



UVAC Splash and Dash Meet

Claremont Savings Bank Community Center, Claremont, NH
 November 13, 2026
 Held under the sanction of USA Swimming/New England: NE27-1113UVAC



Meet Director	Patrick Foley	pfoley@uvacswim.org	802-296-2850
Meet Referee	Laura Lewis	laura@thelewisfamily.net	802-299-7330
Admin Official and Entry Chair	Mary Gentry	uvac.entries@gmail.com	802-369-9289

SESSIONS:

		Warm-up	Meet Start time
Nov 13	Single Session	4:30-5:30	5:35

The Meet Director, with the concurrence of the Meet Referee, reserves the right to modify session times once entries are received. **Any updated session times received from the meet host will be reflected on the EVENT page of the neswim.com website.**

IMPORTANT DEADLINES	Entries due by 6:00 PM Monday 11/09/26 Payment deadline: 11/13/26
SITE	The Claremont Savings Bank Community Center (https://www.claremontparks.com/csb-community-center/facility) competition pool is an 8 lane, 25-yard pool with 7-foot-wide lanes and non-turbulent lane lines. The start end of the pool is 12 feet deep; the turn end of the pool is 3.5 feet deep. There is an 8-lane digital scoreboard and Colorado Timing touch pads. Seven lanes will be used for competition. There will be no warm-down lanes. The pool is located at 152 South St. Claremont, NH 03743. Directions may be found later in this document.
COURSE	• SCY
FORMAT:	• The meet will be swum as timed finals. The session will be seeded during warm-ups. Heat sheets will be given to coaches and posted on the pool deck. • 25 yard events will start at the start end and be timed with watches.
SCRATCHES	• Scratches will be collected before the meet and up until 4:10 during the first warm-ups. The session will be seeded after scratches are received.
ELIGIBILITY	• All swimmers must be currently registered as athlete members of United States Swimming before 5:00 pm on the day before the first day of the meet. • Age is determined by the age of the swimmer on the first day of the meet. • 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 without the use of the backstroke ledge. 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. • Coaches must be registered before the start of the meet. • Deck registrations will NOT be accepted.

DISABILITY SWIMMERS	- Athletes with a disability are welcome and shall provide advance notice of desired accommodations to the Meet Director. - The athlete (or the athlete's coach) is also responsible for notifying the session referee of any disability prior to the competition.
ENTRIES and ENTRY LIMITS	- Electronic entries should be emailed as an attachment to uvac.entries@gmail.com. - Payment must be received by: November 13, 2026. - Mail completed signed entry cover page and waiver, and payment to: Finance Director Upper Valley Aquatic Center PO Box 1198 White River Junction, VT 05001 (Physical address is 100 Arboretum Lane, White River Junction VT 05001 for non-USPS deliveries) - Swimmers may enter a maximum of 3 individual event(s).
CUT PROTOCOL	If a session is over-subscribed, the Meet Director reserves the right to limit events, heats, swimmers, or adjust the format to conform to the 2-hour rule using the following cut protocols in any order deemed necessary: Teams may be asked to cut each athlete to one less event than maximum allowed per day.
TIME TRIALS	Time trials will be offered at the discretion of the Meet Director and the Meet Referee if time allows.
FEES	Swimmer Participation Fee is \$15.00 per swimmer
MEET MOBILE	Meet Mobile will be functional for this meet, (dependent upon satisfactory internet access) for both heat sheets and unofficial results Meet Mobile name: 2026 NE UVAC at Claremont Splash 11-13-26
WARM-UP	The pool will open for warm-ups 60 minutes before the start of the meet as designated on the event list. Teams will have assigned warm-up lanes for at least 20 minutes. 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 for warm-up/warm-down during the meet. See “Safety” for Warm-up safety guidelines.
AWARDS	There will be no awards for this meet
SWIMWEAR	Per USA Swimming rules (102.8.1.F), 12 & Under swimmers may not wear a Technical Suit at any Sanctioned, Approved, or Observed meet. The age of the swimmer is determined on the first day of the meet. Guidance on identifying compliant and non-compliant suits can be found on the USA Swimming website under Tech Suit Restriction for 12-and-Under Swimmers .
RULES	- The current USA Swimming Rules and Regulations including the Minor Athlete Abuse Protection Policy (MAAPP 2.0) will govern this meet. - Operation of a DRONE, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach areas, spectator areas and open ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present without written USA Swimming approval. - Use of audio or visual recording devices, including cell phones, is not permitted in changing areas, rest rooms or locker rooms. In addition, photography behind the blocks is <u>not permitted</u>. PHOTOGRAPHY: As per New England Swimming policy, professional photographers contracted by the Upper Valley Aquatic Club, or press photographers who have been approved in advance by the Meet Director, are allowed on deck. Use of audio or visual recording devices, including a cell phone, is not permitted behind the starting blocks, including in any spectator area behind the starting blocks, nor in any other marked NO CAMERA ZONE, including on deck. All NO CAMERA ZONES will be clearly designated. Email the Meet Director with questions and requests. VIDEO STREAMING: All video streaming must be approved in advance by the Meet Director. Any such video stream must conform to all current Safe Sport policies defined by USA Swimming, New England Swimming, and the Meet Host. No video stream may originate from behind the starting blocks or from any other area marked as a NO CAMERA ZONE.

