

2013 NHSA State Championships – Information for Parents

March 15-17 at the Upper Valley Aquatic Center, White River Junction, Vermont
Additional meet information is available on the NHSA website at <http://www.nhsaswim.org/>

We are looking forward to hosting this year's State Championships. 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.

Meet Schedule

The session start times have been set for the meet.

	Warm-ups	Meet
Friday Evening (11-19 year olds)	4:30-5:30 PM	5:35 PM
Saturday Morning (13/14 year olds)	9:00-10:00 AM	10:00 AM
Saturday Afternoon (9/10s, 11/12 Boys)	1:40 – 2:40 PM	2:45 PM
Sunday Morning (8&Unders, 11/12 Girls)	8:00-9:00 AM	9:05 AM
Sunday Afternoon (15-19 year olds)	1:10 – 2:10 PM	2:15 PM

Scratches for the Meet: Please inform coaches of scratches as soon as possible. Some parents and swimmers decide at the last minute not to attend a meet. So parents, inform your coaches, coaches please inform Mary. The more scratches we know of in advance, the fewer empty lanes we will have at the meet, and the faster the meet will run.

Team Work Assignments and Warm-up Assignments

This meet is sponsored by the New Hampshire Swim Association but it takes the effort of all teams to make the meet run and to provide the swimmers the best opportunity for a good, fast, championship meet.

- **Team Work Assignments and Warm-up Assignments** are posted on the meet information website. <http://www.nhsaswim.org/>
- All teams have **work assignments**. Please be prompt for your assigned job and arrange with your fellow parents to provide coverage for that job session.

Getting to the Meet

- **Directions:** The Upper Valley Aquatic Center (UVAC) is located at 100 Arboretum Lane in White River Junction, Vermont 05001. (Arboretum Lane is new enough it may not be on your GPS unit or web map applications – Arboretum Lane is across Route 5 from 1 Wright Reservoir Rd, White River Junction)
 - At the junction of Interstates I-89 and I-91 in Vermont, go north on I-91 and immediately take Exit 11 for White River Junction.
 - Turn left off the exit (before the stop light) on to Route 5 South.
 - Follow Route 5 immediately under the interstate
 - Travel ½ mile, go under the other interstate, and take the next left on to Arboretum Lane.
 - UVAC is the only building on Arboretum Lane.
 - <http://uvac-swim.org/community/about/hours-and-directions/>
- **Parking:** There is a free shuttle parking lot at the Jasmin Auto next to the Super 8 Motel on Route 5. The shuttle bus will also stop at the Ballardvale Drive hotels. There will be a daily fee for parking at the Aquatic Center. Parking is not allowed on Arboretum Lane or at any other of the businesses along Route 5. See the separate parking map.

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. Coaches must display their USA Swimming registration card at all times to remain on deck.
- **Swimmers will sit on deck with their teams** in order to maximize spectator seating for parents.

- **Spectator seating is limited.** Space is expected to be tight. The saving of seats prior to the start of a session or between sessions is not allowed. Meet volunteers will be assigned to facilitate orderly and efficient seating. Pack lightly, and store your bags under the benches. You will be cozy with your neighbors in the stands.
- 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.
- **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. So 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

- Lanes 0 and 1 will be available for warm-ups and warm-down once the meet starts each session.
- There will be no warm-up swimming in the splash park lap lanes.

On-line Psych Sheets, Heat Sheets, and Results: meet line-ups and results will be posted on-line throughout the weekend (We don't guarantee we will remember to hit the upload button after every event but we will try). These documents can be found at: http://www.uvac-meets.org/2013/NHSAStates_Mar/ Results will also be posted on the MeetMobile iPhone/iPad app at NHSA State Championships. Psych sheets are posted at both locations.

End of the Meet

- **Medals and Ribbons** will be available at the end of the meet on Sunday. A team representative will pick up all the ribbons.
- **Medals** will be awarded to the top 8 finishers in individual and relays events.
- **Ribbons** will be awarded for 9th through 16th places.
- **Banners** will be awarded to the top six teams.

Using the Facilities

- The facility is open to UVAC members and the public throughout the weekend.
- Please **follow the instructions** of the facility and meet staff.
- **The splash park pool and fitness room can be used during the meet for a fee. Purchase a day use pass at the front desk.** Day passes are \$7 for children and \$15 for adults. Meet swimmers cannot use the splash park unless they are wearing a band representing they have purchased a day pass for the day.
 - Parents must accompany children (under 14) to the splash park. The accompanying parents must purchase a day pass as well.
 - The splash park includes a 25 yard lap lane, a current channel (lazy river), a play structure, a two story slide, and lots of water.
 - Parents may choose to buy a day pass to use the fitness equipment. It might make those warm-ups go faster.
 - Swim lessons will be held Saturday morning, limiting the access to the lap lanes in the splash park during the morning.
- **There is no smoking in or around the facility.** There is no smoking within 500 feet of the facility.