

**Vermont Swim Association**  
**2017 Championship Meet**  
Upper Valley Aquatic Center  
100 Arboretum Lane, White River Junction, VT 05001  
Saturday August 5 – Sunday August 6, 2017

See VSA web site <http://www.vtswim.org> for Events List, Hy-Tek events file, the Entry Form, team work assignments, team warm-up assignments, and specific directions and parking options.

**Meet Director and Entry Chair:** Mary Gentry ([VSAchamps@gmail.com](mailto:VSAchamps@gmail.com)) 802/369-9289

<b>SESSIONS</b>	<b>Warm-up</b>	<b>Meet</b>
Saturday Morning, August 5	8:00 AM	9:00 AM
Saturday Lunch, August 5	11:30 AM	12:00 PM
Saturday, Afternoon, August 5	12:45 PM	1:45 PM
Sunday Morning, August 6	8:00 AM	9:00 AM
Sunday Lunch, August 6	11:30 AM	12:00 PM
Sunday, Afternoon, August 6	1:00 PM	2:00 PM

Start times are subject to change based on entries submitted. If there are any changes, all teams will be contacted by Wednesday, August 2.

**WARM-UP AND WORK ASSIGNMENTS:** All team assignments for the meet and warm-ups will be posted on the VSA web site by the afternoon of Wednesday August 2.

**SITE:** The Upper Valley Aquatic Center (UVAC) 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 UVAC 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 minimum depth of the pool is seven feet deep. Touch pads will be moved to the far end of the pool for the morning 25 yard events. Eight lanes will be used for competition, one lane will be kept empty as a buffer lane, and the other two lanes will be used as warm-up warm-down lanes throughout the meet.

There is balcony seating for 400 spectators. Team tents may be set up outside. There is a separate indoor splash park pool that will be open to the public throughout the meet. The Splash Park has additional lap lanes, a current channel, slide, and zero entry play structure. The Center also has a fitness room with assorted equipment. Spectators may purchase day passes to use the Splash Park and fitness room during the meet. Meet swimmers will not be able to use the Splash Park unless they have purchased a day pass.

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).

**EVENTS:** See attached list.

**MEET FORMAT:** The meet will be swum as timed finals. All sessions will be pre-seeded.

**ELIGIBILITY:** All entrants must be members of a 2017 VSA team and have represented his/her VSA team in at least three 2017 meets hosted by a VSA member team prior to the State Championships. League championships may be one of the three meets. No exhibition swimmers or swims are allowed. 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 [www.vtswim.org](http://www.vtswim.org) site.

**ENTRY INFORMATION:** Final entries must be received before 6:00pm July 31. Teams are suggested to submit preliminary entries by 7:00 PM on Sunday July 30. 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 31 6:00 PM deadline. Make checks payable to “Vermont Swim Association”. Mail completed forms (including signed entry cover page and waiver) and payment to: Mary Gentry, 193 Stonecrest Ave., White River Junction, VT 05001. Entry fees and a signed waiver must arrive by Thursday, August 3<sup>rd</sup>. No deck entries will be accepted. No refunds will be given for accepted entries.

**ELECTRONIC ENTRIES:** Electronic entries (from Hy-Tek Team Manager or TeamUnify) that are in zipped CL2 or SD3/SDIF format may be emailed to [VSAchamps@gmail.com](mailto:VSAchamps@gmail.com). For email entries, payment and the signed entry cover page and waiver) must be received by Thursday, August 3. Athletes will not be allowed to compete until the team fees have been paid. The Entry Chair will return a confirmation pdf of the team’s entries as loaded into the Meet program. Teams are responsible for ensuring those entries are correct.

**ENTRY LIMITS:** Athletes are entitled to enter and swim 4 individual events and 2 relays.

**BONUS EVENTS: **New for 2017.**** Any swimmer who has met the qualifying time (and is entered in a qualified event) in at least one 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 four 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 event = 3 bonus swims, entered 2 official events = 2 bonus swims, 3 official events = 1 bonus swim, 4 official entries = 0 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. When entering a bonus event, check the Bonus box next to the event in your file.

