

**Third Annual UVM Valentine's Day Invitational**  
**Recognized by the New England LMSC for USMS, Inc.**  
**Recognition Number: 025-R002**

**DATE & TIME:**

Date: February 15<sup>th</sup>, 2025  
Warmup times: 11:15 to 12:15  
Meet start: 12:30

**FACILITY:**

Frank D. Forbush Natatorium  
97 Spear St, Burlington VT, 05405

The pool length is 25 yards. Six lanes will be used for both the meet and for warmup, each team will have lanes and warm-up times assigned as follows:

UVM: 11:15-11:35 Lanes 1-4

UMass Club Swim Lanes 5-6 11:15-11:35

Edge Swim Club: 11:35- 11:55 Lanes 1-6

Unattached swimmers: Lanes 11:55-12:15 Lanes 1-6

No warm-up and cooldown lanes will be available after the meet has begun.

**POOL LENGTH CERTIFICATION:** The length of the competition course without a bulkhead is in compliance and on file with USMS in accordance with articles 105.1.7 and 106.2.1.

**TIMING SYSTEM:**

The primary timing system will be automatic timing. Times from this competition will be eligible for USMS record and USMS Top 10 consideration.

**ELIGIBILITY:** Current USMS rules will govern the meet. All participants must be age 18 or older.

**AGE-DETERMINING DATE:**

Their age determines the swimmer's age group on the last day of the meet (February 15<sup>th</sup>, 2025).

**ONLINE ENTRIES:** <https://forms.gle/T8uWSHVgX2FScdER7>

**Entries are due by 11:59 p.m. on February 10<sup>th</sup>.**

**ENTRY FEES:** Entry fees are 15\$ per swimmer (for up to three individual events and two relays) and are due by the **beginning of the meet**. Refunds will not be given if scratched on the day of the meet. Any scratches made before the meet day can be refunded if paid in advance. Checks can be made out to UVM Club Swimming. ALL payments must be in cash or check, Venmo and coins cannot be accepted.

**ENTRY LIMITS:** Each Swimmer is allowed three individual events and two relay entries.

**CHECK-IN:** Each swimmer will not need to check in.

**SEEDING:** Each event will be seeded from slowest to fastest by heat. "No time" entries will be seeded into the first heat. Events will be ran separated by gender, women's events will be swam directly before the men's events of the same category. Only one event will be swam as a mixed event, the 200 freestyle mixed relay.

Events are in the following order:

200 Medley Relay

200 Free

50 Back

200 I.M.

50 Free

100 Fly

50 Breast

100 Free

100 I.M.

500 Free

50 Fly

100 Back

400 Free Relay

100 Breast

200 Free Relay

200 Back

200 Fly

200 Breast

Co-Ed 200 Free Relay

**Only** the Co-Ed 200 freestyle relay will be both men and women together. Each entry must have 2 men and 2 women.

**SPLIT REQUESTS:** Split requests may be requested in writing by the swimmer per USMS rules noted on the USMS split notification form. Times will be taken from the automatic (primary) timing system where available and will only be taken from backup (minimum of two stopwatch) times if the swimmer made arrangements for watch split times to be recorded. Split request forms must be submitted to the Meet Referee by the end of the meet, except for backstroke split request which must be submitted PRIOR to the swim. Automatic split recording USMS Rule 103.18.2 A & B) will be performed by the officials for relay leadoff splits, provided the split time is available from the automatic (primary) timing system.

**SCRATCHES:** There is no penalty for scratches! If a swimmer would like to scratch an event, do not show up for the event and a “No Swim” will be recorded.

**RELAYS:** There will be men, women, and mixed relays offered. Men and women relay events will be the 200-medley relay, 200 freestyle relay, and the 400-freestyle relay. The mixed relay will only be the 200-freestyle relay. Relay submissions will be accepted on paper during the first **five minutes of warmup**.

**SCORING:** Scoring will be conducted as followed:

Place	Individual Score	Relay Score
1	10	20
2	8	16
3	6	12
4	4	8
5	2	4
6	1	2

**PSYCH SHEET and HEAT SHEET:** A psych sheet and heat sheet will be released on the night of Thursday February 13<sup>th</sup>, 2025.

**HOSPITALITY:** There will be no concessions offered at the meet.

**MEET DIRECTOR:** For questions or concerns contact:

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815-210-5472

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