



5th Annual UVAC Leaf Peepers Masters Meet
Saturday, October 26, 2013
Upper Valley Aquatic Center, White River Junction, Vermont
Sanctioned by the New England LMSC for USMS, Inc.

CONTACTS:

Meet Director/Entry Chair: Mary Gentry UVRaysMasters@gmail.com
802/295-8976 home

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> Directions may be found later in this document. This is at the intersection of interstates I-89 and I-91 along the New Hampshire and Vermont border. Phone: 802-296-2850. (See below for directions.)

FACILITY: The UVAC competition pool has ten 7-foot-wide, 25-meter 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. A wide gutter is flush with the water to make for easier exit from the pool. Two of the ten lanes will be used as warm-up/warm-down lanes throughout the meet. The competition pool distance has been certified to qualify for national and world records and top ten lists. Free Wi-Fi 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 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 December 31, 2013. Include a legible copy of your current 2013 USMS registration card with entry form. On-line USMS membership registration is available at <https://www.clubassistant.com/club/usms.cfm> USMS registration will also be available at the meet. Annual USMS registration via New England Masters drops in price by \$5 after Sept. 1.

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) individual events. Relays do not count as one of your 5 events.

RELAYS: Real relays will be offered at this meet. Any group of four individuals from the same USMS club (e.g., Adirondack, NEM, etc.) regardless of workout group can organize a relay. This is an opportunity for trying to get records or top-ten times. Age groups for meters relays are based on the total age of the four swimmers. Relays may be deck entered during the meet. There is no additional cost for the relays.

ENTRY TIMES: Enter short-course meters 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.

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

ENTRY FEES: \$25/ person for up to 5 events (for entries received by October 23, 2013). 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, October 23, 2013 to qualify for the reduced fee. No telephone, fax, or electronic entries will be accepted. Fill in all personal contact information on entry form to enable us to contact you to resolve an entry problem. Include meet entry fee payment, completed entry form, and a copy of your current 2013 USMS card. To print a copy, go to https://www.clubassistant.com/club/forgot_usms_number.cfm

RECORD TIMES: Any swimmer who intends to post a National Record or World 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: Poolside Cafe will be open in the facility lobby during and after the meet. They offer coffee, juices, sandwiches, fruit, etc. No food is allowed on the pool deck.

AWARDS: No place awards will be given but there may be edible participation awards (yum!)

MAIL ENTRY TO:

Mary Gentry
193 Stonecrest Ave
White River Junction, VT 05001

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

RULES: Current USMS rules for Masters Swimming will apply. Swimmers will be seeded in heats according to times; heats will run slowest to fastest, regardless of age or sex. No equipment is allowed at any time. No diving during warm-up except in designated lanes.

DIRECTIONS: Visit the website: <http://www.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: For a list of nearby hotels, visit: <http://uvac-swim.org/swimming/hotelalliance/>
Keep in mind that October is foliage season for this area and that non-aquatic leaf peepers will have booked hotels in advance.



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INDIVIDUAL ENTRY FORM

Entries due: October 23, 2013 for the \$25/meet fee. Entries received after that date or deck entered the day of the 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 2013 USMS registration. All events seeded by time slow to fast regardless of age or gender. Enter a maximum of 5 individual events (excluding relays), with short-course meters times.

EVENT	ENTRY TIME	EVENT	ENTRY TIME
#1 100 Meter Backstroke	_____	#12 200 Meter Butterfly	_____
#2 50 Meter Freestyle	_____	#13 100 Meter Freestyle	_____
#3 200 Meter Breaststroke	_____	#14 50 Meter Backstroke	_____
#4 100 Meter IM	_____	#15 200 Meter IM	_____
#5 25 Meter Fly	_____	#16 25 Meter Breaststroke	_____
#6 25 Meter Back	_____	#17 25 Meter Freestyle	_____
#7 200 Meter Freestyle	_____	#18 200 Meter Backstroke	_____
#8 50 Meter Breaststroke	_____	#19 50 Meter Butterfly	_____
#9 100 Meter Butterfly	_____	#20 100 Meter Breaststroke	_____
#10 400 Meter IM	_____	#21 200 Meter Medley Relay <u>sign up at meet</u>	
#11 200 Meter Free Relay <u>sign up at meet</u>		#22 400 Meter Freestyle	_____

The relays can be entered as women, men, or mixed (2 men and 2 women). All four swimmers must be from the same USMS Club (but not necessarily the same workout group within the Club).

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 THE MASTERS SWIMMING PROGRAM AND 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

CITY/STATE/ZIP: _____ **GENDER (circle one):** Male / Female

EMAIL ADDRESS: _____

DATE OF BIRTH: _____ mm/dd/yy **AGE AS OF 12/31/13:** _____

USMS # _____ (please attach legible copy of card)

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

FEES: \$25/person for up to 5 events if submitted by 10/23/13. (\$30/person for late entries or deck entries)

Make checks payable to UVAC Masters

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

Mary Gentry 802/369-9289

193 Stonecrest Ave

White River Junction, VT 05001

UVRaysMasters@gmail.com