

2023 NHSA State Championships at UVAC

March 17-18 at the Upper Valley Aquatic Center
White River Junction, Vermont

Information for Parents and Coaches

Information is also posted on www.nhsaswim.org/2023-state-meet

Thank you all for entering the NHSA 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.

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. Warm-up times are slightly different than listed on the original meet announcement.

Session	Warmups Start	Session Starts	Approximate End Time
Friday Evening: 11 & Overs	4:35 PM	5:30 PM	~6:50 PM
Saturday Morning: All 10 & Unders, 11-14 Boys	8:20 AM	9:25 AM	~1:45 PM
Saturday Afternoon: 11-14 Girls, All 15-18s	2:50 PM	3:50 PM	~7:30 PM

Senior Ceremony – The Senior Ceremony will be held on the pool deck starting at 3:50 – after the afternoon warm-ups and before the afternoon heats begin.

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

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/2023-state-meet>
- 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.

Warm-up Assignments: Team warm-up assignments (both times and lanes) are listed on the warm-up assignments document. 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.

Distance Events Friday Night: All timing is assigned for the entire session. All events will be swum slowest to fastest. Scratches are due by 5:00 pm. Scratches on Saturday (including relay scratches) are due by 8:45 and 3:15.

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/>
- Everyone will **enter** the facility through the front doors.

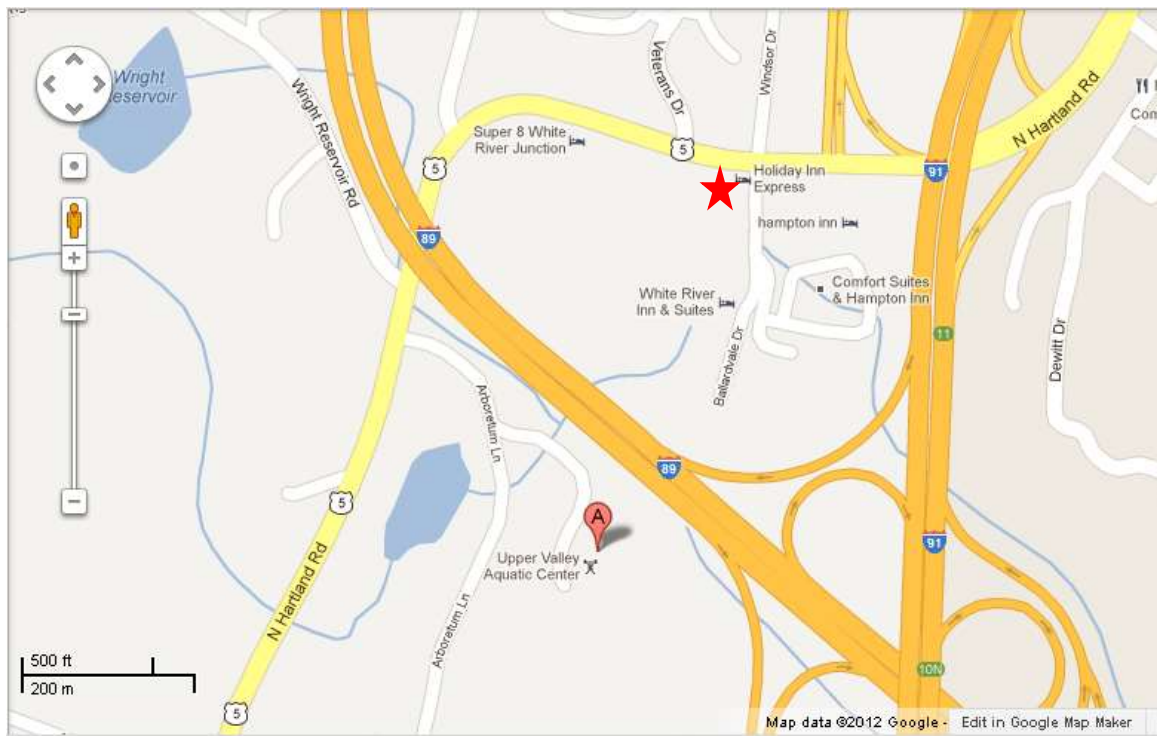
Parking:

Parking is free at UVAC on **FRIDAY** evening.

On Saturday, there will be FREE PARKING at the **shuttle lot** ★ at the beginning of Ballardvale Drive in front of the White River Inns and Suites. The shuttle will not be stopping at any hotels. The shuttle runs about every 10 -12 minutes.

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

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.**



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 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.

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 Laura Lewis (laura@thelewisfamily.net) 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 not required.

During the Meet

- **Parents are not allowed on the deck** of the competition pool unless in an assigned role. Parents taking pictures of the Senior Ceremony must do so from the upstairs spectator area.
- 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 were applicable/desired 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 \$40 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 from a

different session can warm-up in the warm-down lanes during the session. There will be no time trials for events 400 yards and longer.

Vendors

- The small **Poolside Café** will be in operation all weekend
- **Fine Designs** clothing will be on site in the lobby on Saturday
- **K&B Sportswear** (suits, swim supplies) will be in the lobby on Saturday.

Admission is free. Heat Sheets will be available for \$3 each Saturday and Sunday session. Friday and distance session heat sheets will be free.

On-line Psych Sheets and Results: meet psych sheets and results will be posted to the MeetMobile app (2023 NHSA State Championships).

Live Stream

- Live Stream of all sessions will be available through a LiveBarn subscription. See separate document *LiveBarn Live Feed Available at UVAC Meets.pdf* for information and instructions.

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

Awards: Medals will be given for 1st-8th for individual events and 1st-3rd places for relays. Ribbons will be given for 9th-16th places for individual events and 4th-8th places for relays. Coaches will pick up ribbons at the end of the meet and work on distributing to swimmers back at home pools. Championship banners will be awarded to the top 3 at the end of the meet Saturday afternoon.

Using the Facility: The Splash Park and Fitness rooms will be open each day. Day Passes must be purchased to use the 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.
- 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/>