	• Deck Changing is PROHIBITED. • An athlete suspected of sustaining a concussion or exhibiting signs of a concussion, will immediately be removed from competition and shall not return to competition that day. The athlete may return to competition on a subsequent day, but only with a release authorization signed by a licensed healthcare provider. • According to New England Swimming Best Practices, all athletes should shower before entering the pool. • In accordance with New England Swimming Policy, only those coaches who have current, valid USA Swimming credentials will be permitted to act in a coaching capacity at this meet. Coaches with expired or non-current credentials will be required to leave the deck area.
SAFETY	• No shaving is permitted at the competition site. • No glass containers are permitted within the facility. • Any injuries or need for medical attention should be reported to the facility lifeguards. WARM UP SAFETY: • 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 • For all warm-up sessions, swimmers must utilize a “sit and slide”/“three-point” entry to enter the pool for warm-ups, by first sitting on the deck, and then sliding, feet-first, into the pool. • During competition, when entering the warm-up/warm-down area, a “sit and slide”/“three-point” entry is required at all times
FACILITY RULES	• Spectators are allowed to watch the meet from the windows in the lobby as well as on the basement level. There may be limited spectator seating on the pool deck. • Swimmers and spectators are not allowed to use the gymnasium or fitness areas.
OFFICIALS	Officials that know they will be attending the meet are highly encouraged to email the Meet Referee and let them know your level of certification, team, and sessions you will be available. Walk-on officials may not be accepted to limit the number of people on the deck. The Officials’ meetings will be at 45 minutes prior to the start of a session in the meet office.
GENERAL	FOOD: There will NOT be any food concessions available at this meet. PARKING: is available for free across the street (South St) at the Claremont Middle School and the Sugar River Valley Regional Technical Center (and Arrowhead Recreation Area). Meet participants should not park at the Community Center. Their limited parking is for members.
DIRECTIONS	The Claremont Savings Bank Community Center is at 152 South Street, Claremont, NH. It’s at the corner of South St and Broad St, across from the Claremont Middle School.
EVENTS	List of events and sessions located on the next page
WAIVERS	“It is understood and agreed that USA Swimming, New England Swimming, the Claremont Savings Bank Community Center, and the Upper Valley Aquatic Club shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.”



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ORDER OF EVENTS

Friday, November 13 Single Session Warm-up: 4:30; Start: 5:35		
<u>Event #</u>	<u>Events</u>	
1	Mixed Open 200 Freestyle	
2	Mixed Open 100 Backstroke	
3	Mixed 10 & Under 25 Backstroke	
4	Mixed Open 50 Butterfly	
5	Mixed Open 200 IM	
6	Mixed Open 50 Freestyle	
7	Mixed Open 100 Breaststroke	
8	Mixed Open 50 Backstroke	
9	Mixed Open 100 Butterfly	
10	Mixed 8 & Under 25 Freestyle	
11	Mixed Open 100 Freestyle	
12	Mixed Open 100 IM	
13	Mixed Open 50 Breaststroke	

Results will be split
 into 8 & Under, 9-10,
 11-12, 13-14, and 15 &
 Over age groups.

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