

2009 NCAC November Classic Team Specialty Meet
at the Upper Valley Aquatic Center, White River Junction, Vermont

Information for Parents and Coaches

Thank you all for entering the NCAC November Classic Team Specialty Meet. There are a few details we would like to share in preparation for the meet. Here's what is needed to make this meet run as smooth and efficiently as possible.

Schedule

Here are the warm-up times and estimated time line for each session. The morning sessions are starting 30 minutes later than originally scheduled.

	<u>Warm-ups</u>	<u>Meet</u>
Friday Evening	5:30 – 6:15 PM	6:20 PM
Saturday Morning <i>NEW START TIMES!</i>	9:00 – 10:00 AM	10:05 AM
Saturday Afternoon	2:00 – 3:00 PM	3:05 PM
Sunday Morning <i>NEW START TIMES!</i>	8:00 – 9:00 AM	9:05 AM
Sunday Afternoon	1:00 – 2:00 PM	2:05 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. The more scratches we know of in advance, the fewer empty lanes we will have at the meet, and the faster the meet will run.

Distance Events Friday Night: Friday night's events are the 400 IM and the 1000 Free. Teams are required to provide 2 timers for each of their swimmers in a heat. Both events will be swum girls and boys combined and seeded fastest to slowest. We will have a ten-minute break for warm-up between the 400 IM and 1000 Free. Scratches are due by 5:50 pm.

Timing Assignments: We would appreciate help from teams in providing timer coverage for each of the sessions. UVAC is a great facility but all those lanes come with a price both financially and covering all the job requirements. Our suggestions for helping with timing are listed on page 3. Timers should report to the record board corner for a timers meeting, 25 minutes before the start of each session. Thank you very much for your help.

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

Officials: Any of you interested in officiating should bring your outfit and report to the pool office during the first part of warm-ups. There will be an officials meeting in the Pool Office 30 minutes into each warm-up. (Friday 5:45 PM, Saturday 9:30 AM and 2:30 PM, Sunday 8:30 AM and 1:30 PM). Contact Referee Ken Vutech if you have questions before the meet (kvutech@micros-retail.com)

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.
- 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

- **Ribbons** will be available at the end of the meet on Sunday. A team representative will pick up all the ribbons.

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

Team Warm-up Assignments (times and lanes)

Timing Suggestions

Friday Evening: 400 IM and 1000 Free

Teams must provide their own timers.

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
NCAC (2)	NCAC (2)	NCAC (2)	NCAC (2)	NCAC (2)	GMA (1) LRW (1)	STRM (2)	EDSC (2)

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
NCAC (2)	NCAC (2)	NCAC (2)	NCAC (2)	FINS (2)	CONY (1) CVSC (1)	MST (2)	STS (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
NCAC (2)	NCAC (2)	NCAC (2)	NCAC (2)	NCAC (2)	CONY (2)	BYD (1) MIDD (1)	CRVS (2)

Sunday Afternoon

Timers meeting under the scoreboard at 1:40

Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10
NCAC (2)	NCAC (2)	NCAC (2)	NCAC (2)	STRM (2)	LRW (1) MIDD (1)	CCBS (2)	GMA (2)

The competition lanes for the weekend are lanes 3 through 10. Lanes 0 and 1 will be used for continuous warm-up and warm-down throughout the meet. Lane 2 will be an empty buffer lane between the warm-up lanes and the competition lanes.

Windows Lane 0 Lane 1 Lane 2 Lane 3 Lane 4 Lane 8 Lane 9 Lane 10 Balcony

2009 November 6th-8th Team Specialty Meet 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	5:30-6:15	Nine lanes open for circle swim (76 swimmers entered)								Sprints only		balcony

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	CVSC STS	NCAC	NCAC	NCAC	NCAC	NCAC	NCAC	NCAC	CRVS	CRVS	CRVS	balcony
	9:20-9:40	BYD AQX	BYD	CONY	CONY	CONY	EDSC	EDSC	EDSC	STRM	STRM	STRM	
	9:40-10:00	FINS	GMA	GMA	GMA	LRW	LRW	MIDD	MIDD	MST	MST	MST	

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	NCAC UN	NCAC	NCAC	NCAC	NCAC	GMA	GMA	GMA	GMA	EDSC	EDSC	balcony
	2:20-2:40	CVSC ESSC	STRM	STRM	STRM	STRM	STRM	CONY	CONY	FINS	FINS	BYD AQX	
	2:40-3:00	CRVS	MIDD	MIDD	LRW	LRW	MST	MST	MST	MST	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	NCAC	NCAC	NCAC	NCAC	NCAC	NCAC	NCAC	NCAC	NCAC	NCAC	NCAC	balcony
	8:20-8:40	CCBS	FINS	GMA	GMA	GMA	LRW	LRW	MIDD	MST	MST	CVSC STS	
	8:40-9:00	BYD AQX	CRVS	CRVS	CRVS	CONY	CONY	CONY	EDSC	EDSC	STRM	STRM	

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	NCAC UN	NCAC	NCAC	NCAC	NCAC	CRVS	STS	MST	MST	MST	MST	balcony
	1:20-1:40	ESSC	CCBS	CCBS	EDSC	EDSC	LRW	LRW	STRM	STRM	STRM	STRM	
	1:40-2:00	BYD AQX	CVSC	CONY	CONY	FINS	GMA	GMA	GMA	GMA	MIDD	MIDD	