



Connecticut Valley Invitational Meet

Upper Valley Aquatic Center, White River Junction, Vermont

January 22, 2023

Held under the sanction of USA Swimming/New England: NE23-0122UVAC



Meet Director	Scott Ellis	sellis@uvacswim.org	802-296-2850
Meet Referee	Jessica Workman	jessworkman.swim@gmail.com	802-238-2326
Entry Chair	Mary Gentry	uvac.entries@gmail.com	802-369-9289
Admin Official	Mary Gentry	uvac.entries@gmail.com	802-369-9289
Safety Monitor	Alex Muni	amuni@uvacswim.org	802-296-2850

SESSIONS:

	Sunday Morning	Saturday Mid Day – 500s	Sunday Afternoon
Warm-up	8:20	12:45	2:00
Meet Start time	9:25	1:10	3:05

The Meet Director, with the concurrence of the Meet Referee, reserves the right to modify session times once entries are received. **Any updated session times received from the meet host will be reflected on the EVENT page of the neswim.com website.**

WAIVERS:	<ul style="list-style-type: none"> • 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 AND ALL LIABILITY OR CLAIMS 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 THEREWITH. • <i>Upper Valley Aquatic Club has taken enhanced health and safety measures for all attending this event however we cannot guarantee you that you will not become infected with COVID-19. You must follow all posted instructions while visiting the Upper Valley Aquatic 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 individuals with underlying medical conditions are especially vulnerable. By attending this meet, you acknowledge the contagious nature of COVID-19 and voluntarily assume all risks related to exposure to COVID-19.</i> • In order to provide parents/guardians who are outside of the facility the ability to view their athletes' events, this meet may be video-streamed following all MAAPP guidelines. By
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	attending or participating in this competition, you acknowledge and grant permission to be included in the video-streaming.
COVID RULES	No COVID specific protocols or rules
IMPORTANT DEADLINES	First date of entry: 12/12/22 Final date of entry: 01/13/23 Payment deadline: 01/22/23
SITE	The Upper Valley Aquatic Center (www.uvacswim.org) competition pool is an 11 lane, 25-yard pool with 7-foot-wide lanes and non-turbulent lane lines. The timing system includes a fully-automatic Colorado 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. Two lanes will be available for warm0up/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. The competition course has been certified in accordance with 104.2.2C(4). [The copy of such certification is on file with USA Swimming.]
FORMAT:	<ul style="list-style-type: none"> • The meet will be swum as timed finals. The session will be seeded during warm-ups. Heat sheets will be given to coaches and posted on the pool deck. • DISTANCE EVENTS: will be seeded slow to fast. Teams will provide their own timers. • No events will swim with more than one swimmer per lane
SCRATCHES	Scratches will be collected before the meet and up until 15 minutes within the first warm-ups. Session will be seeded after scratches are received.
COURSE	SCY
ELIGIBILITY	<ul style="list-style-type: none"> • All swimmers must be currently registered as athlete members of United States Swimming before 5:00 pm on the day before the first day of the meet. New England swimmers must have a proof of age on file by the above deadline in order to compete • 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 without the use of the backstroke ledge. 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. • 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. • 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 the entry. • Deck registrations will NOT be accepted.
DISABILITY SWIMMERS	<ul style="list-style-type: none"> • Athletes with a disability are welcome and shall provide advance notice of desired accommodations to the Meet Director. • The athlete (or the athlete's coach) is also responsible for notifying the session referee of any disability prior to the competition.
ENTRY POLICY	<p>75%/25%</p> <ul style="list-style-type: none"> • Teams that are included in the 75% of guaranteed entries must submit their entry no later than 7 calendar days before the first date of entry and payment made to the host team by the first date of entry acceptance, or the host team may remove them from the guaranteed entries. The team will still be liable for payment of the entry fee and will be referred to the Admin

