

**Vermont Swim Association  
2009 Championship Meet**

Upper Valley Aquatic Center  
100 Arboretum Lane, White River Junction, VT 05001  
Saturday August 1 – Sunday August 2, 2009

See VSA web site <http://www.vtswim.org> for Events List, Hy-Tek events file, the Master 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)  
603/653-1068 work, 802/295-8976 home  
**Meet Referee:** Sue Anger (sueanger@gmail.com)

**SESSIONS**

	Warm-up	Meet
Saturday Morning, August 1	8:00 AM	9:00 AM
Saturday Lunch, August 1	11:00 AM	11:30 PM
Saturday, Afternoon, August 1	12:30 PM	1:30 PM
Sunday Morning, August 2	8:00 AM	9:00 AM
Sunday Lunch, August 2	11:00 AM	11:30 PM
Sunday, Afternoon, August 2	12:30 PM	1:30 PM

**WARM-UP AND WORK ASSIGNMENTS:** All team assignments for the meet and warm-ups will be posted on the VSA web site. The warm-up assignments will be posted by Wednesday July 29.

**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. Only people with proper credentials will be allowed on the competition pool deck.

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 contestants must be members of a 2009 VSA team and have represented his/her VSA team in at least two swim meets against teams based in the state of Vermont which must have been contested on separate dates prior to the date of the respective League championships. Age eligibility is determined by the age of the swimmer the first day of the meet and must be shown on the entry form. Note that 19 year olds are eligible to swim in the meet.

**ENTRY INFORMATION:** Entries must be received before 7:00pm July 26, 2009. Make checks payable to "Vermont Swim Association". Mail completed forms (including signed entry cover page and waiver) and payment to the entry chairperson: Mary Gentry, 193 Stonecrest Ave., White River Junction, VT 05001. The hard copy of the entries must arrive by Tuesday, July 28<sup>th</sup>. **All hard copy entries must include a completed and signed entry cover sheet and waiver.** No deck entries will be accepted. No refunds will be given for entries that are accepted.

**ELECTRONIC ENTRIES:** Electronic entries (such as from Hy-Tek Team Manager or other team management software) that are in zipped CL2 or SD3/SDIF format may be emailed as an attachment to the entry chairperson at VSACHamps@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 Tuesday, July 28. Athletes will not be allowed to compete until the team fees have been paid.

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

**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 is also a swimmer participation fee of \$2.00 per swimmer, regardless of how many events a swimmer is entered in. Relay only swimmers are included in the swimmer participation fee. There are also two team fees: \$30 for the Annual VSA dues and \$25 for the VSA website.

**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, 2009. Each team is entitled to enter one swimmer in each event. In the case that the entered swimmer does not meet the time standard for the event, the entered time should be the qualifying standard and not "NT." (The 15-19 year old events will be scored as two separate events 15-16 and 17-19, so teams may enter at least one swimmer in each of the 15-16 and 17-19 events.)

**RELAYS:** All relays must be included in the official entries due July 26. All relay swimmers must be officially entered in the meet. 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 only one medley relay and only 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. Coaches should inform all swimmers to stay up against the wall in the corner of the lane at the end of each swim and then exit the water as soon as the next heat has started.

**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.

**SAFETY:**

1. Diving will be prohibited during warm-ups except in specifically announced one-way sprint lanes.
2. No shaving is permitted at the competition site.
3. No glass containers are permitted anywhere.
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 changing rooms.

**RULES:** 2009 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.

**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 will be removed from the pool deck, and will be subject to a fine by VSA.

**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 15-19 age group events will be seeded as swum as 15-19 events but will be scored as 15-16 events and 17-19 events.

**AWARDS:** All Teams will receive a trophy based on their place in their division. Medals will be awarded to the top eight finishers in individual events and to the top six relay finishers. Ribbons will be awarded to ninth through twenty-fourth places for individuals and seventh through eighth places for relays.

**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.

**STATE CHAMPIONSHIP T-SHIRTS:** Special t-shirts commemorating the 2009 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. (Arboretum Lane is so new it 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://www.uvac-swim.org/About\\_UVAC/directions.html](http://www.uvac-swim.org/About_UVAC/directions.html)

**PARKING:** There is free but limited parking available at the Aquatic Center. Carpooling from the hotels is appreciated. A shuttle bus may be running to and from the White River Junction hotels and UVAC.

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

Preferred Hotels: \* These area hotels support the sport of swimming by offering special meet weekend rates and/or sponsoring of Upper Valley Aquatic Center events. Your patronage of these establishments is appreciated. [http://www.uvac-swim.org/Partners/preferred\\_hotels.html](http://www.uvac-swim.org/Partners/preferred_hotels.html)

Hotel	Address	City/State	Phone
*Comfort Inn	56 Ralph Lehman Dr.	White River Junction, VT	802/295-3051
*Comfort Suites	102 Ballardvale Dr.	White River Junction, VT	802/291-9911
*Courtyard by Marriott	10 Morgan Dr.	Lebanon, NH	603/643-5600
*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
*Super 8 Motel	442 North Hartland Rd (Rte 5)	White River Junction, VT	802/295-7577
<b>Other Area Hotels</b>			
Baymont Inn (was Airport Inn)	Airport Rd	West Lebanon, NH	603/298-8888
Days Inn	Route 120	Lebanon, NH	603/448-5070
Econo Lodge (was Best Western)	Ballardvale Dr.	White River Junction, VT	802/295-3015
Fireside Inn & Suites	Airport Rd	West Lebanon, NH	603/298-5900