

Sponsored by 	46th Annual Vermont Swim Association 2024 Championship Meet <i>Upper Valley Aquatic Center, White River Junction, Vermont</i> August 3-4, 2024 This meet is NOT sanctioned by New England Swimming/USA Swimming	Hosted by 
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Changes for 2024 compared to 2023 are highlighted in yellow

Sponsoring Organization	Vermont Swim Association	vermontswiminfo@gmail.com	www.vermontswim.org
Meet Director	Mary Gentry	vsachamps@gmail.com	802-369-9289
Meet Referee	Jessica Workman	jessworkman.swim@gmail.com	802-238-2326
Entry Chair	Mary Gentry	vsachamps@gmail.com	802-369-9289
Admin Official	Mary Gentry	vsachamps@gmail.com	802-369-9289
Safety Monitor	Dave Shafer	dshafer@uvacswim.org	802-296-2850

SESSIONS:

Date	Session	Warm-Ups	Meet Start
Saturday, August 3	Morning 10&Unders	8:20 am	9:25 am
Saturday, August 3	Lunch 500 Free	11:30 am	12:00 pm
Saturday, August 3	Afternoon 11&Overs	12:50 pm	2:15 pm
Sunday, August 4	Morning 10&Unders	8:20 am	9:25 am
Sunday, August 4	Afternoon 11&Overs	12:00 pm	1:40 pm
Sunday, August 4	Senior Ceremony	Immediately after afternoon warmups. 1:20 pm	
Sunday, August 4	Team Trophies	Awarded immediately after the end of the afternoon session	

Vermont Swim Association reserves the right to modify session times once entries are received. Changes in timeline will be posted on the <http://www.vermontswim.org/current-season> site

IMPORTANT DEADLINES	First date of entry: Sunday, 07/28/24 Final date of entry: Monday, 07/29/24 – 7:00 pm Waiver and Payment deadline: Saturday, 08/03/24
SITE	The Upper Valley Aquatic Center (www.uvacswim.org) competition pool is an 11 lane, 25-yard pool with 7-foot-wide lanes and non-turbulent lane lines. The timing system includes a fully-automatic Colorado TimingSystem with touchpads at the finish end of the pool and an alphanumeric display scoreboard. There are no touchpads at the turn end of the pool. The start end of the pool is 7 feet deep, the turn end of the pool is 9 feet deep. No more than eight lanes will be used for competition.

	<p>Two lanes will be available for warmUp/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> <p>There is balcony seating for 300 spectators. Team tents may be set up outside. The Splash Park pool will be closed to the public during the meet. Spectators will not be able to observe the meet from the Splash Park pool deck.</p>
COURSE	Short Course Yards (SCY)
FORMAT:	<ul style="list-style-type: none"> • The meet will be swum as timed finals. The session will be pre-seeded Wednesday before the meet. 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 a touchpad, a button, and 2 watches. • The 500 freestyle will be swum slow to fast. Swimmers must provide their own timers.
ELIGIBILITY	<ul style="list-style-type: none"> • All entrants must be members of a 2024 VSA team and have represented his/her VSA team in at least TWO 2024 meets hosted by a VSA member team prior to the State Championships. League championships may be one of the two meets. • The only exhibition swims allowed are late revisions to an entry. Late revisions to entries will be switched from a scoring entry to an exhibition entry. • Age eligibility is determined by the age of the swimmer the first day of the State meet and must be shown on the entry form. • A swimmer may compete in VSA State championships provided he or she is not older than 18 years of age on the first day of the State Championships. (Coaches of graduating seniors over the age of 18 may petition to the Competition Committee to have the swimmer participate in the State Meet. They will compete in the 17-18 age group.) See the Meet Handbook Article 202 for more information on eligibility. The Handbook is available on the http://www.vermontswim.org site.
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.
ENTRIES	<ul style="list-style-type: none"> • Final entries must be received before 7:00 pm Monday July 29. Teams are suggested to submit preliminary entries by Sunday July 28 and then send final entries on Monday. Note below in the Relay section that all relays must have a seed time or they will be rejected and cannot be reinstated after the July 29 7:00 PM deadline. • Make checks payable to "Vermont Swim Association" • Mail completed signed entry cover page and waiver, and payment to the Meet Director: Mary Gentry 193 Stone Crest Ave White River Junction, VT 05001 (802) 369-9289 • If bringing check to the pool, email a picture of signed waiver to vsachamps@gmail.com by Friday. No deck entries will be accepted. No refunds will be given for accepted entries. • Any changes to entries after the July 29 deadline will be exhibition entries with no points or awards. • No deck entries will be accepted.
ENTRY LIMITS	Athletes are entitled to enter and swim 5 individual events and 2 relays (one medley relay and one free relay).
ENTRY TIMES	<ul style="list-style-type: none"> • All entries must be specified in short-course yard (25-yard pool) times. Meter times must be converted to yard times. (Entries with "NO TIME" will be rejected.) All entry times must have been achieved since January 1, 2024. • Relays must also have times. Coach times are allowed for relays.

