



**NEW
ENGLAND
SWIMMING**

Upper Valley Aquatic Club Intra-squad Meet

Upper Valley Aquatic Center, White River Junction, Vermont

January 31, 2021

Held under the sanction of USA Swimming/New England #NE21-0131UVAC

Meet Director	Scott Ellis	sellis@uvacswim.org	802-296-2850
Meet Referee:	Laura Lewis	laura@thelewisfamily.net	802-238-2326
Entry Chairperson:	Mary Gentry	uvac.entries@gmail.com	802-369-9289
Admin Official:	Mary Gentry	uvac.entries@gmail.com	802-369-9289
Safety Monitor	Erin Renninger	erenninger@uvacswim.org	802-296-2850

IMPORTANT DEADLINE:

First date of entry: 01/26/21

Final date of entry: 01/29/21

Payment deadline: 01/31/21

ASSUMPTION OF RISK: We, Upper Valley Aquatic Club, have taken enhanced health and safety measures – for athletes, coaches, officials, volunteers, and meet management. You must follow all instructions while participating in/spectating at UVAC Quad Meet or on site at 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 Centers for Disease Control and Prevention, senior citizens and guests with underlying medical conditions are especially vulnerable. By participating in/spectating at UVAC October Quad Meet and being on site at the Upper Valley Aquatic Center, you voluntarily assume all risks related to exposure to COVID-19.

RELEASE: *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 Centers for Disease Control and Prevention, senior citizens and individuals with underlying medical conditions are especially vulnerable. USA Swimming, Inc., cannot prevent you (or your child(ren)) from becoming exposed to, contracting, or spreading COVID-19 while participating in USA Swimming sanctioned events. It is not possible to prevent against the presence of the disease, therefore, if you choose to participate in a USA Swimming sanctioned event, you may be exposing yourself to and/or increasing your risk of contracting or spreading COVID-19.*

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 liability or claims including 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 with exposure, infection and/or spread of Covid-19 related to participation in this competition.

SAFETY PROTOCOLS DUE to COVID RESTRICTIONS:

Statement of your State Department of Health protocols and requirements, or local guidelines, whichever is more restrictive:

- Participants must abide by the [State of Vermont Cross State Travel Guidelines](#). Participants may only come from Vermont or be associated with a program based in Vermont.
- Operations are limited to 25 swimmers on the pool deck and 25 swimmers in the upstairs spectator space.
- All swimmers must be from the same team.
- Operators must maintain a log of customers and their contact information for 30 days in the event contact tracing is required by the Department of Health.

Statement outlining the plan for spectator ingress and egress, use of locker rooms and other facility restrictions in place:

- Spectators are not allowed.
- Swimmers, coaches, and workers will enter and exit the facility through the Front Entrance of the facility.
- Everyone entering the facility will have their temperature checked.
- Each individual must be a member of the Upper Valley Aquatic Center with contact information on record
- Swimmers will not be able to leave the facility and re-enter the facility during the session.

Spectators will not be allowed. Parents not working in assigned roles will have to stay outside. Each team will be assigned jobs so parents may rotate through who is working on the deck. **Any parent or legal guardian requesting access to their child will be allowed following all safety guidelines, by contacting the Meet Director, Scott Ellis, at 802-296-2850.**

LIST OTHER PROTOCOLS SPECIFIC TO YOUR SITE:

- All workers, officials (except referee blowing whistles), and coaches will wear masks at all times.
- Swimmers will wear masks between events and will not remove their masks until they arrive at the starting block.
- Swimmer seating will be in the spectator stands to allow for ample social distancing space.
- One heat of swimmers will be in the water. One heat of swimmers with masks on, will be lined up at the back wall behind the blocks. All other swimmers will be at their designated sitting space.
- Swimmers behind the blocks will remain at the back wall until called up to the blocks after the previous heat has cleared the pool and start end of the deck.
- There will be a 10-15 minute war-up/warm down between each group of events. Swimmers will only use the lane they were assigned to for warm-ups.
- Showers will NOT be available at the facility. Swimmers should wear their suit to and from the meet.
- Track start fins on the starting blocks may be changed by individual swimmers
- Normal lane seeding will be used with 6, 7, or 8 lanes to be determined once initial entries are submitted. Events within a block may be combined in the same heat with at least one open lane between the two groups of event swimmers.

