

New England Swimming 12 & Under Championships
at the Upper Valley Aquatic Center, White River Junction, VT 05001

Information for Parents and Coaches

Revised Session Times: Saturday and Sunday morning and afternoon sessions start later than originally posted

Date	Session	Warm-up	Meet Start
Thursday February 23	Evening Timed Final All Ages	5:00pm	6:05pm
Friday February 24	Morning 11 & 12 Prelims	7:30am	9:00am
	Afternoon 10 & Under Timed Finals	12:30pm	1:30pm
	Evening 11 & 12 Finals	5:30pm	6:30pm
Saturday February 25	Morning 11 & 12 Prelims	7:30am	9:00am
	Afternoon 10 & Under Timed Finals	1:00pm	2:00pm
	Evening 11 & 12 Finals	5:30pm	6:30pm
Sunday February 26	Morning 11 & 12 Prelims	7:30am	9:00am
	Afternoon 10 & Under Timed Finals	1:00pm	2:00pm
	Evening 11 & 12 Finals	4:45pm	5:30pm

Getting to the Meet

- **Directions:** The Upper Valley Aquatic Center (UVAC) is located at 100 Arboretum Lane in White River Junction, Vermont 05001. (Arboretum Lane may not be on your GPS unit or web applications – it is across Route 5 from 1 Wright Reservoir Rd)
 - 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.
 - UVAC is the only building on Arboretum Lane.
 - <http://uvac-swim.org/community/about/hours-and-directions/>
- **Parking:** Free but limited parking is available at the facility and at the end of Arboretum Lane. Carpooling or shuttling from the hotels is appreciated. Please follow the directions of the people directing traffic to the upper and lower lots. Please follow the instructions of the gentlemen giving parking instructions.

Before the Meet

- Please contact your coach if your child will not be able to attend the meet. The coach needs to know to scratch your child (or the relay) if you are not coming.

During the Meet

- **Timing Assignments.** This meet has lots of sessions using 10 lanes at each session. That means there is a need for lots of timers throughout the weekend. There is a separate document of timing assignments. Please recognize you're your team is required to fulfill the assignment regardless if you have a swimmer in the session. Assignments for the 11/12 Finals were based on the expected number of swimmers expected to be in the top 20 for the individual events in each session.
 - Teams are responsible for providing their own two timers for all events Thursday evenings and for the 11/12 400 IM, 500 Free, and 1650 Free events.

- **Swimmers should sit on deck.** There are bleachers on the pool deck this year, greatly increasing the amount of seating on deck. Swimmers should sit with their team on deck in order to maximize spectator seating for parents.
- **Parents are not allowed on the deck** of the competition pool. This helps reduce congestion on the deck but is also a requirement of USA Swimming. Only registered swimmers, coaches, officials, and workers are allowed on the competition pool deck.
 - This includes not coming down on deck to take photographs during the awards ceremonies. You'll have to take your pictures from the balcony.
- **Spectators may not stand or sit in the walkway or on the stairs** in the bleachers. The walkway and stairs must be kept clear for emergency egress.
- **Stairs are slippery when wet.** If your child comes to visit you in the stands, remind him or her to be careful on the stairs. They are slippery when wet.
- Please **do not use flash photograph 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 can't have excited parents confusing the timers.
- 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.
- **Awards Ceremonies** will be held throughout the 10 & Under sessions and the 11&12 Finals sessions. The awards ceremonies will include presentation of awards to the top 8 swimmers in individual events and the top 3 teams in relay events. Swimmers should report to the awards podium for the ceremonies. There will be a schedule posted on the NES website that includes a tentative time line for the meet and when awards are expected to be presented.
- **Breaks between events** will occur throughout the 11 & 12 Prelim (morning sessions) as well as after awards ceremonies. These breaks are required to allow swimmers to have sufficient rest between events.
- **Psych Sheets, Heat Sheets, and Results will be posted** during the meet in the spectator lobby and also online on the NES website and also at:
http://www.uvac-meets.org/2012/12andUnders_Feb/

Using the Facilities

- Please follow the instructions of the facility and meet staff.
- **The splash park pool and fitness room can be used during the meet. Purchase a day use pass at the front deck.** 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.
 - Meet swimmers should not be using the splash park without approval from their coach. They are here to compete in a championship meet, not expending energy playing in the other pool.
 - You may choose to let siblings play in the splash park. Parents must accompany children (under the age of 14) to the splash park and pay for a day pass even if not getting in the water. Parents may also choose to buy a pass to use the fitness equipment. It might make those warm-ups go faster.
- **There is no smoking in or around the facility.** There is no smoking within 500 feet of the facility.

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