

	<p align="center"><b>New England Swimming Bronze Championship</b>  <b>Hosted by: Atlantis Aquatics &amp; Phoenix Swimming</b>  Swasey Pool, University of New Hampshire, Durham  <b>January 17-19, 2025</b>  Held under the sanction of USA Swimming/New England: NE25-0117ATLA</p>	<p align="center">Hosted by  </p>
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<b>Meet Director</b>	Matt Williams	<a href="mailto:phxswimming@gmail.com">phxswimming@gmail.com</a>	603-475-8730
<b>Meet Referee</b>	Betsy Russel	<a href="mailto:betsy@byrussell.com">betsy@byrussell.com</a>	617-633-1033
<b>Entry Chair</b>	Greg Gower	<a href="mailto:ggower@comcast.net">ggower@comcast.net</a>	603-661-4186
<b>Admin Official</b>	Greg Gower	<a href="mailto:ggower@comcast.net">ggower@comcast.net</a>	603-661-4186
<b>Safety Monitor</b>	Rhi Jeffrey	<a href="mailto:atlantisaquaticsnh@gmail.com">atlantisaquaticsnh@gmail.com</a>	781-472-9823

**TEAMS ASSIGNED TO THIS SITE: ATLA, CC, INST, ORO, PHX, PPSC, PRDE, SEAC, SEAL, STRM, TCST**

**QUALIFYING TIMES:** [Bronze Qualifying Time \(Bronze cut times, Age Groups are the cut off time\)](#)

**SESSIONS:**

Date	Session Name	Warm up	Start
Friday 1/17	Friday Evening	5:00	6:00
Saturday 1/18	Saturday Afternoon	12:15	1:15
Saturday 1/18	Saturday Evening	4:15	5:15
Saturday 1/18	Saturday Distance (1000)	End of Evening Session	At least 15 minutes after end of afternoon session.
Sunday 1/19	Sunday Morning	8:20	9:25
Sunday 1/19	Sunday Afternoon	2:00	3:05
Sunday 1/19	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. <b>Any updated session times received from the meet host will be reflected on the EVENT page of the neswim.com website.</b>	
<b>IMPORTANT DEADLINES</b>	Entry Deadline: 01/07/25 11:00 PM Payment Deadline: 01/16/25 by mail or 01/17/25 if bring to the meet New Cuts Deadline: 01/13/25 9:00 PM
<b>SITE</b>	The UNH Swasey Competition Pool is a 25-yard pool with 4' foot-wide lanes and non-turbulent lane lines. The timing system includes a fully automatic Colorado electronic timing system with touchpads at the finish end of the pool with single-line electronic display. There are no touchpads at the turn end of the pool. Lane 8 of the pool is a diving well area that is available for warm-up and warm-down. The pool deepens across the lanes so that lane 1 has a minimum depth of 4 feet at the start and finish and lane 6 has a minimum depth of 6 feet at the start and finish. The depth at the start end is the same as that at the turn end. Spectator seating is for 605. The pool is located inside the UNH Field House, 145 Main Street, Durham, NH 03824. As you face the Fieldhouse with Main Street behind you, enter through the door to your far left. Directions may be found later in this document.
<b>COURSE</b>	SCY

