

New England Swimming Regional Championships

Hosted by North Country Aquatic Club
Upper Valley Aquatic Center, February 12-14, 2010
White River Junction, Vermont
Sanctioned by New England Swimming # NE- 10-21 (TT)

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Hy-Tek CL2 File for Team Manager (time trials only)

Note: The entry deadline is Tuesday, February 2, 2010.

TEAMS ASSIGNED TO THIS VENUE: AQX, BYD, CCBS, CONY, CRVS, CTS, CVSC, EDSC, GMA, LRW, MIDD, MYT, NCAC, NCN, STS, VAS

New England Swimming reserves the right to reassign a team to another venue if the original venue is oversubscribed.

Contacts	Phone	E-mail
Meet Manager: Mary Gentry	(603) 653-1068 day	ncac.meet.entries@gmail.com
Entry Chair	(802) 295-8976 evening	
Meet Referee:	(802) 362-8283	kvutech@micros-retail.com

SESSIONS: (note that the start times are different for Saturday vs. Sunday)

Date	Session (age groups)	Warm-up	Meet Start
Friday February 12	Evening (9/10, 11/12, 13/14, 15-19)	5:00pm	6:00pm
Saturday February 13	Morning (9/10 and 13/14)	8:30am	9:30am
	Midday (8 & Unders)	12:30pm	1:00pm
	Afternoon (11/12 and 15-19)	2:30pm	3:30pm
	Evening - 1650s (13/14 and 15-19)	6:30pm	6:45pm
Sunday February 14	Morning (9/10 and 13/14)	7:30am	8:30am
	Midday (8 & Unders)	12:00pm	12:30pm
	Afternoon (11/12 and 15-19)	2:00pm	3:00pm

Start times may be changed once all entries have been received. Teams will be notified of exact times by e-mail.

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 an alphanumeric display scoreboard. The minimum depth of the pool is seven feet deep. There are no touch pads at the turn end of the pool (8 & unders sessions will have pads at both ends). The competition pool has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming. There is balcony seating for 400 spectators. 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, NCAC 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.) The 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. 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 and SESSIONS: See attached list.

MEET FORMAT: The meet will be swum as timed-finals. Each session will be seeded by computer based on scratch check-in at the beginning of each session. Coaches will receive an entries scratch sheet before each session, which must be returned no later than 30 minutes before the beginning of the session. Heat sheets will be posted around the pool deck. Coaches will be able to pick up heat sheets for each session at the computer table.

All heats of the 1650 will be swum fastest to slowest, alternating girls and boys. Girls and boys may be combined if that requires fewer heats. 15-19 year old swimmers and 13-14 year old swimmers will be combined into heats for efficiency if deemed necessary by meet management, but will be scored separately.

ELIGIBILITY: All contestants must be 2010 USA Swimming registered athletes. *All swimmers must be registered before the entry is submitted. Teams that enter unregistered swimmers will be subject to a fine of \$100 per unregistered swimmer.* New England teams entering the meet are *required* to check their entries with the online registration check tool on the New England Swimming web site. <http://www.neswim.com/tools/registration.html> Please contact the New England Swimming Office for registration information. Disabled swimmer forms are available from the New England Swimming Office. New England Swimming Office: 47 May Street, Needham MA 02492, 781-449-0270, office@neswim.com.

ENTRY INFORMATION: Entries are due February 2, 2010. Make checks payable to “North Country Aquatic Club”. Fees and completed forms (including signed entry cover page and waiver) are due February 5. Mail to: Mary Gentry, 193 Stonecrest Ave., White River Junction, VT 05001. All entries must be typed or printed legibly, and must use full names and registration numbers from USA Swimming registration. All 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, or for entries that are rejected due to improper entry. *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 times must be achieved between September 1, 2009 and February 2, 2010. Times achieved in a 25-meter pool must be multiplied by .9049 to convert to yards.

Anyone submitting a TEAM's late entry is subject to a fine up to \$100, at the sole discretion of the Entry Chairperson.

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 ncac.meet.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 and proof of times report) must be received by Friday February 5, 2010.

