

2019 Vermont Swim Association State Championships

at the Upper Valley Aquatic Center, White River Junction, Vermont

Additional meet information is available on the VSA website at <http://www.vermontswim.org/>

Information for Parents and Coaches

Sessions	<u>Warm-up</u>	<u>Meet</u>
Saturday Morning	8:00 AM	9:05 AM
Saturday Lunch (3 heats of 500s)	11:30 AM	11:55 AM
Saturday Afternoon - new start time	12:50 PM	2:15 PM
Sunday Morning	8:00 AM	9:05 AM
Sunday Afternoon - new start time	12:10 PM	1:30 PM

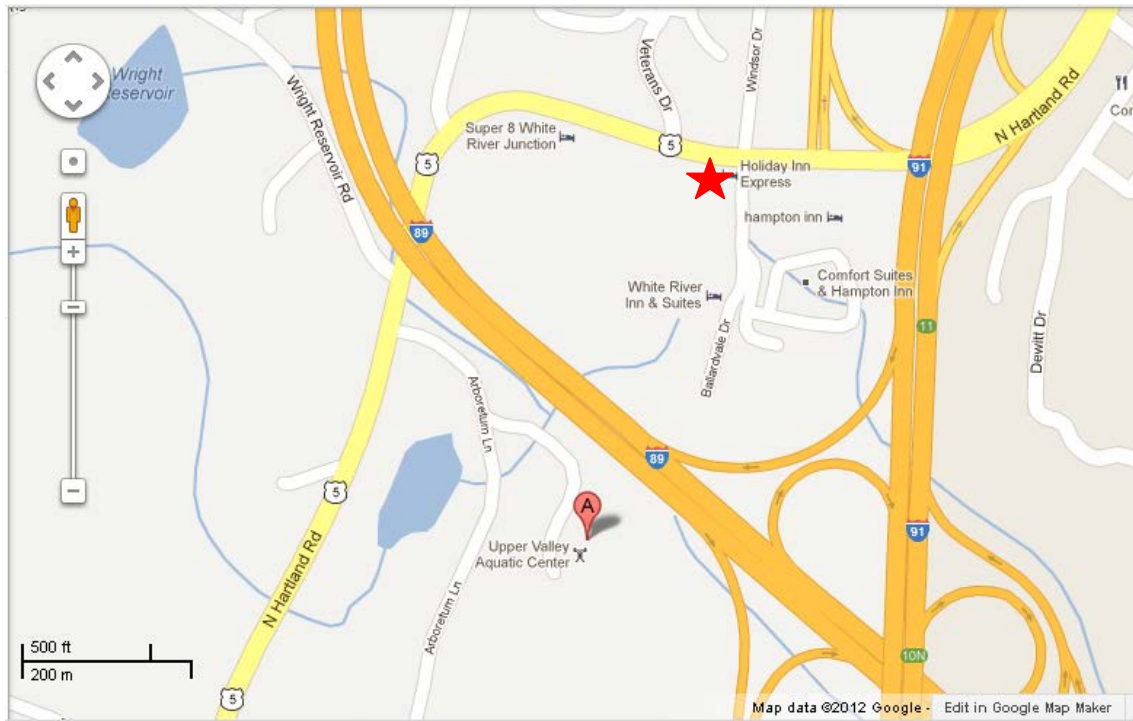
Senior Ceremony will be held immediately after Sunday Afternoon Warm-ups

Getting to the Meet

- **Directions:** The Upper Valley Aquatic Center (UVAC) is located at 100 Arboretum Lane in White River Junction, Vermont 05001.
 - 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 on to Route 5 South.
 - Follow Route 5 immediately under the interstate (under the construction)
 - Travel ½ mile, go under the other interstate, and take the next left on to Arboretum Lane.
 - <https://uvacswim.org/hours-directions/>

Parking

- Free parking is available at the offsite shuttle lot on Ballardvale Drive. ★
- The shuttle bus will also pick up passengers at the Fairfield Inn and Hampton Inn. (The Holiday Inn Express and White River Inn no longer sponsor the bus so there is no pickup at those two hotels.)
- For those who want the convenience of on-site parking at UVAC, there is limited parking available for a fee. The fee is \$10 per day or \$20 for the weekend. Please bring exact cash \$5, \$10, or \$20 bills (NO CHECKS or CREDIT CARDS) to help speed up the entry process. Parking passes may be obtained from the Welcome Desk staff on Friday night, or from the parking attendants as you drive in on Saturday and Sunday. Passes may not be reserved.
- Extra long vehicles (e.g., RVs) and trailers cannot park on site. They must be parked in the shuttle lot.



Team Work Assignments

This meet is sponsored by the Vermont Swim Association but it takes the effort of all teams to make the meet run and to provide the swimmers the best opportunity for a good, fast, championship meet.

- **Team Work Assignments** and **Warm-up Assignments** are posted on the meet information website. <https://www.vermontswim.org/current-season>
- All teams have **work assignments**. Please be prompt for your assigned job and arrange with your fellow parents to provide coverage for that job session.
- **Teams time their own swimmers for the 500 frees on Saturday**. That means parents of those swimmers will do the timing (and possibly other swimmers for your team).