<b>FORMAT:</b>	<ul style="list-style-type: none"> <li>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.</li> <li><b>DISTANCE EVENTS:</b> The 400 IMs and 500 Frees will be seeded slow to fast. The 1000 Free and 1650 Free will be seeded fast to slow. Teams will provide their own timers for the 500 free, 1000 free, and 1650 free.</li> <li>No events will swim with more than one swimmer per lane</li> <li>25-yard events will start at the start end and be timed with three watches</li> </ul>
<b>SCRATCHES</b>	<ul style="list-style-type: none"> <li>Scratch sheets will be used for all sessions and must be turned in at the control table 30 minutes before the start of each session.</li> </ul>
<b>ELIGIBILITY</b>	<ul style="list-style-type: none"> <li>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</li> <li>Age is determined by the age of the swimmer on the first day of the meet. <i>TeamUnify users, please check for any swimmers with a birthday on 01/17 that they are in the correct age group. TeamUnify does not always age up a swimmer who has a birthday on the age up date.</i></li> <li>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.</li> <li>Coaches must be registered before the start of the meet.</li> <li>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.</li> <li>Deck registrations will NOT be accepted.</li> <li>Swimmers must have met the qualifying time for at least one event to participate.</li> <li>All swimmers must have achieved the qualifying time from a sanctioned, approved, or observed meet that is posted in the SWIMS database.</li> </ul>
<b>BONUS EVENTS</b>	<p>Any swimmer who qualifies for Bronze in any event, may enter bonus events in any other event in which their time is slower than the Bronze cut for their corresponding age group.</p> <ul style="list-style-type: none"> <li>Qualify in 1 event – get 3 bonus events</li> <li>Qualify in 2 events – get 2 bonus events</li> <li>Qualify in 3 events – get 1 bonus event</li> <li>To swim the 1000 Free as a bonus, the swimmer must have qualified in the 1650 Free</li> <li>To swim the 1650 Free as a bonus, the swimmer must have qualified in the 1000 Free</li> </ul>
<b>DISABILITY SWIMMERS</b>	<ul style="list-style-type: none"> <li>Athletes with a disability are welcome and shall provide advance notice of desired accommodations to the Meet Director.</li> <li>The athlete (or the athlete's coach) is also responsible for notifying the session referee of any disability prior to the competition.</li> </ul>
<b>ENTRY POLICY</b>	<ul style="list-style-type: none"> <li>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) and nine (9) individual events total for the meet (does NOT include time trials).</li> <li>Entry times must be achieved between June 1, 2023 and through the entry deadline.</li> <li>All qualifying entry times must be entered in the specified meet course and must be verifiable in SWIMS. Bonus times do not need to be in SWIMS. Coaches times may be used for bonus entries. No Times (NTs) are not allowed.</li> <li><b>New for 2025:</b> The 50's of each stroke and the 100 IM are offered to the 13/14 and 15/18 age groups if they have the corresponding cut time in the 100 of that stroke (200 IM for the 100 IM). All 50's for the 13/14, 15/18 groups in the Breaststroke, Butterfly, and Backstroke should be entered with, and will be seeded with, their 100 time. The 100 IM should be entered with the 200 IM time.</li> <li>All unattached swimmers must be declared as unattached, on the entry cover sheet, before the meet begins.</li> <li>All relay entries must have a seed time. It may be a coach's time.</li> </ul>

<b>VERIFICATION</b>	<p><b>SWIMS DATABASE PROOF OF TIME:</b> Times from the USA Swimming Sanctioned, Approved, and Observed competitions will be in SWIMS, the national times database. Times must meet qualifying time standards and any entry times not in the SWIMS database will be rejected. All entries will be verified before the meet.</p> <p>Anyone entering a swimmer in qualifying events where a time is not in SWIMS, will be fined \$100 per event and the swimmer will be scratched from the event. This violation may jeopardize the team's participation in future New England Swimming "end of season" meets. It is up to the team entering to verify that the swimmer's times are actually in SWIMS.</p>
<b>CUT PROTOCOL</b>	<p>If a session is over-subscribed, the Meet Director reserves the right to limit events, heats, swimmers, using the following cut protocols in any order deemed necessary:</p> <ul style="list-style-type: none"> <li>• Bonus Events</li> <li>• Relay entries may be limited</li> </ul>
<b>ENTRIES</b>	<ul style="list-style-type: none"> <li>• 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: 01/17/25 Failure to pay entry fees by this deadline could result in teams being barred from the meet.</li> <li>• Mail completed signed entry cover page and waiver, and payment to the entry chairperson: Greg Gower 23 Grant Drive Hooksett NH, 03106</li> <li>• 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.</li> <li>• <b>IMPORTANT:</b> If payment is sent via Express Mail/FedEx/Airborne/UPS/etc., please ensure that a signature is NOT required for delivery.</li> <li>• Entries will be acknowledged within 24 hours of receipt. Your entry is considered received only if you receive an acknowledgement.</li> <li>• <b>NEW CUTS:</b> Any swimmer who achieves an entry time between the entry deadline of 01/07/25 and Monday 01/13/25 may be added to the meet. Teams must send their updated entry entries to the Entry Chair no later than 9:00 Monday, 01/13/2025. No new entries will be accepted after the entry deadline.</li> <li>• <b>LATE ENTRIES:</b> Any other additional entries (additional swimmers and/or swims) submitted after the 01/07/25 entry deadline constitute late entries. Late entries must be submitted no later than 9:00 Monday, 01/13/2025. No late entries will be accepted thereafter. <ul style="list-style-type: none"> <li>○ Any late entries will incur a late entry penalty as follows:</li> <li>○ \$25 per swimmer to add swimmer(s) not already entered in the meet</li> <li>○ \$25 per relay to add relay entries to the meet</li> <li>○ \$10 per swimmer to add event(s) for swimmer(s) already entered in the meet</li> </ul> </li> <li>• The Meet Referee has the discretion to waive the late entry penalty in cases of extraordinary circumstances. All late entry penalty fees must be submitted to the meet host prior to the start of the meet and will be split between the meet host and New England Swimming. Teams submitting late entries on a repeat and/or excessive basis may be referred to the Admin Review Board for further action.</li> <li>• No deck entries will be accepted.</li> </ul>
<b>RELAYS</b>	<ul style="list-style-type: none"> <li>• Dual Human Confirmation of relay take off violations will be required at all New England Swimming meets.</li> <li>• Relays will not be limited.</li> <li>• All relay swimmers must be officially entered into the meet.</li> <li>• Unattached swimmers may not participate in any relays.</li> <li>• Mixed relays must consist of four swimmers, two of each gender.</li> </ul>
<b>TIME TRIALS</b>	<ul style="list-style-type: none"> <li>• Generally, time trials are open to any swimmer registered with USA Swimming regardless of whether or not they are entered in the meet. However, the Meet Referee may elect to limit</li> </ul>

