

2022 Silver Championships at UVAC

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

Information for Parents and Coaches Revised 03/09/21 – Saturday afternoon sessions

FEEL SAFE – To be safe, we are maintaining our Covid protocols that have been successful throughout the 2021-22 Season:

- 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 and locker rooms 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 finishes earlier than originally stated

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	~12:00 PM	
Saturday Afternoon	1:00 PM	2:15 PM	~4:50 PM	Earlier end time
Saturday 1000	3 heats maximum. Will not start before 5:00 and at least 15 minutes after the end of the previous session			
Time Change – Clocks move ahead one hour overnight				
Sunday Morning	8:15 AM	9:30 AM	~12:00 PM	
Sunday Afternoon	1:00 PM	2:15 PM	~4:40 PM	
Sunday 1650s	1 Heat. Will not start before 4:50 and at least 15 minutes after the end of the previous session			

EQUIPMENT DRIVE: The athlete representatives of the NES Diversity, Equity, and Inclusion (DEI) Committee are running an equipment drive at each Silvers meet location. There will be a

drop box in the lobby for swimming equipment (e.g., kick boards, pull buoys, fins, snorkels, bags) that can be passed on to others in need.

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.

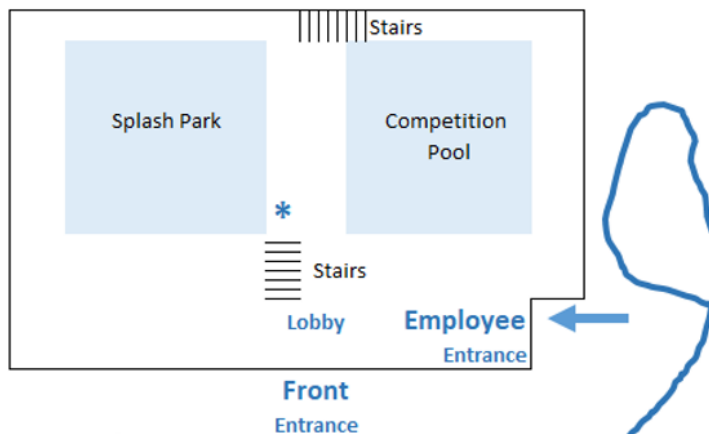
WARM-UP ASSIGNMENTS: Team warm-up assignments (both times and lanes) are provided in a separate document.

LIVE STREAM LINKS TO WATCH THE RACES

- The swimming events will be live streamed on the UVAC YouTube channel.
 - Friday, March 11: https://youtu.be/9YzU_c56608
 - Saturday, March 12: <https://youtu.be/Mb7uWttG73o>
 - Sunday, March 13: <https://youtu.be/-WlpJL5Hsa0>
 - The screen will show a static screen until a session actually starts
 - Video will be available to watch during and after the meet

ARRIVAL INFORMATION

- Swimmer drop off and pick up will be at the Employee Entrance on the far side of the facility.



