change in restrictions imposed by state or local health authorities or the facility shall not be responsible for any meet fees.***

Final date of entry acceptance: February 1, 2022

Make checks payable to "Upper Valley Aquatic Club".

Mail completed signed entry cover page and waiver, and payment to the entry chairperson (or bring to the pool on the first day of the meet):

Scott Ellis

Upper Valley Aquatic Center

PO Box 1198

White River Junction, VT 05001

(physical address 100 Arboretum Lane, WRJ, VT 05001 for non-USPS deliveries)

Any team that fails to send payment, cover page and waiver form, by the entry due date may be scratched from the meet and may be assessed a \$100 fine at the discretion of the Entry Chairperson. If no payment is received after 30 days, the fine is doubled. This fine is payable to the meet host. Late payment of entry fees may result in future exclusion from meets hosted by our club.

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

*Any swimmer who is entered with incorrect swimmer information, or an incorrect or no ID, or is unregistered, will be scratched from the meet until corrections are made per the New England policy.*

**ENTRY LIMITS:** Athletes may enter as many events as they choose but may only compete in a maximum of 6 individual events per day for timed final events. Time trials count in the per day event count.

**ENTRY FEES:** Electronic entries:

\$6.00 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

\$24.00 for Relays

Swimmer Participation Fee is \$25 per swimmer

**NE Swimming Travel Fee of \$2.00 per swimmer** (to be included in the check and the host team will send to NE Swimming)

Non-electronic entries: \$6.50 for individual \$10.50 for distance and \$25.00 for relays.

**ELECTRONIC ENTRIES:** Electronic entries may be emailed as an attachment to the Entry Chairperson at email [uvac.entries@gmail.com](mailto: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 hard copy of the entry (including signed entry cover page and waiver) must be received by Saturday, February 5, 2022.

#### **RELAYS:**

- 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. Electronic Relay Judging pads will not be used.
- Swimmers must be entered in at least one individual event to be able to participate in a relay. Relay only swimmers are not allowed.
- Relays are age-specific. Swimmers may not “age- up” for a relay.
- All relays are mixed. Each relay must have two girls and two boys to be official.
- Relay entries may be limited to two teams per event per club if the meet is oversubscribed (see cut protocol).
- **Unattached swimmers may not compete in a relay.**

**RELAY CHECK-IN & SEEDING:** Relay cards are due by the start of the relays for that session if the list of swimmers or order of swimmers is different than on the entry (and scratch sheets). Each coach shall pick up relay entry forms from the Control Table on which he/she shall list the competing relay swimmers, their first and last names and order of swimming for each entered relay. Relay order and swimmers may be changed up to the time of the swim.

**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– Individual Events:** Preferably, legal splits should be requested before the event, by a coach, using a legal split form (available from the Control Table) and the requesting party should supply an additional timer(s) on the lane for the split, if necessary, to ensure an accurate time. (1 timer with touchpad timing, 3 timers without touchpad timing). Timers must be positioned over the lane at the end of the racing course. Optionally, a legal split may be requested after the event using a legal split form when using a fully automatic timing system. The Admin Official has discretion to either grant or deny the request after reviewing the available evidence. Backstroke legal splits must be requested in advance to ensure a legal finish.

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

**ADMISSION:** No charge. There will be no spectators at this meet.

**PROGRAMS:** no charge – heat sheets will be available for free on Meet Mobile. If sessions are pre-seeded on Friday, a pdf of the heat sheets will be emailed to coaches prior to the meet.

**MEET MOBILE HEAT SHEETS** Meet Mobile heat sheets will be offered at this meet for free. (Payable thru the app store) 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:** 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 ([jessworkman@comcast.net](mailto:jessworkman@comcast.net)) and let her know your level of certification, team, and sessions you will be available Walk-on officials may not be accepted to limit the number of people on the deck

**WARM-UPS:** The pool will open for warm-ups 75 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, rest rooms, locker rooms, behind the blocks, or in any marked NO CAMERA ZONE.
- Deck changes are prohibited.

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

**DRONES:** Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach areas, spectator areas and open ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present. Exceptions may be granted with prior written approval by the Vice President of Program Operations.

**SAFE SPORT:** The conduct of all participants and spectators at a meet is governed by USA Swimming Rules 304/305. Any and all infractions must be reported to the Meet Referee or Meet Director.

All applicable adults participating in or associated with this meet acknowledge that they are subject to the provisions of the USA Swimming Minor Athlete Abuse Prevention Policy ("MAAPP 2.0"), and that they understand that compliance with the MAAPP 2.0 policy is a condition of participation in the conduct of this competition.