	<p>time trials to only swimmers entered in the championship meet and/or limit time trials in other ways in the event of time and/or capacity constraints.</p> <ul style="list-style-type: none"> <li>Any time trial swimmers and/or swims not accommodated due to time and/or capacity constraints are eligible for refund.</li> <li>If a meet permits time trial-only swimmers, these swimmers must be entered in the meet no later than 24 hours prior to the start of the meet and must pay both the swimmer participation fee and travel fee. To do so, these swimmers must be submitted via email to the entry chair by January 18, 6:00 PM including the swimmer's name, club, date of birth, and ID</li> <li>If a meet permits time trial-only swimmers, these swimmers are only permitted on the pool deck for the session(s) in which they participate in time trials</li> </ul>
<b>FEES</b>	<ul style="list-style-type: none"> <li>Timed final individual events 200 yards and under: \$6.00</li> <li>Distance events (events 400 yards and over): \$10.00</li> <li>Relays events: \$25.00</li> <li>Time Trials \$10.00 for individual entries, \$40 for relays</li> <li>Swimmer Participation Fee is \$30 per swimmer</li> <li>NES Travel Fee: \$2.00 per swimmer (to be included in the check and the host team will send to NE Swimming)</li> <li>Non-electronic entries: \$6.50 for individual, \$10.50 for distance and \$27.00 for relays.</li> </ul>
<b>ADMISSIONS</b>	<ul style="list-style-type: none"> <li>No charge for admission</li> <li>Heat sheets will be available for free on Meet Mobile and posted in the spectator area</li> </ul>
<b>MEET MOBILE</b>	<b>MEET MOBILE:</b> 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: 2025 NE Bronze Championships at UNH
<b>WARM-UP</b>	<p>USA Swimming warm-up policies will be in effect for the meet. Teams will be assigned warm-up lanes and times as all entries are received. The pool will close 5 minutes before the beginning of each session. The pool will open for warm-ups for at least 60 minutes before the start of the meet as designated on the event list. At least two lanes will be available for warm-up/warm-down during the meet.</p> <p><b>See "Safety" for Warm-up safety guidelines.</b></p>
<b>AWARDS</b>	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.
<b>SCORING</b>	The meet will not be scored.
<b>LEGAL SPLITS</b>	<p><b>Individual Events:</b> 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><b>LEGAL SPLITS – Relays:</b> 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>
<b>SWIMWEAR</b>	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 <a href="#">Tech Suit Restriction for 12-and-Under Swimmers</a>
<b>RULES</b>	<ul style="list-style-type: none"> <li>The current USA Swimming Rules and Regulations including the Minor Athlete Abuse Protection Policy will govern this meet.</li> </ul>

