



**2025 New England Swimming  
10 & Under Age Group Championships**  
Hosted by the Upper Valley Aquatic Club  
At the Upper Valley Aquatic Center, White River Junction, VT  
February 14-16, 2025



**Information for Parents and Coaches**

Thank you all for entering the 10 & Under Age Group Championships. We have details to share in preparation for the meet to help it run as smooth and efficiently as possible. This will be a big meet with lots of swimmers, lots of coaches, and lots of parents with limited deck space, spectator space, and on-site parking space.

Documents, including Heat Sheets will be posted on UVAC's [10 and Unders Meet Information website](#)

**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.

**Schedule**

Here are the warm-up times and estimated time line for each session including awards ceremonies.

	<u>Warm-ups</u>	<u>Meet</u>
Friday Evening	5:00 – 6:00 PM	6:05 PM - 8:15 PM
Saturday	10:00 – 11:00 AM	11:05 AM – 2:30 PM
Sunday	9:30 – 10:30 AM	10:35 AM – 2:00 PM

**THEME DAYS:** Teams and individuals may choose to participate in the theme days on deck.

- Friday: Red – it's Valentine's day
- Saturday: Hat day – have a fun hat?
- Sunday: Other sports – shirt or jersey from a local, college, or professional team

**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

**GETTING TO THE MEET**

- **Directions:** The Upper Valley Aquatic Center (UVAC) is located at 100 Arboretum Lane in White River Junction, Vermont 05001. <https://uvacswim.org/hours-directions/>
- Free parking shuttle lot is located at 243 Sykes Mountain Ave, White River Junction VT
- The pool deck opens an hour before warm-ups begin each session.

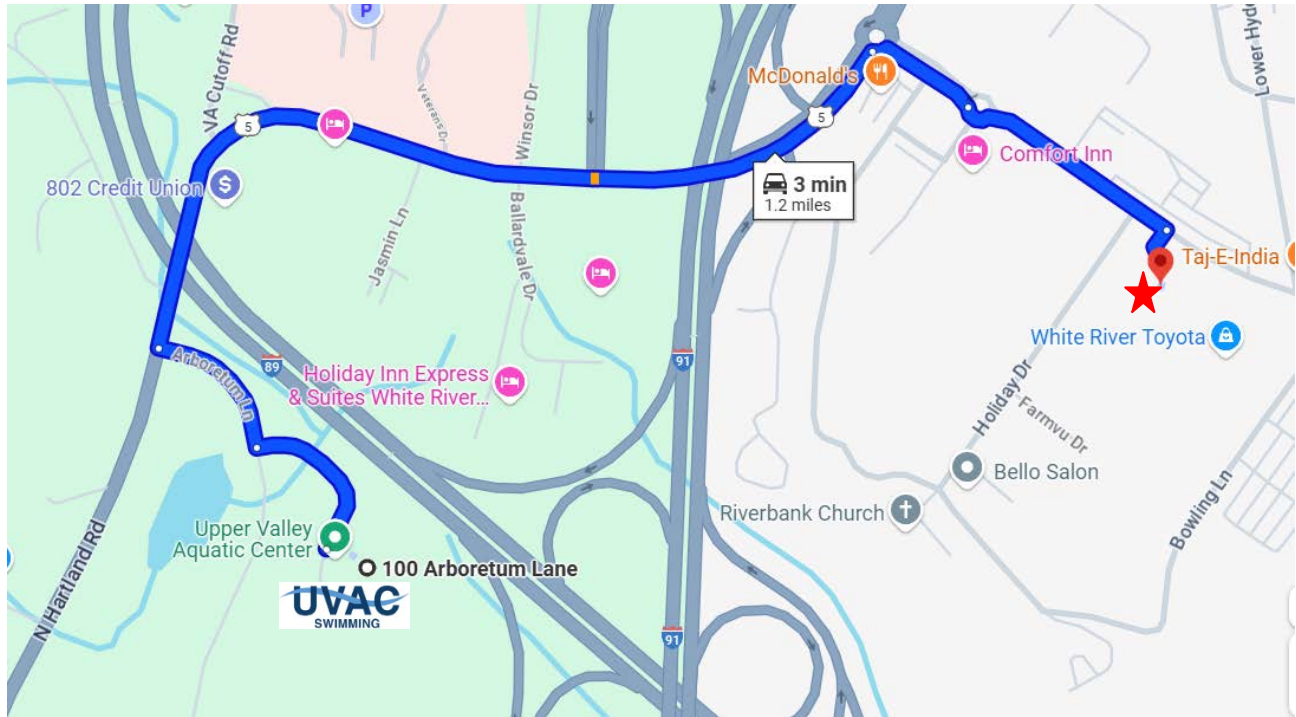
**PARKING**

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. It is likely that all passes to park on site for the weekend will be purchased Friday evening. If you are arriving in the area for the first time on Saturday and Sunday, we recommend you drive directly to the Free Shuttle Lot rather than heading to the facility to find that the on-site parking is full.

