

2025 Vermont Swim Association State Championships

at the Upper Valley Aquatic Center, White River Junction, Vermont

Additional information is available on the VSA website <https://www.vermontswim.org/current-season>

Information for Parents and Coaches

Sessions – updated start times

	<u>Warm-up</u>	<u>Meet</u>
Saturday Morning	8:20 AM	9:25 AM
Saturday Lunch (5 heats of 500s)	12:00 PM	12:25 PM
Saturday Afternoon	1:20 PM	2:45 PM
Sunday Morning	8:20 AM	9:25 AM
Sunday Afternoon	12:30 PM	1:50 PM

Senior Ceremony will be held immediately after Sunday Afternoon Warm-ups (1:50)

Team awards banners will be awarded immediately after the end of the Sunday Afternoon session

Team Work Assignments

This meet is sponsored by the Vermont Swim Association but it takes the effort of all teams 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. <https://www.vermontswim.org/current-season>
- 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.
- **Teams time their own swimmers for the 500 frees on Saturday.** That means parents of those swimmers will do the timing (and possibly other swimmers for your team).
- **Workers should check in at the outdoor check in table** in the BIG tent outside.

Before the Meet

- Please contact your coach if your child **will not be able to attend the meet**. The coach needs to know to not look for your child (or replace him/her in a relay).
- Swimmers should be ready on the pool deck at the start of your team's assigned warm-up period.
- **Officials:** Please contact Meet Referee Jessica Workman (jessworkman.swim@gmail.com) if you plan on working one or more sessions at the meet. Walk-ons are always welcome. The early communication helps with planning. The Officials meetings will start 45 minutes before the start of each session. Any afternoon officials who could help out with either morning session would be greatly appreciated.


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/hours-directions/>

Arrival – Entering the Facility – use the tent entrance

- Everyone will enter the facility from the tent area on the side of the facility.
- The pool deck opens at 8:00 AM.

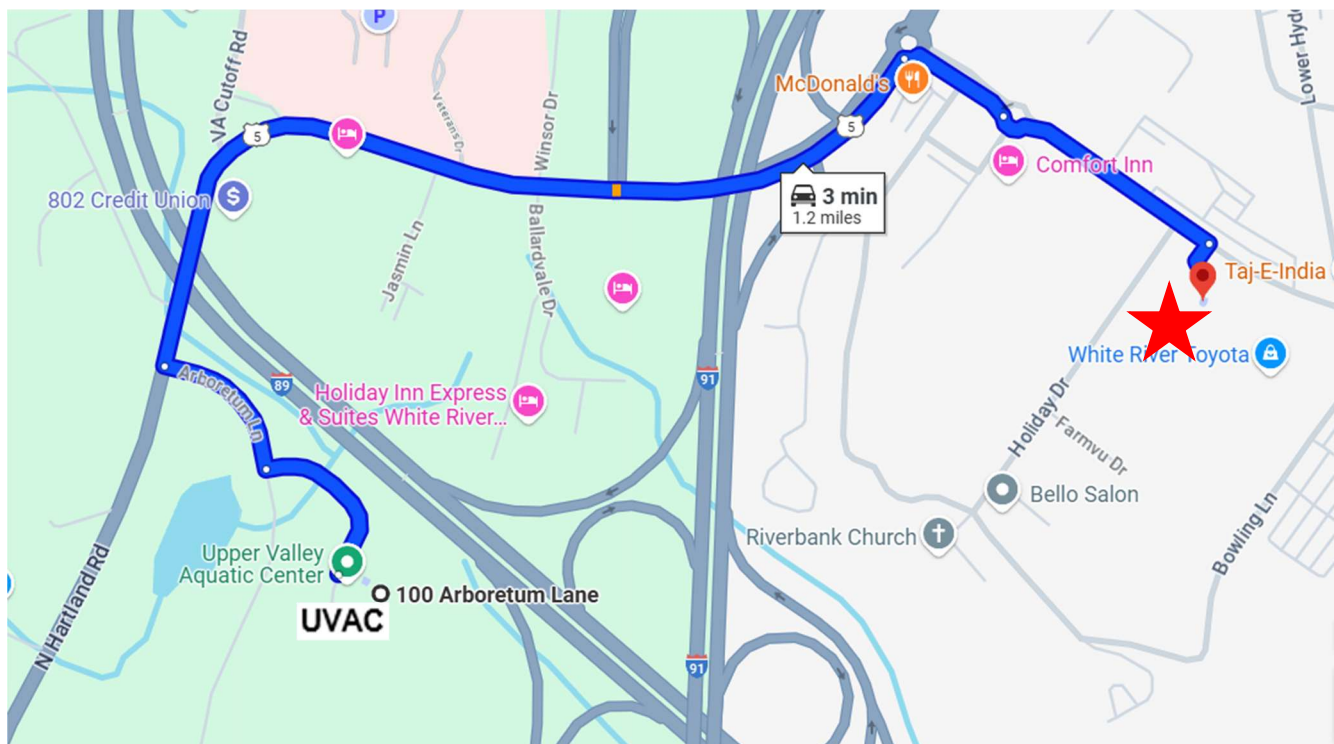
Parking:

***** There will be FREE PARKING at the **shuttle lot**  behind Mascoma Bank
243 Sykes Mountain Ave, White River Junction ([Directions to Shuttle Lot/Free Parking](#))

The shuttle runs about every 10 -12 minutes. Service begins an hour before morning warm-ups and continues up to an hour after the afternoon sessions finish.

