

2022 Regionals Hosted by UVAC

February 11-13 at the Upper Valley Aquatic Center, White River Junction, Vermont

Information for Parents and Coaches

FEEL SAFE – To be safe, we are maintaining our Covid protocols:

- Spectators are not allowed. Parents not working in assigned roles will have to stay outside the facility.
- All workers, officials, and coaches will wear masks at all times. Swimmers will wear masks up to the point of stepping up to the blocks for their event.
 - Swimmers should bring several masks. Masks will get wet when put on after swimming.
 - They should also bring a plastic bag to put their mask in. There are hooks on the back of the blocks for hanging some masks
- Everyone's temperature will be checked each time entering the facility. Obviously, anyone not feeling well or exhibiting any symptoms should not attend the meet.
- Showers will NOT be available until the end of the day. Swimmers should wear their suit to and the meet.

NOT COMING?

- Not coming to the meet? Please tell your coach as soon as possible during the week if you are no longer coming.
- Coaches – tell Mary of scratches as soon as possible

MEET SCHEDULE – Saturday afternoon start time is later than original meet info.

Session	Warmups Start	Session Starts	Approximate End Time	
Friday Evening	5:00 PM	6:00 PM	~7:10 PM	
Saturday Morning	8:15 AM	9:30 AM	~12:15 PM	
Saturday Afternoon	1:15 PM	2:30 PM	~5:20 PM	Earlier start time
Saturday 1000	1 Heat. Will not start before 5:15 and at least 15 minutes after the end of the previous session			
Sunday Morning	8:15 AM	9:30 AM	~12:10 PM	
Sunday Afternoon	1:15 PM	2:30 PM	~5:00 PM	Earlier start time
Sunday 1650s	1 Heat. Will not start before 5:15 and at least 15 minutes after the end of the previous session			

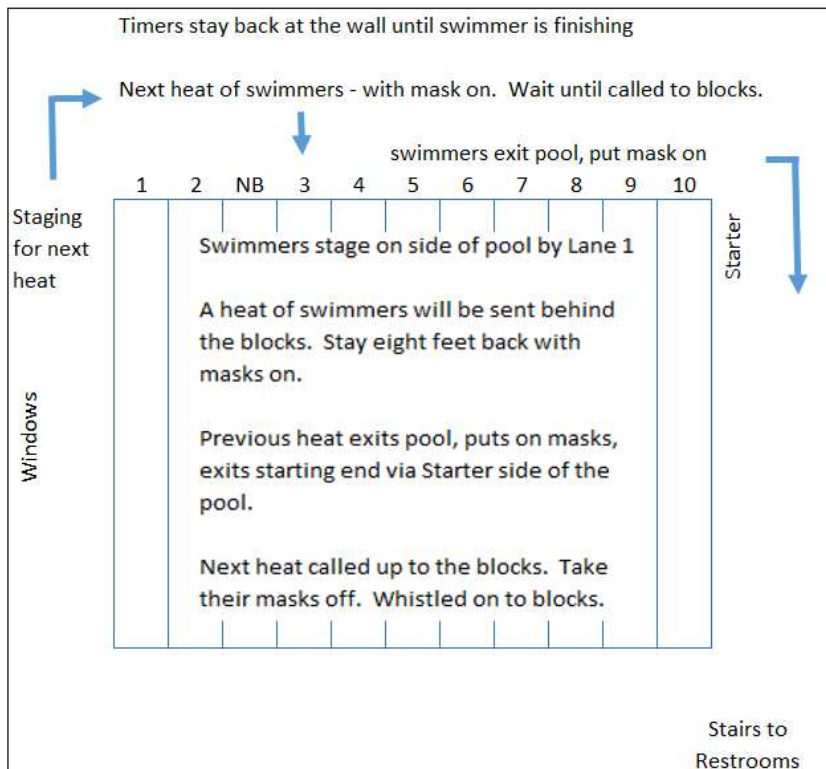
TIMING ASSIGNMENTS: All teams have timing assignments per New England Swimming policy for championship meets. Please review the assignments carefully to find all the assignments for your team. Timing assignments are provided on page 5 of this document. Please arrange to have timers for the entire session. For the 1000 and 1650, 1 parent for each swimmer should plan on being the one timer for the lane.

WARM-UP ASSIGNMENTS: Team warm-up assignments (both times and lanes) are provided in a separate document.

