

2024 Bronze Championships at UVAC

January 19-21 at the Upper Valley Aquatic Center
White River Junction, Vermont

Information for Parents and Coaches

EVERYONE - make sure to read the parking instructions on page 2. The free parking lot with shuttle bus is in a different location for this meet.

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.

Meet Schedule – Here are the **UPDATED** warm-up times and estimated time line for each session. Afternoon sessions are earlier than listed in the original meet announcement

Session	Warmups Start	Session Starts	Approximate End Time
Friday Evening	5:15 PM	6:00 PM	~6:45 PM
Saturday Morning	8:20 AM	9:25 AM	~12:40 PM
Saturday Afternoon – earlier start time	1:30 PM	2:35 PM	~4:45 PM
Saturday 1000	1 Heat. Will not start before 5:00 and at least 15 minutes after the end of the previous session.		
Sunday Morning	8:20 AM	9:25 AM	~12:10 PM
Sunday Afternoon – earlier start time	1:00 PM	2:05 PM	~4:30 PM

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

Friday Night Session: 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 5:30 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 distance session, 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: New location for free shuttle lot parking

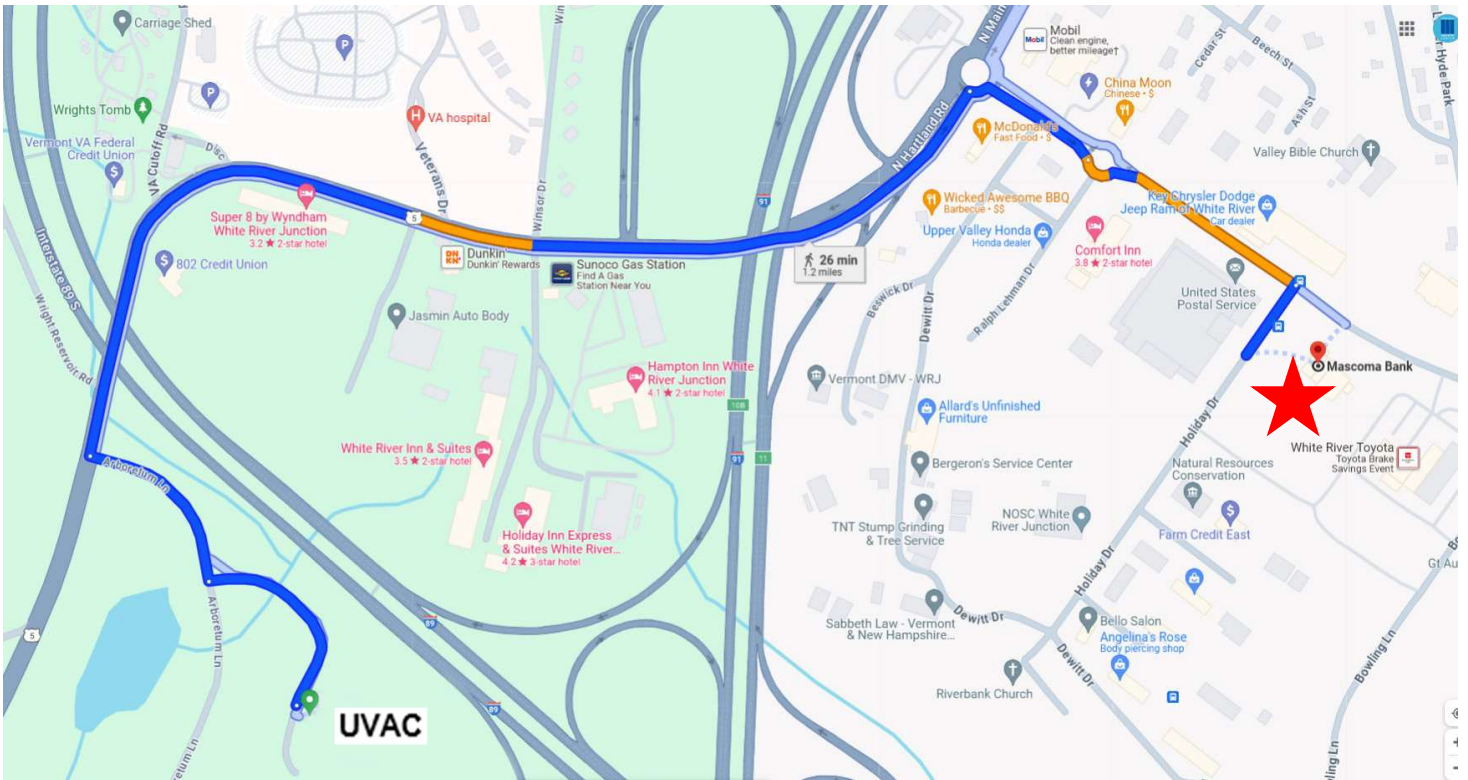
Parking is free on-site at UVAC on **FRIDAY** evening. There is no shuttle Friday

********* On Saturday and Sunday, there will be **FREE PARKING** at the **shuttle lot**  behind Mascoma Bank. 243 Sykes Mountain Ave, White River Junction

The shuttle will not be stopping at any hotels. The shuttle runs about every 10 -12 minutes. Service begins an hour before morning warm-ups and continues up to an hour after the afternoon sessions finish.

