

**2024 Silver Championships at UVAC**  
 February 2-4 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 winter.**

**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 warm-up times and estimated time line for each session.

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	~1:00 PM
Saturday Afternoon	2:00 PM	3:05 PM	~5:35 PM
Saturday 1000	1 Heat. Will not start before 5:45 and at least 15 minutes after the end of the previous session.		
Sunday Morning	8:20 AM	9:25 AM	~1:25 PM
Sunday Afternoon	2:00 PM	3:05 PM	~5:45 PM
Sunday 1650	1 Heat. Will not start before 6:00 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

**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. There are timing assignments for the full Friday night session. Parents are responsible for timing the 1000 and 1650 distance events on Saturday and Sunday.


**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 this winter for free shuttle lot parking

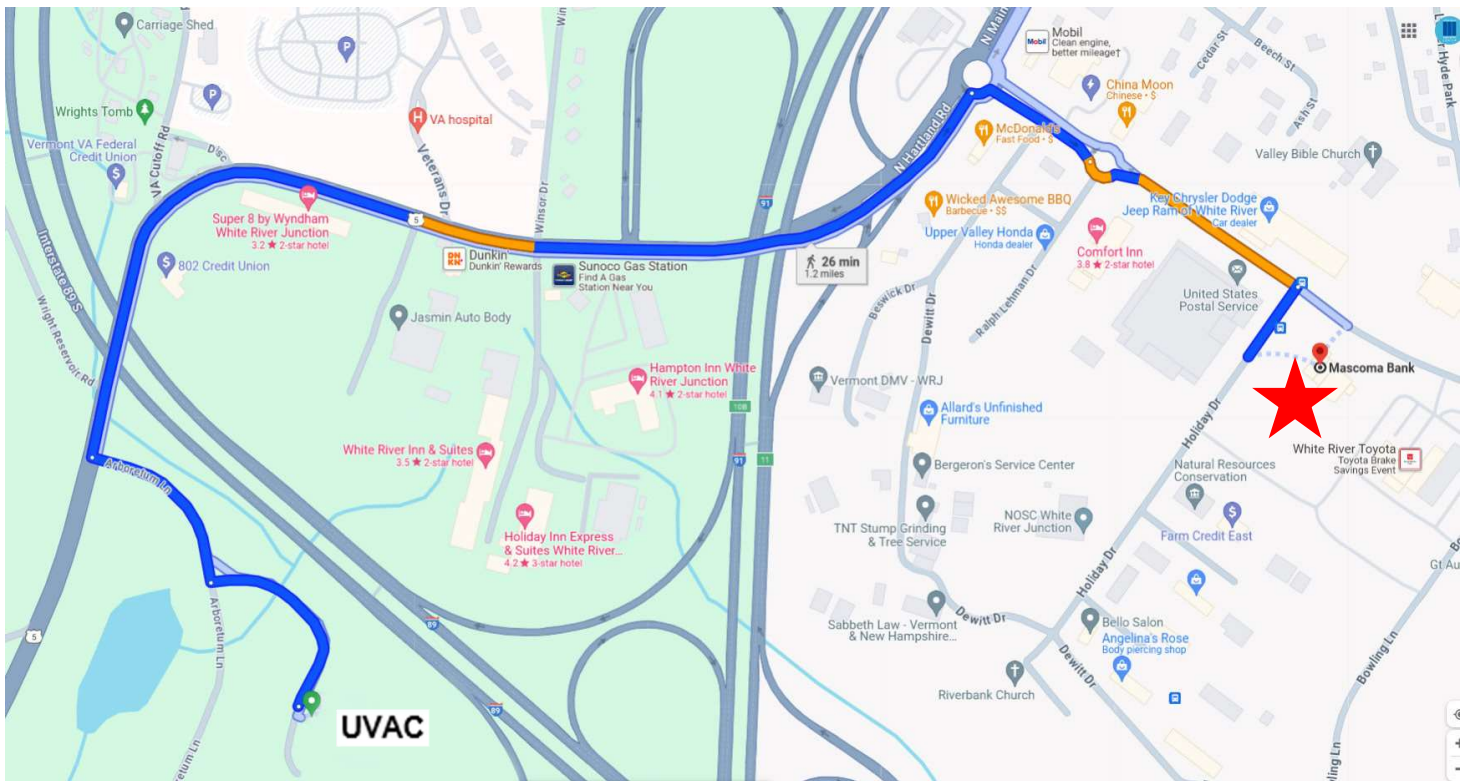
Parking is free on-site at UVAC on **FRIDAY** evening. There is no shuttle Friday

**\*\*\*\*\*** 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](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 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. They have both hot and cold options, made to order and grab and go.
- **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 ONLY.

