



**3rd Annual UVAC Spring in Vermont Masters Meet
Upper Valley Aquatic Center, White River Junction, Vermont
Saturday, May 19, 2012**



CONTACTS:

Meet Director/Entry Chair: Mary Gentry UVRaysMasters@gmail.com
802-369-9289 cell
Additional Contact: Barbara Hummel Barbara@goswim.tv

SCHEDULE: Warm-up 9:00 am; meet start 10:00 am. Anticipated end time is before 1:00 pm. Deck entries must be in by 9:15 am. No deck entries will be accepted after this time.

LOCATION: Upper Valley Aquatic Center (UVAC), 100 Arboretum Lane, White River Junction, Vermont 05001 <http://www.uvac-swim.org> Phone: 802-296-2850. This is at the intersection of Interstates I-89 and I-91 along the New Hampshire/Vermont border. (See below for directions.)

COURSE: This will use a 25-yards course.

FACILITY: The UVAC competition pool has eleven 7-foot-wide, 25-yard lanes, with non-turbulent lane lines, Colorado Timing System electronic touch pads, and alphanumeric display scoreboard. Minimum depth of the pool is 7 feet. A wide gutter is flush with the water to make for easier exit from the pool. Two or three of the 11 lanes will be used as warm-up/warm-down lanes throughout the meet. The competition pool has been measured/certified to qualify for national records and top-ten lists. Free WiFi is available at the facility.

FAMILY ENTERTAINMENT: There is a separate indoor Splash Park that will be open to the public (and your families!) throughout the meet. The Splash Park has additional lap lanes, a current channel, two-story spiral slide, and zero-entry play structure. UVAC also has a fitness room with assorted equipment. Swimmers and family members must buy a day pass to enjoy the Splash Park and fitness room. Children under 14 years of age must be accompanied by an adult. That adult must also buy a day pass. Bring your family and stay and play after the meet.

ELIGIBILITY: Open to all USMS and MSC-registered swimmers age 18 and older. Your age is your age on the day of the meet. Include a legible copy of your current 2012 USMS registration card with entry form. Masters registration will be available at the meet. On-line USMS membership registration is available at <http://www.clubassistant.com/club/usms.cfm>

CHECK-IN: Positive check-in is required for all swimmers by 9:40 am.

EVENT LIMIT: Swimmers are permitted to enter a MAXIMUM of five (5) events. If you enter the special "Icebreaker Relay," it will not count as one of your 5 events.

ENTRY TIMES: Enter short-course yards times for all events. An online time converter is available at <http://www.swimmingworldmagazine.com/results/conversions.asp>. If you do not enter a seed time, you will be seeded with No Time and placed in the first heat.

SEEDNG: All events will be seeded slow to fast regardless of age or gender.

ENTRY FEE: \$25/person for up to 5 events (for entries received by May 16, 2012). Late entries and/or deck entries are \$30. Please make check or money order payable to: UVAC MASTERS.

ENTRY DEADLINE: Entries must be RECEIVED by Wednesday, May 16, 2012 to qualify for the reduced fee. No phone, fax, or electronic entries will be accepted. Fill in all personal contact information on entry form so we can contact you to resolve an entry problem. Include meet entry fee, completed entry form, and a legible copy of your current 2012 USMS registration card. Event #2, the 500 Free, will be limited to the first 18 entrants. All other events, including the 1000 Free at the end, will have an unlimited number of heats.

RECORD TIMES: Any swimmer who intends to post a USMS National Record during the meet should bring it to the attention of the Meet Official PRIOR TO YOUR EVENT. Times achieved at this competition will be submitted for USMS Top Ten or record consideration.

FOOD: The Poolside Café will be open in the UVAC lobby during and after the meet. They offer coffee, juices, bagels, sandwiches, wraps, fruit, etc. No food is allowed on the pool deck.

ONLINE PSYCH SHEETS AND RESULTS: Psych sheets, heat sheets, and results during the meet will be posted at: http://www.uvac-meets.org/2012/Masters_May19/

AWARDS: No awards will be given.

