

**New England 12 & Under Age Group Championship Meet 2010 at the Upper Valley
Aquatic Center in White River Junction, VT: February 25th-28th, 2010**

LOCATION/DIRECTIONS

• **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)

o 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.

o Turn left off the exit (before the stop light) on to Route 5 South.

o Follow Route 5 immediately under the interstate

o Travel ½ mile, go under the other interstate, and take the next left on to Arboretum Lane.

o UVAC is the only building on Arboretum Lane.

o 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.

FORMAT:

The **11 & 12 age group** will be a Trials / Finals Format for individual events. Two heats of swimmers –Consolation and Championship finals - will return for the evening finals session. Consolation and Championship Final Heats will be swum in that order. Swimmers in the Championship final will participate in marching to the blocks from the far end of the pool. The 1000 free, 1650 free, 500 free, 400 IM and all relays are timed final events. No heats of these events will be swum in the finals sessions. Eight lanes will be used for Friday, Saturday, and Sunday morning Prelim sessions. Ten lanes will be used for Thursday evening timed finals and Friday, Saturday, and Sunday evening Finals sessions. Two warm-up lanes in the competition pool will be available for the morning sessions. Two warm-up lanes in the leisure pool will be available for the evening sessions. For the morning sessions, there will be an empty buffer lane between the two warm-up lanes and the eight competition lanes. (NCAC and NES reserve the right to change the number of lanes used based on entries submitted.) Individuals swimming the 1650 free, 500 free, 1000 free and 400 IM are responsible for providing their own counter and two timers. Teams swimming the 11&12 400 Free Relay Thursday evening are also responsible for providing two timers. All heats of the 1000 free and 1650 free will swim fastest to slowest, alternating girls and boys. Girls and boys may be combined if that requires fewer heats. Thursday evening will be seeded by computer during warm-ups of that session. Friday through Sunday 11 & 12 sessions (non-distance events) will be seeded based on scratches submitted the night before for prelims and during prelims for finals. All distance events and the 400 free relay will have positive check-in during warm-ups of their session. Failure to positively check-in for Thursday's events and other distance events will result in the swimmer not being seeded in that event.

The **10 & Under age group** will be timed finals for all events. Coaches will receive scratch sheets that they should submit by 9:00 AM the day of the session. The 500 Free will have a positive check-in. Failure to positively check-in for the 500 free will result in the swimmer not being seeded in that event. Swimmers in the 500 are responsible for providing their own counter and two timers. Ten lanes will be used for all 10 & Under events. (NCAC and NES reserve the right to change the number of lanes used based on entries submitted.) Heat sheets will be posted around the pool deck. Copies of heat sheets will be given to coaches and available for purchase for parents. Swimmers should report directly to the blocks for their events. Coaches and swimmers are responsible for ensuring swimmers are in the correct heat and lane.

GMA TEAM SCRATCH POLICY:

All GMA team members are expected to race in every event in which they are entered. Swimmers who have problems or concerns about their events must talk to a coach before the scheduled warm-up time to determine if an event scratch is necessary. Any swimmers who choose not to attend the meet must let Laura know at least 24 hours in advance of the meet in order to avoid paying meet penalty fees.

MEET SCRATCH POLICY:

Scratches for 11 & 12 events: Scratch deadlines for Friday, Saturday and Sunday 11 & 12 prelim events will be due by 6:00pm the night before. Scratches are submitted by filling out a scratch form available at the Clerk of Course table. Scratches for Friday only may be made by phone to Mariella Allard, 508-633-8821 until 6:00 pm Thursday, February 25. All Thursday Evening events will be POSITIVE CHECK-IN by 5:30 pm at the Clerk of Course table on deck. Special scratch notes for the 11 & 12 events.

1. Any swimmer who fails to compete in an individual event heat in which he/she is entered and has not been scratched will be barred from further new competition for that day, including relays and time trials. The swimmer will be also automatically scratched from the following day's events unless the Clerk of Course has been notified of the swimmers intention to compete by 6:00 pm. NOTE: Finals are considered continuation of events starting with trials.
2. Any swimmer who qualifies for the Championship or Consolation Finals and wants to withdraw from the final must notify the Clerk of Course of that intent to withdraw within 30 minutes of the preliminary results being announced. Any Finals qualifier who fails to notify the Clerk of Course of his/her intention to withdraw from the final within 30 minutes of announcing the preliminary results or is not excused by the referee, and does not compete will be barred from all subsequent competition in the meet including relays and time trials.
3. Any team that has a no-show swimmer in the Finals on Sunday evening will be fined \$100 per no-show.
4. The 400 Free Relay, 500 Free, 400 IM, 1000 Free and 1650 Free events must confirm their intention to participate with a POSITIVE CHECK-IN during warm-ups of that session (by 5:30 PM for Thursday evening events, by 8:30 AM for Friday through Sunday distance events). Failure to check-in will result in the swimmer not being seeded for that event.