	<ul style="list-style-type: none"> <li>• Operation of a <b>DRONE</b>, 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.</li> <li>• 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 not permitted.</li> <li>• <b>PHOTOGRAPHY:</b> As per New England Swimming policy, professional photographers contracted by Atlantis Aquatics, 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 <b>NO CAMERA ZONE</b>, including on deck. All <b>NO CAMERA ZONES</b> will be clearly designated. Email the Meet Director with questions and requests.</li> <li>• Deck Changing is <b>PROHIBITED</b>.</li> <li>• 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.</li> <li>• According to New England Swimming Best Practices, all athletes should shower before entering the pool.</li> <li>• 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.</li> </ul>
<b>SAFETY</b>	<ul style="list-style-type: none"> <li>• No shaving is permitted at the competition site.</li> <li>• No glass containers are permitted within the facility.</li> <li>• 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.</li> <li>• Any injuries or need for medical attention should be reported to the facility lifeguards. An AED is available in the facility lobby.</li> </ul> <p><b>WARM UP SAFETY:</b></p> <ul style="list-style-type: none"> <li>• 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.</li> <li>• 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.</li> <li>• During competition, when entering the warm-up/warm-down area, a “sit and slide”/ “three-point” entry is required at all times.”</li> </ul>
<b>SAFE SPORT</b>	<ul style="list-style-type: none"> <li>• 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.</li> <li>• The Minor Athlete Abuse Prevention Policy (<a href="http://www.usaswimming.org/maapp">www.usaswimming.org/maapp</a>) 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.</li> <li>• 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 <a href="http://www.uscenterforsafesport.org/report-a-concern">www.uscenterforsafesport.org/report-a-concern</a>. Various state laws may also require reporting to law enforcement or to a designated child protection agency.</li> </ul>

	<ul style="list-style-type: none"> <li>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 <a href="http://www.usaswimming.org/report">www.usaswimming.org/report</a>.</li> <li>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 before January 17, 2025, 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 before January 17, 2025, 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.</li> </ul>
<b>FACILITY RULES</b>	
<b>CHANGES TO MEET</b>	Once a meet is sanctioned, changes can be made to the meet invitation before the meet, only with the approval of the Technical Chair, <a href="#">Patrick Johnstone</a> . 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.
<b>WEATHER/FACILITY PROTOCOL</b>	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.
<b>MEET JURY</b>	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.
<b>DECK ACCESS</b>	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. 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.
<b>OFFICIALS</b>	<ul style="list-style-type: none"> <li>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. This is for pre-meet planning purposes only. All officials are welcome to work any number of sessions and walk-on officials are always welcome. The Officials' meetings will be at 45 minutes prior to the start of a session in the meet office.</li> <li>For specific question concerning your availability of for further information please contact the Meet Referee directly.</li> </ul>
<b>TIMING ASSIGNMENT</b>	According to New England Swimming policy, we 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. Teams will provide their own timers for any events 400 yards or longer.
<b>"NO SHOW" WORKERS</b>	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 Admin Review 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.
<b>GENERAL</b>	<b>VENDORS:</b> a t-shirt vendor may be onsite.
<b>DIRECTIONS</b>	<b>Swasey Pool, University of New Hampshire, Durham</b>
<b>EVENTS</b>	List of events and sessions located on the next page

<b>WAIVERS</b>	USA Swimming, Inc., New England Swimming, Inc, UNH, Atlantis Aquatics and Phoenix Swimming 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
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**2025 NES BRONZE CHAMPIONSHIPS**  
**January 17-19 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	9-18	MIXED 500 FREE	6

SATURDAY AFTERNOON			
Warm-ups 12:15, Meet 1:15			
Girls			Boys
8	8&U	100 MIXED MEDLEY RELAY	
9	13-14	200 MIXED MEDLEY RELAY	
10	10&U	200 MIXED MEDLEY RELAY	
11	13-14	50 BREAST	12
13	10&U	50 FREE	14
15	13-14	200 FREE	16
17	8&U	25 BREAST	18
19	10&U	100 BACK	20
21	13-14	100 BACK	22
23	10&U	200 FREE	24
25	13-14	50 FREE	26
27	10&U	50 FLY	28
29	13-14	100 FLY	30
31	8&U	25 BACK	32
33	10&U	100 BREAST	34
35	13-14	200 BREAST	36
37	10&U	100 IM	38
39	13-14	100 IM	40
41	8&U	100 FREE RELAY	42
43	13-14	200 FREE RELAY	44
45	10&U	200 FREE RELAY	46