ENTRY LIMITS: Athletes may enter and swim in a maximum of 5 individual events per day. (Relays do not count towards the 5 events. The 1650 on Saturday and any time trials do count towards the 5 individual events per day.)

NEW CUT TIMES ACHIEVED AT THE CCSC MEETS FEB 5-7, 2010: New events only, achieved at any NES calendar meet the weekend of Feb 5-7 may be entered by emailing the entry to the entry chair at ncac.meet.entries@gmail.com by end of the day Monday February 8. The hard copy and check must be received by 5:00PM on Wednesday February 10 in order for the entry to be accepted. Mail to Mary Gentry, 193 Stonecrest Ave, White River Junction, VT 05001. These entries must be for new events only, not upgraded times.

SCRATCHES: Coaches must scratch swimmers by the end of the first 30 minutes of each warm-up session. (Start of warm-ups for 8 & Under sessions)

ENTRY FEES: \$4.00 Electronic / \$4.50 Paper per individual event
\$16.00 Electronic / \$16.50 Paper per relay
\$2.00 per swimmer New England Travel Fee Surcharge
\$10.00 per Swimmer Participation Fee

VERIFICATION: All hard copies of entries must include verifications. All entries must include verification codes. Results will be reviewed by New England Swimming. Teams found entering swimmers with unverifiable times will be reported to the Board of Review for further action and may jeopardize their participation in future New England Swimming "end of season" meets.

25 YARD EVENTS: 25 yard events will start off the blocks at the starting end of the pool. Primary timing will be by electronic touch pads at the far end of the pool. Swimmers #2 and #4 in the 100 yard relays will start from the edge or deck at the far end of the pool.

RELAYS: Swimmers must be entered in an individual event to be able to participate in a relay. Relay only swimmers are not allowed. Relays are age specific. Swimmers may not age up for a relay. Relay entries may be limited to two teams per event per club at the discretion of the Meet Director.

TIME TRIALS: Time trials will be available at the discretion of the meet referee and meet director, and if time allows. Time trials are \$5 for individual events and \$20 for relays. Sign-up for time trials at the Computer table. Time trials are open to any swimmer USA registered with USA Swimming. Time Trial swimmers not already entered in the meet must contact the entry chair at least 4 days before the meet. They must present their USA swimming registration card and pay the \$10 meet participation fee as well as the time trial fee.

ADMISSION: \$3.00 per session.

PSYCH SHEETS: \$5.00 – includes all events for the weekend

HEAT SHEETS: \$2.00 per session.

WARM UPS: Teams will be assigned warm-up lanes after all entries are received. Flagrant violations of the warm up procedures may result in disqualification from the meet for unsportsmanlike conduct. Encourage swimmers to cooperate with marshals and life guards.

OTHER MEET NOTES: Coaches are expected to understand the scratch, verification, and relay rules before the meet begins. Do not let your swimmer miss his or her best event because you failed to understand all meet procedures and protocols. All coaches should check-in at the Computer Table on the pool deck upon arrival. Coaches are responsible for the behavior of their swimmers at all times. Any damage to the premises or equipment is the responsibility of those doing the damage. North Country Aquatic Club, Upper Valley Aquatic Center, and New England Swimming assume no responsibility for lost or stolen property. No pets (except service dogs) are allowed within the facility. Smoking is not permitted within 500 feet of the facility.

PHOTOGRAPHERS: As per USA Swimming and New England Swimming policy, the only photographers allowed on the pool deck at any time during the meet (including during warm ups) must be professional photographers contracted by NCAC or press photographers who have been approved in advance by the Meet Director and have been properly credentialed. Email the Meet Director with questions and requests.

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 lanes 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. Please notify the referee prior to the meet if you know no coach will be attending.
5. No camera cell phones are permitted in the locker rooms.
6. No flash photography is allowed at the start of events.

RULES: 2010 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.

