

# 2023 NE Silver Championships at UVAC

February 3-5 at the Upper Valley Aquatic Center  
White River Junction, Vermont

## Information for Parents and Coaches

Thank you all for entering the Silver Championships at UVAC. There are a few details we would like to share in preparation for the meet to help it run as smooth and efficiently as possible.

**UVAC Weather Hotline:** 802-698-8361. This has a recorded message if there are any changes to the scheduling of the meet. It's highly unlikely UVAC would cancel a meet due to weather but you never know. Outdoor temperatures are predicted to be low during the weekend, especially Saturday.

**Meet Schedule** – Here are the **UPDATED** warm-up times and estimated time line for each session. Warm-up times are slightly different than listed on the original meet announcement.

Session	Warmups Start	Session Starts	Approximate End Time
Friday Evening	5:00 PM	6:00 PM	~7:30 PM
Saturday Morning	8:20 AM	9:25 AM	~1:10 PM
Saturday Afternoon	2:00 PM	3:05 PM	~6:00 PM
Saturday 1000	1 Heat. Will not start before 6:15 and at least 15 minutes after the end of the previous session.		
Sunday Morning	8:20 AM	9:25 AM	~1:10 PM
Sunday Afternoon	2:00 PM	3:05 PM	~6:00 PM
Sunday 1650s	1 Heat. Will not start before 6:15 and at least 15 minutes after the end of the previous session		

### NOT COMING?

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

**Distance Events Friday Night:** Friday night's events are the 400 Free Relays, 400 IM and the 1000 Free. Teams are required to provide 2 timers for each of their swimmers in a heat. All events will be swum slowest to fastest. Scratches are due by 5:20 pm.

**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 Friday night session, and Saturday and Sunday distance sessions, teams will provide their own timers for their swimmers.

**Warm-up Assignments:** Team warm-up assignments (both times and lanes) are listed on the last pages of this document. Note warm-up times and lanes change each session and day. All teams will use sit and slide procedures to enter the water for warm-ups at all warm-up sessions. No equipment is allowed during 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. <https://uvacswim.org/about/hours-directions/>
- Everyone will **enter** the facility through the front doors.

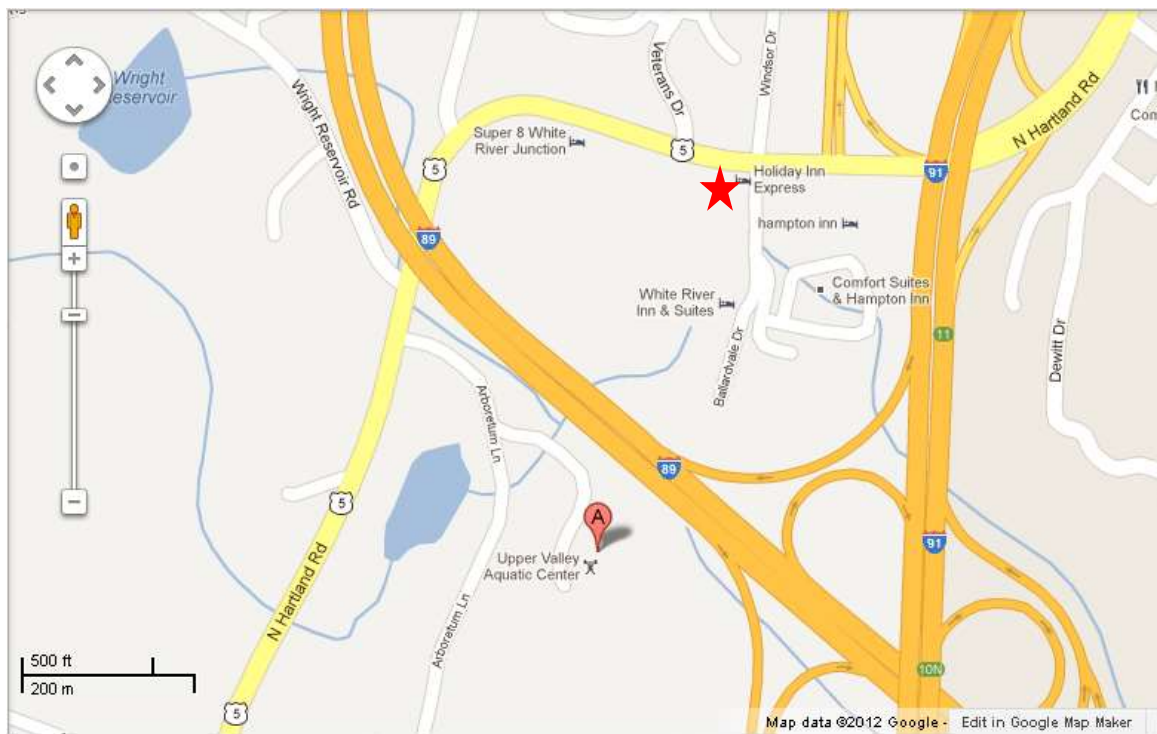
### Parking:

Parking is free at UVAC on **FRIDAY** evening.