SATURDAY EVENING			
Warm-ups 4:15, Meet 5:15			
Girls			Boys
47	11-12	200 MIXED MEDLEY RELAY	
48	15-18	200 MIXED MEDLEY RELAY	
49	11-12	100 BACK	50
51	15-18	100 BACK	52
53	11-12	200 FREE	54
55	15-18	200 BREAST	56
57	11-12	50 BREAST	58
59	15-18	50 FREE	60
61	11-12	200 IM	62
63	15-18	100 IM	64
65	11-12	100 FLY	66
67	15-18	100 FLY	68
69	11-12	50 FREE	70
71	15-18	200 FREE	72
73	11-12	200 BREAST	74
75	15-18	50 BREAST	76
77	11-12	200 FREE RELAY	78
79	15-18	200 FREE RELAY	80

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			
81	11-18	MIXED 1000 FREE	



**2025 NES BRONZE CHAMPIONSHIPS**  
**January 17-19 at the Upper Valley Aquatic Center**

**ORDER OF EVENTS – continued**

Session times may be adjusted once all entries are received.

<b>SUNDAY MORNING</b>			
Warm-ups 8:30, Meet 9:35			
Girls			Boys
83	8&U	100 MEDLEY RELAY	84
85	10&U	200 MEDLEY RELAY	86
87	13-14	200 MEDLEY RELAY	88
89	10&U	50 BACK	90
91	13-14	200 BACK	92
93	10&U	100 FREE	94
95	13-14	50 FLY	96
97	8&U	25 FLY	98
99	13-14	100 FREE	100
101	10&U	200 IM	102
103	13-14	200 FLY	104
105	10&U	50 BREAST	106
107	13-14	100 BREAST	108
109	8&U	25 FREE	110
111	13-14	200 IM	112
113	10&U	100 FLY	114
115	13-14	50 BACK	116
117	8&U	100 MIXED FREE RELAY	
118	10&U	200 MIXED FREE RELAY	
119	13-14	200 MIXED FREE RELAY	

<b>SUNDAY AFTERNOON</b>			
Warm-ups 1:30, Meet 2:35			
Girls			Boys
121	11-12	200 MEDLEY RELAY	122
123	15-18	200 MEDLEY RELAY	124
125	11-12	100 IM	126
127	15-18	200 FLY	128
129	11-12	200 BACK	130
131	15-18	50 BACK	132
133	11-12	100 FREE	134
135	15-18	200 IM	136
137	11-12	200 FLY	138
139	15-18	100 FREE	140
141	11-12	50 BACK	142
143	15-18	200 BACK	144
145	11-12	100 BREAST	146
147	15-18	100 BREAST	148
149	11-12	50 FLY	150
151	15-18	50 FLY	152
153	11-12	200 MIXED FREE RELAY	
154	15-18	200 MIXED FREE RELAY	

<b>SUNDAY EVENING DISTANCE</b>			
Distance events 1st heat start to be determined once entries are submitted. No earlier than at least 15 minutes after the afternoon session			
155	11-18	MIXED 1650 FREE	

**NE Bronze Championships hosted by Atlantis Aquatics and Phoenix Swimming**  
**January 17-19, 2025 at the UNH**  
 Held under the sanction of USA Swimming/New England: NE25-0117ATLA

<b>CONTACT INFO</b>	CLUB NAME: _____	
	CONTACT NAME: _____	
	CONTACT EMAIL _____	CONTACT CELL PHONE: _____
	LIST UNATTACHED SWIMMERS: _____	
<b>ENTRY FEES</b>	Individual Entries 200 or shorter @ \$6.00	_____ = \$ _____
	Distance Entries 400 or longer @ \$10.00	_____ = \$ _____
	Relay events @ \$25.00	_____ = \$ _____
	Swimmer Participation Fee # athletes _____ @ \$30.00 each =	\$ _____
	NE Travel Surcharge: # athletes _____ @ \$2.00 each =	\$ _____
	TOTAL DUE:	\$ _____
<b>PAYMENT</b>	Make checks payable to: Poulin Swim and Fitness LLC	
	Send to: Greg Gower 23 Grant Drive Hooksett NH, 03106  Payment deadline: January 16, 2025 by mail or January 17 if bring to the meet (preferred)	
<b>WAIVER:</b>	<p align="center"><b>LIABILITY RELEASE</b></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, UNH, Atlantis Aquatics, Phoenix Swimming, Rhi Jeffrey, DJ Poulin, Matt Williams, Lori Paszko and Greg Gower 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>  <div> <div>_____</div> <div>_____</div> <div>Signature of Authorized Team Official</div> <div>Date</div> </div>	