STATE GUIDELINES: [State of Vermont COVID-19 Recovery Resource Center](#)

MEET FORMAT: The meet will be swum as timed finals. Each session will be pre-seeded on Friday. Coaches will receive .pdfs of heat sheets on Friday to distribute to participating families. Heat sheets will also be available for free on Meet Mobile. There will be no deck entries.

No events will swim with more than one swimmer per lane.

DISTANCE EVENTS: The 500 Free will be seeded slow to fast.

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 Timing System 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. There were be no warm-down lanes during regular heats. The pool is located at 100 Arboretum Lane, White River Junction, VT 05001. Directions may be found later in this document.

The competition course has been certified in accordance with 104.2.2C(4). [The copy of such certification is on file with USA Swimming.]

COURSE: Short course yards 25 yards

RESERVE THE RIGHT TO MAKE CHANGES: 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 COMMITTEE/ 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.

ENTRY POLICY: 100%

Teams that are included in the 100% of guaranteed entries must submit their entry no later than 7 calendar days before the first date of entries, and payment to the host team by the first date of entry acceptance, or the host team may remove them from the 100% of guaranteed entries. The team will still be liable for payment of the entry fee and will be referred to the Admin Review Board if necessary. The host team can release this liability if it is able to fill the meet with entries from other teams. In addition, no LSC teams other than New England Swimming will be allowed to enter the meet until after day 7 (midnight) of entries, at which point entries will be opened to non-New England Swimming LSC's.

CUT PROTOCOL: 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:

If deck scratches allow a reasonable time-line, swimmers may be reinstated into those previously entered events. Clubs will be notified of cuts no later than Monday before the meet

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 a session, is a decision of the Meet Director and the Meet Referee. If weather requires the cancellation of any finals session, the results of the preliminary session will be the final order.

ELIGIBILITY: All swimmers must be current registered swimmers with United States Swimming. 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.

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](#).

REGISTRATIONS: All swimmers must be registered (including proof of age and payment) with USA Swimming before 5:00 pm on the Thursday before the first day of the start of the meet. 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.

FALSE REGISTRATIONS: 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 a meet the entry.

DECK REGISTRATIONS: Will not be accepted.

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.

DISABILITY SWIMMERS: 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 on page 9.

ENTRY INFORMATION:

First date of entry acceptance: 01/26/21 (any entry received before this date will be considered received on 01/26/21)

Final date of entry acceptance: 01/29/21

Make checks payable to "Upper Valley Aquatic Club".

Mail completed signed entry cover page and waiver, and payment to the entry chairperson:

Scott Ellis

100 Arboretum Lane

White River Junction, VT 05001

Payment due date for all entries: 01/31/21 Any team that fails to send payment, cover page and waiver form, by this due date can be scratched from the meet at the discretion of the Entry Chairperson.

Any team that has been entered into the meet but is prevented from attending due to a change in restrictions imposed by state or local health authorities or the facility shall not be responsible for any meet fees.

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.

ENTRY LIMITS: Athletes may enter as many events as they choose but may only compete in a maximum of 5 individual events per day for timed final events. One additional trial event per day is allowed. It is suggested that each swimmer enter one event in each group of events.

ENTRY FEES: Electronic entries:

Swimmer Participation Fee is \$9.00 per swimmer

Time Trials are \$10/swimmer and \$40/relay

NE Swimming Travel Fee of \$1.00 per swimmer (to be included in the check and the host team will send to NE Swimming)

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 by: 01/31/21

ENTRY TIME UPDATES: Entry times and events may be updated until the Thursday 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.

ENTRY TIMES: All entry times must be entered in the specified meet course. (Coach's times should be used instead of NT's)

TIME TRIALS: Time trials will be offered at the discretion of the Meet Director and the Meet Referee if time allows. Time trials are \$10.00 for individual events, and \$40.00 for relays.

LEGAL SPLITS – Individual Events: Legal splits must be requested before the event, by a coach, using a legal split form (available from the Control Table) and the requesting party must supply an additional timer(s) on the lane for the split, if necessary, to meet the USA-S requirement. (1 timer with touchpad timing, 3 timers without touchpad timing). Timers must be positioned over the lane at the end of the racing course.

ADMISSION: no charge – there will be no spectators at this meet.

PROGRAMS: no charge – heat sheets will be available for free on Meet Mobile and a pdf emailed to coaches prior to the meet.

MEET MOBILE HEAT SHEETS Meet Mobile heat sheets will be offered at this meet for free. The Meet Mobile heat sheet includes smart phone access to all heat sheets for the whole meet, including last minute changes and re-seeds.

