Upper Valley Aquatic Club
Winter Classic Team Specialty Meet

Upper Valley Aquatic Center, White River Junction, VT
December 9-11, 2011
Sanctioned by NE Swimming NE-11-113 TT

Meet Director/Entry Chair	Mary Gentry	(802) 295-8976	UVAC.entries@gmail.com
Referee	Ken Vutech	(802) 332-6264	kvutech@micros-retail.com

SESSIONS	Warm-up	Meet
Friday, December 9	5:30 PM	6:30 PM
Saturday Morning, December 10	8:30 AM	9:30 AM
Saturday Afternoon, December 10	2:00 PM	3:00 PM
Sunday Morning, December 11	7:30 AM	8:30 AM
Sunday Afternoon, December 11	1:00 PM	2:00 PM

MEET FORMAT: 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. Coaches will receive a positive check-in sheet before each session, which 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 table. All events will be swum slow to fast. Teams are responsible for providing their own timers for the Friday evening distance events.

SITE: The Upper Valley Aquatic Center is located at 100 Arboretum Lane, White River Junction, VT 05001. http://www.uvac-swim.org Directions may be found later in this document. The competition pool has eleven 7 foot wide 25 yard long lanes, with non-turbulent lane lines, Colorado Timing System electronic touch pads and alphanumeric display scoreboard. The start end of the pool is 7 feet deep, the turn end of the pool is 9 feet deep. There are no touch pads at the turn end of the pool. The competition pool has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming. Eight lanes will be used for competition. An additional lane will be left empty as a buffer lane and the remaining two lanes will be available for warm-up and warm-down throughout the meet. (Depending on entries, UVAC may elect to use ten lanes for competition, in which case three 25 yard lanes in the adjacent leisure pool will be available for warm-up and warm-down.) There is balcony seating for 400 spectators. A leisure pool (three 25 yard lap lanes, lazy river, zero entry play structure) will remain open to the public throughout the meet. Spectators may purchase day passes to use the leisure pool during the meet. Only people with proper credentials will be allowed on the competition pool deck. There is no smoking in the building or within 500 feet of the building. Failure to abide by rules defined in this notice, posted at the facility or determined by the Meet Referee, Meet Director, or Facility Director may result in ejection from the facility.

COURSE: Short course yards (25 yards).

CUT PROTOCOL: If a session is over-subscribed (and cannot be handled by increasing to ten competition lanes), the following cuts will be made in this order:

- Friday evening (distance) events will be cut by percent of distance entries submitted by each team.
- Saturday and Sunday sessions: swimmers will be asked to cut down to 4 events per day in the oversubscribed session. Clubs will be notified of cuts no later than Monday before the meet.

RESERVE THE RIGHT TO MAKE CHANGES: Changes can be made to the meet invitation before the meet, only with the approval of the Technical Chair, Mariella Allard. If changes need to be made once the meet begins, the Meet Committee will make the decision, after consulting with the Technical Chair, and will present it to the coaches at a coaches meeting for a vote.

MEET COMMITTEE: The meet committee will consist of the Meet Director, Meet Referee, two coaches, and one athlete. The five members will be from separate teams.

WEATHER 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 session**, is a decision of the Meet Director, Meet Referee and the Meet Committee

ELIGIBILITY: All swimmers must be 2011 or 2012 registered swimmers with New England Swimming. Swimmers may register with Carol Healey, PO Box 920133, Needham, MA 02492: office@neswim.com Age is determined by the age of the swimmer the first day of the meet and must be shown on the entry form. All coaches on deck must be registered with USA Swimming and display their coach membership cards. 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. 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

REGISTRATIONS: Swimmers must be registered before the entry is submitted. Teams that enter unregistered swimmers will be subject to a fine of $100 per unregistered swimmer. Teams are **required** to check their entries with the online registration check tool on the New England Swimming web site.

ADAPTED SWIMMING: Any current athlete members of USA Swimming with a disability, as defined by USA Swimming Rules and Regulations, may enter this meet. If modifications to USA Swimming rules are necessary then the coach or athlete must notify the meet referee and meet director of any disability prior to competition.

EVENTS and SESSIONS: See attached list.

ENTRY INFORMATION: Entries will be accepted on and after Thursday October 27, 2011. Entries received before that date will be considered received on October 27. Entries must be received no later than Tuesday, November 29, 2011. Make checks payable to "Upper Valley Aquatic Center". Mail completed signed entry cover page and waiver, and payment to the entry chairperson: Mary Gentry, 193 Stonecrest Ave., White River Junction, VT 05001. No deck entries will be accepted. No refunds will be given for entries that are accepted, or for entries that are rejected due to improper entry. *Any swimmer who is entered with incorrect swimmer information, or an incorrect or no ID, or is unregistered, will be scratched from the meet until corrections are made per the New England policy. Upper Valley Aquatic Club will reserve 70% of the entries for its own team and any other teams (New England and/or out of district) that it may want to include in the meet. The other 30% of the splashes will be open to other teams to submit entries. If on the first day of acceptance, those meet entries exceed the 30% still available in the meet, there will be a lottery of those teams. The lottery will be run by the New England Office.*

