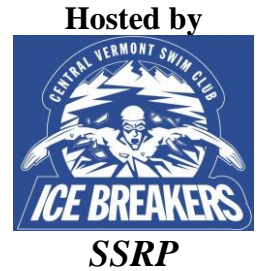




## Central Vermont Swim Club 10th Annual Winter Pentathlon

Norwich University, Goodyear Pool, Northfield, VT  
January 15, 2023

Held under the sanction of USA Swimming/New England: NE23-0115CVSC



<b>Meet Director</b>	Lisa Mahoney	<a href="mailto:cvsboard@gmail.com">cvsboard@gmail.com</a>	(802) 249-0602
<b>Meet Referee</b>	Jess Workman	<a href="mailto:jessworkman.swim@gmail.com">jessworkman.swim@gmail.com</a>	(802) 660-3996
<b>Entry Chair</b>	Lisa Mahoney	<a href="mailto:cvsboard@gmail.com">cvsboard@gmail.com</a>	(802) 249-0602
<b>Admin Official</b>	Mary Gentry	<a href="mailto:uvac.entries@gmail.com">uvac.entries@gmail.com</a>	(802) 369-9289
<b>Safety Monitor</b>	Heather McLain	<a href="mailto:hmclain@gmail.com">hmclain@gmail.com</a>	(646) 418-1381

<b>SESSIONS</b>	<b>January 15, 2023</b>
<b>Warm-up</b>	9:30 AM Start
<b>Meet Start time</b>	11:00 AM Start

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.**

<b>WAIVERS:</b>	<ul style="list-style-type: none"> <li>● 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.</li> <li>● <i>Central Vermont Swim Club (CVSC) 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 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</i></li> </ul>
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	<p><i>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></p> <ul style="list-style-type: none"> <li>● 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.</li> </ul>
<b>COVID RULES</b>	Swimmer safety is always our first priority. Besides normal on-deck access protocols at the Goodyear Pool, currently, there are no additional COVID-related protocols in place. However, Central Vermont Swim Club, Norwich University, and the City of Northfield and the State of Vermont, reserve the right to put any protocols in place at any point before or during the meet based on the most up-to-date guidelines received from Norwich University, the City of Northfield, and/or the State of Vermont. These rulings are final on all protocols.
<b>IMPORTANT DEADLINES</b>	<p><b>IMPORTANT DEADLINES:</b>  First date of entry: December 14, 2022  Final date of entry: January 3, 2023  Payment deadline: January 10, 2023</p>
<b>SITE</b>	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.
<b>FORMAT:</b>	<ul style="list-style-type: none"> <li>● The meet will be swum as timed finals. Each session will be seeded by computer based on positive check-in at the beginning of each session or will be pre-seeded. Coaches will receive a positive check-in sheet before the session that must be returned no later than 30 minutes before the beginning of the session. Heat sheets will be posted around the pool deck. Coaches will be able to pick up heat sheets for each event at the computer desk. There will be no deck entries.</li> <li>● No events will swim with more than one swimmer per lane</li> <li>● 25-yard events will start at start end and will be timed with manual timers using two watches.</li> </ul>
<b>SCRATCHES</b>	Scratches need to be done prior to the start of warm-ups.
<b>COURSE</b>	SCY
<b>ELIGIBILITY</b>	<ul style="list-style-type: none"> <li>● 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</li> <li>● Age is determined by the age of the swimmer on the first day of the meet.</li> <li>● 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.</li> <li>● 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.</li> </ul>

