



Go the Distance Meet

75 Eastwood Drive, South Burlington, VT 05403

Saturday, July 13th, 2019

Meet Director / Entry Chairperson: Logan Hall-Potvin (LoganH@edgevt.com, 802-923-6611)

Meet Referee: Steve Snyder / Jessica Workman

MEET FORMAT: The meet will be swum as timed-finals. Each session will be pre-seeded by computer. Heat sheets will be posted around the pool deck. Coaches will be able to pick up heat sheets from the meet director when they are available. Heats will be seeded lanes 1-6. Lane 7 will act as a buffer lane. Lane 8 may be used for warm-up and cool down during the meet. All timeline information is subject to change based on total entries received. A coaches/team update will be sent out on Wednesday, July 11th. Teams are responsible for providing two timers, and counter, for EACH of their 500 swimmers.

SITE: The EDGE Pool is an 8-lane, 25-yard pool. The pool is located inside the Eastwood EDGE, Sports & Fitness facility. Directions can be found later in this document.

COURSE: Short course yards (25 yards)

WEATHER PROTOCOL: If weather or facility conditions make it impossible to follow the original timeline of events, the Meet Director and Meet Referee have a right to make changes to the meet sessions. The Meet Director will notify the teams of the changes with as much notice as possible. Cancellation of the meet, or session, is a decision of the Meet Director and Meet Referee. The Eastwood EDGE facility is a grounded pool, making it safe to swim during inclement weather. However, if a storm is severe, EDGE staff, the meet director, and the meet referee may pause the meet at their discretion/judgment. If a team feels uncomfortable moving forward with the meet, please communicate with the meet director and meet referee.

ELIGIBILITY: All swimmers competing in the distance meet must have a current, signed medical release form on file with their team. The eligibility of a participant for a particular age group shall be determined by his/her age on the first day of the meet. Events are limited by age. Age-up athletes are only allowed for swimmers who are 10-years old, and age up to 11 after the distance meet, but prior to their respective League championship/district meet.

EVENTS and SESSIONS: See attached list.

ENTRY INFORMATION: Entries will be accepted on and after July 1st. Entries must be received no later than Wednesday July 10th by 8:00 PM. Mail completed signed entry cover page and waiver to the meet director: Logan Hall-Potvin, 115 Wellness Drive, Williston, VT 05495. This must be received no later than Friday, July 12th. Your team will not be allowed to warm-up/compete without a signed entry cover page and waiver.

ELECTRONIC ENTRIES: Electronic entries only. (such as from Hy-Tek Team Manager or other team management software) Electronic entries (that are in CL2 or SD3/SDIF format) must be emailed as an attachment to the entry chairperson at loganh@edgevt.com. Please check that your team name, address, and contact information are listed correctly in this file. A signed hard copy of your team's entries should be received no later than Friday, July 12th.

ENTRY LIMITS: Athletes may enter and swim in a maximum of 3 events per day for timed final events. Events are limited by age. Only swimmers who are 10, and age up to 11 after the Distance Meet, and prior to their respective League championship/district meet, can age up. They may still only compete in 3 total events for the meet.

ENTRY FEES: There are no fees for entries

WARM-UPS: Session 1: 500 Free. OPEN Warm Up Lanes 1-8 2:50-3:10 PM.

Session 2: 10&U. Team Assigned Warm-Up Lanes, 1-8, 3:45-4:05 PM.

Session 3: 11&O. Team Assigned Warm-Up Lanes, 1-8, 5:15-5:35, 5:35-5:55 PM.

Each team(s) in a lane may do one-way sprints at their discretion.

SAFETY:

1. During the meet there will be no diving in the warm-up and warm down areas at any time
2. No shaving is permitted at the competition site
3. No glass containers are permitted within the facility
4. Swimmers must be under the supervision of a coach. If a swimmer arrives at the meet without a coach, the swimmer should notify the referee before he/she warms up. The referee will assign the swimmer to a registered coach for warm-ups
5. No cameras, cell phones, or other devices capable of recording are permitted in the locker rooms

RULES: 2019 USA Swimming rules will govern all competition. Decisions by the meet referee will be final unless a written protest is lodged within 30 minutes of the heat swim.

