

2022 NHSA Championships at UVAC

March 18-19 at the Upper Valley Aquatic Center, White River Junction, Vermont

Information for Parents and Coaches – Updated 03/16/22

Additional meet information is available on the NHSA website at <http://www.nhsaswim.org/>

COVID PROTOCOLS

- Spectators are not allowed. Parents not working in assigned roles will have to stay outside the facility.
- **NEW: Masks are optional.** Attendees may choose to not wear masks. The coaches and swimmers from some teams, e.g., UVAC, will be wearing masks but not all teams will choose to do so. Obviously, any individual may choose to wear a mask as well.
- Showers and locker rooms will **NOT** be available until the end of the day. Swimmers should wear their suit to and the meet.

NOT COMING?

- Not coming to the meet? Please tell your coach as soon as possible during the week if you are no longer coming.
- Coaches – tell Mary of scratches as soon as possible

MEET SCHEDULE – Saturday afternoon start time is later than original meet info.

Session	Warmups Start	Session Starts	Approximate End Time	
Friday Evening	4:30 PM	5:30 PM	~7:10 PM	Corrected times
Saturday Morning	8:15 AM	9:30 AM	~1:30 PM	
Saturday Afternoon Senior Ceremony	2:30 PM	4:10 PM 3:40 PM	~7:15 PM	Later start time

JOB ASSIGNMENTS: All teams have job assignments. Each job indicates the number of people allowed for the job at one time. Teams may swap out workers half way through the session but the team is responsible for the job through the entire session. Once a new worker has replaced the initial worker for the team, the initial worker must leave the facility. This is to be fair to all the other parents who are not allowed to be in the building.

See Job Assignments document for team assignments.

WARM-UP ASSIGNMENTS: Team warm-up assignments (both times and lanes) are provided in a separate document.

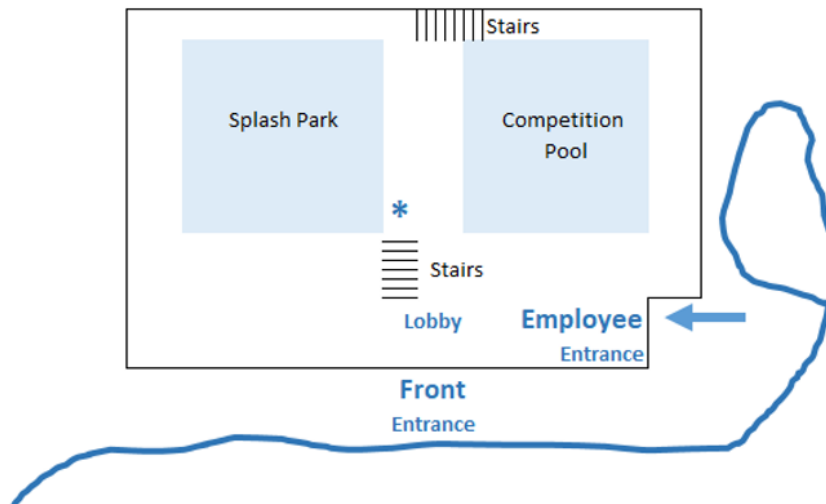
LIVE STREAM LINKS TO WATCH THE RACES

- The swimming events will be live streamed on the UVAC YouTube channel.
 - Friday, March 18: <https://youtu.be/ZqEOxinUw9I>
 - Saturday, March 19: <https://youtu.be/EnzkJMSIPgQ>
 - The screen will show a static screen until a session actually starts
 - Video will be available to watch during and after the meet

- Heat sheets for the session will be posted on the NNSA web site within 30 minutes before the start of the session: https://www.nnsaswim.org/?page_id=1136
- Heat sheets will also be posted to MeetMobile before the session starts

ARRIVAL INFORMATION

- Swimmer drop off and pick up will be at the Employee Entrance on the far side of the facility.



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- Traffic flow within the facility will be well marked. The Employee Entrance hallway will take the swimmers directly to the check in table in the lobby where the swimmer will get their temperature checked. Facility staff will help provide directions.
- Swimmers will then go up the stairs to what would normally be the spectator space to meet their coach and teammates.
- There are swimmer restrooms at the starting end of the spectator balcony.
- Parents can park for free in the parking lot.