OFFICIALS AND TIMERS: In accordance with standard New England Swimming “end of season” procedure, all teams entering this meet must provide a pro-rata share of officials and timers. Teams will be informed of their assignments prior to the meet. The Officials’ Coordinator for this meet will be Ken Vutech, kvutech@micros-retail.com Any official interested in helping at the meet should contact Ken. Officials who sign up by the meet deadline will be included in the number of workers when timers are assigned. Individuals swimming the 500 and 1650 are responsible for providing their own counter and timer.

AWARDS: Medals will be awarded for the first eight places in individual events and for the first three places in relays. Ribbons will be awarded from 9th through 16th place in individual events and 4th through 8th place in relays. “Best Time” ribbons will be awarded to 10 and under swimmers who achieve best times. A team representative needs to pick-up the awards at the end of the meet.

SCORING: The meet will not be scored.

DECK ACCESS: Only athletes, coaches, officials, and official meet staff are permitted on the competition pool deck. All non-athletes on the pool deck (except timers) must display their USA Swimming registration card at all times. Individuals without their USA Swimming registration card will be removed from the pool deck, and will be subject to a fine by New England Swimming.

FOOD / VENDOR: A concession stand will be in operation for the duration of the meet. A vendor will be selling suits, goggles, and other accessories for the duration of the meet.

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: Free but limited parking is available at the facility. Carpooling from the hotels is appreciated.

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

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

Other Area Hotels

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

NEW ENGLAND REGIONAL MEET 2010
HOSTED BY NCAC AT THE UPPER VALLEY AQUATIC CENTER, WHITE RIVER JUNCTION, VT
ORDER OF EVENTS

GIRLS

FRIDAY 2/12: SESSION 1

BOYS

Warm-ups: 5:00-6:00 PM Meet: 6:00 PM

<u>Slower than</u>	<u>Cut Time</u>	<u>#</u>	<u>Age</u>	<u>Event</u>	<u>#</u>	<u>Cut time</u>	<u>Slower than</u>
2:54.99	3:31.99	1	9-10	200 IM	2	3:27.89	2:56.29
2:34.99	3:06.69	3	11-12	200 IM	4	3:04.49	2:33.89
2:24.99	2:57.49	5	13-14	400 IM	6	2:54.19	2:17.79
4:59.29	5:19.79	7	15-19	400 IM	8	5:30.19	4:37.09
2:53.59	3:23.49	9	11-12	200 Breast	10	3:22.29	2:58.69
2:34.39	3:17.29	11	9-10	200 Free	12	3:15.19	2:35.39
6:00.89	7:05.49	13	11-12	500 Free	14	7:00.89	5:59.99
5:38.29	6:39.99	15	13-14	500 Free	16	6:35.39	5:25.29
5:31.79	6:08.29	17	15-19	500 Free	18	5:52.29	5:10.79

GIRLS

SATURDAY 2/13: SESSION 2

BOYS

Warm-ups: 8:30-9:30 AM Meet: 9:30 AM

<u>Slower than</u>	<u>Cut Time</u>	<u>#</u>	<u>Age</u>	<u>Event</u>	<u>#</u>	<u>Cut time</u>	<u>Slower than</u>
2:07.09	2:23.49	19	13-14	200 Free	20	2:24.59	2:00.59
1:21.69	1:49.09	21	9-10	100 Back	22	1:46.79	1:22.49
1:05.89	1:25.39	23	13-14	100 Back	24	1:24.99	1:02.19
37.09	55.59	25	9-10	50 Fly	26	55.29	37.19
2:24.39	2:53.29	27	13-14	200 Fly	28	2:44.09	2:20.99
41.99	1:00.69	29	9-10	50 Breast	30	1:00.09	43.39
2:42.59	3:14.09	31	13-14	200 Breast	32	3:05.79	2:37.29
31.79	49.49	33	9-10	50 Free	34	49.59	31.89
27.09	31.39	35	13-14	50 Free	36	32.09	25.49
		37	9-10	200 Medley Relay	38		
		39	13-14	200 Medley Relay	40		