USA Swimming and NE Swimming encourage all to report any witnessed or suspected forms of abuse/safe sport violations to the NE Swimming Safe Sport Chair, Anne Kaufman: [nesafesport@gmail.com](mailto:nesafesport@gmail.com) (857-928-3638) or through the [USA-S online reportable form](#).

**VIDEO STREAMING:** All video streaming must be approved in advance by the Meet Director. Any such video stream must conform to all current Safe Sport policies defined by USA Swimming, New England Swimming, and the Meet Host. No video stream may originate from behind the starting blocks or from any other area marked as a NO CAMERA ZONE. UVAC will be providing a live stream of the meet on the free UVAC YouTube channel.

**ON DECK PHOTOGRAPHY:** As per New England Swimming policy, professional photographers contracted by the Upper Valley Aquatic Club, or press photographers who have been approved in advance by the Meet Director, are allowed on deck. Use of audio or visual recording devices, including a cell phone, is not permitted behind the starting blocks, including in any spectator area behind the starting blocks, nor in any other marked NO CAMERA ZONE, including on deck. All NO CAMERA ZONES will be clearly designated. Email the Meet Director with questions and requests

**TIMING ASSIGNMENTS and “NO SHOW” WORKERS:** All teams will be assigned to time based on the number of entries. A team will be fined \$100 per incident if it does not provide the timers it has been assigned, and will not be allowed to enter swimmers in another New England meet until the fine(s) is paid. This can be appealed to the Admin Review Board of New England Swimming and is enforced only if the meet management has properly assigned timers based on the number of swimmers a team has entered in the meet.

**AWARDS:** Ribbons for the top ten places will be awarded to swimmers in age groups; 8 & Unders, 10&U, 11/12 and 13/14. Best Time ribbons will be given to all swimmers age 10 & U. Any swimmer who swims exhibition (described under ‘Special Format Notes’ section) is not eligible for an award in that event. Heat winner awards will be awarded throughout the meet.

**SCORING:** The meet will not be scored.

**FOOD:** The Poolside Cafe will be in operation for the duration of the meet.

**VENDOR:** A t-shirt vendor (Fine Designs) and equipment vendor (K&B Sportswear) will likely be available at the meet depending on Covid protocols in place at the time. More details will be provided to participating teams the week of the meet.

**MISCELLANEOUS:** Coaches are expected to understand the scratch, verification, and relay rules before the meet begins. All coaches should check-in at the Control Table on the pool deck upon arrival. Coaches are responsible for the behavior of their swimmers at all times. Any damage to the premises or equipment is the responsibility of those doing the damage. Upper Valley Aquatic Club, Upper Valley Aquatic Center and New England Swimming assume no responsibility for lost or stolen property. No pets (except service dogs) are allowed 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 rotary) on to Route 5 South.
- Follow Route 5 immediately under the interstate
- Travel ½ mile, go under the other interstate, and take the next left on to Arboretum Lane.
- UVAC is the only building on Arboretum Lane

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

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

**LODGING:** The following hotels and motels are in the area and support 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	800/622-1124

## NES UVAC REGIONAL CHAMPIONSHIPS

at the Upper Valley Aquatic Center

February 11-13, 2022

Times may be changed once all entries are received.

W/U 5:00 Meet 6:00	Girls	FRIDAY EVENING		Boys
	1	11-18	400 IM	2
	3	10&U	500 FREE	4
	5	11-14	200 BREAST	6
	7	11-18	500 FREE	8

Warm-ups 8:15 Meet 9:30	Girls	SATURDAY AM		Boys
	9	11-12	200 MIXED MEDLEY RELAY	
	10	13-14	200 MIXED MEDLEY RELAY	
	11	11-14	200 FLY	12
	13	11-12	50 BREAST	14
	15	13-14	50 BREAST	16
	17	11-12	200 FREE	18
	19	13-14	50 FREE	20
	21	11-12	100 BACK	22
	23	13-14	100 BACK	24
	25	11-12	100 IM	26
	27	13-14	50 FLY	28
	29	11-12	50 FLY	30
	31	13-14	200 FREE	32
	33	11-12	50 FREE	34