OFFICIALS

- Please contact Laura Lewis if you are interested in helping officiate. Walk on officials are welcome. Laura@thelewisfamily.net

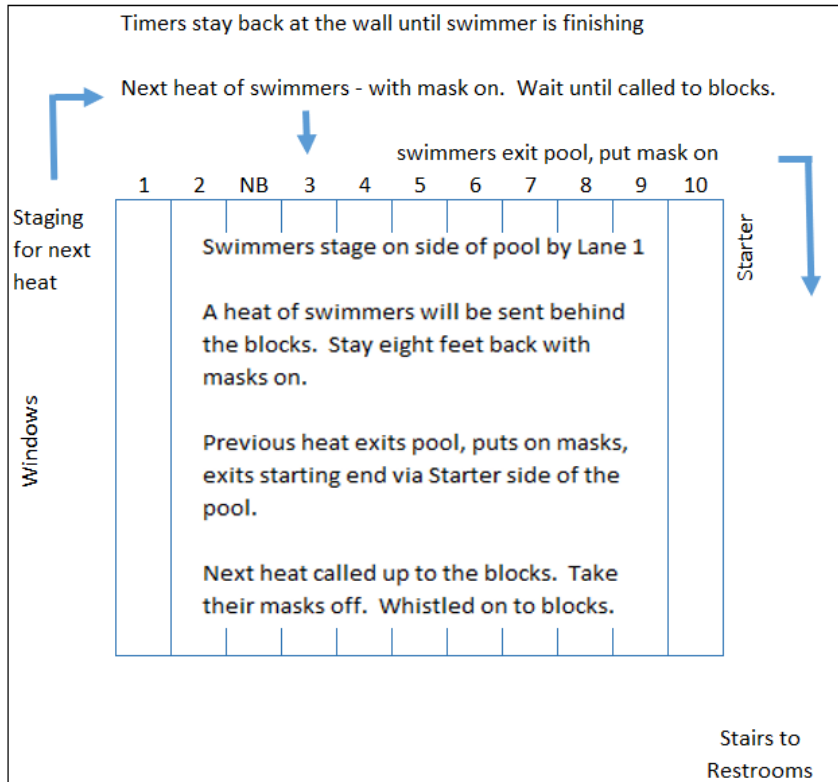
EVENTS

- Heat sheets will also be posted for free to MeetMobile once the session is seeded late during the warm-ups session. Meet Mobile Name: 2022 NNSA State Championships
- We will use Meet Mobile to post tentative (not final) results after each heat as much as possible. Some results will change as final times are adjusted for timing changes and disqualifications.
- Psych sheets will be posted on Meet Mobile on Thursday

MOVEMENT AROUND THE DECK

- The bullpen or staging area is along the side of the pool by lanes 0 and 1. Coaches will help swimmers get organized into heats and lanes. One heat of swimmers will be sent behind the blocks while the previous heat is in the water.

- At the conclusion of a heat, swimmers will stay in the water until the next heat starts. The completed heat will get out of the water and leave the starting end of the pool by walking around the starter/computer table side of the pool.
- Warm-down lanes in lanes 0 and 1 will be available for swimmers 13 and over.
- Coaches – send your swimmers (especially the younger ones) over to the Bullpen in plenty of time in advance of their heat.



COACHES

- Please see Laura Lewis 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.
- **Time trials** will be available at the end of each session time permitting. Any USA Swimming registered swimmer may do a time trial. Swimmers must already be entered in the meet.
- **Legal splits** can be taken during any race. Coaches are responsible for timing the split, filling out the legal split form (available at the computer table), and turning in the completed form to the computer table.

FOOD and T-SHIRTS/APPAREL

- Light snacks and beverages will be for sale during Saturday and Sunday sessions
- T-shirt vendor (Fine Designs custom apparel) will also be available Friday and Saturday at a booth just outside the facility by the employee entrance.

END OF SESSION PICKUP

- Swimmer pickup is at the same Employee Entrance location as drop off

- It's suggested that parents park, get out of the car and wait for your child near the exit, then escort your child back to your car. It will be easier for your child to find you in person than in a line of unfamiliar cars.
- Any team lost and found will be sent home with the team coaches at the end of the day.

END OF THE MEET

- **Awards:** Swimmers will be given medals for 1st through 8th place in individual and 1st through 3rd for relay events. Ribbons will be awarded for 9th through 16th places in individual events and 4th through 8th places in relay events. A team representative will pick up all awards at the conclusion of the meet on Sunday. Heat winner ribbons will be awarded at the end of each heat. Banners will be awarded to the top teams.

AROUND THE AREA

- FYI –Hanover, Lebanon, and West Lebanon NH all have indoor mask mandates through March 21. White River Junction, VT no longer has a mask mandate. Stores, restaurants, and hotels may choose to continue to require masks even if town mandates are removed.