



2025 Bronze Championships at UVAC
 January 17-19 at the Upper Valley Aquatic Center
 White River Junction, Vermont

Information for Parents and Coaches

EVERYONE – all parking will be free on-site this weekend. Please follow parking attendants’ instructions and park close together to fit all the cars on-site.

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	1:30 PM	2:35 PM	~4:45 PM
Saturday 1000s	1 Heat. Will not start before 4:50 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	1:30 PM	2:35 PM	~4:45 PM
Sunday 1650s	2 Heats. Will not start before 4:50 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

Friday Night Session: Teams are required to provide 1-2 timers for each of their swimmers in a heat. All events will be swum slowest to fastest. Scratches are due by 5:30 pm. It’s a short session so parents can help time each other’s kids and officials can officiate (hint, hint)

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 4 of this document. Please arrange to have timers for the entire session. For the Friday night session, and Saturday/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/>

Parking: All parking is free on-site for the weekend for this meet. There is no shuttle lot or shuttle bus.

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 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 can do a time trial either after their own session(s) or a different session (e.g., an afternoon swimmer could come early and time trial at the end of the morning session). Swimmers from a different session will warm-up in the warm-down lanes during the session.

Vendors

- The small **Poolside Café** will be in operation all weekend
- **Ink Factory** 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 (2025 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 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. <https://uvacswim.org/memberships/day-passes/>

- 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.

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)		BYD (1) CONY (1)	CVSA (2)	CVSC (1) KYD (1)	EDGE (2)	LRW (2)	MIDD (1) SAS (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)		CVSA (1) CVSC (1)	EDGE (2)	MIDD (1) SAS (1)	BYD (1) CONY (1)	KYD (2)	PVA (2)	UVAC (2)	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)	CONY (2)	CVSA (2)	CVSC (1) EDGE (1)	MIDD (1) SAS (1)	BYD (1) CRVS (1)	UVAC (2)	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)		CVSC (1) LRW (1)	KYD (2)	EDGE (2)	CVSA (2)	PVA (1) SAS (1)	CONY (1) UVAC (1)	UVAC (2)	UVAC (2)

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



2025 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	5:20-6:00	UVAC	UVAC	UVAC	UVAC	UVAC	CONY	PVA	EDGE	CVSA	CVSC	KYD LRW	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	UVAC	UVAC	UVAC	UVAC	UVAC	BYD	BYD	MIDD	MIDD	ADDI	balcony
	8:40-9:00	KYD	KYD	KYD	LRW	LRW	LRW	CRVS	EDGE	EDGE	EDGE	EDGE	
	9:00-9:20	CONY	CONY	CONY	CVSA	CVSA	CVSA	CVSC	CVSC STS	PVA	SAS	SAS EVRG	

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

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	UVAC	UVAC	UVAC	UVAC	UVAC	CVSC	CVSC STS	PVA	SAS	SAS EVRG	balcony
	8:40-9:00	CONY	CONY	CONY	CVSA	CVSA	CVSA	BYD	BYD	MIDD	MIDD	ADDI	
	9:00-9:20	KYD	KYD	KYD	KYD	LRW	LRW	CRVS	EDGE	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	1:30-1:50	UVAC	UVAC	UVAC	UVAC	UVAC	UVAC	UVAC	UVAC	SAS	SAS	SAS	balcony
	1:50-2:10	EDGE	EDGE	EDGE	PVA	PVA	LRW	CONY LRW	CONY	ADDI	MIDD	CRVS	
	2:10-2:30	KYD	KYD	KYD	KYD	BYD	CVSC	CVSC	CVSC	CVSA	CVSA	CVSA STS	

Sunday Distance: Race heat will start no earlier than 5:00 – two heats 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.