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

Extra long vehicles (e.g., RVs) and trailers cannot park on site. They must be parked in the shuttle lot.



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.
- **Swimmers are not allowed in the spectator stands.** Swimmers should meet their parents in the lobby or outside in the tent area.
- **Photography:**
 - 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 cameras or recording devices may be used from behind the blocks.** This is a privacy issue required by USA Swimming. This applies both on deck and up in the stands when standing behind the start end of the pool.

- This is a pre-seeded meet. **There is no Bullpen.** Heat and lane assignments will be listed in the program and posted on the pool deck. Coaches and swimmers are responsible for ensuring swimmers are behind the blocks at the correct time. Workers (Lane Wranglers) have been assigned to the morning sessions to help line up swimmers behind the blocks.
- 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. Only coaches can approach the timing table to question posted results.
- **Heat Sheets** pdfs for each session will be available on the VSA website <https://www.vermontswim.org/current-season> and also in the MeetMobile app (Meet name VSA 2025 State Championships). Heat sheets will not be for sale at the meet.
- **Results will be posted** outdoors. Results will also be posted throughout the meet on the MeetMobile app. (Meet name VSA 2025 State Championships). Psych sheets for each event are currently posted on MeetMobile.
- **Questioning Results** – only coaches can approach officials or meet management about results and disqualifications. There may be a mistake in the results – we’d love to correct that mistake, but we need have the coaches be the ones to ask to check.
- Two **Warm-up/Warm-down lanes** will be available to swimmers during each session.
- 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.
- All **Seniors** (swimmers who graduated from high school this year) will be recognized at the start of the Sunday afternoon session, immediately following warm-ups.

Live Stream – watch the meet from the comfort of your home (or encourage Grandparents to do so)

- 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 to VSA meet website [/current-season/UVAC Livestream Info](#)
- LiveBarn live stream includes
 - Two camera views – can switch between the views
 - Can zoom in and out
 - Integrated running scoreboard - can move around on screen to ensure your swimmer is not blocked from view
 - Can watch for up to 30 days after the meet

Concessions

- The Poolside Café will offer a concession stand inside the lobby
- Meet T-Shirts and clothing will be for sale on-site during the meet.
- Swimming equipment will be for sale during the meet (K&B Sportswear)

End of the Meet

- **Team Placing Banners (e.g. banner rather than a trophy)** will be awarded at the end of the Sunday afternoon session. Each team will receive a banner. A team representative must be present.

- **Awards** will be available at the end of the meet on Sunday. A team representative will pick up all the awards. Medals will be given for individual events 1-10 and relay places 1-6. Ribbons will be given to individual places 11-24 and relay places 7-10.

Using the Facilities

- The facility is open to UVAC members and the public throughout the weekend. Some parking spaces will be blocked off for members. Please obey the signs.
- Please **follow the instructions** of the facility and meet staff.

Inside the Facility

- **NOTE:** There is very **limited single gender locker room** space due to renovations of the locker rooms. There is also a multi-gender Family Locker room with additional showers and a few private changing spaces.
- **Restrooms**
 - Swimmers should use the restrooms in the locker rooms – limited space
 - Adults outside should use the Family Changing Room restrooms just inside the tent entrance
 - Adults in the spectator area inside should use the restrooms upstairs in the spectator lobby
 - Coaches and officials should use the restrooms in the side hallway in the lobby
- **Cell phones** may not be used in the locker rooms, showers, or rest rooms. (It's a privacy issue due to cameras on the phones.)
- **The splash park pool** will be closed during the weekend.
- **Wear shoes in the lobby** (this applies to everyone including swimmers)
- **Please keep food outside.** Coolers must remain in your outdoor tent area.
- **There is no smoking in or around the facility.** There is no smoking within 500 feet of the facility.
- **Evacuation Plan and Emergency Health resources** are available at [UVAC Safety and Evacuation](#)

Outside the Facility

- **Tents/tarps may be set-up outside** on the left side of the building behind the new addition. Please follow the instructions of facility staff. No tents or tables may be set up on the gravel road. (This is a fire lane.) Tents/tarps may be kept up overnight. Tents may be set up Friday night between 6:00 and 7:00 pm or after 7:00 am on Saturday. UVAC staff have mapped out where tents will be. Follow their instructions or you'll have to move your tent. Vermont Swim Association and the Upper Valley Aquatic Center take no responsibility for the security, safety, or anything else related to the tents and anything left overnight.
- No one may use the **play structure**.
- **Entering the facility from the concessions/tents area.** Swimmers, coaches, and parents will enter the facility from the tent area.
- Note that it is wise to wear shoes/sandals when outside.
- If there is **thunder and lightning**, everyone will need to move inside.
- **Walkie-Talkies: do NOT use channel 5** as that is the UVAC staff emergency channel.