Warm-ups 8:15 Meet 9:30	Girls	SUNDAY AM		Boys
	69	11-12	200 MIXED FREE RELAY	
	70	13-14	200 MIXED FREE RELAY	
	71	11-12	200 IM	72
	73	13-14	50 BACK	74
	75	11-12	50 BACK	76
	77	13-14	200 IM	78
	79	11-12	100 FREE	80
	81	13-14	100 FREE	82
	83	11-12	100 BREAST	84
	85	13-14	100 BREAST	86
	87	11-14	200 BACK	88
	89	11-12	100 FLY	90
	91	13-14	100 FLY	92

Warm-ups 1:45 Meet 3:00	Girls	SATURDAY PM		Boys
	36	8&U	100 MIXED MEDLEY RELAY	
	37	15-18	200 MIXED MEDLEY RELAY	
	38	9-10	200 MIXED MEDLEY RELAY	
	39	15-18	200 FLY	40
	41	8&U	25 BACK	42
	43	10 & U	100 BREAST	44
	45	15-18	100 BREAST	46
	47	10 & U	50 FREE	48
	49	15-18	200 FREE	50
	51	10 & U	50 FLY	52
	53	15-18	50 FLY	54
	55	8&U	25 BREAST	56
	57	10 & U	100 BACK	58
	59	15-18	100 BACK	60
61	10 & U	100 IM	62	
63	15-18	50 FREE	64	
65	10 & U	200 FREE	66	

Warm-ups 1:45 Meet 3:00	Girls	SUNDAY PM		Boys
	94	8&U	100 MIXED FREE RELAY	
	95	15-18	200 MIXED FREE RELAY	
	96	9-10	200 MIXED FREE RELAY	
	97	15-18	200 BACK	98
	99	8&U	25 FLY	100
	101	10 & U	100 FLY	102
	103	15-18	100 FLY	104
	105	8&U	25 FREE	106
	107	15-18	50 BREAST	108
	109	10 & U	50 BREAST	110
	111	15-18	200 IM	112
	113	10 & U	200 IM	114
	115	15-18	50 BACK	116
	117	10 & U	50 BACK	118
119	15-18	200 BREAST	120	
121	10 & U	100 FREE	122	
123	15-18	100 FREE	124	

Mixed	SATURDAY DISTANCE		
*	67	11-18	1000 FREE

Mixed	SUNDAY DISTANCE		
*	125	11-18	1650 FREE

\* Distance events 1st heat start to be determined once entries are submitted; no earlier than at least 15 minutes after PM session.

# UPPER VALLEY AQUATIC CLUB – 2022 Regional Meet

Upper Valley Aquatic Center, White River Junction, Vermont

February 11-13, 2022

## CONTACT INFORMATION *(all fields required)*

Team Name: \_\_\_\_\_ Abbreviation: \_\_\_\_\_

Deck Coach: \_\_\_\_\_ Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Entries Contact: \_\_\_\_\_ Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Address: \_\_\_\_\_

Unattached Swimmers: \_\_\_\_\_

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

_____ # of Non Distance Individual Events	@ \$5.00	=	\$ _____
_____ # of Distance Individual Events	@ \$10.00	=	\$ _____
_____ # of Relays	@ \$24.00	=	\$ _____
_____ # Athletes Swimmer Participation Fee	@ \$25.00	=	\$ _____
_____ # Athletes NE Travel Surcharge:	@ \$2.00	=	\$ _____
		Total:	\$ _____

Make check payable to: Upper Valley Aquatic Club

Mail entries and check to:

Scott Ellis  
Upper Valley Aquatic Center  
PO Box 1198  
White River Junction, VT 05001

Entry Deadline: 02/01/22

For e-mailed entries, this form and payment  
must be received by: 02/05/22

### LIABILITY RELEASE

Any swimmer whose entry is accepted will, for him/herself, his/her theirs, executors and administrators, waive and release any and all rights and claims for damages he/she may have against United States Swimming, New England Swimming, Upper Valley Aquatic Club and Upper Valley Aquatic Center for any and all injuries suffered by him/her at said meet. In submitting this entry the undersigned team certifies that all athletes in the entry are registered with USA Swimming and understands that the team may be fined \$100 for each swimmer in the entry that is not registered with USA Swimming.

*By attending or participating in this competition you voluntarily assume all risks associated with exposure to Covid-19 and forever release and hold harmless USA Swimming and New England Swimming and each of their Officers, Directors, Agents, employees or other representatives from any liability or claims including for personal injuries, death, disease or property losses, or any other loss, including but not limited to claims of negligence and give up any claims you may have to seek damages, whether known or unknown, foreseen or unforeseen, in connection with exposure, infection and/or spread of Covid-19 related to participation in this competition.*

\_\_\_\_\_  
Signature of Authorized Team Official

\_\_\_\_\_  
Date