DECK ACCESS: Only athletes, coaches, officials, and official meet staff are permitted on the pool deck.

PHOTOGRAPHY: No Photo Zone: Use of audio or visual recording devices is not permitted behind the starting blocks of the pool deck by anyone on deck, and extends to the backstroke flags on the start end of the pool.

SCORING: The meet will not be scored.

FOOD: A concession stand will be in operation for the duration of the meet in the gymnasium adjacent to the pool.

MISCELLANEOUS: EDGE Swim Club assumes no responsibility for lost, stolen or damaged property. Pets of any kind and smoking are not permitted within the facility.

PARKING: Parking is available at the EDGE, The EDGE Kids & Fitness on Joy Drive, and overflow parking is available at Shaw's Supermarket. Street parking is not allowed on Eastwood Drive. Parking is not allowed at the apartment complexes across from the Eastwood EDGE. Please refer to the parking map.

DIRECTIONS: FROM THE NORTH: Take 89 south; merge onto I-189 W via Exit 13 toward US-7/Shelburne/Burlington. Take US-7 N exit. Keep right at the fork to go on Shelburne Rd/US-7. Take the 2nd right onto Farrell St. Turn left onto Eastwood Dr. The EDGE will be on the left. Please refer to the parking map.
FROM THE SOUTH: Take 89 north; merge onto I-189 W via Exit 13 toward US-7/Shelburne/Burlington. Take US-7 N exit. Keep right at the fork to go on Shelburne Rd/US-7. Take the 2nd right onto Farrell St. Turn left onto Eastwood Dr. The EDGE will be on the left. Please refer to the parking map.

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CONTACT INFORMATION

Team Name: _____ Abbreviation: _____

Deck Coach: _____ Phone: _____ Email: _____

Entries Contact: _____ Phone: _____ Email: _____

ENTRY FEES

_____ Swimmer Participation @ N/A = \$ N/A

Make check payable to: N/A

Mail entries to:
EDGE Swim Club
C/O Logan Hall-Potvin
115 Wellness Drive
Williston, VT 05495
802-923-6611

Entry Deadline: Wednesday 12:00PM, July 10th,
2019 This form and a signed copy of your entries
are preferred to be received by no later than
Friday, July 12th.

LIABILITY RELEASE

Any swimmer whose entry is accepted will, for him/herself, his/her heirs, executors and administrators, waive and release any and all rights and claims for damages he/she may have against Vermont Swim Association, Champlain Valley Swim League, Sports & Fitness EDGE, and EDGE Swim Club for any and all injuries suffered by him/her at said meet.

Signature of Authorized Team Official

Date

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Order of Events

Session 1 — 500 Free

Warm-Up: 2:50 PM—3:10 PM | Session Start: 3:15 PM

Female 11 & Over	Event	Male 11 & Over
1	Mixed 500 Free	1

Session 2 — 10 & Under

Warm-Up: 3:45—4:05PM | Session Start: 4:10 PM

Female	Event	Male
2	8 & U 100 IM	3
4	9-10 100 IM	5
6	8 & U 50 Free	7
8	9-10 50 Free	9

Session 3 — 11 & Older

Warm-Ups: 5:15—5:35 PM, 5:35—5:55 PM | Session Start: 6:00 PM

Female	Event	Male
10	100 Fly	11
12	100 IM	13
14	200 Free	15
16	100 Breast	17
18	100 Back	19
20	200 IM	21
22	100 Free	23

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Parking Map

Follow the green path to The EDGE. You may park at the EDGE or anywhere that is shaded blue. The apartment complexes are notified of swim meet dates and have warned that any swim meet vehicles that park in any of the places shaded red will be towed at the owner's expense. The EDGE is not responsible for any lost, stolen or damaged property.