**Admission** is free.

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

### Live Stream

- Live Stream of all sessions will be available through a LiveBarn subscription. [www.livebarn.com](http://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. All users of the Splash Park must have purchased a day pass at the front desk.
- 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 Silver Championships at UVAC

Teams and number of timers from each team in each lane

### Friday Evening:

Timers' meeting in the lobby at 5:45 PM

This session has timing assignments for the entire session rather than having parents time their own swimmers.

Back-up		Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10
UVAC (1)		ATST (2)	CRIM (2)	CRIM (2)	CRIM (1) HYV (1)	EDGE (2)	EDGE (1) SYT (1)	SOLO (2)	UVAC (2)

### Saturday Morning

Timers' meeting in the lobby 9:00 AM

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

### Saturday Afternoon

Timers' meeting in the lobby 2:40 PM

Back-up		Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10
UVAC (2)		ATLA (1) BYD (1)	ATST (1) CRIM (1)	CRIM (2)	SOLO (2)	PVA (1) SEAC (1)	EDGE (2)	HYV (1) KYD (1)	GYT (1) SYT (1)

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 lobby at 9:00 AM

Back-up		Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10
UVAC (2)		MIDD (2)	ADDI (1) BYD (1)	CVSC (1) GYT (1)	ATST (2)	CRIM (2)	HYV (1) SAS (1)	SOLO (2)	LRW (1) WAVE (1)

### Sunday Afternoon

Timers' meeting in the lobby at 2:40 PM

Back-up		Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10
UVAC (2)		SOLO (2)	HYV (1) SOLO (1)	KYD (2)	EDGE (1) CVSC (1)	CRIM (2)	CRIM (1) BYD (1)	ADDI (1) ATLA (1)	ATST (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	5:00-5:30	UVAC	UVAC	ADDI BYD CVSC	EDGE	EDGE	EDGE	GYT	HRY SEAL	SOLO	SOLO	KYD PVA SEAC	balcony
	5:30-6:00	CRIM	CRIM	CRIM	CRIM	ATST	ATST	HYV	HYV	HYV	SYT	LRW MIDD SAS	

### 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	CRIM	CRIM	CRIM	CRIM	CRIM	EVRG SYT WAVE	ADDI	ADDI SEAC	balcony
	8:40-9:00	EDGE	EDGE	KYD	BYD	BYD SEAL	GYT	GYT LRW	LRW	MIDD STS	MIDD	ATLA PVA	
	9:00-9:20	SOLO	SOLO	SOLO	ATST	ATST	ATST	ATST	CVSC HRY	HYV	HYV	SAS SNAP	

### 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	UVAC	UVAC	LRW MIDD SNAP	NEK SEAC	CRIM	CRIM	CRIM	CRIM	CRIM	GYT SEAL	balcony
	2:20-2:40	SOLO	SOLO	SOLO	SOLO	SOLO	CVSC SAS	ATST	ATST	ATLA	ATLA HRY	SYT	
	2:40-3:00	EDGE	EDGE	EDGE	KYD	KYD	BYD	BYD STS	HYV	HYV	ADDI	PVA	

### Saturday Distance: Race heats will start no earlier than **5:45** – one heat total

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 UN	UVAC	UVAC	BYD	BYD SEAL	GYT	GYT LRW	LRW	MIDD STS	MIDD	ATLA PVA	balcony
	8:40-9:00	SOLO	SOLO	SOLO	ATST	ATST	ATST	ATST	CVSC HRY	HYV	HYV	SAS SNAP	
	9:00-9:20	EDGE	EDGE	KYD	CRIM	CRIM	CRIM	CRIM	CRIM	EVRG SYT WAVE	ADDI	ADDI SEAC	

**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	UVAC	UVAC	KYD	KYD	CVSC	ATST	ATST	ATLA	ATLA HRY	SAS SYT	balcony
	2:20-2:40	EDGE	EDGE	EDGE	LRW MIDD SNAP	NEK SEAC	BYD	BYD STS	HYV	HYV	ADDI	PVA	
	2:40-3:00	SOLO	SOLO	SOLO	SOLO	SOLO	CRIM	CRIM	CRIM	CRIM	CRIM	GYT SEAL	

**Sunday Distance: Race heat will start no earlier than 6:00 – 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.