On Saturday and Sunday, there will be **FREE PARKING** at the **shuttle lot** ★ at the beginning of Ballardvale Drive in front of the White River Inns and Suites. The shuttle will not be stopping at any hotels. The shuttle runs about every 10 -12 minutes.

If you choose the convenience of parking at UVAC the cost is \$20/day or \$30/weekend. Please bring exact cash \$5, \$10, or \$20 bills (**NO CHECKS or CREDIT CARDS**) to help speed up the entry process. Parking attendants will collect the money and issue the passes at the UVAC driveway entrance on Arboretum Lane.

UVAC asks that you make a decision to either use the free shuttles or buy the passes, but not drive to the entrance to drop off your athletes because it jams up the road. **Do not park in other businesses parking lots as your vehicles will be towed.**



## Coaches:

- Make sure credentials (background check, Athlete Protection training, etc.) are up-to-date. Make sure you can pull up your credentials in the USA Swimming app on your phone (or print your card). You will check in at the Coaches/Officials table in the lobby each day.
- 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.

## Officials

- **Sign up for officiating** is in the Hospitality room on the pool deck (behind lane 1). The Officials meeting starts 45 minutes before the start of the meet. Contact Jessica Workman ([jessworkman.swim@gmail.com](mailto:jessworkman.swim@gmail.com)) if you have any questions before the meet.
- Make sure credentials (background check, Athlete Protection training, etc.) are up-to-date. Make sure you can pull up your credentials in the USA Swimming app on your phone (or print your card). You will check in at the Coaches/Officials table in the lobby each day.
- Apprentices are welcome to help out. Credentials are not required.

## 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.
- 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 photography from behind the blocks**. Photography is not allowed from any angle behind the blocks whether standing on deck or by the Admissions table up in the stands
- **Photography from the pool deck**. No photography or video recording is allowed on deck unless it's a swimmer or coach or individual approved by the Admin Official (Mary). The adult photographer must be credentialed by USA Swimming (show their non-athlete member card) and check in with Mary before the start of the session to go over rules for photography on deck.
- **There is no Bullpen**. Heat and lane assignments will be listed posted on the pool deck and given to coaches. Heat Sheets with heat and lane assignments will be available for parents to purchase at the end of each warm-up session. Coaches and swimmers are responsible for ensuring swimmers are behind the blocks at the correct time.
- 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. A swimmer from a previous heat may have gone faster than listed on the scoreboard. Only coaches can approach the timing table to question posted results.
- 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.

## Warm-up / Warm-Down During the Meet

- We will be using 8 lanes for competition
- Lanes 0 and 1 will be available for warm-up and warm-down throughout each session.

## Relays

- Coaches have submitted relays were applicable/desired with a tentative list of swimmers in each relay. Coaches may decide to change the swimmers or the order of swimmers in a relay.
- Coaches – relay slips will be available by the team folders to use for changing any of your relay swimmers or orders. If relays are the same as on the scratch sheets, no new relay slip is needed.

### **Time Trials**

- **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 \$32 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 trials will be run as quickly and efficiently as possible immediately after the end of each session. Swimmers from a different session can warm-up in the warm-down lanes during the session. There will be no time trials for events 400 yards and longer.

### **Vendors**

- The small **Poolside Café** will be in operation all weekend
- **Fine Designs** clothing will be on site in the lobby both Saturday and Sunday
- **K&B Sportswear** (suits, swim supplies) will be in the lobby on Saturday and Sunday only. Becky will be available for sizing tech suits Friday evening and on Sunday.

**Admission** is free. Heat Sheets will be available for \$3 each Saturday and Sunday session. Friday and distance session heat sheets will be free.

**On-line Psych Sheets and Results:** meet psych sheets and results will be posted to the MeetMobile app (2023 NE UVAC Silvers).

### **Live Stream**

- Live Stream of all sessions will be available through a LiveBarn subscription. See separate document *LiveBarn Live Feed Available at UVAC Meets.pdf* for information and instructions.

### **Locker Rooms and Rest Rooms**

- Swimmers may use the locker rooms and the restrooms in the locker rooms
- Spectators should use the restrooms at the top of the stairs of the spectator area
- Coaches and officials should use the restrooms in lobby hallway by the Café

**Ribbons:** Ribbons will be given to the top 6 places in each individual event and top 3 places in each relay event for any of the 14 and under age groups. Coaches will pick up ribbons at the end of the meet and work on distributing to swimmers back at home pools.

