



2023 NEW ENGLAND SCY SILVER CHAMPIONSHIPS
Presented by the Upper Valley Aquatic Club
At the Upper Valley Aquatic Center
February 3-5, 2023
Held under the sanction of USA Swimming/New England: NE23-0203UVAC



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

TEAMS assigned to this site: ADDI, ATST,BYD,CRIM- AND, CRIM-BOS, CRVS, CVSC, EDGE, GMA, HYV, KYD, LRW, MIDD, NEK, PVA, PVAA, STS, UVAC, WAVE, UN

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

SESSIONS:

Date	Session Name	Warm up	Start
Friday 2/3	Friday Evening (400 IMs, 500 Frees)	5:00	6:00
Saturday 2/4	Saturday Morning	8:30	9:35
Saturday 2/4	Saturday Afternoon	1:30	2:35
Saturday 2/4	Saturday Distance (1000)	End of Afternoon Session	At least 15 minutes after end of afternoon session
Sunday 2/5	Sunday Morning	8:30	9:35
Sunday 2/5	Sunday Afternoon	1:30	2:35
Sunday 2/5	Sunday Distance (1650)	End of Afternoon Session	At least 15 minutes after end of afternoon session

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</i>
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	<p><i>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"> ● 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.
COVID RULES	No COVID specific protocols or rules
IMPORTANT DEADLINES	<p>First date of entry: Tuesday, January 10, 2023 Final date of entry: Tuesday, January 24, 2023 Payment deadline: Friday, February 3, 2023</p>
SITE	<p>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.</p> <p>The competition course has been certified in accordance with 104.2.2C(4). [The copy of such certification is on file with USA Swimming.]</p>
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: The 400 IMs and 500 Frees will be seeded slow to fast. The 1000 Free and 1650 Free will be seeded fast to slow. Parents will time their swimmers for all distance events. ● Any athlete who has achieved a SCY Age Group Championships qualifying time in a specific event is not eligible to swim that event in this meet. If a swimmer has the AG cut in SCM or LCM, but not in Yards, they may swim the event. ● Any swimmer who ages into a new age group between the first day of Silvers (February 3, 2023) and the first day of their Age Group Championship Meet (10&U: Feb 17, 2023, 11-14: March 2, 2023, 15-18: March 11, 2023,) 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 Silvers, 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). ● Swimmers with less than 5 qualified events may swim bonus events (see Bonus Events section) ● No events will swim with more than one swimmer per lane ● 25-yard events will start at start end and will be timed with 2 watches and a button
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 athlete members of United States Swimming and New England Swimming 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.

	<ul style="list-style-type: none"> • 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. • Swimmers must have met the qualifying time for at least one event to participate. • All swimmers must have achieved the time from a sanctioned, approved, or observed meet that is posted in the SWIMS database. Please send a proof of time entry report with your entries. • Any USA Swimming swimmer may do time trials if time allows (see Time Trial section)
BONUS EVENTS	<p>Any swimmer who qualifies for Silvers in any event, may enter bonus events in any other event in which their time is slower than the Silvers cut for their corresponding age group. Bonus event times must be verifiable in SWIMS</p> <ul style="list-style-type: none"> • Qualify in 1 event – get 4 bonus events • Qualify in 2 events – get 3 bonus events • Qualify in 3 events – get 2 bonus events • Qualify in 4 events – get 1 bonus event • To swim the 1000 Free as a bonus, the swimmer must have qualified in the 1650 Free. • To swim the 1650 Free as a bonus, the swimmer must have qualified in the 1000 Free.
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	<ul style="list-style-type: none"> • Swimmers may enter as many events in which they have qualified, but may only compete in a maximum of six (6) individual events per day (including time trials)
CUT PROTOCOL	<p>If a session is over-subscribed, the following changes will take place in the meet format (in no particular order):</p> <ul style="list-style-type: none"> • 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. • Sessions may be split in concurrence of meet director and meet referee • Teams may be reassigned to another Regional Site <p>Clubs will be notified of cuts no later than Monday January 30, 2022</p>
ENTRIES	<ul style="list-style-type: none"> • Entry Times: Entry times must be achieved between November 1, 2021 and through the entry deadline. • 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: Saturday, January 28. 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. • Late Team Entries: Anyone submitting a team's entry late will be fined \$100. Entries will be accepted with a \$10 penalty fee per individual entry if a team already entered in the meet wishes

