



Go the Distance Meet

110 Wellness Drive, Williston, VT 05495

Friday, July 16th, 2021

Meet Director / Entry Chairperson: Lindsay McNall (802-881-9851, lindsayemcnall@gmail.com)

Meet Referee:

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. All timeline information is subject to change based on total entries received. A coaches/team update will be sent out on Wednesday, July 14th. Teams are responsible for providing two timers, and counter, for EACH of their 500 swimmers.

SITE: The EDGE Pool is a 6-lane, 25-yard pool. The pool is located inside the Williston EDGE, Sports & Fitness facility. Swimmers and parents will enter through the side door of the pool.

COURSE: Short course yards (25 yards)

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 14th by 8:00 PM. Mail completed signed entry cover page and waiver to the meet director: Lindsay McNall, 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 lindsayemcnall@gmail.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 16th.

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 1-6 @ 3:00 PM. Meet start @ 3:45PM
Session 2: 11&O. Team Assigned Warm-Up Lanes, 1-6, 5:00-5:20PM, 5:20-5:40PM, 5:40-6:00PM. Meet start @ 6:00PM

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

SAFETY:

1. Unvaccinated persons must wear a mask when indoors.
2. No glass containers are permitted within the facility
3. 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
4. No cameras, cell phones, or other devices capable of recording are permitted in the locker rooms

RULES: 2021 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 swum.

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

SCORING: The meet will not be scored.

FOOD: There will be no concession stand. Please advise swimmers to pack their own drinks and snacks.

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.

EDGE Swim Club
Go the Distance Meet
110 Wellness Drive, Williston, VT 05495
Saturday, July 16th, 2021

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 Lindsay McNall
115 Wellness Drive
Williston, VT 05495
802-881-9851

Entry Deadline: Wednesday 8:00PM, July 14th,
2021. This form and a signed copy of your entries
are preferred to be received by no later than
Friday, July 16th.

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

EDGE Swim Club
Go the Distance Meet

75 Eastwood Drive, South Burlington, VT 05403

Saturday, July 13th, 2019

Order of Events

Session 1 — 500 Free

Warm-Up: 3:00 PM—3:40 PM | Session Start: 3:45 PM

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

Session 2 — 11 & Older

Warm-Ups: 5:00—6:00 PM | Session Start: 6:05 PM

Female	Event	Male
2	100 Fly	3
4	100 IM	5
6	200 Free	7
8	100 Breast	9
10	100 Back	11
12	200 IM	13
14	100 Free	15