	<p>Review Board if necessary. The host team can release this liability if it is able to fill the meet with entries from other teams.</p> <ul style="list-style-type: none"> Teams accepted in the 25% or the lottery must send payment for their entry within 4 calendar days of the notification. Accepted teams that do not send payment within 4 calendar days may forfeit their entry but will still be liable for payment of the entry fee, unless the host team is able to fill the meet with entries from other teams. No refunds will be given for entries that are accepted or for entries that are rejected due to improper entry.
CUT PROTOCOL	<p>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:</p> <p>For teams in the 75% policy:</p> <p>(a.) May be asked to cut each athlete to one less event than maximum allowed per day.</p> <p>(b.) May be asked to cut relay events.</p>
ENTRIES	<ul style="list-style-type: none"> Electronic entries should be emailed as an attachment to the entry chairperson. Please check that your team's 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 22, 2023. Failure to pay entry fees by this deadline could result in teams being barred from the meet. Mail completed signed entry cover page and waiver, and payment to the Meet Director: <ul style="list-style-type: none"> Scott Ellis Upper Valley Aquatic Center PO Box 1198 White River Junction, VT 05001 (Physical address is 100 Arboretum Lane, White River Junction 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 Upper Valley Aquatic Club. Late payment of entry fees may result in future exclusion from meets hosted by our club. IMPORTANT: If payment is sent via Express Mail/FedEx/Airborne/UPS/etc., please ensure that a signature is NOT required for delivery. Entries will be acknowledged within 48 hours of the first date of entry if they are accepted into the meet. <i>Your entry is considered received only if you receive an acknowledgement.</i> All unattached swimmers must be declared as unattached, on the entry cover sheet, before the meet begins. All entry times must be entered in the specified meet course. (Coach's times may be used instead of NT's) Swimmers may enter a maximum of 5 individual event(s) per day. 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 uvac.entries@gmail.com . Entry time updates must be sent as Hy-Tek format CL2 files with updated times. No deck entries will be accepted.
TIME TRIALS	Time trials will be offered at the discretion of the Meet Director and the Meet Referee if time allows.
FEES	<ul style="list-style-type: none"> Timed final individual events 200 yards and under: \$5.00 Distance events (events 400 yards and over): \$10.00 Time Trials \$10.00 for IE, \$40 for relays Swimmer Participation Fee is \$20.00 per swimmer NES Travel Fee: \$1.00 per swimmer (to be included in the check and the host team will send to NESwimming) Non-electronic entries: \$5.50 for individual, \$10.50 for distance and \$25.00 for relays.
ADMISSIONS	<ul style="list-style-type: none"> No charge for admission Heat sheets \$3 per session

MEET MOBILE	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.
WARM-UP	The pool will open for warm-ups 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. Two lanes will be available for warm-up/warm-down during the meet. See “Safety” for Warm-up safety guidelines.
AWARDS	There will be ribbons for 1-8 places for all 12 & Under swimmers. Swimmers 13 & over may request ribbons at the computer table for their events. .
SCORING	The meet will not be scored.
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, 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.
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 .
RULES	<ul style="list-style-type: none"> ● The current USA Swimming Rules and Regulations including the Minor Athlete Abuse Protection Policy will govern this meet. ● 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 without written USA Swimming approval. ● 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>. ● 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. ● 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. ● Deck Changing is PROHIBITED. ● 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. ● According to New England Swimming Best Practices, all athletes should shower before entering the pool. ● In accordance with New England Swimming Policy, only those coaches who have current, valid USA Swimming credentials will be permitted to act in a coaching capacity at this meet. Coaches with expired or non-current credentials will be required to leave the deck area.
SAFETY	<ul style="list-style-type: none"> ● No shaving is permitted at the competition site. ● No glass containers are permitted within the facility.

	<ul style="list-style-type: none"> 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. <p>WARM UP SAFETY:</p> <ul style="list-style-type: none"> 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 For all sessions with 12 & Under events, 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. If the session includes both 12 & Under events and 13 & Over/Senior events, two warm-up sessions must be utilized, or the “sit and slide”/“three-point” entry will be required for all swimmers.” During competition, when entering the warm-up/warm-down area, a “sit and slide”/“three-point” entry is required at all times
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: safesportne@gmail.com (401-965-0183), or through the USA-S online reportable form.</p>
CHANGES TO MEET	<p>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.</p>
MEET JURY	<p>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.</p>
DECK ACCESS	<p>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.</p>
OFFICIALS	<p>Officials that know they will be attending the meet are highly encouraged to email the Meet Referee and let him/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. Officials’ meetings will be at least 30 minutes prior to the start of a session in the meet office.</p>
GENERAL	<p>FOOD: There will be a small concession stand in the Lobby for this meet.</p> <p>VENDOR: There will not be any vendors at this meet.</p> <p>LIVE STREAM: Live stream of the meet (including scoreboard overlay) available through LiveBarn subscription. Customers can view any meet results for up to 30 days after purchasing a month-long subscription. Subscription and log in information will be sent to participating teams.</p> <p>PARKING: If the number of swimmers is high, parking on-site will have a fee and a free shuttle service will be offered to an off-site free parking lot on Ballardvale Dr.</p>
DIRECTIONS	<p>Directions for the Upper Valley Aquatic Center are available at https://www.uvacswim.org/hours-directions/</p>