	<p>to add either swimmers or entries after the deadline. No entries will be accepted after the entry deadline.</p> <ul style="list-style-type: none"> ● 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. N/T's are not accepted as the time must be verifiable in SWIMS. ● NEW CUTS: New cuts (and updated seed times) will be accepted until 9:00 PM Monday, January 30. 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.) ● 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. ● Relays are age-specific. Swimmers may not “age up” for a relay. ● All relay swimmers must be officially entered into the meet. ● Unattached swimmers may not participate in any relays. ● Mixed relays must consist of four swimmers, two of each gender ● Relays may be limited to 2 relays per team per event if the meet is oversubscribed (see cut protocol)
RELAY CARDS	<ul style="list-style-type: none"> ● Relay cards are due 20 minutes prior to 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.
VERIFICATION	<ul style="list-style-type: none"> ● 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 November 1, 2021. Any entry times not in the SWIMS database or faster than the Cut off will be rejected. It is your responsibility to verify the time at a USA sanctioned/approved/observed time in SWIMS.
TIME TRIALS	<ul style="list-style-type: none"> ● Time trials will be offered at the discretion of the Meet Director and the Meet Referee if time allows. ● Any USA Swimming registered swimmer may participate in meet. If not already entered in the meet, athletes should notify the entry chair in advance. The athlete must pay the swimmer participation fee in addition to the time trial fee.
FEES	<ul style="list-style-type: none"> ● Timed final individual events 200 yards and under: \$6.00 ● Distance events (events 400 yards and over): \$10.00 ● \$20.00 for Relays ● Time Trials \$10.00 for IE, \$40 for relays ● Swimmer Participation Fee is \$30.00 per swimmers ● NES Travel Fee: \$2.00 per swimmer (to be included in the check and the host team will send to NESwimming) ● Non-electronic entries: \$6.50 for individual, \$10.50 for distance and \$25.00 for relays.
ADMISSIONS	<ul style="list-style-type: none"> ● No charge for admissions ● Heat Sheets: \$3.00/Saturday and Sunday morning and afternoon sessions
MEET MOBILE	<p>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.</p>
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</p>

	<p>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	<p>Ribbons for the top six places will be awarded to swimmers in age groups; 8 & Under, 9/10, 11/ 12 and 13/14 and top three places for 14 & under relays. Best Time ribbons will be given to all swimmers age 10 & U.</p>
SCORING	<p>The meet will not be scored.</p>
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, 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.</p> <p>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.</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.

	<ul style="list-style-type: none"> ● 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>
FACILITY RULES	Swimmers will use restrooms in the locker rooms. Spectators will use restrooms in the upstairs spectator area. Coaches and officials will use the restrooms in the lobby. There is no smoking anywhere within the facility.
CHANGES TO MEET	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 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.
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.
OFFICIALS	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 45 minutes prior to the start of a session in the meet office.
GENERAL	<p>FOOD: There will be a small concession stand in the Lobby for this meet.</p> <p>VENDOR: There will likely be a t-shirt (Fine Designs) and equipment vendor (K&B Sportswear) at this meet.</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.																
TIMERS AND OTHER WORKERS	According to New England Swimming policy, the host team will make timing assignments for this meet based on the size of a team's entry. Please be cooperative and punctual. We need the full cooperation of all teams, large and small, to adequately run this meet. All teams will be given timing/work assignments based on the number of entries. Teams treating this meet as a team travel meet need to assure that they have enough parental workers at the meet to fulfill their team obligation. The timing assignments will be posted on the web page with ample time to get workers. All swimmers in the 400 IM, 500, 1000, and 1650 Freestyles will need to provide their own timers and for the distance freestyle events, their own counter.																
"NO SHOW" WORKERS	If a team does not provide the timers it has been assigned at a championship meet, the team will be fined \$100 per incident 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 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.																
DIRECTIONS	Directions for the Upper Valley Aquatic Center are available at https://www.uvacswim.org/hours-directions/ Physical address is 100 Arboretum Lane, White River Junction, VT 05001																
HOTELS	The following hotels and motels support the Upper Valley Aquatic Center Hotel Alliance at UVAC <table border="1"> <thead> <tr> <th>Hotel</th> <th>Address</th> <th>City/State</th> <th>Phone</th> </tr> </thead> <tbody> <tr> <td>Comfort Inn</td> <td>56 Ralph Lehman Lane</td> <td>White River Junction, VT</td> <td>844-257-8596</td> </tr> <tr> <td>Hampton Inn</td> <td>104 Ballardvale Dr.</td> <td>White River Junction, VT</td> <td>802/296-2800</td> </tr> <tr> <td>Hotel Coolidge</td> <td>39 South Main St.</td> <td>White River Junction, VT</td> <td>802/295-3118</td> </tr> </tbody> </table> <p>Other chain hotels in White River Junction VT or Lebanon/West Lebanon NH include Holiday Inn Express, Super 8, Best Western, Hilton Garden, Residence Inn, and Courtyard Inn</p>	Hotel	Address	City/State	Phone	Comfort Inn	56 Ralph Lehman Lane	White River Junction, VT	844-257-8596	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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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														
EVENTS	List events and sessions on template below (separate page)																
WAIVERS	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 NES SILVER CHAMPIONSHIPS
February 3-5 at the Upper Valley Aquatic Center

ORDER OF EVENTS

Session times may be adjusted once all entries are received.