	<ul style="list-style-type: none"> Per Article 203.4 in the Bylaws, each team is entitled to enter one swimmer in each event (a bonus entry counts as a swimmer). In the case that the entered swimmer does not meet the time standard for the event, the entered time should be the swimmer's best time (New for 2024, do not enter using the qualifying time, use the swimmer's best time or a coach's time). A team's sole entry in an event with a time slower than the qualifying time cannot be considered as that swimmer's official cut for adding bonus events. The 15-18 year old events will be scored as two separate events 15-16 and 17-18, so teams may enter at least one swimmer in each of the 15-16 and 17-18 events.
BONUS EVENTS	<ul style="list-style-type: none"> Any swimmer who has met the qualifying time in at least one event (and is entered in a qualified event), may enter bonus events in any other event in which they have achieved at least the Bonus qualifying time. A swimmer may be entered in a maximum of five individual events. Bonus entries must have a legal, official result seed time achieved since January 1. A too slow entry as a team's sole entry in an event does not qualify as a swimmer's one official entry to then qualify for bonus events. Bonus Event Limits: met (and entered) in 1 official individual event can add 4 bonus swims, entered 2 official events can add 3 bonus swims, 3 official events can add 2 bonus swim, 4 official events can add 1 bonus swim, 5 official entries does not allow any bonus swims. Bonus entry swims are eligible for team points and awards. Note that the Hy-tek events file does not identify the Bonus qualifying times. If you want to use bonus entries, you must manually check the swimmer's best time against the Bonus qualifying time.
SCRATCHES	Notification of scratches is appreciated but not required once the meet is seeded (Wednesday morning). Identifying scratches lets officials and timers know not to expect a swimmer in a lane.
CUT PROTOCOL	<p>If a session is over-subscribed, the VSA Competition Committee 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"> Coaches will be asked to cut a 5th entry for swimmers entered in 5 individual events. Teams may be asked to cut relay entries.
RELAYS FYI This section has the most changes compared to prior years	<ul style="list-style-type: none"> All relays must be included in the official entries due July 29 and must include a seed time. Relay entries with "NO TIME" will be rejected. No relays may be reinstated after the 7:00 PM entry deadline on July 29. NEW for 2024: Mixed relays have been added to the meet as separate events. A mixed relay must have two girls and two boys. NEW for 2024: Only one relay per team will score and receive awards in any single relay event. Although scoring is limited, there are no limits to the number of relays per team per event. All relay swimmers must be officially entered into the meet. Relay only swimmers are allowed as long as they are listed in the entries file. Swimmers may only participate in ONE medley relay and ONE free relay (i.e. a swimmer may NOT participate in both a single gender medley relay and a mixed medley relay). The names and order of the swimmers in each relay may be updated at the meet, up to 30 minutes before the start of the relay. 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"> Electronic Entries: \$5.00/individual entry, \$20.00/relay entry Swimmer participation fee: \$5.00/swimmer. Non-electronic entries: \$5.50/individual entry, \$22.00/relay entry Time Trials \$10.00/swim
ADMISSIONS	<ul style="list-style-type: none"> No charge for admission Free Pdfs of heat sheets will be available on https://www.vermontswim.org/current-season. Heat sheets will also be available on Meet Mobile