Before the Meet

- Please contact your coach if your child **will not be able to attend the meet**. The coach needs to know to not look for your child (or replace him/her in a relay).
- Swimmers should be ready on the pool deck at the start of your team's assigned warm-up period.
- **Officials**: Please contact Meet Referee Jessica Workman (jessworkman@comcast.net) if you plan on working one or more sessions at the meet. Walk-ons are always welcome. The early communication helps with planning. The Officials meetings will start 45 minutes before the start of each session.

During the Meet

- **Parents are not allowed on the deck** of the competition pool. Only swimmers, coaches, officials, and workers are allowed on the competition pool deck.
- **Photography**:
 - Please **do not use flash photography at the start of a race**. Timers are instructed to watch for the strobe light that goes off with the sound of the beep.

Camera flashes look a lot like strobe lights. We do not want excited parents confusing the timers.

- **No cameras or recording devices may be used from behind the blocks.** This is a privacy issue required by USA Swimming. This applies both on deck and up in the stands when standing behind the start end of the pool.
- This is a pre-seeded meet. **There is no Bullpen.** Heat and lane assignments will be listed in the program and posted on the pool deck. Programs with heat and lane assignments will be available for parents to purchase. Coaches and swimmers are responsible for ensuring swimmers are behind the blocks at the correct time. Workers (Lane Wranglers) have been assigned to the morning sessions to help line up swimmers behind the blocks.
- The **times on the scoreboard are always unofficial.** All touchpad (scoreboard) times are compared to back up button times and stop watch times to determine the final time. Not all swimmers touch the pads well at the finish of a race. Only coaches can approach the timing table to question posted results.
- **Results will be posted** on the pool deck and in the balcony lobby. Results will also be posted throughout the meet on the MeetMobile app. (Meet name VSA 2019 State Championships). Updating this site during the meet is dependent on the facility wi-fi. Psych sheets for each event are currently posted on MeetMobile.
- Two **Warm-up/Warm-down lanes** will be available to swimmers during each session.
- Please do not stand or sit in the walkway for the bleachers. Go to a bleacher seat and sit down. The walkway must remain clear for emergency egress.
- All **Seniors** (swimmers who graduated from high school this year) will be recognized at the start of the Sunday afternoon session, immediately following warm-ups.

Concessions

- There is no team provided Food Concessions. The Poolside Café in the Lobby will be offering a selection of sandwiches, salads, burgers, chips, fruit, and some candy. It's a small operation. Meet T-Shirts and swimming equipment will be for sale during the meet.

End of the Meet

- **Team trophies** will be awarded at the end of the Sunday afternoon session. Each team will receive a trophy. A team representative must be present.
- **Awards** will be available at the end of the meet on Sunday. A team representative will pick up all the awards. Medals will be given for individual events 1-10 and relay places 1-6. Ribbons will be given to individual places 11-24 and relay places 7-10.

Using the Facilities

- The facility is open to UVAC members and the public throughout the weekend. Some parking spaces will be blocked off for members. Please obey the signs.
- Please **follow the instructions** of the facility and meet staff.

Inside the Facility

- **The splash park pool and fitness room can be used during the meet. Purchase a day use pass at the front desk.** Day passes are \$7 for children (3 - 18) and Seniors (65 or over) and \$15 for adults or \$20 for the combination of an adult and a child under 14.

Meet swimmers cannot use the splash park unless they are wearing a band representing they have purchased a day pass for the day.

- The splash park includes three 25 yard lap lanes, a current channel (lazy river), a play structure, a two story slide, and lots of water.
- Meet swimmers should not be using the splash park without approval from their coach. They are here to compete in a championship meet, not expending energy playing in the other pool.
- You may choose to pay to let siblings play in the splash park as a reward for having to watch brother or sister swim in yet another meet. Parents must accompany children (under 14) to the splash park. The accompanying parent must also pay for a day pass.
- Parents may choose to buy a day pass to use the fitness equipment. It might make those warm-ups go faster.
- **Cell phones** may not be used in the locker rooms, showers, or rest rooms. (It's a privacy issue due to cameras on the phones.)
- **Please keep food outside.** Food is not allowed on the pool deck. Coolers must remain in your outdoor tent area.
- **There is no smoking in or around the facility.** There is no smoking within 500 feet of the facility.

Outside the Facility

- **Tents/tarps may be set-up outside** on the left side of the building behind the new addition. Please follow the instructions of facility staff. No tents or tables may be set up on the gravel road. (This is a fire lane.) Tents/tarps may be kept up overnight. Tents may be set up Friday night between 6:00 and 7:30. Vermont Swim Association and the Upper Valley Aquatic Center take no responsibility for the security, safety, or anything else related to the tents and anything left overnight.
- **Entering the facility from the concessions/tents area.** Swimmers, coaches, and parents may enter the facility from the tent area.
- Note that it is wise to wear shoes/sandals when outside.

We welcome you to the Upper Valley Aquatic Center. Please enjoy your stay.