



12 and Unders Meet

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

January 7, 2024

Held under the sanction of USA Swimming/New England: NE24-0107UVAC



Meet Director	Scott Ellis	sellis@uvacswim.org	802-296-2850
Meet Referee	Laura Lewis	laura@thelewisfamily.net	802-299-7330
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

Date	Warm up	Start
January 7	9:00 AM	10:05 AM

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.**

IMPORTANT DEADLINES	First date of entry: 12/05/23 Final date of entry: 12/27/23 Payment deadline: 01/07/24
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 ● 25 yard events will start at the start end and be timed with watches.
SCRATCHES	<ul style="list-style-type: none"> ● 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

	<p>responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.</p> <ul style="list-style-type: none"> ● 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>100%</p> <ul style="list-style-type: none"> ● The meet host may allocate 100% of splashes for the meet. ● 25% of the splashes allocated must be allocated to New England Swimming teams, excluding the meet host. The meet host must make a reasonable effort at the time of allocation to solicit interest from New England Swimming teams to meet this requirement. Should insufficient New England Swimming teams express interest at the time of allocation, the meet host may proceed with allocating these reserved splashes to out-of-LSC teams. ● If a specified allocation of splashes is granted to a team and agreed upon in writing between the meet host and attending team, the attending team is financially responsible for that allocation if unused, unless the meet host is able to substitute other participants to fill the unused splashes.
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> <ul style="list-style-type: none"> ● Teams may be asked to cut each athlete to no more than two fewer events per day than the maximum allowed. ● Entries may be cut by time or to a specific number of heats for specified events. ● If deck scratches allow a reasonable timeline, the swimmers can be reinstated into those previously entered events. <p>Clubs will be notified of cuts no later than Monday before the meet.</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 7, 2024. 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: 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) per day.

	<ul style="list-style-type: none"> ● 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 ● Time Trials \$10.00 for individual entries, \$40 for relays ● Swimmer Participation Fee is \$15.00 per swimmer ● NES Travel Fee: \$1.00 per swimmer (to be included in the check and the host team will send to NE Swimming) ● 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 – available for free on Meet Mobile
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.
LIVE STREAM	This meet will not have a live stream.
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>
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.

	<p>All NO CAMERA ZONES will be clearly designated. Email the Meet Director with questions and requests.</p> <ul style="list-style-type: none"> ● 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.
<p>SAFETY</p>	<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. ● Any injuries or need for medical attention should be reported to the facility lifeguards. An AED is available in the facility lobby. <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 warm-up sessions, 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. ● During competition, when entering the warm-up/warm-down area, a “sit and slide”/“three-point” entry is required at all times
<p>SAFE SPORT</p>	<ul style="list-style-type: none"> ● The USA Swimming Safe Sport program is USA Swimming’s comprehensive abuse prevention program dedicated to creating a healthy and positive environment free from abuse for all its members. Components of the program include, but are not limited to, providing education and training, enforcing policies (such as the Minor Athlete Abuse Prevention Policy), rules and best practice guidelines, promoting healthy boundaries and mandatory reporting of violations. ● The Minor Athlete Abuse Prevention Policy (www.usaswimming.org/maapp) prohibits Adult Participants (as defined) from having one-on-one interactions with minor athletes which are not within an observable and interruptible distance from another adult participant. Adult Participants are required to abide by this policy in full during this meet. ● Pursuant to USA Swimming Rules and Regulations and federal law, it is every member’s responsibility to immediately (i.e., within 24 hours) report any incident of child abuse, including physical or sexual abuse, to law enforcement and the U.S. Center for SafeSport. Reporting must occur when an individual has firsthand knowledge of misconduct or where specific and credible information has been received from a victim or knowledgeable third party. A report to the U.S. Center for SafeSport may be made via telephone at 833-5US-SAFE (833-587-7233) or online at www.uscenterforsafesport.org/report-a-concern. Various state laws may also require reporting to law enforcement or to a designated child protection agency. ● For information on how to report other alleged violations, including without limitation, the USA Swimming Code of Conduct and the Minor Athlete Abuse Prevention Policy, please visit www.usaswimming.org/report. ● All athletes age 18 and older must complete Athlete Protection Training in order to be a USA Swimming registered member in good standing. Any athlete who turns 18 on or after 01/07/24, who has not completed Athlete Protection Training by the first day of competition, will be prohibited from participating in the competition until such time as all membership requirements

	are completed. Times achieved by an athlete who turns age 18 on or after 01/07/24 who competes in this USA Swimming sanctioned event without completing this membership requirement, will NOT count for qualification or recognition. This includes participation as a member of a relay.								
FACILITY RULES	● Swimmers and spectators are limited to the pool, spectator viewing area, locker rooms, and lobby. Participants may not use any other areas of the Hogan Center.								
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.								
WEATHER/ FACILITY PROTOCOL	If weather or facility conditions make it impossible to follow the original timeline of events, the Meet Director and Meet Referee have a right to make changes to the meet sessions. The Meet Director will notify the teams of the changes with as much notice as possible. Cancellation of the meet, or a session, is the decision of the Meet Director, Meet Referee and the Meet Jury.								
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. The Officials' meetings will be at 45 minutes prior to the start of a session in the meet office.								
GENERAL	FOOD and VENDORS: There will be no food concessions or vendors at this meet PARKING: Free parking is available around the Hogan Center on Charger Rd.								
DIRECTIONS	College Address: 541 Main St. New London, NH 03257 From the North on I-89: Exit 12 <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 Charger Rd on the left at the far end of the College after the arc of main campus building. From the South on I-89: Exit 11 <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 Charger Rd on the right at the start end of the College								
HOTELS	The following hotels and motels are near New London <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> Colby-Sawyer College link to Lake Sunapee Region Hotels	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

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.

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

ORDER OF EVENTS

Sunday, January 7, 2024	
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