**ENTRY FEES:** Electronic entries: \$5.00 for individual events, \$20.00 for relays. Non-electronic entries: \$5.50 for individual events, \$22.00 for relays. There are also two team fees: \$30 for the Annual Dues and \$25 for the website. Teams must pay fees with one check only.

**ENTRY TIMES:** 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, 2017. 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 or the Bonus qualifying time – whichever is faster and not "NT." 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. Also note that 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.)

**RELAYS:** All relays must be included in the official entries due July 31 and must include a seed time. Relay entries with “NO TIME” will be rejected. No relays may be reinstated after the 6:00 PM entry deadline on July 31. All relay swimmers must be officially entered in the meet. Relay only swimmers are allowed as long as they are listed in the entries file. 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. Swimmers are allowed to swim in one medley relay and one freestyle relay.

**25-YARD EVENTS:** 25 yard events will start from the blocks.

**NO BULLPEN:** There will be no bullpen for this meet. There will be workers assigned to help kids line up behind the lanes during the morning sessions.

**HOT STARTS:** The 50 yard or longer events will use hot starts with swimmers staying in the water after the end of their swim until the next heat starts.

**PROGRAMS:** \$5.00 and will include heat and lane assignments for all sessions.

**ADMISSION:** Free.

**WARMUPS:** The pool will open for warm-ups one hour before the beginning of each session. Teams will be assigned warm-up lanes after all entries are received. Warm-up assignments will be posted on the VSA website.

**OFFICIALS:** If you know that you will be attending this meet, please email the meet referee, Jessica Workman (jessworkman@comcast.net) 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-ons are always welcome. Check in and the Officials Meeting will be in the Meet Office on the pool deck starting at the beginning of warm-ups each session.

**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. **Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms, locker rooms, or behind the blocks at any time.**
5. Changing into or out of swimsuits other than in locker rooms or restrooms is prohibited.

**RULES:** 2017 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 Meet Director for further review and/or action.

**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 deck credentials at all times. Individuals without credentials must leave the deck, and will be subject to a fine by VSA.

**PHOTOGRAPHY:** The only photographers allowed on the pool deck at any time during the meet (including warm-ups) must be professional photographers contracted by UVAC or press photographers who have been approved in advance by the Meet Director. Use of audio or visual recording devices is not permitted behind the starting blocks from on the deck or in the stands.

**WEATHER PROTOCOL:** If weather or facility conditions make it impossible to follow the original timeline of events, the Meet Director and Meet Referee, in conjunction with the VSA Competition Committee, have a right to make changes to the meet sessions. Cancellation of the meet or a session will be by vote of the head coaches (or a representative) from each team). The UVAC Weather Hotline (e.g., pool closures because of weather) is 802-698-8361.

**SCORING:** The meet will be scored in accordance with VSA guidelines:

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.

**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.

**RESULTS:** Results will be posted in the facility and online during the meet. The meet name on the MeetMobile app is VSA 2017 State Championships. Results will be posted after the meet on the Vermont Swim Association website. <http://www.vtswim.org>.

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

**STATE CHAMPIONSHIP T-SHIRTS:** Special t-shirts commemorating the 2017 Vermont Swim Association State Championships will be on sale.

**MISCELLANEOUS:** The Upper Valley Aquatic Center and the Vermont Swim Association 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

- 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://uvacswim.org/community/about/hours-and-directions/>

**PARKING:** There is a free shuttle parking lot in front of the Bartering Barn on Ballardvale Dr. The shuttle bus will also stop at the Ballardvale Dr. hotels. There will be a daily fee for parking at the Aquatic Center. Parking is not allowed on Arboretum Lane.

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

Hotel	Address	City/State	Phone
Comfort Inn	56 Ralph Lehman Lane	White River Junction, VT	844-257-8596
Fairfield Inn & Suites	102 Ballardvale Dr.	White River Junction, VT	802/291-9911
Hampton Inn	104 Ballardvale Dr.	White River Junction, VT	802/296-2800
Hanover Inn	2 South Main St.	Hanover, NH	800/443-7024
Norwich Inn	325 Main St.	Norwich, VT	802/649-1143
The Shire at Woodstock	46 Pleasant St.	Woodstock, VT	802/457-2211