GIRLS

SATURDAY 2/13: SESSION 3

BOYS

Warm-ups: 12:30-1:00 PM Meet: 1:00 PM

<u>Slower than</u>	<u>Cut Time</u>	<u>#</u>	<u>Age</u>	<u>Event</u>	<u>#</u>	<u>Cut time</u>	<u>Slower than</u>
1:23.19	2:20.00	41	8 & U	100 IM	42	2:20.00	1:23.59
32.39	1:00.00	43	8 & U	50 Free	44	1:00.00	32.29
	35.00	45	8 & U	25 Fly	46	35.00	
	40.00	47	8 & U	25 Breast	48	40.00	
38.19	1:10.00	49	8 & U	50 Back	50	1:10.00	38.39
		51	8 & U	100 Free Relay	52		

NEW ENGLAND REGIONAL MEET 2010
HOSTED BY NCAC AT THE UPPER VALLEY AQUATIC CENTER, WHITE RIVER JUNCTION, VT
ORDER OF EVENTS

GIRLS

SATURDAY 2/13, SESSION 4

BOYS

Warm-ups: 2:30-3:30 PM Meet: 3:30 PM

<u>Slower Than</u>	<u>Cut Time</u>	<u>#</u>	<u>Age</u>	<u>Event</u>	<u>#</u>	<u>Cut time</u>	<u>Slower than</u>
1:13.59	1:32.19	53	11-12	100 IM	54	1:31.29	1:14.49
2:20.29	2:40.59	55	15-19	200 IM	56	2:31.79	2:09.99
2:17.09	2:43.99	57	11-12	200 Free	58	2:48.39	2:15.09
57.39	1:05.79	59	15-19	100 Free	60	1:00.49	51.99
1:11.79	1:31.09	61	11-12	100 Fly	62	1:30.09	1:13.69
2:18.19	2:35.09	63	15-19	200 Fly	64	2:21.09	2:08.79
33.39	42.99	65	11-12	50 Back	66	44.59	33.39
1:04.19	1:16.69	67	15-19	100 Back	68	1:13.59	58.79
1:20.59	1:42.99	69	11-12	100 Breast	70	1:42.89	1:21.39
1:13.19	1:25.79	71	15-19	100 Breast	72	1:17.89	1:06.29
2:32.89	2:51.29	73	11-12	200 Back	74	2:50.19	2:34.49
		75	15-19	200 Medley Relay	76		
		77	11-12	200 Medley Relay	78		

GIRLS

SATURDAY 2/13: SESSION 5

BOYS

Warm-ups: 6:30-6:45 PM Meet: 6:45 PM

<u>Slower Than</u>	<u>Cut Time</u>	<u>#</u>	<u>Age</u>	<u>Event</u>	<u>#</u>	<u>Cut time</u>	<u>Slower than</u>
19:21.69	21:21.19	79	13-14	1650 Free	80	20:25.19	18:40.79
18:58.69	19:56.89	81	15-19	1650 Free	82	19:04.19	18:00.19

GIRLS

SUNDAY 2/14: SESSION 6

BOYS

Warm-ups: 7:30-8:30 AM Meet: 8:30 AM

<u>Slower Than</u>	<u>Cut Time</u>	<u>#</u>	<u>Age</u>	<u>Event</u>	<u>#</u>	<u>Cut time</u>	<u>Slower than</u>
1:21.59	1:55.49	83	9-10	100 IM	84	1:53.59	1:23.59
2:24.99	2:57.49	85	13-14	200 IM	86	2:54.19	2:17.79
1:26.19	1:47.19	87	9-10	100 Fly	88	1:45.39	1:26.69
1:05.29	1:25.89	89	13-14	100 Fly	90	1:25.79	1:02.69
1:10.89	1:43.09	91	9-10	100 Free	92	1:41.89	1:10.79
58.99	1:08.59	93	13-14	100 Free	94	1:11.69	55.59
37.89	55.99	95	9-10	50 Back	96	55.89	38.39
2:21.19	2:50.69	97	13-14	200 Back	98	2:48.09	2:16.99
1:33.39	1:59.49	99	9-10	100 Breast	100	1:57.79	1:35.49
1:15.79	1:34.99	101	13-14	100 Breast	102	1:31.99	1:11.79
		103	9-10	200 Free Relay	104		
		105	13-14	200 Free Relay	106		

