

2021 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 – revised times	<u>Warm-up</u>	<u>Meet</u>
Saturday Morning - Girls 8&U, Boys 9-10	8:15 AM	9:20 AM
Saturday Afternoon – Girls 11-12, Boys 11-14	12:30 PM	1:45 PM
Sunday Morning – Girls 9-10, Boys 8&U	8:15 AM	9:20 AM
Sunday Afternoon – Girls 13-18, Boys 15-18	12:30 PM	1:45 PM

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

COVID Protocols – we need to protect our children and ourselves

- Everyone inside the facility **must wear a mask** at all times except when swimming.
- Masks are strongly encouraged but not required outdoors – remember that vaccinated people can still be carriers of the virus and spread it to children who are not vaccinated.
- There will be no spectators indoors (except for parents of Seniors during the Senior Ceremony)
- Parents are welcome to hang out with their teams outside in the tent area.
- There will be no locker rooms / changing rooms. Swimmers must wear their suit to and from the pool. There will be indoor restrooms available for swimmers and adults, easily accessible from the outdoor tent area.
- The meet will be live streamed on the free UVAC You Tube site. The picture will be static until the start of the actual events. The feed will be available during the meet as well as after the meet.
 - Saturday August 7: <https://youtu.be/dYwfmuiExac>
 - Sunday August 8: <https://youtu.be/2IWGO4IVigl>

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. Remember that masks must be worn when working an assignment indoors.

Before Leaving Home

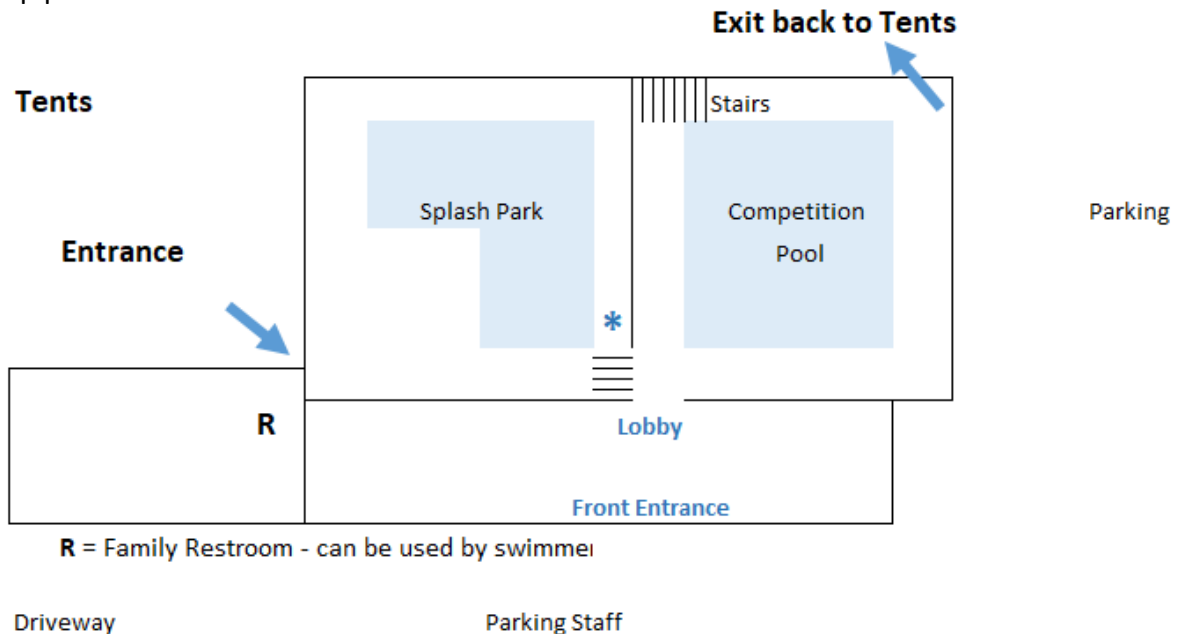
- Have your swimmer put on their suit at home and wear it to the meet. Restrooms will be available for swimmers and adults but no changing rooms.
- Ensure your swimmer has several masks. Masks get wet during a session or get lost outside. Having several masks will help.

Everyone Must Wear a Mask When Inside the Facility

- 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).
- **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.

Arriving at the Meet

- Everyone will enter the facility via the Meet Entrance on the backside of the facility (the inner corner of the L shape). No Meet Participants will be using the front entrance or employee entrance of the facility (UVAC fitness members will be using their normal front entrance and will not be interacting with meet activities.)
- When arriving, families should find their team tent.
- Swimmers should be ready on the pool deck at the start of your team's assigned warm-up period.



Parking

- All parking will be on-site with no charge
- Please following the directions of the parking attendants as they direct cars to specific spots.
- Extra long vehicles (e.g., RVs) and trailers cannot park on site.
- Afternoon participants – please try to arrive no more than 30 minutes before your scheduled warm-ups. There will be parking spaces; we just need to finish clearing out the cars from the morning sessions.