RESULTS	Results will be posted in the facility and online during the meet. The meet name on the MeetMobile app is VSA 2024 State Championships. Results will be posted after the meet on the Vermont Swim Association website. https://www.vermontswim.org/current-season As this meet is NOT sanctioned by New England Swimming/USA Swimming, results will NOT be uploaded into the national SWIMS database maintained by USA Swimming/
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. Meet Mobile name is VSA 2024 State Championships
LIVE STREAM	A live stream of the meet will be available through the UVAC LiveBarn subscription program. www.livebarn.com Venue is Upper Valley Aquatic Center. More information at https://uvacswim.org/swimming/swim-team/swim-meets/ Scroll down to the Watch meets on LiveBarn section.
TEAM ASSIGNMENTS	<ul style="list-style-type: none"> All team work assignments and warm-ups assignments will be posted on the VSA web site www.vermontswim.org/current-season by the end of day Wednesday, July 31
WARM-UPS	<ul style="list-style-type: none"> The pool will open for warm-ups at least 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. All team assignments for the meet and warm-ups will be posted on the VSA web site by the end of day Wednesday, July 31. <p>WARM-UP SAFETY:</p> <ul style="list-style-type: none"> For all 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. 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. Relay starts may NOT be practiced during warm-ups During competition, when entering the warm-up/warm-down area, a “sit and slide”/“three-point” entry is required at all times
AWARDS	All Teams will receive a trophy based on their place in their division. Medals will be awarded to the top ten finishers in individual events and to the top six relay finishers. Ribbons will be awarded to eleventh through twenty-fourth places for individuals and seventh through tenth places for relays.
SCORING	The meet will be scored in accordance with VSA guidelines: <ul style="list-style-type: none"> Individual Events: 19-17-16-15-14-13-12-11-10-9-8-7-6-5-4-3-2-1 Relay Events: 38-32-28-24-20-16-12-10-8-6-4-2 The 15-18 age group events will be seeded as swum as 15-18 events but will be scored as 15-16 events and 17-18 events NEW for 2024: Only one relay per team can score and receive awards in any one relay event.
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 outdoor tent areas) any time athletes, coaches, officials and/or spectators are present without written VSA 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

	<p>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.</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.
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. ● Any injuries or need for medical attention should be reported to the facility lifeguards. An AED is available in the facility lobby. ● UVAC-Evacuation-Policy
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 this meet is posted, changes can be made only with the approval of the VSA Competition Committee in conjunction with the Meet Referee and Meet Director. 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 VSA Competition Committee and the Meet Referee.</p>
WEATHER/ FACILITY PROTOCOL	<p>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 Competition Committee.</p>
DECK ACCESS	<p>Only athletes, coaches, officials, and official meet staff are permitted on the pool deck. All non-athletes on the pool deck must display their deck credentials at all times. Individuals without credentials must leave the deck, and will be subject to a fine by VSA.</p>
OFFICIALS	<p>Officials that know they will be attending the meet are highly encouraged to email the Meet Referee (jessworkman.swim@gmail.com) and let her know your level of certification, team, and sessions you will be available. Officials sign-in will be in the hospitality room. The Officials meetings will be at least 40 minutes prior to the start of a session in the hospitality room.</p>
VENDORS	<p>FOOD: There may be a concession stand in the facility Lobby for this meet.</p> <p>T-SHIRTS: There will be a t-shirt vendor with State Championship T-shirts and other apparel.</p> <p>EQUIPMENT: A swimming equipment vendor will be selling suits, goggles, and other accessories for the duration of the meet.</p>
DIRECTIONS	<p>Directions for the Upper Valley Aquatic Center are available at https://www.uvacswim.org/hours-directions/</p>

