

New England Swimming 12 & Under Championships

at the Upper Valley Aquatic Center, White River Junction, VT 05001

Information for Parents

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 is so new it may not be on your GPS unit or web applications – it is across Route 5 from 1 Wright Reservoir Rd, White River Junction)
 - 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://www.uvac-swim.org/About UVAC/directions.html](http://www.uvac-swim.org/About_UVAC/directions.html)
- **Parking:** Free but limited parking is available at the facility. Carpooling or shuttling from the hotels is appreciated.

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

- **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.
- 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.

- **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.
- **Timing Assignments** and **Warm-up Assignments** will be posted on the meet information website.
- Most teams have **timing assignments**. Please be prompt for the timers' meeting and arrange with your fellow parents to provide coverage for that lane for the entire session. (You do not need to stay to time the distance event at the end of the 11/12 morning prelim sessions.) There are a lot of lanes and a lot of sessions so there are a lot of timing assignments. Timing is assigned based on number of swimmers, number of entries, and the number of officials from each team. We have given 11/12 Finals assignments to teams we think will have swimmers that evening. Even if no swimmer qualifies for the finals, the team is still responsible for staffing that timing assignment.
- Each swimmer from your team swimming a **distance event** (400 yards or longer) will need to have two timers from your team. Timers should report behind the block during the heat prior to your child's heat.

Using the Facilities

- This facility is **brand new** – it opened to the public February 9. We are all figuring out how to take advantage of the facility and allow both the meet and the public use the facility at the same time.
- 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 as a reward for having to watch brother or sister swim in yet another meet. Parents must accompany children to the splash park. You can sit and watch without having to pay for a day pass.
 - Parents may choose to buy a day pass to use the fitness equipment. It might make those warm-ups go faster.
- **Please do not bring food to the facility.** It's a facility rule. There will be a concession stand in operation throughout the meet.
- **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 and the Upper Valley Aquatic Center. Please enjoy your stay.