

2025 New Hampshire Swim Association Championships

March 15-16 at the Upper Valley Aquatic Center
White River Junction, Vermont

Information for Parents and Coaches

Information is also posted on <http://www.nhsaswim.org/2025-state-meet>

UVAC Weather Hotline: 802-698-8361. This has a recorded message if there are any changes to the scheduling of the meet. It's highly unlikely UVAC would cancel a meet due to weather but you never know.

MEET SCHEDULE

Session	Age Groups	Warmups Start	Senior Ceremony	Session Starts	Approximate End Time
Friday Evening	Select events for 11 and overs	4:00 AM		5:05 AM	~7:45PM
Saturday Morning	All 10 & Unders, 11-12 Boys, 13-14 Boys	8:00 AM		9:05 AM	~1:15 PM
Saturday Afternoon	11-12 Girls, 13-14 Girls, All 15-18s	2:00 PM	3:00 PM	3:20 PM	~7:15 PM

NOT COMING?

- Not coming to the meet? Please tell your coach as soon as possible during the week if your swimmer is no longer coming to the meet.
- Coaches – tell Mary of scratches as soon as possible

Team Work Assignments and Warm-up Assignments

This meet is sponsored by the New Hampshire Swim Association but it takes the effort of all teams to make the meet run and to provide the swimmers the best opportunity for a good, fast, championship meet.

- **Team Work Assignments** and **Warm-up Assignments** are posted on the meet information website. <http://www.nhsaswim.org/2025-state-meet>
- All teams have **work assignments**. Please be prompt for your assigned job and arrange with your fellow parents to provide coverage for that job session.
- Workers should **check in** for their jobs at the Check-In table in the Lobby to get lanyard to be on deck.
- Workers and coaches should bring a water bottle to stay hydrated during the session.

Getting to the Meet

- **Directions:** The Upper Valley Aquatic Center (UVAC) is located at 100 Arboretum Lane in White River Junction, Vermont 05001. <https://www.uvacswim.org/hours-directions>
- Everyone will **enter** the facility through the front doors.

Parking:

There is not room for everyone to park on-site. Therefore, there are two options. Pay to park on-site or park at the free off-site lot and ride the free shuttle bus.

***** There FREE PARKING at the **shuttle lot** behind Mascoma Bank ★
243 Sykes Mountain Ave, White River Junction
[Directions to UVAC Free Parking Shuttle Lot](#)

The shuttle runs about every 10 -12 minutes. Service begins at 3:30 on Friday and 7:00 on Saturday and continues up to an hour after the last event of each day..

If you choose the convenience of parking at UVAC the cost is \$10 for Friday evening, and \$20 for Saturday. Please bring exact cash \$5, \$10, or \$20 bills (NO CHECKS or CREDIT CARDS) to help speed up the entry process. Parking attendants will collect the money and issue the passes at the UVAC driveway entrance on Arboretum Lane.



Warm-up Assignments: Team warm-up assignments (both times and lanes) are listed on the warm-up assignments document. All teams will use sit and slide procedures to enter the water for warm-ups at all warm-up sessions. No equipment is allowed during warm-ups.

Distance Events Friday Night: All timing is assigned for the entire session. All events will be swum slowest to fastest. Scratches are due by 4:30 pm. Scratches on Saturday (including relay scratches) are due by 8:20 and 2:20.

Coaches:

- Make sure credentials (background check, Athlete Protection training, etc.) are up-to-date. Make sure you can pull up your credentials in the USA Swimming app on your phone (or print your card). You will check in at the Coaches/Officials table in the lobby each day.
- Please see Laura Lewis the Meet Referee with any medical issues for your swimmers that need approval. Bandages used to cover wounds are permissible. Kinesio taping is not approved for competition under any circumstances and must be removed.

Officials

- **Sign up for officiating** is in the Hospitality room on the pool deck (behind lane 1). The Officials meeting starts 45 minutes before the start of the meet. Contact Laura Lewis (laura@thelewisfamily.net) if you have any questions before the meet.
- Make sure credentials (background check, Athlete Protection training, etc.) are up-to-date. Make sure you can pull up your credentials in the USA Swimming app on your phone (or print your card). You will check in at the Coaches/Officials table in the lobby each day.
- Apprentices are welcome to help out.

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. (Workers get their lanyards identifying their job at the check-in table in the Lobby).
- 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.
- **No photography from behind the blocks**. Photography is not allowed from any angle behind the blocks whether standing on deck or by the Admissions table up in the stands
- **Photography from the pool deck**. No photography or video recording is allowed on deck unless it's a swimmer or coach or individual approved by the Admin Official (Mary). The adult photographer must be credentialed by USA Swimming (show their non-athlete member card) and check in with Mary before the start of the session to go over rules for photography on deck.
- 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. 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 and stairs must remain clear for emergency egress.

Time Trials

- **Time trials** will be available after each session. Any swimmer already in the meet may do a time trial. \$10/event time trial fee. Swimmers may not swim more than 6 individual events in one day including time trials.

Warm-up / Warm-Down During the Meet

- We will be using 8 lanes for competition
- Lanes 0 and 1 will be available for warm-up and warm-down throughout each session.

Relays

- Coaches have submitted relays were applicable/desired with a tentative list of swimmers in each relay. Coaches may decide to change the swimmers or the order of swimmers in a relay.

Vendors

- The small **Poolside Café** will be in operation on Friday and Saturday. They have both hot and cold options, made to order and grab and go.
- The Ink Factory will have clothing and Championship shirts on sale on Saturday

Admission is free.

On-line Heat Sheets and Results: free meet heat sheets and results will be posted to the MeetMobile app (2025 NHSA State Championships). Copies of heat sheets will also be posted on deck and in the upstairs lobby.

Live Stream – watch the meet from the comfort of your home (or encourage Grandparents to do so)

- Live Stream of all sessions will be available through a LiveBarn subscription. www.livebarn.com
- Venue is Upper Valley Aquatic Center
- For more information go NHA meet website [NHSA 2025 State Meet Live Streaming](#)
- LiveBarn live stream includes
 - Two camera views – can switch between the views
 - Can zoom in and out
 - Integrated running scoreboard - can move around on screen to ensure your swimmer is not blocked from view
 - Can watch for up to 30 days after the meet

Locker Rooms and Rest Rooms

- Swimmers may use the locker rooms and the restrooms in the locker rooms
- Spectators should use the restrooms at the top of the stairs of the spectator area
- Coaches and officials should use the restrooms in lobby hallway by the Café

Awards and Scoring: Medals will be given for 1st-8th for individual events and 1st-3rd places for relays. Ribbons will be given for 9th-16th places for individual events and 4th-8th places for relays. Coaches will pick up ribbons at the end of the meet and work on distributing to swimmers back at home pools. Championship banners will be awarded to the top 3 at the end of the meet Saturday afternoon.

Using the Facility: The Splash Park and Fitness rooms will be open each day. Day Passes must be purchased to use the Splash Park and other facilities.

- Rules for the use of the Splash Park including fees and parent accompaniment requirements can be found at: <https://www.uvacswim.org/warm-water-pool> Note that there will be lessons in the Splash Park most of the mornings on Saturday. All users of the Splash Park must have purchased a day pass at the front desk.
- Day Use Pass information to use the fitness space or join a weekend group class can be found at: <https://www.uvacswim.org/day-passes>