

## 2022 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	Warm-up	Meet
Saturday Morning - new start time	8:20 AM	9:25 AM
Saturday Lunch (3 heats of 500s)	11:30 AM	12:00 AM
Saturday Afternoon	12:50 PM	2:15 PM
Sunday Morning - new start time	8:20 AM	9:25 AM
Sunday Afternoon - new start time	12:00 PM	1:20 PM

Senior Ceremony will be held immediately after Sunday Afternoon Warm-ups

Team trophies 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).

### Safety – there are no special COVID protocols in place

- *An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. According to the Centers for Disease Control and Prevention, senior citizens and individuals with underlying medical conditions are especially vulnerable. The Vermont Swim Association (VSA) cannot prevent you (or your child(ren)) from becoming exposed to, contracting, or spreading COVID-19 while participating in VSA events. It is not possible to prevent against the presence of the disease, therefore, if you choose to participate in this VSA event, you may be exposing yourself to and/or increasing your risk of contracting or spreading COVID-19.*

*By attending or participating in this competition you voluntarily assume all risks associated with exposure to Covid-19 and forever release and hold harmless the Vermont Swim Association and the Upper Valley Aquatic Center and each of their Officers, Directors, Agents, employees or other representatives from any liability or claims including for personal injuries, death, disease or property losses, or any other loss, including but not limited to claims of negligence and give up any claims you may have to seek damages, whether known or unknown, foreseen or unforeseen, in connection with exposure, infection and/or spread of Covid-19 related to participation in this competition.*

- Masks are encouraged indoors but are not required.
- Spectators are allowed in the upstairs spectator gallery. There is not sufficient room to ensure maintaining spacing between families in the bleachers or on the pool deck.

- Swimmers may use the restrooms in the locker rooms.
- Spectators may use the restrooms at the top of the stairs.

### Before the Meet

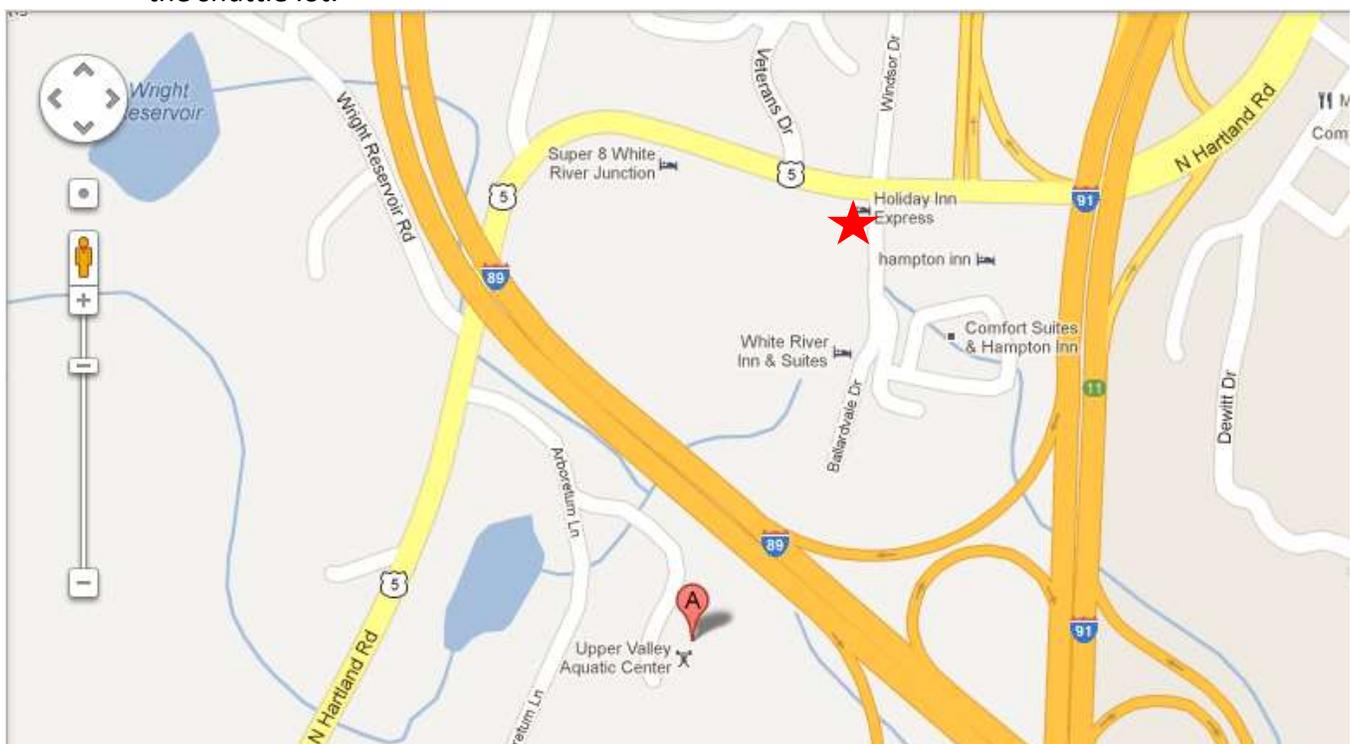
- Please contact your coach if your child **will not be able to attend the meet**. The coach needs to know to not look for your child (or replace him/her in a relay).
- Swimmers should be ready on the pool deck at the start of your team's assigned warm-up period.
- **Officials:** Please contact Meet Referee Laura Lewis ([laura@thelewisfamily.net](mailto:laura@thelewisfamily.net)) 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/>

### Parking

- Free parking is available at the offsite shuttle lot on Ballardvale Drive. ★
- For those who want the convenience of on-site parking at UVAC, there is limited parking available for a fee. The fee is \$20 for the weekend. Please bring exact cash \$5, \$10, or \$20 bills (NO CHECKS or CREDIT CARDS) to help speed up the entry process. Parking passes may be obtained from the Welcome Desk staff on Friday night, or from the parking attendants as you drive in on Saturday and Sunday. Passes may not be reserved.
- Extra long vehicles (e.g., RVs) and trailers cannot park on site. They must be parked in the shuttle lot.



## Arrival – Entering the Facility

- Everyone will enter the facility from the tent area on the side of the facility.

## 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. Programs with heat and lane assignments will be available for parents to purchase. 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 2022 State Championships). Heat sheets will not be for sale at the meet.
- **Results will be posted** on the in the balcony lobby and outdoors. Results will also be posted throughout the meet on the MeetMobile app. (Meet name VSA 2022 State Championships). Updating this site during the meet is dependent on the facility wi-fi. Psych sheets for each event are currently posted on MeetMobile.
- 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.
- LiveStream – there likely will not be a livestream of the meet during the weekend. There have been issues getting the set-up finished with a new vendor. Information will be sent out if Livestream will be available. There would be a fee to using the service.

### 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. Items can also be ordered online and sent directly to home <https://store.finedesigns.com/newengland/2022-vermont-state-swimming-championship.html> . Items ordered on line cannot be picked up at the meet.
- Swimming equipment will be for sale during the meet (K&B Sportswear)

### End of the Meet

- **Team trophies** will be awarded at the end of the Sunday afternoon session. Each team will receive a trophy. 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

- **The splash park pool** will be closed during the weekend.
- Parents may choose to buy a day pass to use the fitness equipment. It might make those warm-ups go faster.
- **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.)
- **Please keep food outside.** Food is not allowed on the pool deck. 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.

### 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 6:30 am on Saturday. 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.
- **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.

We welcome you to the Upper Valley Aquatic Center. Please enjoy your stay.