

2010 Regionals Hosted by NCAC
at the Upper Valley Aquatic Center, White River Junction, Vermont
February 12 – 14, 2010

Information for Parents and Coaches

Schedule Revisions!

Here is the revised schedule for the Regionals meet. The smaller than expected number of entries meant a need to change the start times of sessions and to put the 8 & Under events in the morning sessions with the 9 & 10 year olds and the 13 & 14 year olds.

		<u>Warm-ups</u>	<u>Meet</u>
Friday Evening	All Age Groups	5:30 – 6:30 PM	6:35 PM
Saturday Morning	8 & U, 9/10, 13/14	9:00 – 10:00 AM	10:05 AM
Distance Events (1650)	13/14, 15-19	one heat , will not start before 1:15	
Saturday Afternoon	11/12, 15-19	2:00 – 3:00 PM	3:05 PM
Sunday Morning	8 & U, 9/10, 13/14	8:00 – 9:00 AM	9:05 AM
Sunday Afternoon	11/12, 15-19	1:30 – 2:30 PM	2:35 PM

Scratches for the Meet: Please inform coaches of scratches as soon as possible. Some parents and swimmers decide at the last minute not to attend a meet. So parents, inform your coaches, coaches please inform Mary.

Timing Assignments: All teams have timing assignments per New England Swimming policy for championship meets. Please review the assignments carefully to find all the assignments for your team. Timing assignments are listed on page 3 of this document. Please arrange to have timers for the entire session.

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

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 map applications – Arboretum Lane 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
- **Parking:** Free but limited parking is available at the facility and on Arboretum Lane. Carpooling or shuttling from the hotels is appreciated.

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. This is a requirement of USA Swimming.
- 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.

- **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. Workers (Lane Shepherds) 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. 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.
- 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.

End of the Meet

- **Medals and Ribbons** will be available at the end of the meet on Sunday. A team representative will pick up all the ribbons. For individual events, there are medals for 1st-8th place and ribbons for 9th-16th place. For relays, there are medals for 1st-3rd place and ribbons for 4th-8th.

Using the Facilities

- The facility is open to UVAC members and the public throughout the weekend.
- Please **follow the instructions** of the facility and meet staff.
- **The splash park pool and fitness room can be used during the meet for a fee. Purchase a day use pass at the front desk.** Day passes are \$7 for children and \$14 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.
 - Parents must accompany children (under 14) to the splash park. The accompanying parents must purchase a day pass as well.
 - The splash park includes three 25 yard lap lanes, a current channel (lazy river), a play structure, a two story slide, and lots of water.
 - Parents may choose to buy a day 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.

Following pages

Team Timing Suggestions Assignments

Team Warm-up Assignments (times and lanes)

Timing Assignments for Regionals at UVAC

Friday Evening:

Timers meeting under the scoreboard at 6:10

Timing assignments are for the entire session, including the 400 IMs and 500 Frees

Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10
CCBS (2)	CONY (1) CRVS (1)	EDSC (1) LRW (1)	MYT (2)	GMA (2)	GMA (2)	NCAC (2)	NCAC (1) STS (1)

Saturday Morning

Timers meeting under the scoreboard at 9:40

Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10
BYD (1) CCBS (1)	CONY (2)	CONY (1) MIDD (1)	CRVS (2)	LRW (2)	GMA (2)	NCAC (1) STS (1)	MYT (2)

Saturday Distance Session (1650s)

Teams provide their own timers

Saturday Afternoon

Timers meeting under the scoreboard at 2:40

Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10
EDSC (2)	GMA (2)	GMA (2)	BYD (1) CCBS (1)	CVSC (1) LRW (1)	MIDD (1) STS (1)	MYT (2)	NCAC (2)

Sunday Morning

Timers meeting under the scoreboard at 8:40

Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10
BYD(2)	CONY (2)	CRVS (1) CVSC (1)	EDSC (2)	MIDD (2)	GMA (2)	LRW (1) NCAC (1)	MYT (2)

Sunday Afternoon

Timers meeting under the scoreboard at 2:10

Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10
EDSC (2)	CCBS (2)	GMA (2)	GMA (2)	CONY (1) CRVS (1)	LRW (1) MIDD (1)	NCAC (2)	MYT (1) UNAJA(1)

2010 NCAC Regionals Meet at UVAC Warm-up Assignments

Lanes 0 & 1 (the two lanes closest to the windows) will be available for warm-up/warm-down during the meet sessions

Friday Evening:

	Lane 0	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10		
windows	5:30-6:00	CCBS	CCBS	CCBS	BYD CVSC	CONY	MIDD	CRVS	STS	NCAC	NCAC	NCAC	balcony
	6:00-6:30	MYT	MYT	GMA	GMA	GMA	GMA	GMA	GMA	LRW	EDSC	EDSC	

Saturday Morning:

	Lane 0	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10		
windows	9:00-9:20	CCBS	CCBS	CCBS	BYD	CRVS	CRVS	CRVS	NCAC	NCAC	NCAC	NCAC	balcony
	9:20-9:40	EDSC	EDSC	EDSC	GMA	GMA	GMA	GMA	GMA	LRW	LRW	LRW	
	9:40-10:00	CONY	CONY	CONY	MYT	MYT	MYT	MYT	STS	MIDD	MIDD	CVSC UN-SJA	

Saturday Afternoon:

	Lane 0	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10		
windows	2:00-2:20	EDSC	EDSC	EDSC	EDSC	LRW	LRW	UN-SJA	CVSC	NCAC	NCAC	NCAC	balcony
	2:20-2:40	CONY	CONY	GMA	GMA	GMA	GMA	GMA	GMA	GMA	GMA	GMA	
	2:40-3:00	BYD	CCBS	CCBS	CCBS	CRVS	MIDD	MIDD	MYT	MYT	STS	STS	

Sunday Morning:

	Lane 0	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10		
	8:00-8:20	GMA	GMA	GMA	GMA	GMA	GMA	NCAC	NCAC	NCAC	NCAC	CVSC UN-SJA	balcony
	8:20-8:40	BYD	BYD	CCBS	CCBS	CRVS	CRVS	EDSC	EDSC	EDSC	LRW	LRW	
	8:40-9:00	CONY	CONY	CONY	CONY	MIDD	MIDD	STS	MYT	MYT	MYT	MYT	

Sunday Afternoon:

	Lane 0	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10		
windows	1:00-1:20	CCBS	CCBS	CCBS	CCBS	CRVS	CRVS	BYD	NCAC	NCAC	NCAC	NCAC	balcony
	1:20-1:40	CONY	CONY	EDSC	EDSC	EDSC	MIDD	MIDD	MYT	MYT	STS	STS	
	1:40-2:00	CVSC UN-SJA	GMA	GMA	GMA	GMA	GMA	GMA	GMA	GMA	LRW	LRW	