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. A Saturday only parking pass cannot be upgraded on Sunday to a Weekend pass.

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) 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 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.

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.

Admission is free.

On-line Heat Sheets and Results: free meet heat sheets and results will be posted to the MeetMobile app (2024 NE Bronze Championships at UVAC).

Live Stream

- Live Stream of all sessions will be available through a LiveBarn subscription. www.livebarn.com
- Venue is Upper Valley Aquatic Center
- For more information go to the UVAC Swim Meets page <https://uvacswim.org/swimming/swim-team/swim-meets/> and scroll to the Watch All UVAC Swim Meets on LIVEBARN

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. Coaches will also receive Bronze Championships bag tags to distribute to all participants.

Using the Facility: The Splash Park and Fitness rooms will be open each day. Day Passes must be purchased to use the Splash Park and other facilities.

- Rules for the use of the Splash Park including fees and parent accompaniment requirements can be found at: <https://uvacswim.org/kids/splashpark/> Note that there will be lessons in the Splash Park most of the mornings on Saturday and Sunday.
- Day Use Pass information to use the fitness space or join a weekend group class can be found at: <https://uvacswim.org/memberships/day-passes/>

Timing Assignments for Bronze Championships at UVAC

Friday Evening:

Parents/teams are timing their swimmers

– no timers meeting – report behind the blocks

400 IM parents/timers should be on deck at 5:55 pm

Saturday Morning

Timers meeting in the Lobby at 9:00

Back-up		Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10
UVAC (2)		ADDI (1) CONY (1)	BYD (2)	CVSC (1) EDGE (1)	KYD (1) LRW (1)	ORO (2)	MIDD (1) PVA (1)	UVAC (2)	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)		CVSC (1) MIDD (1)	CONY (2)	BYD (2)	ADDI (1) EDGE (1)	KYD (2)	PVA (1) SAS (1)	ORO (1) UVAC (1)	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 9:00

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

Sunday Afternoon

Timers meeting in the Lobby at 1:40

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

2024 UVAC Bronze Championships 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	5:15-6:00	UVAC	UVAC	EDGE	EDGE	ORO	ORO	LRW SAS	PVA	BYD CONY	CVSC	ATLA KYD	balcony

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 UN	UVAC	UVAC	UVAC	UVAC	UVAC	MIDD	MIDD	EDGE	EDGE	EDGE	balcony
	8:40-9:00	CONY	CONY	CONY	ATLA LRW	LRW	SAS	KYD STS	KYD	KYD	ADDI	ADDI	
	9:00-9:20	BYD	BYD	BYD	CVSC	CVSC EVRG	CRVS	PVA	PVA	ORO	ORO	ORO	

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	1:30-1:50	UVAC	UVAC	UVAC	UVAC	UVAC	CRVS LRW	EVRG NEK	MIDD	PVA	PVA STS	SAS	balcony
	1:50-2:10	BYD	BYD	BYD	ATLA	ATLA	CVSC	CVSC	CVSC	ORO	ORO	ORO	
	2:10-2:30	EDGE	EDGE	EDGE	ADDI	ADDI	CONY	CONY	KYD	KYD	KYD	KYD	

Saturday Distance 1000: Race heat will start no earlier than 5:00 – maximum of one heat

In warm-down lanes during afternoon session. Plus 3 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.

Warm-up Assignments - continued

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 UN	UVAC	UVAC	UVAC	UVAC	UVAC	KYD STS	KYD	KYD	ADDI	ADDI	balcony
	8:40-9:00	BYD	BYD	BYD	CVSC	CVSC EVRG	CRVS	PVA	PVA	ORO	ORO	ORO	
	9:00-9:20	CONY	CONY	CONY	ATLA LRW	LRW	SAS	MIDD	MIDD	EDGE	EDGE	EDGE	

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	1:00-1:20	UVAC	UVAC	UVAC	UVAC	UVAC	CVSC	CVSC	CVSC	ORO	ORO	ORO	balcony
	1:20-1:40	EDGE	EDGE	EDGE	ADDI	ADDI	CONY	CONY	KYD	KYD	KYD	KYD	
	1:40-2:00	BYD	BYD	BYD	ATLA	ATLA	CRVS LRW	EVRG NEK	MIDD	PVA	PVA STS	SAS	

Sunday Distance: Race heat will start no earlier than 5:00 – one heat total

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.