



UVAC-KYD-EDGE Splash and Dash Meet
 Upper Valley Aquatic Center, White River Junction, Vermont
 May 30, 2026
 Held under the sanction of USA Swimming/New England: NE26-0530UVAC



Meet Director	Patrick Foley	pfoley@uvacs wim.org	802-296-2850
Meet Referee	Laura Lewis	laura@thelewis family.net	802-299-7330
Admin Official and Entry Chair	Mary Gentry	uvac.entries@g mail.com	802-369-9289
		Warm-up	Meet Start time
May 30	Single Session	9:00-10:00	10:05

SESSIONS:

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 2:00 PM Monday 5/25/26 Payment deadline: 05/30/26
SITE	The Upper Valley Aquatic Center (www.uvacswim.org) competition pool is an 11 lane, 25-yard pool with 7-foot-wide lanes and non-turbulent lane lines. The start end of the pool is 7 feet deep, the turn end of the pool is 9 feet deep. Eight lanes will be used for competition. Two lanes will be available for warm-up/warm-down during the meet. If needed, ten lanes will be used and there will be no warm-down lanes. The pool is located at 100 Arboretum Lane, White River Junction, VT 05001. Directions may be found later in this document.
COURSE	<ul style="list-style-type: none"> ● SCY
FORMAT:	<ul style="list-style-type: none"> ● 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 a button and two watches.
SCRATCHES	<ul style="list-style-type: none"> ● Scratches will be collected before the meet and up until 9:00 during the first warm-ups. Session will be seeded after scratches are received.
ELIGIBILITY	<ul style="list-style-type: none"> ● 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.

	<ul style="list-style-type: none"> Coaches must be registered before the start of the meet. Deck registrations will NOT be accepted.
DISABILITY SWIMMERS	<ul style="list-style-type: none"> 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.
ENTRY POLICY	<ul style="list-style-type: none"> This meet is limited to the swimmers training with the three teams – UVAC, KYD, and EDGE.
ENTRIES and ENTRY LIMITS	<ul style="list-style-type: none"> Electronic entries should be emailed as an attachment to uvac.entries@gmail.com. Payment must be received by: May 30, 2026. Mail completed signed entry cover page and waiver, and payment to the Admin Official: Mary Gentry 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 4 individual event(s).
CUT PROTOCOL	<p>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:</p> <ul style="list-style-type: none"> Relays may be limited 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	<ul style="list-style-type: none"> Individual events: \$5.00 Relay events: \$10.00 Time Trials \$10.00 for individual entries, \$40 for relays Swimmer Participation Fee is \$15.00 per swimmer
MEET MOBILE	<p>Meet Mobile will be functional for this meet, (dependent upon satisfactory internet access) for both heat sheets and unofficial results</p> <p>Meet Mobile name: 2026 NE UVAC Invite 05-30-26</p>
LIVE STREAM	<p>A live stream of the meet will be available through the UVAC LiveBarn subscription program. www.livebarn.com Venue is Upper Valley Aquatic Center. More information at https://www.uvacswim.org/swim-meets Scroll down to the Watch meets on LiveBarn section.</p>
WARM-UP	<p>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.</p> <p>See “Safety” for Warm-up safety guidelines.</p>
AWARDS	There will be no awards for this meet
SWIMWEAR	<p>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.</p>
RULES	<ul style="list-style-type: none"> 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>.

	<ul style="list-style-type: none"> ● 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. UVAC offers a live stream of the meet via LiveBarn. www.livebarn.com ● 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	<ul style="list-style-type: none"> ● 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. An AED is available by the Splash Park pool deck entry door. ● UVAC-Evacuation-Policy and list of local health care facilities <p>WARM UP SAFETY:</p> <ul style="list-style-type: none"> ● 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
SAFE SPORT	<ul style="list-style-type: none"> ● The USA Swimming Safe Sport program is USA Swimming’s comprehensive abuse prevention program dedicated to creating a healthy and positive environment free from abuse for all its members. Components of the program include, but are not limited to, providing education and training, enforcing policies (such as the Minor Athlete Abuse Prevention Policy), rules and best practice guidelines, promoting healthy boundaries and mandatory reporting of violations. ● The Minor Athlete Abuse Prevention Policy (www.usaswimming.org/maapp) prohibits Adult Participants (as defined) from having one-on-one interactions with minor athletes which are not within an observable and interruptible distance from another adult participant. Adult Participants are required to abide by this policy in full during this meet. ● Pursuant to USA Swimming Rules and Regulations and federal law, it is every member’s responsibility to immediately (i.e., within 24 hours) report any incident of child abuse, including physical or sexual abuse, to law enforcement and the U.S. Center for SafeSport. Reporting must occur when an individual has firsthand knowledge of misconduct or where specific and credible information has been received from a victim or knowledgeable third party. A report to the U.S. Center for SafeSport may be made via telephone at 833-5US-SAFE (833-587-7233) or online at https://uscenterforsafesport.org/report-a-concern/. Various state laws may also require reporting to law enforcement or to a designated child protection agency.