## Timing Assignments for Silver Championships at UVAC

### Friday Evening:

Parents or coach times their own swimmer – two timers per lane  
– no timers meeting – report behind the blocks

### Saturday Morning

Timers' meeting in the room behind lane 1 at 9:00 AM

Back-up		Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10
UVAC (2)		BYD (1) CVSC (1)	ATST (2)	CRIM (2)	CRIM (1) GMA (1)	HRY (1) LRW (1)	EDGE (2)	PVA (1) UVAC (1)	UVAC (2)

### Saturday Afternoon

Timers' meeting in the room behind lane 1 at 2:40 PM

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

Waiting to hear back first from Solo on taking on an additional assignment Saturday afternoon

### Saturday Evening – 1000s Free – one heat

Parent or coach times their own swimmer – ideally two timers per lane  
– no timers meeting – report behind the blocks

### Sunday Morning

Timers' meeting in the room behind lane 1 at 9:00 AM

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

### Sunday Afternoon

Timers' meeting in the room behind lane 1 at 2:40 PM

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

### Sunday Evening – 1650s Free – one heat

Parent or coach times their own swimmer – ideally two timers per lane  
– no timers meeting – report behind the blocks

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## Warm-up Assignments

### Friday Evening:

	Lane 0	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10		
windows	5:00-5:25	UVAC	UVAC	UVAC	UVAC KING	EDGE MIDD	EDGE	GMA	GMA	GMA	GMA	HRY KYD	balcony
	5:30-5:55	ATST	ATST	ATST	ATST	ATST	CRIM	CRIM	CRIM	CRIM	BYD CVSC	ADDI HYV	

### Saturday Morning:

	Lane 0	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10		
windows	8:20-8:40	UVAC	UVAC	UVAC	UVAC	EDGE	EDGE	EDGE	ATST	ATST	ATST	ATST ADDI	balcony
	8:40-9:00	CRIM	CRIM	CRIM	CRIM	CRIM	CRIM	HRY	MIDD	PVA UN-P	CRVS STS	NEK SJSC WAVE	
	9:00-9:20	GMA	GMA	BYD	BYD	CVSC	CVSC	KYD	KYD	HYV	HYV LRW	LRW	

### Saturday Afternoon:

	Lane 0	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10		
windows	2:00-2:20	UVAC KING	UVAC	UVAC	UVAC	UVAC	UVAC	LRW NEK	HYV	CRVS SJSC	MIDD	MIDD PVA	balcony
	2:20-2:40	KYD	KYD	KYD	ATST	ATST	ATST	CVSC	BYD	BYD	BYD GMA	GMA	
	2:40-3:00	CRIM	CRIM	CRIM	CRIM	CRIM	EDGE	EDGE	EDGE	HRY	WAVE	ADDI STS	

### Saturday Distance: Race heats will start no earlier than **6:15** – maximum of three heats

Can start warm-up in warm-down lanes during afternoon session. Plus 4 lanes for fifteen minutes between end of afternoon session and start of distance heat. We may be using rest of the pool for time trials during those 15 minutes.

**Sunday Morning:**

	Lane 0	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10		
windows	8:20-8:40	UVAC	UVAC	UVAC	UVAC	CVSC	CVSC	KYD	KYD	HYV	HYV LRW	LRW	balcony
	8:40-9:00	GMA	GMA	BYD	BYD	EDGE	EDGE	EDGE	ATST	ATST	ATST	ATST ADDI	
	9:00-9:20	CRIM	CRIM	CRIM	CRIM	CRIM	CRIM	HRY	MIDD	PVA UN-P	CRVS STS	NEK SJSC WAVE	

**Sunday Afternoon:**

	Lane 0	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10		
windows	2:00-2: 20	UVAC KING	UVAC	UVAC	UVAC	UVAC	UVAC	CVSC	BYD	BYD	BYD GMA	GMA	balcony
	2:20-2:40	CRIM	CRIM	CRIM	CRIM	CRIM	EDGE	EDGE	EDGE	HRY	WAVE	ADDI STS	
	2:40-3:00	KYD	KYD	KYD	ATST	ATST	ATST	LRW NEK	HYV	CRVS SJSC	MIDD	MIDD PVA	

**Sunday Distance: Race heat will start no earlier than 6:15 – one heat total**

Can start warm-up in warm-down lanes during afternoon session. Plus 3 lanes for fifteen minutes between end of afternoon session and start of the distance heat. We may be using rest of the pool for time trials during those 15 minutes.