FRIDAY EVENING			
Warm-ups 5:00, Meet 6:05			
Girls			Boys
1	13-14	400 FREE RELAY	2
3	15-18	400 FREE RELAY	4
5	11-18	MIXED 400 IM	5
6	18&U	MIXED 500 FREE	6

SATURDAY MORNING			
Warm-ups 8:30, Meet 9:35			
Girls			Boys
8	8&U	100 MIXED MEDLEY RELAY	
9	10&U	200 MIXED MEDLEY RELAY	
10	13-14	200 MIXED MEDLEY RELAY	
11	10&U	100 FLY	12
13	8&U	25 FREE	14
15	13-14	200 IM	16
17	10&U	50 BREAST	18
19	13-14	100 BREAST	20
21	10&U	200 IM	22
23	13-14	200 FLY	24
25	8&U	25 FLY	26
27	10&U	100 FREE	28
29	13-14	100 FREE	30
31	10&U	50 BACK	32
33	13-14	200 BACK	34
35	8&U	100 FREE RELAY	36
37	10&U	200 FREE RELAY	38
39	13-14	200 FREE RELAY	40

SATURDAY AFTERNOON			
Warm-ups 1:30, Meet 2:35			
Girls			Boys
41	11-12	200 MIXED MEDLEY RELAY	
42	15-18	200 MIXED MEDLEY RELAY	
43	11-12	50 FLY	44
45	15-18	200 FLY	46
47	11-12	100 BREAST	48
49	15-18	100 BREAST	50
51	11-12	200 BACK	52
53	11-12	200 FLY	54
55	15-18	100 FREE	56
57	11-12	100 FREE	58
59	15-18	200 IM	60
61	11-12	50 BACK	62
63	15-18	100 BACK	64
65	11-12	100 IM	66
67	15-18	200 FREE RELAY	68
69	11-12	200 FREE RELAY	70

SATURDAY EVENING DISTANCE			
Distance events 1st heat start to be determined once entries are submitted. No earlier than at least 15 minutes after the afternoon session			
71	11-18	MIXED 1000 FREE	

2023 NES SILVER CHAMPIONSHIPS
February 3-5 at the Upper Valley Aquatic Center

ORDER OF EVENTS – continued

Session times may be adjusted once all entries are received.

SUNDAY MORNING			
Warm-ups 8:30, Meet 9:35			
Girls			Boys
73	8&U	100 MEDLEY RELAY	74
75	10&U	200 MEDLEY RELAY	76
77	13-14	200 MEDLEY RELAY	78
79	10&U	100 IM	80
81	13-14	200 BREAST	82
83	10&U	100 BREAST	84
85	8&U	25 BACK	86
87	13-14	100 FLY	88
89	10&U	50 FLY	90
91	13-14	200 FREE	92
93	10&U	50 FREE	94
95	13-14	100 BACK	96
97	10&U	100 BACK	98
99	8&U	25 BREAST	100
101	13-14	50 FREE	102
103	10&U	200 FREE	104
105	13-14	200 MIXED FREE RELAY	105
106	8&U	100 MIXED FREE RELAY	106
107	10&U	200 MIXED FREE RELAY	107

SUNDAY AFTERNOON			
Warm-ups 1:30, Meet 2:35			
Girls			Boys
109	11-12	200 MEDLEY RELAY	110
111	15-18	200 MEDLEY RELAY	112
113	11-12	200 BREAST	114
115	11-12	50 FREE	116
117	15-18	200 FREE	118
119	11-12	100 FLY	120
121	15-18	100 FLY	122
123	11-12	200 IM	124
125	15-18	200 BACK	126
127	11-12	50 BREAST	128
129	15-18	50 FREE	130
131	11-12	200 FREE	132
133	15-18	200 BREAST	134
135	11-12	100 BACK	136
137	15-18	200 MIXED FREE RELAY	
138	11-12	200 MIXED FREE RELAY	

SUNDAY EVENING DISTANCE			
Distance events 1st heat start to be determined once entries are submitted. No earlier than at least 15 minutes after the afternoon session			
139	11-18	MIXED 1650 FREE	

ENTRY PAYMENT AND LIABILITY RELEASE FORM

Silvers Championships Presented by Upper Valley Aquatic Club At the Upper Valley Aquatic Center February 3-5, 2023

Held under the sanction of USA Swimming/New England: NE23-0203UVAC

CONTACT INFO	CLUB NAME: CONTACT NAME: CONTACT EMAIL _____ CONTACT CELL PHONE: LIST UNATTACHED SWIMMERS:
ENTRY FEES	Individual Entries all distances @ \$6.00 _____ = \$ _____ Distance events @ \$10.00 _____ = \$ _____ Relays @ \$24.00 _____ = \$ _____ Swimmer Participation Fee # athletes _____ @ \$30.00 each = \$ _____ NE Travel Surcharge: # athletes _____ @ \$2.00 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: February 3, 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, Upper Valley Aquatic Center, and 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>