



12 and Unders Mini Meet

Hogan Sports Center, Colby-Sawyer College, New London, NH

January 8, 2023

Held under the sanction of USA Swimming/New England: NE23-0108UVAC



Meet Director	Scott Ellis	sellis@uvacswim.org	802-296-2850
Meet Referee	Ken Galica	kennethgalica@gmail.com	
Entry Chair	Scott Ellis	sellis@uvacswim.org	802-296-2850
Admin Official	Mary Gentry	uvac.entries@gmail.com	802-369-9289
Safety Monitor	Alex Muni	amuni@uvacswim.org	802-296-2850

SESSIONS:

	Single Session
Warm-up	9:00-10:00
Meet Start time	10:05

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 (UVAC) 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 Hogan Center at Colby-Sawyer College. 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 attending or participating in this competition, you acknowledge and grant permission to be included in the video-streaming.
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COVID RULES	No COVID specific protocols or rules
IMPORTANT DEADLINES	First date of entry: 12/12/22 Final date of entry: 01/01/23 Payment deadline: 01/08/23
SITE	The Hogan Sports Center competition pool is a 6 lane, 25-yard pool with 7-foot-wide lanes and nonturbulent lane lines. The timing system includes a fully-automatic Colorado Timing System with touchpads at the finish end of the pool and a numeric display scoreboard. There are no touchpads at the turn end of the pool. The start end of the pool is 12 feet deep, the turn end of the pool is 3.5 feet deep. There were be no warm-down lanes during regular heats. The pool is located at 541 Main Street, New London New Hampshire. Directions may be found later in this document. The competition course has not been certified in accordance with 104.2.2C(4).
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. • No events will swim with more than one swimmer per lane
SCRATCHES	Scratches will be collected before the meet and up until 20 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 2023 athlete members of United States Swimming before 5:00 pm on the Friday 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	<i>First Come First Serve</i>
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: (a.) May be asked to cut each athlete to one less event than maximum allowed per day. (b.) May be asked to cut relay events.
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 8, 2023. Failure to pay entry fees by this deadline could result in teams

	<p>being barred from the meet.</p> <ul style="list-style-type: none"> ● Mail completed signed entry cover page and waiver, and payment to the Meet Director: 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 4 individual event(s). ● 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 sellis@uvacswwim.org. Entry time updates must be sent as Hy-Tek format CL2 files with updated times. ● No deck entries will be accepted.
RELAYS	<ul style="list-style-type: none"> ● Dual Human Confirmation of relay take off violations will be required at all New England Swimming meets. ● There are no limits to the number of relays per team per event. ● All relay swimmers must be officially entered into the meet. ● Unattached swimmers may not participate in any relays.
TIME TRIALS	Time trials will be offered at the discretion of the Meet Director and the Meet Referee if time allows.
FEES	<ul style="list-style-type: none"> ● Timed final individual events 200 yards and under: \$5.00 ● Time Trials \$10.00 for IE, \$40 for relays ● Swimmer Participation Fee is \$14.00 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 ● No charge for heat sheets
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	<p>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.</p> <p>See "Safety" for Warm-up safety guidelines.</p>
AWARDS	There will be ribbons for 1-8 places.
SCORING	The meet will not be scored.

LEGAL SPLITS	<p>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.</p> <p>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.</p>
SWIMWEAR	<p>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.</p>
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. ● 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 no food for sale at this meet</p> <p>VENDOR: There will be no t-shirt or equipment vendor at this meet.</p> <p>PARKING: Free parking is available in the Hogan Sports Center parking lot</p>
DIRECTIONS	<p>College Address: 541 Main St. New London, NH 03257 From the North on I-89: Exit 12</p> <ul style="list-style-type: none"> • Left off of exit to New London. Follow Newport Rd. about 2.5 miles through town. • Travel through a roundabout approximately 2 miles down Newport Road; take the second exit on the roundabout (straight) and continue on Newport Road. • Bear right onto Main St./NH 114, follow another mile. • College is on the left. • Visitor parking and the Hogan Sports Center is on the left at the far end of the College after the arc of main campus building.

	<p>From the South on I-89: Exit 11</p> <ul style="list-style-type: none"> • Exit 11 - Right off of exit to New London. • Proceed one mile and turn left onto Rt. 114/Main St. • College will be on your right as you enter town. • Visitor parking and the Hogan Sports Center is on the right at the start end of the College 								
HOTELS	<p>The following hotels and motels are near New London</p> <table border="1"> <thead> <tr> <th>Hotel</th> <th>Address</th> <th>City/State</th> <th>Phone</th> </tr> </thead> <tbody> <tr> <td>New London Inn</td> <td>353 Main St</td> <td>New London, NH</td> <td>603/526-2791</td> </tr> </tbody> </table> <p>Colby-Sawyer College link to Lake Sunapee Region Hotels</p>	Hotel	Address	City/State	Phone	New London Inn	353 Main St	New London, NH	603/526-2791
Hotel	Address	City/State	Phone						
New London Inn	353 Main St	New London, NH	603/526-2791						
EVENTS	List of events and sessions located on the next page								
WAIVERS	<p>USA Swimming, Inc., New England Swimming, Inc., Colby-Sawyer College, 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.</p>								

12 & Unders Invitational at the Hogan Center, Colby-Sawyer College

ORDER OF EVENTS

Single Session Warm-up: 9:00; Start: 10:05	
<u>Event #</u>	<u>Events</u>
1	Mixed 12 & Under 100 Freestyle
2	Mixed 8 & Under 25 Breaststroke
3	Mixed 12 & Under 50 Butterfly
4	Mixed 12 & Under 100 Breaststroke
5	Mixed 8 & Under 25 Backstroke
6	Mixed 12 & Under 50 Freestyle
7	Mixed 12 & Under 100 Backstroke
8	Mixed 8 & Under 25 Butterfly
9	Mixed 12 & Under 100 IM
10	Mixed 12 & Under 50 Breaststroke
11	Mixed 12 & Under 100 Butterfly
12	Mixed 8 & Under 25 Freestyle
13	Mixed 12 & Under 200 Freestyle
14	Mixed 12 & Under 50 Backstroke

ENTRY PAYMENT AND LIABILITY RELEASE FORM

Upper Valley Aquatic Club – 12 & Unders Mini Meet

Colby-Sawyer College, January 8, 2023

Held under the sanction of USA Swimming/New England: NE23-0108UVAC

CONTACT INFO	CLUB NAME: CONTACT NAME: CONTACT EMAIL _____ CONTACT CELL PHONE: _____ LIST UNATTACHED SWIMMERS:
ENTRY FEES	Individual Entries all distances @ \$5.00 _____ = \$ _____ Swimmer Participation Fee # athletes _____ @ \$14.00 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 8, 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, Colby-Sawyer College, 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>