PARKING	There will then be a weekend fee for parking on-site at the Aquatic Center. New Location for 2024: There will be a free shuttle parking lot and bus at Mascoma Bank at 243 Sykes Mountain Ave in White River Junction. Parking is not allowed on Arboretum Lane.
FACILITY RULES	Day passes are available for purchase to use other parts of the facility during the meet. Information and rules are available at UVAC Day Passes .
HOTELS	Chain hotels in White River Junction VT or Lebanon/West Lebanon NH include Holiday Inn Express, Super 8, Best Western, Hilton Garden, Quality Inn, Residence Inn, and Courtyard Inn. Non-chain hotels include the Fireside Inn, White River Inn and Suites, Align Inn, Hanover Inn, Woodstock Inn, and more.
EVENTS	List of events and sessions located on the next page
WAIVERS	Vermont Swim Association, 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 events. It is not possible to prevent the presence of the disease. Therefore, if you choose to participate in a Vermont Swim Association sponsored event, you may be exposing yourself to and/or increasing your risk of contracting or spreading COVID-19.

Vermont Swim Association 2024 Championship Meet

Saturday and Sunday August 3-4, 2024

Saturday, August 3

Sunday, August 4

Saturday, August 3			Sunday, August 4		
GIRLS		BOYS	GIRLS		BOYS
#	Event	#	#	Event	#
Saturday Morning			Sunday Morning		
1	10&U 100 Medley Relay	2	67	10&U 100 Mixed Medley Relay	67
3	8&U 100 Medley Relay	4	68	8&U 100 Mixed Medley Relay	68
5	9-10 100 IM	6	69	9-10 50 Breast	70
7	8&U 100 IM	8	71	7-8 25 Back	72
9	9-10 50 Back	10	73	6&U 25 Back	74
11	6&U 25 Free	12	75	9-10 25 Back	76
13	9-10 25 Free	14	77	7-8 25 Fly	78
15	7-8 25 Free	16	79	9-10 25 Fly	80
17	9-10 25 Breast	18	81	8&U 50 Free	82
19	8&U 25 Breast	20	83	9-10 50 Free	84
21	9-10 50 Fly	22	85	8&U 100 Free Relay	86
23	8&U 100 Mixed Free Relay		87	10&U 100 Free Relay	88
24	10&U 100 Mixed Free Relay				
Saturday Lunch					
25	500 Free	26			
Saturday Afternoon			Sunday Afternoon		
27	12&U 200 Medley Relay	28	90	18&U Mixed 200 Medley Relay	90
29	14&U 200 Medley Relay	30	91	12&U Mixed 200 Medley Relay	91
31	18&U 200 Medley Relay	32	92	14&U Mixed 200 Medley Relay	92
33	11-12 100 IM	34	93	15-18 200 IM	94
35	13-14 100 IM	36	95	11-12 100 Free	96
37	15-18 100 IM	38	97	13-14 100 Free	98
39	11-12 50 Breast	40	99	15-18 100 Free	100
41	13-14 50 Breast	42	101	11-12 50 Fly	102
43	15-18 50 Breast	44	103	13-14 50 Fly	104
45	12&U 100 Fly	46	105	15-18 50 Fly	106
47	13-14 100 Fly	48	107	12&U 100 Breast	108
49	15-18 100 Fly	50	109	13-14 100 Breast	110
51	11-12 50 Free	52	111	15-18 100 Breast	112
53	13-14 50 Free	54	113	11-12 200 Free	114
55	15-18 50 Free	56	115	13-14 200 Free	116
57	12&U 100 Back	58	117	15-18 200 Free	118
59	13-14 100 Back	60	119	11-12 50 Back	120
61	15-18 100 Back	62	121	13-14 50 Back	122
63	12&U Mixed 200 Free Relay	63	123	15-18 50 Back	124
64	14&U Mixed 200 Free Relay	64	125	12&U 200 Free Relay	126
65	18&U Mixed 200 Free Relay	65	127	14&U 200 Free Relay	128
			129	18&U 200 Free Relay	130

15-18 Age Group Events will be seeded and swum as 15-18 but scored as 15-16 and 17-18.