There is **FREE PARKING** at the **shuttle lot** behind Mascoma Bank. See map on the next page   
243 Sykes Mountain Ave, White River Junction [Directions to Free Off-Site Parking Lot](#)

The shuttle runs about every 10 -12 minutes. Service begins 90 minutes before warm-ups each day and continues up to an hour after the session ends or no one else needs a ride back to the lot.

If you choose the convenience of parking at UVAC the cost is \$30/weekend. 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. A Saturday only parking pass cannot be upgraded on Sunday to a Weekend pass.



UVAC asks that you make a decision to either use the free shuttles or buy the passes, but not drive to the entrance to drop off your athletes because it jams up the road.

**TIMING ASSIGNMENTS:** All sessions and all events will have assigned timing, this includes Friday's longer events. Teams are required to cover your timing assignments for the entire session. Timers' meetings begin 20 minutes before the end of warm-ups and will be in the Lobby. Thank you very much for your help.

**WARM-UP ASSIGNMENTS:** Team warm-up assignments (both times and lanes) are provided in a separate document. Note warm-up times change each day.

#### OFFICIALS

- Officials are encouraged to complete the [Intent to Officiate](#) form to help with planning.
- At the pool, **Sign in for officials** is in Hospitality. The Officials meeting starts 45 minutes before the start of the meet. Contact [pjohnstone@gmail.com](mailto:pjohnstone@gmail.com) 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. Credentials are required.

## 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.
- **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.
- **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.
- 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. 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.

## WARM-UP and WARM-DOWN DURING THE MEET

- We will be using 8 lanes for competition – lanes 3-10
- Lanes 0 and 1 will be available for warm-up / warm-down once the meet starts each session.

**ELECTRONIC DEVICES:** please download any media or entertainment to your devices before arriving at the facility. It is unlikely that the wi-fi will be available for the meet due to the extremely high volume of desired users. Cell service is available.

## VENDORS

- The small **Poolside Café** will be in operation all weekend
- **Ink Factory** clothing will be on site in the lobby all three days. Items may be pre-ordered for pickup at the meet. <https://inkfactoryclothing.chipply.com/UVACU10Meet/>
- **K&B Sportswear** (suits, swim supplies) will be in the lobby Saturday and Sunday

**ADMISSION** is free. Heat Sheets will be available for free on MeetMobile (2025 NE UVAC 10 & Under Champs) and [10 and Unders Meet Information website](#).

**VIEWING ROOMS:** There will be 2-3 rooms in the facility set up with large screen monitors showing the live stream version of the meet (that includes a running alpha/numeric scoreboard). These will provide overflow space for spectators and be quieter, cooler, less congested spaces to watch the meet or hang out when needing a break.

**ON-LINE PSYCH SHEETS, HEAT SHEETS AND RESULTS:** meet psych sheets and results will be posted to the MeetMobile app (2025 NE UVAC 10 & Under Champs) and also on the [10 and Unders Meet Information website](#)

## **LIVE STREAM**

- Live Stream of all sessions will be available through a LiveBarn subscription. [www.livebarn.com](http://www.livebarn.com)  
Venue is Upper Valley Aquatic Center. Discount promo-code is uvac-swim.
- See [NES 10&U AG Livestream Info](#) for information and instructions.
- LiveBarn includes two camera views and an integrated running scoreboard. Users can select which camera to use at any one time, can zoom in the picture to get a better view of the swimmer, and is available to view and take snippets from for up to 30 days after starting the subscription. This is the same subscription used by many hockey rinks – just a different venue as part of that subscription.

## **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:**

- Medals will be presented to the top 10 swimmers in each individual event and the top 3 teams in each relay event.
- Ribbons will be given to coaches to distribute for places 11-20 in individual events and 4-8 in relays.
- High Point plaques will be presented to the top 8 individual point scorers in each gender.
- Team plaques will be presented to the top 3 team scores.

## **DO NOT BRING TO THE FACILITY**

- Do not bring any glass containers to the facility
- Do not bring balloons or pom poms

**USING THE FACILITY:** The Fitness rooms will be open each day. Day Passes must be purchased to use the facilities. The Splash Park will not be open.

- Day Use Pass information to use the fitness space or join a weekend group class can be found at: <https://uvacswim.org/memberships/day-passes/>