	<ul style="list-style-type: none"> <li>● 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.</li> <li>● Deck registrations will NOT be accepted.</li> </ul>
<b>DISABILITY SWIMMERS</b>	<ul style="list-style-type: none"> <li>● Athletes with a disability are welcome and shall provide advance notice of desired accommodations to the Meet Director.</li> <li>● The athlete (or the athlete's coach) is also responsible for notifying the session referee of any disability prior to the competition.</li> </ul>
<b>ENTRY POLICY</b>	<ul style="list-style-type: none"> <li>● <b><u>ENTRY POLICY</u></b>: First Come First Serve (FCFS)</li> </ul>
<b>CUT PROTOCOL</b>	<p><b>CUT PROTOCOL:</b> 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><b>For meets using the FCFS entry policy</b></p> <p>(a.) May be asked to cut each athlete to two less events per day than the maximum allowed.</p> <p>(b.) Entries may be cut by time or to a specific number of heats for specified events.</p> <p>(c.) May be asked to cut relay events.</p> <p>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</p>
<b>ENTRIES</b>	<ul style="list-style-type: none"> <li>● 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 15, 2023. Failure to pay entry fees by this deadline could result in teams being barred from the meet.</li> <li>● Mail completed signed entry cover page and waiver, and payment to the meet director: Lisa Mahoney 291 Main St Montpelier, VT 05602</li> <li>● 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, Central Vermont Swim Club (CVSC). Late payment of entry fees may result in future exclusion from meets hosted by our club.</li> <li>● <b>IMPORTANT:</b> If payment is sent via Express Mail/FedEx/Airborne/UPS/etc., please ensure that a signature is NOT required for delivery.</li> <li>● 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></li> <li>● All unattached swimmers must be declared as unattached, on the entry cover sheet, before the meet begins.</li> <li>● All entry times must be entered in the specified meet course. (Coach's times may be used instead of NT's)</li> <li>● Swimmers may enter a maximum of 5 <i>individual event(s)</i>.</li> <li>● <b>ENTRY TIME UPDATES:</b> 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 chair. Entry time updates must be sent as Hy-Tek format CL2 files with updated times. (New entries will be automatically excluded.)</li> <li>● No deck entries will be accepted.</li> </ul>
<b>TIME TRIALS</b>	Time trials will be offered at the discretion of the Meet Director and the Meet Referee if time allows.
<b>FEES</b>	<ul style="list-style-type: none"> <li>● <b>ENTRY FEES:</b> Electronic entries:</li> </ul>

	<ul style="list-style-type: none"> <li>● \$5.00 for all timed final individual events 200 yards and under.</li> <li>● \$10.00 for distance events (events 400 yards and over).</li> <li>● \$10.00 for time trials</li> <li>● Non-electronic entries: \$5.50 for individual.</li> <li>● Swimmer Participation Fee is \$15.00 per swimmer</li> <li>● <b>NE Swimming Travel Fee of \$1.00 per swimmer</b> (to be included in the check and the host team will send to NESwimming)</li> </ul>
<b>ADMISSIONS</b>	<ul style="list-style-type: none"> <li>● <b>Admissions:</b> No charge.</li> <li>● <b>Heat Sheets</b> \$3.00</li> </ul>
<b>MEET MOBILE</b>	<b>MEET MOBILE:</b> Meet Mobile will be functional for this meet, (dependent upon satisfactory internet access) All users should be aware that Meet Mobile publishes unverified raw data that may not always be accurate.
<b>WARM-UP</b>	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. <b>See “Safety” for Warm-up safety guidelines.</b>
<b>AWARDS</b>	The meet will use points to determine the Pentathlon individual event awards. Points will be assigned to the swimmers’ times in each of the five events. The points will be added together for the purpose of award placing. Trophies will be awarded to the top three finishers in each age group (8 & under, 9-10, 11-12, 13-14, and 15 & Over) for the Pentathlon. All swimmers who swim all five events will receive a medal.
<b>SCORING</b>	The meet will not be scored.
<b>LEGAL SPLITS</b>	<b>Individual Events:</b> 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.
<b>SWIMWEAR</b>	Per USA Swimming rules (102.8.1.F), 12 & Under swimmers may not wear a Technical Suit at any Sanctioned, Approved, or Observed meet. The age of the swimmer is determined on the first day of the meet. Guidance on identifying compliant and non-compliant suits can be found on the USA Swimming website under <a href="#">Tech Suit Restriction for 12-and-Under Swimmers</a> .
<b>RULES</b>	<ul style="list-style-type: none"> <li>● The current USA Swimming Rules and Regulations including the Minor Athlete Abuse Protection Policy will govern this meet.</li> <li>● Operation of a <b>DRONE</b>, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach areas, spectator areas and open ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present without written USA Swimming approval.</li> <li>● Use of audio or visual recording devices, including cell phones, is not permitted in changing areas, rest rooms or locker rooms. In addition, photography behind the blocks is <u>not permitted</u>.</li> <li>● <b>PHOTOGRAPHY:</b> As per New England Swimming policy, professional photographers contracted by the Meet Director, or press photographers who have been approved in advance by the Meet Director, are allowed on deck. Use of audio or visual recording devices, including a cell phone, is not permitted behind the starting blocks, including in any spectator area behind the starting blocks, nor in any other marked NO CAMERA ZONE, including on deck. All NO CAMERA ZONES will be clearly designated. Email the Meet Director with questions and requests.</li> <li>● <b>VIDEO STREAMING:</b> All video streaming must be approved in advance by the Meet Director. Any such video stream must conform to all current Safe Sport policies defined by USA Swimming, New England Swimming, and the Meet Host. No video stream may originate from behind the starting blocks or from any other area marked as a NO CAMERA ZONE.</li> </ul>