ELECTRONIC ENTRIES: Electronic entries (such as from Hy-Tek Team Manager or other team management software) that are in CL2 or SD3/SDIF format may be emailed as an attachment to the entry chairperson at UVAC.entries@gmail.com. Please check that your team 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 within one week, excluding Sundays and holidays, of receipt of the email entry. If payment is received within one week, excluding Sundays and holidays, of the email entry, the email receipt date will be considered the date of entry. If payment is received more than one week, excluding Sundays and holidays, after the email entry, the payment receipt date will be considered the date of entry.

ENTRY LIMITS: Athletes may enter and swim in a maximum of 5 events per day. Time trials count in the per day event count.

ENTRY TIME UPATES: Entry times may be updated until the Monday prior to the first day of the meet. No new entries will be accepted after the November 29, 2011 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.

ENTRY FEES: Electronic entries: $4.00 for individual events and $5.00 for distance events. Non-electronic entries: $4.50 for individual events, $5.50 for distance events. The Swimmer Participation Fee is $8.00 per swimmer.

ENTRY TIMES: All entries must be specified in short course yard times. Meter times must be converted to yard times. Entries with No Time will be accepted.

ENTRY CUTS: Entry cuts, if necessary, will be made by the date of receipt. Teams will be notified that they have been accepted or cut from the meet within seven days of receipt of entry. If the meet becomes oversubscribed, a random selection of those entries received on the date the meet becomes oversubscribed will be conducted in accordance with New England Swimming guidelines. Teams that are cut from the meet will have their entry fee returned within four days of being cut.

25-YARD EVENTS: All 25 yard events will start from the blocks. Events will be timed using buttons and stop watches at the far end.

PROGRAMS: Psych sheets for the weekend will be available for $5.00 for the entire meet. Heat sheets will be available for $2.00 per session.

ADMISSION: Admission is $1.00 per session.

WARMUPS: The pool will open for warm-ups one-hour 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. Two lanes will be available during the meet for warm-up and warm-down. .

SAFETY:

1. 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.
2. No shaving is permitted at the competition site.
3. No glass containers are permitted within the facility.
4. 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.
5. No camera cell phones are permitted in the locker rooms.

RULES: 2011 USA Swimming rules will govern all competition. Decisions by the meet referee will be final unless a written protest is lodged within 30 minutes of the heat swum. All swimmers, coaches and officials will follow the USA Swimming code of conduct under article 304 of the USA Swimming rules and regulations. Any violation of such policy will be reported to the Meet Referee and the New England Swimming office for further review and/or action.

TIME TRIALS: Time trials will be offered at the discretion of the Meet Director and the Meet Referee if time allows. Time trials are $5.00 for individual events, and $20.00 for relays.

DECK ACCESS: Only athletes, coaches, officials, and official meet staff are permitted on the pool deck. All non-athletes on the pool deck must display their USA Swimming registration card at all times. Individuals without their USA Swimming registration card will be removed from the pool deck, and will be subject to a fine by New England Swimming.

SCORING: The meet will not be scored.

AWARDS: Ribbons will be awarded to the top eight finishers in each individual event.

RESULTS: Results will be posted on deck and in the spectator area throughout the meet. Results will also be posted on-line during the meet at http://www.uvac-meets.org/2011

FOOD: A concession stand will be in operation for the duration of the meet.

EQUIPMENT VENDOR: A swimming equipment vendor will be selling suits, goggles, and other accessories for the duration of the meet.

MISCELLANEOUS: The Upper Valley Aquatic Center and Upper Valley Aquatic Club (formerly North Country Aquatic Club) assume no responsibility for lost or stolen property. Pets of any kind and smoking are not permitted within the facility.

DIRECTIONS:
The Upper Valley Aquatic Center (UVAC) is located at 100 Arboretum Lane in White River Junction, Vermont 05001. (Arboretum Lane may not be on your GPS unit or web applications – it is across Route 5 from 1 Wright Reservoir Rd, White River Junction)
- At the junction of Interstates I-89 and I-91 in Vermont, go north on I-91 and immediately take Exit 11 for White River Junction.
- Turn left off the exit (before the stop light) on to Route 5 South.
- Follow Route 5 immediately under the interstate
- Travel ½ mile, go under the other interstate, and take the next left on to Arboretum Lane.
- UVAC is the only building on Arboretum Lane.

http://uvac-swim.org/community/about/hours-and-directions/

PARKING: There is free but limited parking available at the Aquatic Center. Carpooling from the hotels is appreciated.

LODGING: The following hotels and motels are in the area.

