

26th Annual Connecticut Valley Invitational

January 5 at the Upper Valley Aquatic Center
White River Junction, Vermont

Information for Parents and Coaches

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

Session	Warmups Start	Session Starts	Approximate End Time
Sunday Morning	8:20 AM	9:25 AM	~1:15PM
Sunday Mid-Day 500s	1:25 PM	1:50 PM	~2:40 PM
Sunday Afternoon	2:50 PM	3:55 PM	~6:30 PM

- Warm-up assignments and timing assignments are on the last page of this document
- Lanes 0 and 1 will be available for warm-up and warm-down throughout each 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.

Getting to the Meet

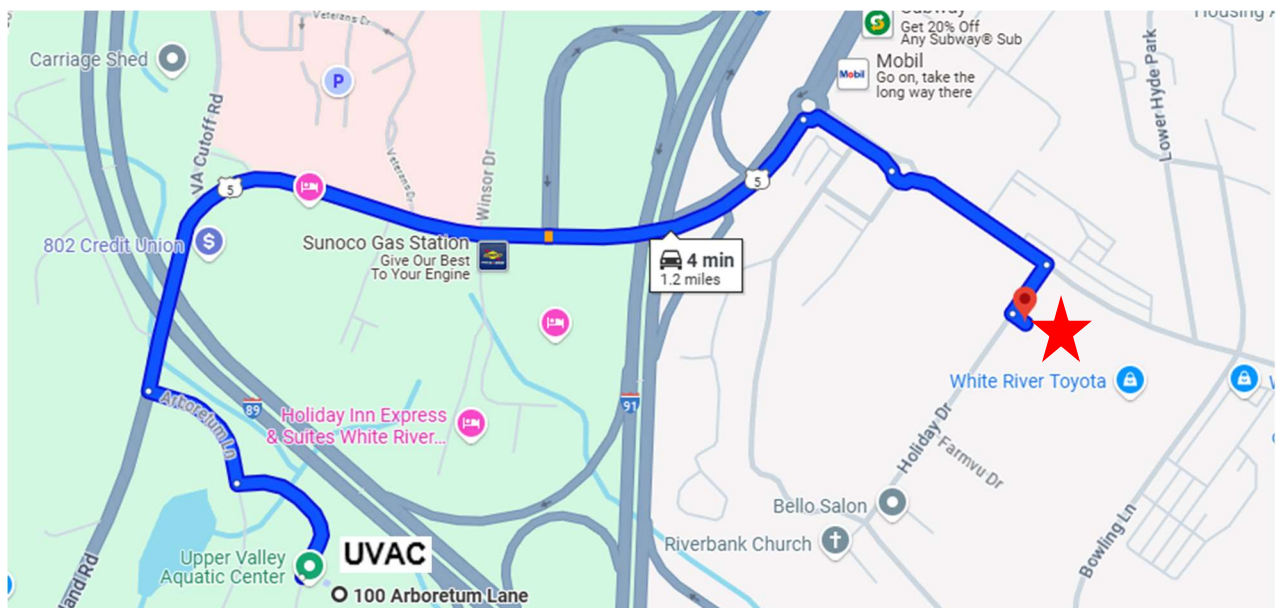
- **Directions:** The Upper Valley Aquatic Center (UVAC) is located at 100 Arboretum Lane in White River Junction, Vermont 05001. <https://uvacswim.org/about/hours-directions/>

Parking:

There will be FREE PARKING at the **shuttle lot** ★ behind Mascoma Bank.
243 Sykes Mountain Ave, White River Junction

Service begins an hour before morning warm-ups and continues up to an hour after the afternoon session.

If you choose the convenience of parking at UVAC the cost is \$20 for the day. 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.



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 Jess 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 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.
- 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. 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.

Time Trials

- **Time trials** will be available at the end of the afternoon session. Any USA Swimming registered swimmer may do a time trial. Swimmers not already in the meet must pay the \$21 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.

Vendors

- The small **Poolside Café** will be in operation on Sunday. They have both hot and cold options, made to order and grab and go.
- There will be no equipment or clothing vendors at this meet

Admission is free.

On-line Heat Sheets and Results: free meet heat sheets and results will be posted to the MeetMobile app (2025 NE UVAC CVI Invitational).

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 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 8 places for all 12 & Under events. Coaches will pick up ribbons at the end of the meet and work on distributing to swimmers back at home pools.

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/>

TEAM ASSIGNMENTS

Warm-ups

All swimmers must use sit in the gutter and slide in the water to enter the water during warm-ups.

Lanes	0	1	2	3	4	5	6	7	8	9	10
8:20-8:40	UVAC	UVAC	UVAC	UVAC	UVAC	UVAC	KYD	KYD	KYD	GYT	GYT EVRG
8:40-9:00	EDGE	EDGE	EDGE	CONY	CONY	MIDD	MIDD	BYD	BYD	CVSC	CVSC PVA
9:00-9:20	CVSA	CVSA	CVSA	ADDI	ADDI	ADDI	LRW	LRW	LRW	SAS	SAS
Lanes	0	1	2	3	4	5	6	7	8	9	10
1:25-1:50	UVAC	UVAC BYD	UVAC	EDGE	EDGE	EDGE ADDI	CVSA CVSC	LRW SAS	KYD PVA	GYT	GYT CONY
Lanes	0	1	2	3	4	5	6	7	8	9	10
2:50-3:10	UVAC	UVAC	UVAC UN	UVAC	UVAC	UVAC	UVAC	CONY	CONY	CVSC	CVSC
3:10-3:30	KYD	KYD	KYD	ADDI	ADDI	CVSA	CVSA	PVA	PVA	SAS	SAS BYD
3:30-3:50	EDGE	EDGE	EDGE	EDGE	EDGE	GYT	GYT	MIDD	MIDD	LRW	EVRG STS

Timing Suggestions – Timers' meetings are in the lobby for the morning and afternoon sessions

Lanes	3	4	5	6	7	8	9	10
Morning Timers' mtg 9:00	ADDI (1) BYD (1)	CONY (1) EDGE (1)	GYT (1) KYD (1)	LRW (1) SAS (1)	CVSA (2)	UVAC (2)	UVAC (2)	UVAC (2)
Mid-Day 500s*	Parents/teams time their own swimmers. Teams must also provide a counter person for each swimmer.							
Afternoon Timers' mtg 3:30	MIDD (1) PVA (1)	EDGE (2)	CVSA (1) KYD (1)	ADDI (1) CVSC (1)	UVAC (2)	UVAC (2)	UVAC (2)	UVAC (2)