



UVAC Rebuild Vermont (aka Leaf Peepers) Masters Meet
Saturday, October 22, 2011
Upper Valley Aquatic Center, White River Junction, Vermont
Sanctioned by the New England LMSC for USMS, Inc., Sanction # 042-026-SSCM

To the Masters Swimming Community

The UV Rays Masters Swim Team would like to dedicate this year's edition of our annual Leaf Peepers Masters Mini Meet to the rebuilding efforts in Vermont. Tropical Storm Irene affected our members and neighbors as well as people, homes, businesses, roads, and bridges throughout the State.

We are pleased to announce that half of the entry fees received for our October 22nd meet will be donated to local and state relief efforts. Fees will be donated to the [Upper Valley Haven](#), our local food shelf, homeless shelter, and supporter of anyone in need, as well as the [Vermont Disaster Relief Fund](#), organized by the United Way chapters of Vermont in cooperation with the Vermont Voluntary Organizations Active in Disaster and Vermont Emergency Management to be used specifically for long-term recovery.

At the meet we will also be collecting non-perishable food and toiletries, which we will distribute to several food banks in Central Vermont.

We would also like to take this opportunity to remind readers that Vermont is Open! Many roads originally closed after the storm are now open. Locally we are thrilled that Route 4 is now open from the New York to the New Hampshire border. Most of it is even paved with two-way traffic – a minor engineering miracle. Lots of thanks to the hard work of road crews from near and far. It's been thrilling to track the progress of roads using the [Vermont Agency of Transportation](#) Google Map as roads have changed from red (closed), to yellow (limited service) to green and black (open with no delays). Check the AOT site if you have questions about traveling to specific areas. The Interstates 89 and 91 had no damage and the Upper Valley Aquatic Center and surrounding roads were unharmed in the storm.

Whether or not you can come to our meet, come to our State and support the recovery efforts by supporting the businesses throughout the State. Visit Vermont! Buy Vermont! Support Vermont! and consider joining us for a mini meet in White River Junction on October 22nd. Meet information is attached.

Sincerely

The Upper Valley Rays Masters Swim Team

[Aerial photographs](#) taken August 31 and September 11.



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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, 2011. Include a legible copy of your current 2011 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) events. If you enter the special "Icebreaker Relay," it will not count as one of your 5 events.

ICEBREAKER RELAY: Individuals sign up for the relay. Teams will be drawn at random. Teams will have a couple of minutes to meet their new teammates and decide who will swim which leg of the relay. Each person will swim a 50. Legs of the relay will be announced when teams are being organized but expect Dog Paddle and Feet First to make return appearances.

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 19, 2011). 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 19, 2011 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 2011 USMS card. To print a copy, go to https://www.clubassistant.com/club/forgot_usms_number.cfm Event #2, the 400 Free, will be limited to the first 24 entrants. All other events, including the 800 Free at the end, will have an unlimited number of heats.

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 awards will be given (except for the Icebreaker Relay!)

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://2motelrates.com/hotels/us-vt-white-river-junction.html>
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 19, 2011 to benefit with \$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 2011 USMS registration. All events seeded by time slow to fast regardless of age or gender. Enter a maximum of 5 individual events (excluding relay), with short-course meters times.

EVENT	ENTRY TIME	EVENT	ENTRY TIME
#1 100 Meter IM	_____	#10 Icebreaker Relay	<u>sign-up at meet</u>
#2 400 Meter Freestyle *	_____	#11 200 Meter Butterfly	_____
#3 50 Meter Backstroke	_____	#12 50 Meter Freestyle	_____
#4 200 Meter Breaststroke	_____	#13 100 Meter Breaststroke	_____
#5 100 Meter Fly	_____	#14 200 Meter IM	_____
#6 100 Meter Freestyle	_____	#15 200 Meter Freestyle	_____
#7 200 Meter Backstroke	_____	#16 100 Meter Backstroke	_____
#8 50 Meter Breaststroke	_____	#17 50 Meter Butterfly	_____
#9 400 Meter IM	_____	#18 800 Meter Freestyle	_____

10-minute break after #9 to get the relay organized. The Icebreaker relay does not count as event.

* The 400 Free is limited to the first 24 entrants by date/time of entry receipt

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: _____ **GENDER (circle one):** Male / Female

ADDRESS/CITY/STATE/ZIP: _____

EMAIL ADDRESS: _____

DATE OF BIRTH: _____ mm/dd/yy **AGE AS OF 12/31/11:** _____

USMS # _____ (please attach legible copy of card)

CONTACT PHONE: (____) ____ - _____

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

FEES: \$25/person for up to 5 events if submitted by 10/19/11. (\$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	802/295-8976 evenings
193 Stonecrest Ave	603/653-1068 days
White River Junction, VT 05001	UVRaysMasters@gmail.com