	<ul style="list-style-type: none"> For information on how to report other alleged violations, including without limitation, the USA Swimming Code of Conduct and the Minor Athlete Abuse Prevention Policy, please visit www.usaswimming.org/report. All athletes age 18 and older must complete Athlete Protection Training in order to be a USA Swimming registered member in good standing. Any athlete who turns 18 on or before 05/30/26, who has not completed Athlete Protection Training by the first day of competition, will be prohibited from participating in the competition until such time as all membership requirements are completed. Times achieved by an athlete who turns age 18 on or before 05/30/26 who competes in this USA Swimming sanctioned event without completing this membership requirement, will NOT count for qualification or recognition. This includes participation as a member of a relay.
FACILITY RULES	<ul style="list-style-type: none"> Day passes are available for purchase to use other parts of the facility during the meet. Information and rules are available at UVAC Day Passes
DECK ACCESS	Only current USA Swimming registered athletes, coaches, officials, and official meet staff are permitted on the pool deck. All non-athletes on the pool deck must produce proof of their valid USA Swimming registration when asked. Deck Pass is an acceptable proof of membership. Individuals without proof of a valid membership in USA Swimming will be removed from the pool deck and will be fined by New England Swimming of \$100 to the coach, and \$200 to the coach's club.
OFFICIALS	Officials that know they will be attending the meet are highly encouraged to email the Meet Referee and let her 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	<p>FOOD: There will NOT be any food concessions available at this meet.</p> <p>PARKING: will be free on-site</p>
DIRECTIONS	Directions for the Upper Valley Aquatic Center are available at https://www.uvacswim.org/hours-directions
EVENTS	List of events and sessions located on the next page
WAIVERS	"It is understood and agreed that USA Swimming, New England Swimming, the Upper Valley Aquatic 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



Saturday, May 30, 2026 Single Session Warm-up: 9:00; Start: 10:05

<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 Open 100 IM	
11	Mixed Open 100 Freestyle	
12	Mixed 10 & Under 25 Freestyle	
13	Mixed Open 50 Breaststroke	
14	Girls 12 & Under 200 Free Relay	
15	Boys 12 & Under 200 Free Relay	
16	Girls 13 & Over 200 Free Relay	
17	Boys 13 & Over 200 Free Relay	

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

Relay events may be combined to save time

ENTRY PAYMENT AND LIABILITY RELEASE FORM

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CONTACT INFO	CLUB NAME: _____ CONTACT NAME: _____ CONTACT EMAIL _____ CONTACT CELL PHONE: _____ LIST UNATTACHED SWIMMERS: _____
ENTRY FEES	Individual Entries all distances @ \$5.00 _____ = \$ _____ Relay Entries @ \$10.00 _____ = \$ _____ Swimmer Participation Fee # athletes _____ @ \$15.00 each = \$ _____ TOTAL DUE: \$ _____
PAYMENT	Make checks payable to: Upper Valley Aquatic Club Bring to the meet or send to: Mary Gentry 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) Payment deadline: May 30, 2026
WAIVER:	<p>LIABILITY RELEASE</p> <p>Any swimmer whose entry is accepted will, for him/herself, his/her theirs, 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 Inc, the Upper Valley Aquatic Center, and the Upper Valley Aquatic Club for any and all injuries suffered by him/her at said meet, including Covid 19. 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.</p> <p>_____</p> <p>Signature of Authorized Team Official _____ Date</p>