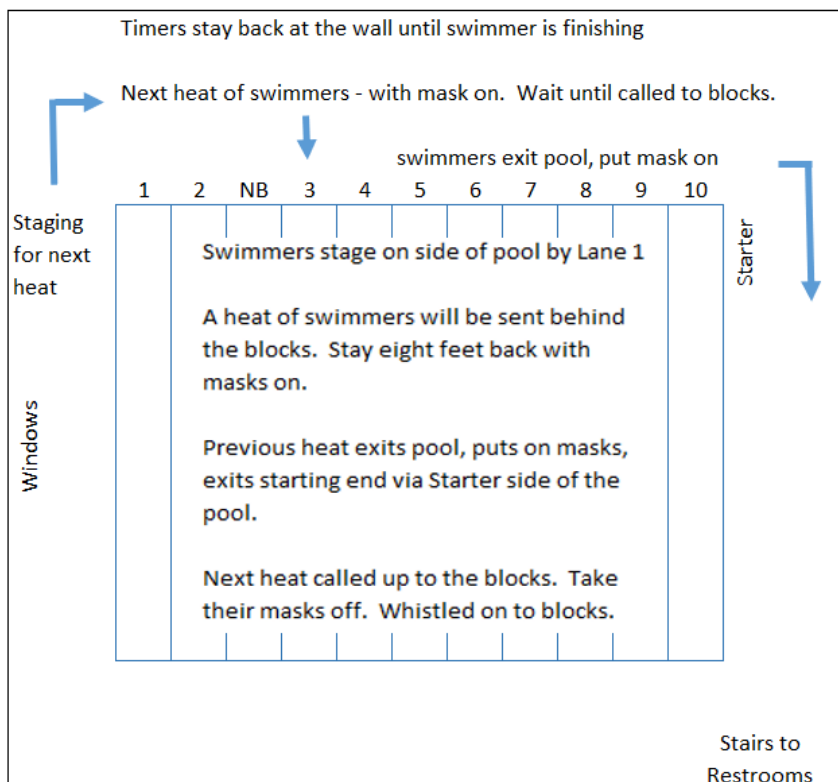
- Traffic flow within the facility will be well marked. The Employee Entrance hallway will take the swimmers directly to the check in table in the lobby where the swimmer will get their temperature checked. Facility staff will help provide directions.
- Swimmers will then go up the stairs to what would normally be the spectator space to meet their coach and teammates.
- Coaches will help move the swimmers down to their assigned space.
- There are swimmer restrooms at the starting end of the spectator balcony.
- Adults (coaches, officials, workers) who have not been to UVAC in the past year will need to complete and sign a liability waiver when they arrive. Swimmers are covered under the team waiver.
- Parents can park for free in the parking lot.

EVENTS

- Officials – please contact Jessica Workman if you are interested in helping officiate. Jessworkman.swim@gmail.com
- Friday and Saturday sessions will be pre-seeded on Friday morning. Sunday sessions will be pre-seeded Saturday afternoon. We will provide coaches with copies of heat sheets and each swimmers list of entries/heats/lanes. Coaches will distribute or post for their team. Heat sheets will also be posted for free to MeetMobile.
- 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 UVAC Silver Championships
- Psych sheets are posted on Meet Mobile

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.
- **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 – 3rd. There are no ribbons for 15-18 year olds.

AROUND THE AREA

- FYI – White River Junction VT, Hanover and Lebanon NH all had indoor mask mandates through March 7. Policies may change by March 11. Stores, restaurants, and hotels may choose to continue to require masks even if town mandates are removed.

Timing Assignments for Silver Championships 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)		ABF (2)	ABF (2)	BYB (2)	EDGE (2)	GMA (2)	SOLO (2)	STRM (2)	JCCS (1) UVAC (1)

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)		BYB (2)	BYB (1) KYD (1)	ABF (2)	JCCS (1) STRM (1)	SOLO (2)	EDGE (2)	BYD (1) CVSC (1)	ORO (1) UVAC (1)

Saturday Afternoon

Timers meeting in the Lobby at 1:55

Back-up		Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10
UVAC (2)		CONY (1) CRVS (1)	EDGE (2)	JCCS (1) PVA (1)	RAYS (1) SOLO (1)	BYB(1) STRM (1)	GLYB (1) KYD (1)	ABF (2)	UVAC (2)

Saturday Evening – 1000s Free – three heats

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

– no timers meeting – report behind the blocks

Time Change – Clocks move ahead one hour overnight

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)		EDGE (1) GLYB (1)	GMA (1) KYD (1)	BYB (2)	STRM (2)	ABF (2)	LRW (1) SOLO (1)	RAYS (1) YMNT (1)	UVAC (2)

Sunday Afternoon

Timers meeting in the Lobby at 1:55

Back-up		Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10
UVAC (2)		BYD (1) KYD (1)	SOLO (2)	ABF (2)	GMA (1) RAYS (1)	EDGE (2)	BYB (2)	STRM (2)	PVA (1) UVAC (1)

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