	<ul style="list-style-type: none"> <li>● Deck Changing is <b>PROHIBITED</b>.</li> <li>● An athlete suspected of sustaining a concussion or exhibiting signs of a concussion, will immediately be removed from competition and shall not return to competition that day. The athlete may return to competition on a subsequent day, but only with a release authorization signed by a licensed healthcare provider.</li> <li>● According to New England Swimming Best Practices, all athletes should shower before entering the pool.</li> <li>● 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.</li> </ul>
<b>SAFETY</b>	<ul style="list-style-type: none"> <li>● No shaving is permitted at the competition site.</li> <li>● No glass containers are permitted within the facility.</li> <li>● Swimmers must be under the supervision of a coach. If a swimmer arrives at the meet without a coach, the swimmer should notify the referee before he/she warms up. The referee will assign the swimmer to a registered coach for warm-ups.</li> <li>● Locker rooms will not be available to swimmers for this meet.</li> </ul> <p><b>WARM UP SAFETY:</b></p> <ul style="list-style-type: none"> <li>● Diving will be prohibited during warm-ups except in specifically announced one-way sprint lanes. There will be no diving in the warm-up and warm-down areas at any time</li> <li>● For all sessions with 12 &amp; 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 &amp; Under events and 13 &amp; Over/Senior events, two warm-up sessions must be utilized, or the “sit and slide”/“three-point” entry will be required for all swimmers.”</li> </ul>
<b>SAFE SPORT</b>	<p>The conduct of all participants and spectators at a meet is governed by USA Swimming Rules 304/305. All infractions must be reported to the Meet Referee or Meet Director.</p> <p>All applicable adults participating in or associated with this meet acknowledge that they are subject to the provisions of the USA Swimming Minor Athlete Abuse Prevention Policy ("MAAPP 2.0"), and that they understand that compliance with the MAAPP 2.0 policy is a condition of participation in the conduct of this competition.</p> <p>USA Swimming and NE Swimming encourage all to report any witnessed or suspected forms of abuse/safe sport violations to the NE Swimming Safe Sport Chair, Susan Pascale-Frechette: <a href="mailto:safesportne@gmail.com">safesportne@gmail.com</a> (401-965-0183), or through the <a href="#">USA-S online reportable form</a>.</p>
<b>CHANGES TO MEET</b>	<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, <a href="#">Patrick Johnstone</a>. 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>
<b>MEET JURY</b>	<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>
<b>DECK ACCESS</b>	<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>
<b>OFFICIALS</b>	<p>Officials that know they will be attending the meet are highly encouraged to email the Meet Referee (<a href="mailto:jessworkman.swim@gmail.com">jessworkman.swim@gmail.com</a>) and let her know your level of certification, team, and sessions you</p>

	<p>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 and may be conducted virtually in the days before the meet.</p>
<b>GENERAL</b>	<p><b>FOOD:</b> A concession stand will be in operation for the duration of the meet.</p> <p><b>MISCELLANEOUS:</b> 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.</p> <p><b>PARKING:</b> 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.</p>
<b>DIRECTIONS</b>	<p><b>DIRECTIONS.</b> 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: <a href="http://www.norwich.edu/about/map/pdf/campus-map.pdf">http://www.norwich.edu/about/map/pdf/campus-map.pdf</a></p>
<b>EVENTS</b>	<p>List events and sessions on template below (separate page)</p>
<b>WAIVERS</b>	<ul style="list-style-type: none"> <li>• USA Swimming, Inc., New England Swimming, Inc., Central Vermont Swim Club, or Norwich University 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.</li> </ul>

**EVENTS:**

**Central Vermont Swim Club**  
**9th Annual Winter Pentathlon**  
Norwich University, Goodyear Pool, Northfield, VT  
January 15, 2023  
**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

