

2013 New Hampshire Swim Association State Championships

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

Information for Coaches

Schedule

The session start times have been set for the meet.

	<u>Warm-ups</u>	<u>Meet</u>
Friday Evening (11-19 year olds)	4:30-5:30 PM	5:35 PM
Saturday Morning (13/14 year olds)	9:00-10:00 AM	10:00 AM
Saturday Afternoon (9/10s, 11/12 Boys)	1:40 – 2:40 PM	2:45 PM
Sunday Morning (8&Unders, 11/12 Girls)	8:00-9:00 AM	9:05 AM
Sunday Afternoon (15-19 year olds)	1:10 – 2:10 PM	2:15 PM

Arriving at the Pool

- **Coaches Packets** will be available in the file box by the Computer table. During the meet, if the referee cannot find you to give you a DQ slip, he will put the slip in your file folder.
- There will **Not** be a coaches meeting unless we determine that one is needed during the meet.
- **Wear your USA Swimming card when on deck.** Parents are not allowed on the deck of the competition pool. You cannot have non-credentialed helpers with you on deck. This is a USA Swimming regulation. Help us keep your team's parents off the deck. IDs will be checked.

Scratches

- Please turn in any scratches you know of before the weekend.
- During the meet, scratches are due 30 minutes after the start of warm-ups, even if your team has not warmed up yet. If you expect a swimmer to arrive and they have not showed up yet, keep them in the meet.

Relays

- Relay lineups are due to the computer table before the start of the relay event.
- Relay slips will be available by the coaches packets.
- No relay slip is needed if the order of swimmers is the same as already entered in the computer (as listed on your scratch sheets)
- Changes to names or order need to be submitted to the computer table. Do not send swimmers to the blocks with relay slips.

During the Meet

- There is **no bullpen** during the meet. Swimmers need to report behind their lanes before their heats.
- **All events, including the 25s, will start from the block end.** We have workers assigned as lane wranglers during the 8 & Under session to help line up the kids behind the blocks when the timers are at the other end.
- The **warm-up/warm-down lanes** during the meet will be in lanes 0 and 1. Lane 2 will be left open as a buffer lane.
- There will be a **couple of five minute breaks** during the 13/14 and 15-19 sessions after the first relay and before the last relay, plus after the 100 back.
- **Time Trials** will be offered after each of the sessions. The fee is \$5 / time trial. Swimmers may do time trials after a session from some other age group. E.g., a 16 year old can time trial after the 8 & Under session Sunday morning. There will be no set schedule of events for time trials. Please recognize that there will be no guaranteed time between time trial events.
- **Timing Assignments** and **Warm-up Assignments** have been posted on the NHSA website.

Awards and Scoring

- Coaches may pick up **awards** at the end of Sunday's events.
- **Awards and Scoring** go through 16 places for both individual and relay events.
- **The top six teams** will receive banners at the end of the meet.

Senior Recognition

- **Seniors will be recognized** at the start of the Sunday afternoon session, after warm-ups. Please make sure Sherri Collis, of LRW, has a list of all your seniors.

Using the Facilities

- Please follow the instructions of the facility and meet staff.
- You can bring chairs to use on the deck and leave them overnight.
- **Swimmers are expected to sit on deck.** There is enough space on deck for all the swimmers. We need to utilize all spectator space for the parents.
- The **Splash Park pool is closed to meet swimmers.** If your swimmers want to play after they are done, their parents will need to buy a day use pass for the swimmer and a parent. Meet warm-up and warm-down lanes are in the competition pool so there is no need for swimmers to be in the Splash park pools.
- **Please do not bring food on the pool deck.** It's a facility rule.
- **There is no smoking in or around the facility.** There is no smoking within 500 feet of the facility.
- **Parking** is free shuttle parking lot at the Jasmin Auto next to the Super 8 Motel on Route 5. The shuttle bus will also stop at the Ballardvale Drive hotels. There will be a daily fee for parking at the Aquatic Center. Parking is not allowed on Arboretum Lane or at any other of the businesses along Route 5. See the separate parking map.