Hotel	Address	City/State	Phone

Baymont Inn	Airport Rd	West Lebanon, NH	603/298-8888
Comfort Inn	56 Ralph Lehman Dr.	White River Junction, VT	802/295-3051
Courtyard by Marriott	10 Morgan Dr.	Lebanon, NH	603/643-5600
Days Inn	Route 120	Lebanon, NH	603/448-5070
Fairfield Inn & Suites	102 Ballardvale Dr.	White River Junction, VT	802/291-9911
Fireside Inn & Suites	Airport Rd	West Lebanon, NH	603/298-5900
Hampton Inn	104 Ballardvale Dr.	White River Junction, VT	802/296-2800
Holiday Inn Express	121 Ballardvale Dr.	White River Junction, VT	802/299-2700
Hotel Coolidge	39 South Main St.	White River Junction, VT	802/295-3118
Norwich Inn	325 Main St.	Norwich, VT	802/649-1143
Quality Inn	5815 Woodstock Rd (Rte 4)	Quechee, VT	802/295-7600
Residence Inn by Marriott	32 Centerra Parkway	Lebanon, NH	603/643-4511
Sixth South St Inn	6 South St	Hanover, NH	603/643-0600
Super 8 Motel	442 North Hartland Rd (Rte 5)	White River Junction, VT	802/295-7577
Trumbull House B&B	40 Etna Rd	Hanover, NH	800/651-5141

UVAC Winter Classic
December 9-11, 2011
Order of Events

Friday Events

Girls #	Age Group	Event	Boys #	
1	Open	Mixed 400 IM	with the girls	Both Friday events will be seeded as mixed,
2	Open	Mixed 500 Free	with the girls	But awards will be given by age group and sex

Saturday Events

Saturday Morning

Girls #	Age Group	Event	Boys #
3	10 & Under	100 Free	4
5	13 & 14	200 Free	6
7	10 & Under	50 Fly	8
9	13 & 14	200 Fly	10
11	8 & Under	25 Back	12
13	10 & Under	100 Back	14
15	13 & 14	100 Back	16
17	10 & Under	200 IM	18
19	8 & Under	25 Breast	20
21	10 & Under	100 Breast	22
23	13 & 14	100 Breast	24
25	10 & Under	50 Free	26
27	13 & 14	50 Free	28

Saturday Afternoon

Girls #	Age Group	Event	Boys #
29	11 & 12	200 IM	30
31	Open	200 IM	32
33	11 & 12	50 Back	34
35	Open	200 Fly	36
37	11 & 12	50 Free	38
39	Open	100 Breast	40
41	11 & 12	100 Breast	42
43	Open	200 Back	44
45	11 & 12	50 Fly	46
47	Open	100 Free	48
49	11 & 12	100 Free	50

Sunday Events

Sunday Morning

Girls #	Age Group	Event	Boys #
51	10 & Under	100 IM	52
53	13 & 14	200 IM	54
55	10 & Under	50 Breast	56
57	13 & 14	200 Breast	58
59	8 & Under	25 Free	60
61	10 & Under	200 Free	62
63	13 & 14	100 Free	64
65	10 & Under	50 Back	66
67	13 & 14	200 Back	68
69	8 & Under	25 Fly	70
71	10 & Under	100 Fly	72
73	13 & 14	100 Fly	74

Sunday Afternoon

Girls #	Age Group	Event	Boys #
75	11 & 12	200 Free	76
77	Open	200 Breast	78
79	11 & 12	100 Back	80
81	Open	100 Back	82
83	11 & 12	100 IM	84
85	Open	200 Free	86
87	11 & 12	100 Fly	88
89	Open	100 Fly	90
91	11 & 12	50 Breast	92
93	Open	50 Free	94

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CONTACT INFORMATION

Team Name: _____ Abbreviation: _____

Deck Coach: _____ Phone: _____ Email: _____

Entries Contact: _____ Phone: _____ Email: _____

Address: _____ _____

List Unattached Swimmers:_____

ENTRY FEES

____	Individual Electronic Entries	@ $4.00	=	$ _____
____	Individual Non-Electronic Entries	@ $4.50	=	$ _____
____	Distance Events Electronic Entries	@ $5.00	=	$ _____
____	Distance Non-Electronic Entries	@ $5.50	=	$ _____
____	Swimmer Participation Fee	@ $8.00	=	$ _____
			Total:	$ _____

Make check payable to: Upper Valley Aquatic Center

Mail entries and check to:
Mary Gentry
193 Stonecrest Ave.
White River Junction, VT 05001
(802) 295-8976 (home) (603) 653-1068 (work)

Entry Deadline: November 29, 2011
For e-mailed entries, this form and payment must be received within four business days of your entry e-mail.

LIABILITY RELEASE

Any swimmer whose entry is accepted will, for him/herself, his/her heirs, 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, Upper Valley Aquatic Club, and the Upper Valley Aquatic Center for any and all injuries suffered by him/her at said meet. **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.**

_____ _____
Signature of Authorized Team Official Date