NEW ENGLAND REGIONAL MEET 2010
HOSTED BY NCAC AT THE UPPER VALLEY AQUATIC CENTER, WHITE RIVER JUNCTION, VT
ORDER OF EVENTS

GIRLS		SUNDAY 2/14: SESSION 7				BOYS	
		Warm-ups: 12:00-12:30 PM		Meet: 12:30 PM			
<u>Slower Than</u>	<u>Cut Time</u>	<u>#</u>	<u>Age</u>	<u>Event</u>	<u>#</u>	<u>Cut time</u>	<u>Slower than</u>
1:12.29	2:00.00	107	8 & U	100 Free	108	2:00.00	1:10.79
37.29	1:10.00	109	8 & U	50 Fly	110	1:10.00	37.79
	30.00	111	8 & U	25 Free	112	30.00	
	35.00	113	8 & U	25 Back	114	35.00	
41.99	1:20.00	115	8 & U	50 Breast	116	1:20.00	44.19
		117	8 & U	100 Medley Relay	118		

GIRLS		SUNDAY 2/14: SESSION 8				BOYS	
		Warm-ups: 2:00-3:00 PM		Meet: 3:00 PM			
<u>Slower Than</u>	<u>Cut Time</u>	<u>#</u>	<u>Age</u>	<u>Event</u>	<u>#</u>	<u>Cut time</u>	<u>Slower than</u>
28.79	35.89	119	11-12	50 Free	120	36.79	28.09
2:02.99	2:21.49	121	15-19	200 Free	122	2:15.99	1:53.99
2:35.99	2:54.39	123	11-12	200 Fly	124	2:55.89	2:38.29
1:03.29	1:14.99	125	15-19	100 Fly	126	1:12.09	57.99
37.09	47.99	127	11-12	50 Breast	128	49.09	37.19
26.39	29.99	129	15-19	50 Free	130	27.99	23.79
1:01.79	1:18.99	131	11-12	100 Free	132	1:21.79	1:01.59
2:17.89	2:35.79	133	15-19	200 Back	134	2:28.09	2:07.09
1:12.79	1:32.19	135	11-12	100 Back	136	1:31.49	1:12.19
2:37.99	2:56.59	137	15-19	200 Breast	138	2:42.19	2:23.89
31.89	43.79	139	11-12	50 Fly	140	43.79	31.89
		141	15-19	200 Free Relay	142		
		143	11-12	200 Free Relay	144		

New England Swimming Regional Championships

Hosted by North Country Aquatic Club
Upper Valley Aquatic Center, February 12-14, 2010
100 Arboretum Lane, White River Junction, VT 05001
Sanctioned by New England Swimming # NE-10-21(TT)

CONTACT INFORMATION

Team Name: _____ Abbreviation: _____

Deck Coach: _____ Phone: _____ Email: _____

Entries Contact: _____ Phone: _____ Email: _____

ENTRY FEES

_____ Individual (non distance) Entries @ \$4.00/\$4.50 = \$ _____

_____ Distance Entries (400 or longer) @ \$5.00/\$5.50 = \$ _____

_____ Relays Entries @ \$16.00/\$16.50= \$ _____

_____ Swimmers with NE Travel Surcharge (\$2.00) @ \$12.00 = \$ _____
and Swimmer Participation Fee (\$10.00)

Total: \$ _____

Include a copy of the Proof of Times Report (identifies meets where qualifying times were achieved) as the paper copy of your entries.

Make check payable to: North Country Aquatic Club

Mail entries and check to:

Mary Gentry

193 Stonecrest Ave.

White River Junction, VT 05001

(802) 295-8976 (home) (603) 653-1068 (work)

Entry Deadline: February 2, 2010

For e-mailed entries, this form and payment must be received by February 5, 2010.

LIABILITY RELEASE

Any swimmer whose entry is accepted will, for him/herself, his/her heirs, 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, North Country Aquatic Club, and the 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.**

Signature of Authorized Team Official

Date