MAIL ENTRY TO:

Mary Gentry
193 Stonecrest Avenue
White River Junction, VT 05001

If entry is mailed using overnight services,
please check that signature is NOT required.

RULES: Current USMS rules for Masters Swimming will apply. No one will swim alone. Swimmers will be seeded in heats according to times; heats will run slowest to fastest, regardless of age or gender. No equipment is allowed at any time. No diving during warm-up except in designated lanes. No splash entry (no jumping or diving) in warm-up/warm-down lanes.

DIRECTIONS: Visit the website: <http://uvac-swim.org/community/about/hours-and-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.

HOTELS:

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
Fireside Inn & Suites	25 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
Quality Inn	5817 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
White River Inn & Suites	91 Ballardvale Dr.	White River Junction, VT	802/295-3015



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INDIVIDUAL ENTRY FORM

Entries due: May 16, 2012 to benefit with \$25/meet fee. Entries received after that date or deck entered on day of meet are \$30/meet.

Please print clearly. Include all contact information in case we need to reach you to resolve a discrepancy. Include a legible copy of your current 2012 USMS registration. All events are seeded by time slow to fast regardless of age or gender. Enter a maximum of 5 events, with short-course yards times. Optional relay does not count as an event.

EVENT	ENTRY TIME	EVENT	ENTRY TIME
#1 100 IM	_____	#10 Icebreaker Relay*	Sign up at meet
#2 500 Free	_____	#11 200 Back	_____
#3 50 Breast	_____	#12 50 Butterfly	_____
#4 200 Free	_____	#13 100 Breast	_____
#5 100 Back	_____	#14 200 IM	_____
#6 100 Butterfly	_____	#15 100 Free	_____
#7 200 Breast	_____	#16 200 Butterfly	_____
#8 50 Free	_____	#17 50 Back	_____
#9 400 IM	_____	#18 1000 Free	_____

10-minute break after #9 to organize the Icebreaker Relay, which does not count as an event.

*Individuals sign up for the relay at the meet and will be assigned to a randomly mixed relay to meet and compete with others at the meet (no guarantee that all relay legs will be conventional strokes ☺).

LIABILITY RELEASE: I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all the risks inherent in Masters Swimming (training and competition), including possible permanent disability or death, and agree to assume all of those risks. AS A CONDITION OF MY PARTICIPATION IN THIS MEET OR ANY ACTIVITIES INCIDENT THERETO, I HEREBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGES, INCLUDING ALL CLAIMS FOR LOSS OR DAMAGES CAUSED BY THE NEGLIGENCE, ACTIVE OR PASSIVE, OF THE FOLLOWING: UNITED STATES MASTERS SWIMMING, INC., THE LOCAL MASTERS SWIMMING COMMITTEES, THE CLUBS, HOST FACILITIES, MEET SPONSORS, MEET COMMITTEES, THE TOWNS OF HARTFORD AND WHITE RIVER JUNCTION, OR ANY INDIVIDUALS OFFICIATING AT THE MEET OR SUPERVISING SUCH ACTIVITIES. In addition, I agree to abide by and be governed by the rules of USMS.

SIGNATURE: _____

DATE: _____

PRINT NAME: _____

(as your name appears on your USMS card)

NICKNAME (if desired): _____

(if you want a different first name on heat sheets)

CITY/STATE: _____

GENDER (circle one): Male / Female

EMAIL ADDRESS: _____ **CONTACT PHONE:** (____) ____ - _____

DATE OF BIRTH: _____ mm/dd/yy **AGE AS OF 05/19/2012:** _____

USMS # _____ (please attach copy of card)

LMSC (e.g., NE, AD): _____ **WORKOUT GROUP/CLUB (e.g., UV Rays):** _____

FEES: \$25/person for up to 5 events if received by 05/16/12. (\$30/person for late or deck entries)

Make checks payable to UVAC Masters.

SEND ENTRY FORM, ENTRY FEE, and COPY OF USMS/MSC REGISTRATION TO:

Mary Gentry
193 Stonecrest Avenue
White River Junction, VT 05001

802/369-9289 evenings
603/653-1068 days
UVRaysMasters@gmail.com