

2019 NHSA State Championships – Information for Parents

March 22-24 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.

	<u>Warm-up</u>	<u>Meet</u>
Friday March 22: 11 and Overs	4:30 PM	5:30 PM
Saturday March 23:		
Morning: 13&14 Girls and Boys	8:30 AM	9:35 AM
Afternoon: 11-12 Boys, 15-19 Girls and Boys	1:15 PM	2:15 PM
Includes Senior Ceremony at 2:15		
Sunday March 24		
Morning: 8 & Under Girls and Boys, 11-12 Girls	8:00 AM	9:05 AM
Bonus Session 13-18s	12:15 PM	12:45 PM
Afternoon: 9-10 Girls and Boys	1:50 PM	2:55 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, VT 05001.
 - 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.
 - <http://uvacswim.org/community/about/hours-and-directions/>
- **Parking:** see page 3 with parking options

Coaches and Officials – bring a water bottle with your name on it to use during the meet. There will be plenty of ice water available around the deck and in hospitality but no bottled water.

Officials: As always we greatly appreciate all the parents who volunteer to officiate.

- Officials sign in will be in the Meet Office. Meetings will start 30 minutes before the start of the session.
- Please contact the meet referee David Travers with questions. dktravers@comcast.net

Coaches – Please see Dave Travers, 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.

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.
- **Photography.** Please do not take any pictures or video if you are behind the blocks. This applies if you are a coach or worker on deck or a parent up in the stands. This is a safety rule from USA Swimming for the privacy and security of our swimmers. 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 swimmers and 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.

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:

- Results will be posted throughout the meet on the pool deck as well as in the spectator balcony.
- Psych sheets and results will be posted on Meet Mobile throughout the weekend. Psych sheets will be posted Wednesday evening. The *Meet Mobile* phone app meet name is *NHSA State Championships 2019*.
- Heat sheets will be posted on the pool deck and be available for coaches near the end of each warm-ups period. Parents may purchase heat sheets at the admissions table each session.

End of the Meet

- **Medals and Ribbons** will be available at the end of the meet each Saturday. 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.

PARKING

There will be FREE PARKING at the **shuttle lot** ★ in front of the White River Inns and Suites on Ballardvale Drive. The shuttle bus will also pick up at the Ballardvale Drive hotels - Hampton Inn, and Fairfield Inn. The shuttles run about every 10 -12 minutes. (Note that the bus will NOT stop at the White River Inn or Holiday Inn Express on Ballardvale Dr.)

If you choose the convenience of parking at UVAC the cost is \$10/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.

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.**

