**PVA**



**Meet Itinerary:**

***Friday, December 3rd***

**All Swimmers: (No PVA Timers needed)**

Arrive at pool 5:20pm

On deck at 5:30pm

Warmup as group at 5:45pm Lane 9/10 (Snappers)

Meet begins 6:10pm

Event Order: Mixed 400IM

Mixed 1000 Free

***Saturday, December 4th***

**10 & Under and 13/14 year old Swimmers: (PVA is asked to provide 1 volunteer timers during this session)**

Arrive at pool am 8:40am

On deck with team at 8:50am

Warmup as group at 9:05am Lane 10

Meet begins 9:30am

Event Order: 10 & Under 50 Fly

13/14 200 Fly

8 & Under 25 Breaststroke

10 & Under 100 Breaststroke

13/14 100 Breaststroke

10 & Under 100 Freestyle

13/14 50 Freestyle

10 & Under 200 IM

8 & Under 25 Backstroke

10 & Under 100 Backstroke

13/14 100 Backstroke

10 & Under 50 Free

13/14 200 Freestyle

**11/12yr old & Open Swimmers: (PVA is asked to provide 1 volunteer timer during this session)**

Arrive at pool 2:00pm

On deck with team at 2:15pm

Warmup as group at 2:25pm Lane 8&9

Meet begins 3:15pm

Event Order: 11/12 50 Backstroke

Open 200 Breaststroke

11/12 100 Butterfly

Open 100 Butterfly

11/12 100 Freestyle

Open 200 IM

11/12 200 IM

Open 100 Freestyle

11/12 50 Breaststroke

Open 200 Backstroke

***Sunday, December 5th***

**10 & Under and 13/14 yr old swimmers: (PVA is asked to provide 0 volunteer timer during this session)**

Arrive at pool 8:15am

On deck with team 8:25am

Warmup as a group 8:40am Lane 10

Meet begins at 9:30am

Event Order: 10 & Under 100IM

13/14 200IM

8 & Under 25 Freestyle

10 & Under 200 Freestyle

13/14 100 Free

10 & Under 50 Backstroke

13/14 200 Backstroke

8 & Under 25 Fly

10 & Under 100 Fly

13/14 100 Fly

10 & Under 50 Breaststroke

13/14 200 Breaststroke

**11/12yr old and Open Swimmers: (PVA is asked to provide 1 volunteer timer during this session)**

Arrive at pool 1:40pm

On deck with team 1:40pm

Warmup as group 1:55pm Lane 8 & 9

Meet begins 2:45pm

Event Order: 11/12 100 IM

Open 200 Butterfly

11/12 100 Backstroke

Open 100 Backstroke

11/12 200 Freestyle

Open 50 Freestyle

11/12 50 Butterfly

11/12 100 Breaststroke

Open 100 Breaststroke

11/12 50 Freestyle

Open 200 Freestyle

**Meet Information:**

Pool: The Upper Valley Aquatic Center

Host: Upper Valley Aquatic Club

Address: The Upper Valley Aquatic Center

100 Arboretum Lane

White River Junction, VT 05001

\*\*Parents are not allowed on deck during the meet unless you are a volunteer timer for PVA.

**LIVE STREAM LINKS**

The swimming events will be live streamed on the UVAC YouTube channel.

Friday, December 3: https://youtu.be/KOEyxOa5NNQ

Saturday, December 4: https://youtu.be/a68nzVn80FY

Sunday, December 5: https://youtu.be/c2CElMAmI00

The screen will show a static screen until a session actually starts o Video will be available to watch during and after 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, 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://uvac-swim.org/community/about/hours-and-directions/>

**ARRIVAL INFORMATION**

Swimmer drop off and pick up will be at the Employee Entrance on the far side of the facility.

Traffic flow within the facility will be well marked. The Employee Entrance hallway will take the swimmers directly to the check in table in the lobby where the swimmer will get their temperature checked. Facility staff will help provide directions. Swimmers will then go up the stairs to what would normally be the spectator space to meet their coach and teammates. Coaches will help move the swimmers down to their assigned space. There are swimmer restrooms at the starting end of the spectator balcony.

Adults (coaches, officials, workers) who have not been to UVAC in the past year will need to complete and sign a liability waiver when they arrive. Swimmers are covered under the team waiver.

Parents can park for free in the parking lot.



**Don’t Forget:**

* Swim suit
* PVA Team Cap (and an extra)
* Goggles (and an extra pair)
* Towel (bring 2 or 3 as one will get wet during the meet)
* Snacks/Water Bottle