MEET MOBILE RESULTS: 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. Unofficial results will be posted at the conclusion of each heat. Times may be updated when they become official.

OFFICIALS: Officials that know they will be attending the meet are highly encouraged to email the Meet Referee and let 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 Meeting will be virtual before the day of the meet at the determination of the Meet Referee.

WARM-UPS: The pool will open for warm-ups 75 minutes before the start of the meet as designated on the event list. Teams will have assigned warm-up lanes for 20 minutes. There will be a five minute break between warm-up sessions to allow for safe movement of swimmers in and out of the pool. The pool will close five minutes before the beginning of each session. Teams will be assigned warm-up lanes after all entries are received. There will be no open warm-down lanes during the meet. All warm-downs will be immediately after each heat – 25 yards for 10 & Under swimmers, 75 yards for 11 and over swimmers. Longer warm-up and warm-down period for the distance events.

SAFETY:

- 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
- 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.
- Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms, locker rooms, behind the blocks, or in any marked NO CAMERA ZONE.

- Deck changes are prohibited.

RULES: Current 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.

DRONES: 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. Exceptions may be granted with prior written approval by the Vice President of Program Operations.

SAFE SPORT: The conduct of all participants and spectators at a meet is governed by USA Swimming Rules 304/305. Any and all infractions must be reported to the Meet Referee or Meet Director. 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"), and that they understand that compliance with the MAAPP policy is a condition of participation in the conduct of this competition.

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, Anne Kaufman: nesafesport@gmail.com (857-928-3638) or through the [USA-S online reportable form](#).

ON DECK PHOTOGRAPHY: As per New England Swimming policy, professional photographers contracted by the Meet Host, 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

AWARDS: There will be no awards for this meet.

SCORING: The meet will not be scored.

FOOD: An outdoor concession stand may be available at this meet.

VENDOR: There will be no t-shirt or equipment vendor at this meet.

MISCELLANEOUS: New England Swimming, Upper Valley Aquatic Club, and the Upper Valley Aquatic Center 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.

- 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.

<https://uvacswim.org/hours-directions/>

PARKING: There will be a free parking on-site.

UVAC Intrasquad Meet

Sunday, January 31, 2021

Warm-ups 1:00 – 1:50 PM

Meet 1:55 PM

Event # Event Name

- | | |
|----|-----------------------|
| 1 | Mixed Open 100 Free |
| 2 | Mixed Open 100 Fly |
| 3 | Mixed Open 100 Back |
| 4 | Mixed Open 100 Breast |
| | Warm-up Break |
| 5 | Mixed Open 50 Free |
| | Warm-up Break |
| 6 | Mixed Open 200 Free |
| 7 | Mixed Open 200 Fly |
| 8 | Mixed Open 200 Back |
| 9 | Mixed Open 200 Breast |
| | Warm-up Break |
| 10 | Mixed Open 500 Free |
| 11 | Mixed Open 200 IM |
| 12 | Mixed Open 100 Free |
| 13 | Mixed Open 100 Fly |
| 14 | Mixed Open 100 Back |
| 15 | Mixed Open 100 Breast |

Upper Valley Aquatic Club

Intrasquad Meet

Upper Valley Aquatic Center, White River Junction, VT 05001

January 31, 2021

CONTACT INFORMATION

Team Name: _____ Abbreviation: _____

Deck Coach: _____ Phone: _____ Email: _____

Entries Contact: _____ Phone: _____ Email: _____

Unattached Swimmers: _____

ENTRY FEES (non-electronic add .50 per entry)

_____ # Athletes Swimmer Participation Fee @ \$9.00 = \$ _____

_____ # Athletes NE Travel Surcharge: @ \$1.00 = \$ _____

Total: \$ _____

Make check payable to: **Upper Valley Aquatic Club**

Mail entries and check to:

Scott Ellis

Upper Valley Aquatic Center

PO Box 1198

White River Junction, VT 05001

(802) 296-2850 (physical address 100 Arboretum Lane, WRJ, VT 05001 for non-USPS deliveries)

LIABILITY RELEASE

Any swimmer whose entry is accepted will, for him/herself, his/her theirs, executors and administrators, 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 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.

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 LIABILITY OR CLAIMS INCLUDING 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 WITH EXPOSURE, INFECTION AND/OR SPREAD OF COVID-19 RELATED TO PARTICIPATION IN THIS COMPETITION.

Signature of Authorized Team Official

Date