HOTELS	<p>The following hotels and motels support the Upper Valley Aquatic Center</p> <p>Hotel Alliance at UVAC</p> <table border="1"> <thead> <tr> <th data-bbox="363 128 646 155">Hotel</th> <th data-bbox="656 128 954 155">Address</th> <th data-bbox="964 128 1279 155">City/State</th> <th data-bbox="1289 128 1528 155">Phone</th> </tr> </thead> <tbody> <tr> <td data-bbox="363 161 646 189">Comfort Inn</td> <td data-bbox="656 161 954 189">56 Ralph Lehman Lane</td> <td data-bbox="964 161 1279 189">White River Junction, VT</td> <td data-bbox="1289 161 1528 189">844-257-8596</td> </tr> <tr> <td data-bbox="363 195 646 222">Fairfield Inn & Suites</td> <td data-bbox="656 195 954 222">102 Ballardvale Dr.</td> <td data-bbox="964 195 1279 222">White River Junction, VT</td> <td data-bbox="1289 195 1528 222">802/291-9911</td> </tr> <tr> <td data-bbox="363 228 646 256">Hampton Inn</td> <td data-bbox="656 228 954 256">104 Ballardvale Dr.</td> <td data-bbox="964 228 1279 256">White River Junction, VT</td> <td data-bbox="1289 228 1528 256">802/296-2800</td> </tr> <tr> <td data-bbox="363 262 646 289">Hotel Coolidge</td> <td data-bbox="656 262 954 289">39 South Main St.</td> <td data-bbox="964 262 1279 289">White River Junction, VT</td> <td data-bbox="1289 262 1528 289">802/295-3118</td> </tr> </tbody> </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																				
WAIVERS	<ul style="list-style-type: none"> 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 USA Swimming/New England Swimming sanctioned events. It is not possible to prevent the presence of the disease. Therefore, if you choose to participate in a USA Swimming/New England Swimming sanctioned event, you may be exposing yourself to and/or increasing your risk of contracting or spreading COVID-19. 																				

2023 Connecticut Valley Invitational

ORDER OF EVENTS

Sunday, January 22						
Morning Session Warm-up: 8:20; Start: 9:25			Mid-Day Session (500) Warm-up: 12:45; Start: 1:10			
<u>Girls #</u>	<u>Events</u>	<u>Boys #</u>				
			41	Mixed Open 500 Freestyle	41	
1	10 & Under 50 Freestyle	2				
3	13-14 100 Freestyle	4	Afternoon Session Warm-up: 2:00; Start: 3:05			
5	10 & Under 100 IM	6	<u>Girls #</u>	<u>Events</u>	<u>Boys #</u>	
7	13-14 200 IM	8	41	11-12 50 Freestyle	42	
9	Mixed 8 & Under 25 Butterfly	9	43	15&Over 100 Freestyle	44	
11	10 & Under 50 Butterfly	12	45	11-12 200 IM	46	
13	13-14 100 Butterfly	14	47	15&Over 200 IM	48	
15	8 & Under 25 Freestyle	16	49	11-12 50 Butterfly	50	
17	10 & Under 200 Freestyle	18	51	15&Over 100 Butterfly	52	
19	13-14 200 Freestyle	20	53	11-12 200 Freestyle	54	
21	8 & Under 25 Backstroke	22	55	15&Over 200 Freestyle	56	
23	10 & Under 50 Backstroke	24	57	11-12 50 Backstroke	58	
25	13-14 100 Backstroke	26	59	15&Over 100 Backstroke	60	
27	10 & Under 100 Freestyle	28	61	11-12 100 Freestyle	62	
29	13-14 50 Freestyle	30	63	15&Over 50 Freestyle	64	
31	Mixed 8 & Under 25 Breaststroke	31	65	11-12 50 Breaststroke	66	
33	10 & Under 50 Breaststroke	34	67	15&Over 100 Breaststroke	68	
35	13-14 100 Breaststroke	36	69	Mixed Open 200 Butterfly	69	
37	Mixed Open 200 Butterfly	37	70	Mixed Open 200 Backstroke	70	
38	Mixed Open 200 Backstroke	38	71	Mixed Open 200 Breaststroke	71	
39	Mixed Open 200 Breaststroke	39				

ENTRY PAYMENT AND LIABILITY RELEASE FORM

UVAC Connecticut Valley Invitational Meet

Upper Valley Aquatic Center, January 22, 2023

Held under the sanction of USA Swimming/New England: NE23-0122UVAC

CONTACT INFO	CLUB NAME: CONTACT NAME: CONTACT EMAIL _____ CONTACT CELL PHONE: _____ LIST UNATTACHED SWIMMERS:
ENTRY FEES	Individual Entries all distances @ \$5.00 _____ = \$ _____ Distance events @ \$10.00 _____ = \$ _____ Swimmer Participation Fee # athletes _____ @ \$20.00 each = \$ _____ NE Travel Surcharge: # athletes _____ @ \$1.00 each = \$ _____ TOTAL DUE: \$ _____
PAYMENT	Make checks payable to: Upper Valley Aquatic Club Send to: Scott Ellis Upper Valley Aquatic Center PO Box 1198 White River Junction, VT 05001 (Physical address is 100 Arboretum Lane, White River Junction VT 05001 for non-USPS deliveries) Payment deadline: January 22, 2023
WAIVER:	<p style="text-align: center;">LIABILITY RELEASE</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 United States Swimming, New England Swimming Inc, 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. 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.</p> <p>_____</p> <p>Signature of Authorized Team Official _____ Date</p>