

New Hampshire Swim Association 2012 State Championships

Upper Valley Aquatic Center, White River Junction, VT

March 16-18, 2012

Sanctioned by NE Swimming NE-12-124 TT

See NHSA web site <http://nhsaswim.org/> for events list, Hy-Tek events file, the team waiver form, team work assignments, team warm-up assignments, and results.

Meet Committee Chair	Steve VanDerBeken	(603) 533-3554	svanderbek@aol.com
Meet Director/Entry Chair	Mary Gentry	(802) 295-8976	UVAC.entries@gmail.com
Referee	Bob Menck	(802) 251-6272	rmenck@ne.rr.com

SESSIONS

	<u>Warm-up</u>	<u>Meet</u>
Friday Evening: 11 & Overs	4:00 PM	5:00 PM
Saturday Morning: 13&14 Girls & Boys	9:00 AM	10:00 AM
Saturday Afternoon: 9&10 Girls & Boys, 11-12 Boys	1:00 PM	2:00 PM
Sunday Morning: 8&Under Girls & Boys, 11-12 Girls	8:00 AM	9:00 AM
Sunday Afternoon: 15-19 Girls & Boys	1:00 PM	2:00 PM

Times may be changed once all entries have been received. Teams will be notified of exact times one week prior to meet.

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 scratch sheets before each session, which must be returned no later than 30 minutes before the end of warm-ups. 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 seeded slow to fast.

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).

MEET COMMITTEE: The meet committee will be made up of the Meet Director, Meet Referee, Steve VanDerBeken, Sherri Collis, and Brian Crawford.

RESERVE THE RIGHT TO MAKE CHANGES: The Meet Committee reserves the right to makes changes to the format of the meet.

WEATHER PROTOCOL: If weather or facility conditions make it impossible to follow the original timeline of events, the Meet Committee have a right to make changes to the meet sessions including cancellation of the meet, or a session.

ELIGIBILITY: All swimmers must be qualified under Article V of the revised [NHSA](#) Bylaws (1992) and be 2012 registered swimmers with USA Swimming. Teams are **required** to check their entries with the [online registration check tool](#) on the New England Swimming web site. 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

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 of any disability prior to competition.

EVENTS and SESSIONS: See attached list.

ENTRY INFORMATION: Entries are due Tuesday March 6, 2012 to UVAC.entries@gmail.com . All entries must be submitted electronically using Hy-tek or Team Unify team manager programs. A printed copy of your entry, a signed waiver, and the team entry fees are due by Tuesday, March 13. Mail the copy of the entry, signed waiver, and entry fees to the Brian Dirrane, PO Box 453, Rumney, NH 03266 (physical address 648 Quincy Rd, Rumney). 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.

ENTRY LIMITS: Athletes may enter and swim in a maximum of 3 individual events and 2 relays.

RELAYS: Swimmers may participate on one medley relay and one free relay. Swimmers may age up **one age group only** for relays. Relays entries and seed times must be included in the meet entries file. Swimmer names for the relays may change up to the start of the event. Relay cards with swimmers names and order will be turned in to the computer table. Each team is allowed an unlimited number of relay entries in an event but only the top two can score points.

ENTRY TIME UPDATES: Entry times may be updated until 5:00 PM Monday, March 12. No other changes are allowed to the entries submitted March 6.

ENTRY FEES: \$22.00/swimmer including relay only swimmers. Make check payable to NHSA.

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 not be accepted. You may estimate seed times for swimmers that have no time.

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 free.

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. Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms.

RULES: 2012 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, official meet staff and parent workers are permitted on the pool deck.

SCORING: An unlimited number of individual swimmers can score in an event. Only two relays per team can score in an event. 15-19 age group individual events will be swum together but scored separately for 15-16 year olds and 17-19 year olds.

Place	1	2	3	4	5	6	7	8	9	10	11	12	13	13	15	16
Individual	20	17	16	15	14	13	12	11	9	7	6	5	4	3	2	1
Relay	40	34	32	30	28	26	24	22	18	14	12	10	8	6	4	2

AWARDS: Swimmers will be given medals for 1st through 8th place in individual and relay events and ribbons for 9th through 16th place. A team representative will pick up all awards at the conclusion of the meet on Sunday. Heat winner ribbons will be awarded at the end of each heat. Banners will be awarded to the top six teams.

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/2012>

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, Upper Valley Aquatic Club, and the New Hampshire 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. (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	45 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	135 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
White River Inn & Suites	91 Ballardvale Dr.	White River Junction, VT	802/295-3015