- We will use Meet Mobile to post tentative (not final) results after each heat as much as possible. Some results will change as final times are adjusted for timing changes and disqualifications. Meet Mobile Name: 2022 NE Regionals at UVAC
- Psych sheets are posted on Meet Mobile
- Swimmers with Xs by their entry time are exhibition swims. Their entry time is faster than the Regional qualifying time but slower than Age Groups. They are allowed to swim at Regionals but not receive any awards.

MOVEMENT AROUND THE DECK

- The bullpen or staging area is along the side of the pool by lanes 0 and 1. Coaches 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.
- Warm-down lanes in lanes 0 and 1 will be available for swimmers 13 and over.
- Coaches – send your swimmers (especially the younger ones) over to the Bullpen in plenty of time in advance of their heat.
- For relays, teams will be held at the side of the pool until the previous heat has finished.



COACHES

- Please see Jessica Workman the Meet Referee with any medical issues for your swimmers that need approval. Bandages used to cover wounds are permissible. Kinesio taping is not approved for competition under any circumstances and must be removed.

- **Time trials** will be available at the end of each session time permitting. Any USA Swimming registered swimmer may do a time trial. Swimmers not already in the meet must pay the \$27 swimmer participation/travel fee in addition to the \$10/event time trial fee. Swimmers may not swim more than 6 individual events in one day including time trials. Time will be tight between sessions so time trials will be run as quickly and efficiently as possible immediately after the end of each session. There will be no time trials for events 400 yards and longer.
- **Legal splits** can be taken during any race. Coaches are responsible for timing the split, filling out the legal split form (available at the computer table), and turning in the completed form to the computer table.

SALES

- Light snacks and beverages will be for sale during Saturday and Sunday sessions
- T-shirt vendor (Fine Designs custom apparel) will also be available Saturday and Sunday at a booth just outside the facility by the employee entrance.

END OF SESSION PICKUP

- Swimmer pickup is at the same Employee Entrance location as drop off
- It's suggested that parents park, get out of the car and wait for your child near the exit, then escort your child back to your car. It will be easier for your child to find you in person than in a line of unfamiliar cars.
- Any team lost and found will be sent home with the team coaches at the end of the day.

END OF THE MEET

- **Ribbons** will be available at the end of the meet on Sunday. A team representative will pick up all the ribbons. Ribbons for individual events are for 1st – 8th place and relays 1st – 6th. For all 15-18 year olds, awards are on demand only. That means, stop by the awards table to say you would like your award.

AROUND THE AREA

- FYI – White River Junction VT, Hanover and Lebanon NH all have indoor mask mandates.

Timing Assignments for Regionals at UVAC

Friday Evening:

Timers meeting in the Lobby at 5:40

Timing assignments are for all events including the 500 frees.

Back-up		Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10
UVAC (1)		ATST (2)	ATST (1) KYD (1)	EDGE (2)	EDGE (2)	GMA (2)	GMA (2)	UVAC (2)	UVAC (2)

Saturday Morning

Timers meeting in the Lobby at 9:10

Back-up		Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10
UVAC (2)		EDGE (2)	GMA (2)	CVSC (2)	ATST (2)	KYD (2)	BYD (2)	ORO (1) UVAC (1)	UVAC (2)

Saturday Afternoon

Timers meeting in the Lobby at 2:10

Back-up		Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10
UVAC (2)		BYD (1) CRVS (1)	ATST (2)	KYD (2)	LRW (1) ORO (1)	CVSC (1) PVA (1)	SJSC (1) STS (1)	EDGE (2)	UVAC (2)

Saturday Evening – 1000s Free – one heat

1 parent times their own swimmer (and will be backup for adjacent lane)

– no timers meeting – report behind the blocks

Sunday Morning

Timers meeting in the Lobby at 9:10

Back-up		Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10
UVAC (2)		KYD (2)	ATST (1) CRVS (1)	ATST (2)	BYD (2)	EDGE (2)	CVSC (1) LRW (1)	ORO(1) STS (1)	UVAC (2)

Sunday Afternoon

Timers meeting in the Lobby at 2:10

Back-up		Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10
UVAC (2)		PVA (1) SJSC (1)	KYD (2)	GMA (2)	BYD (1) CRVS (1)	EDGE (2)	ATST (2)	ATST (1) UVAC (1)	UVAC (2)

Sunday Evening – 1650s Free – one heat

1 parent times their own swimmer (and will be backup for adjacent lane)

– no timers meeting – report behind the blocks