Outside and Restrooms

- **Tents/tarps may be set-up outside** on the left side and behind the building. 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 if well secured to the ground. Tents may be set up Friday night between 4:00 and 5:00 pm. Vermont Swim

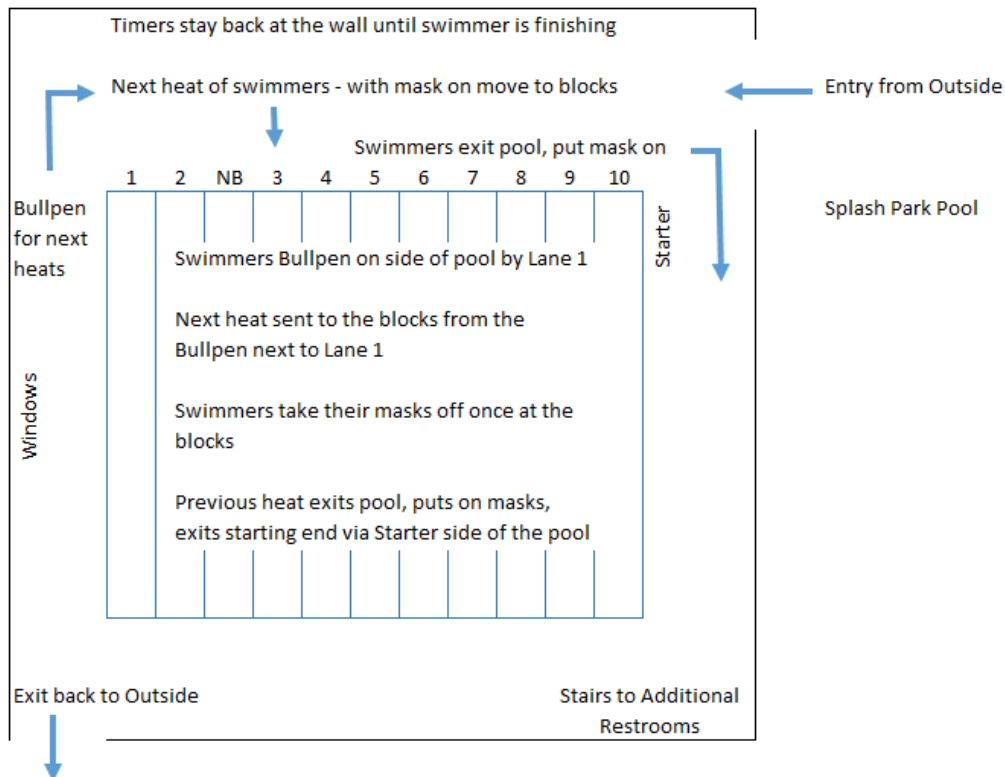
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Association and the Upper Valley Aquatic Center take no responsibility for the security, safety, or anything else related to the tents and anything left overnight.

- **Restrooms will be available** in the unisex Family Rest Rooms just inside that entrance. These restrooms can be used by swimmers and adults. These facilities should NOT be used as changing rooms. Swimmers should wear their suit to the pool.
 - **Cell phones** may not be used in the rest room area. (It's a privacy issue due to cameras on the phones.)
 - **Masks must be worn in the restroom** just like anywhere else inside the facility.
- **Masks** are required outside but strongly encouraged.
- **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** up to 500 feet of the facility.

During the Meet

- **Spectators are not allowed inside.**
- This is a pre-seeded meet. **There WILL be a Bullpen.** The bullpen or staging area is along the side of the pool by lanes 0 and 1. Assigned workers will help swimmers get organized into heats and lanes. One heat of swimmers will be sent behind the blocks while the previous heat is in the water.
- Swimmers will wear their masks to the block. There are hooks on the back of the blocks where swimmers may hang their masks while they swim.
- At the conclusion of a heat, swimmers will stay in the water until the next heat starts. The completed heat will get out of the water, put their masks on and leave the starting end of the pool by walking around the starter/computer table side of the pool to go visit their coach.
- Flow around the pool deck



Everyone Must Wear a Mask When Inside the Facility

- - Mask Runners (an assigned job) will carry masks from the start end of the pool to the finish end of the pool for all the 25 yard events.
 - The meet will have a live stream of action in the pool and the results on the scoreboard. The picture will be static until the start of the actual events each session.
 - Saturday August 7: <https://youtu.be/dYwfmuiExac>
 - Sunday August 8: <https://youtu.be/2IWGO4IVigl>
- The live stream will be available during the meet as well as after the meet.
- 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. The live stream will show the unofficial times on the scoreboard.
 - **Results will be posted** on the pool deck and outdoors. Results will also be posted throughout the meet on the MeetMobile app. (Meet name VSA 2021 State Championships).
 - Two **Warm-up/Warm-down lanes** will be available to swimmers during the afternoon sessions.
 - 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 will be an outdoor food concession stand provided by the Poolside Café.
- K&B Sportswear will be on site selling swimming equipment.
- Fine Designs will be outside selling meet t-shirts and other apparel.

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. The trophy ceremonies will likely be held outdoors.
- **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 and relay events for 1-3 places. Ribbons will be given to individual places 4-12 and relay places 4-6.

Good luck to all the Swimmers! May you all swim fast and have fun!