Scratches for 10 & Under afternoon sessions: Scratches must be turned in to the timing table by 9:30 AM the day of the session using the team scratch sheets (entry lists) provided at the meet. Thursday's 500 Free will be a POSITIVE CHECK-IN by 5:30 pm at the Clerk of Course table. Failure to positively check-in for the 500 free will result in the swimmer not being seeded for that event. There is no penalty for not scratching any event.

RELAY CARDS: For both the 11-12 and 10 & Under sessions, relay cards must be submitted to the Clerk of Course 30 minutes before the start of the session. Preliminary names for the relay should be submitted at that time. Names and the order of the swimmers may be changed up to the time of the relay heat. Any changes must be submitted to the Clerk of Course before the start of that relay's heat.

TIME TRIALS: Time trials will be available at the discretion of the meet referee and meet director, and if time allows, after the prelims sessions on Friday, Saturday and Sunday. Please be aware that time trials count towards the daily maximum of three individual events for 11 & 12

swimmers and five individual events for 10 & Unders. All time trial swimmers must provide two timers for their swims. Time trials are \$10 for individual events and \$40 for relays. Sign-up for time trials at the Clerk of Course table. Time trials are open to any swimmer registered with USA Swimming. Time Trial swimmers not already entered in the meet must notify the entry chair by Tuesday, February 23 of their intent to do a time trial and provide their USA Swimming registration information. Time Trial swimmers not already entered in the meet also must pay the swimmer participation fee of \$10 in addition to the time trial fee of \$10 per event. These fees can be paid at the Clerk of Course table the day of the time trial.

ADMISSION: \$3.00 per session (11/12 Finals sessions are free if you bring a can or box of food to donate to the local Upper Valley Haven food bank)

PSYCH SHEETS: \$5.00 – includes all events for the weekend

HEAT SHEETS: \$3.00 per session.

WARM UPS: Teams will be assigned warm-up lanes after all entries are received. Flagrant violations of the warm up procedures may result in disqualification from the meet for unsportsmanlike conduct. Encourage swimmers to cooperate with meet marshals and life guards. Before the start of the distance events 400 IM, 11 & 12 500 FR, 1650 FR a 10 minute warm-up will be provided at the conclusion of the prior prelim event. A session time line will be complied with designated awards presentations, breaks and warm-up/warm-down periods. At the conclusion of finals, after the award presentation we will provide a 10 minute warm-down in the competition pool.

OTHER MEET NOTES: Coaches and parents are responsible for the behavior of their swimmers at all times. Any damage to the premises or equipment is the responsibility of those doing the damage. North Country Aquatic Club, Upper Valley Aquatic Center, and New England Swimming assume no responsibility for lost or stolen property. No pets (except service dogs) are allowed within the facility. Smoking is not permitted within 500 feet of the facility.

PHOTOGRAPHERS: As per USA Swimming and New England Swimming policy, the only photographers allowed on the pool deck at any time during the meet (including during warm ups) must be professional photographers contracted by NCAC or press photographers who have been approved in advance by the Meet Director and have been properly credentialed. Email the Meet Director with questions and requests.

SAFETY:

1. Diving will be prohibited during warm-ups except in specifically announced one-way sprint lanes. There will be no diving in the warm-up and warm-down lanes at any time
2. No shaving is permitted at the competition site.
3. No glass containers are permitted within the facility.
4. Swimmers must be under the supervision of a coach. If a swimmer arrives at the meet without a coach, the swimmer should notify the referee before he/she warms up. The referee will assign the swimmer to a registered coach for warm-ups. Please notify the referee prior to the meet if you know no coach will be attending.
5. No camera cell phones are permitted in the locker rooms.
6. No flash photography is allowed at the start of events.

AWARDS: Medals will be awarded for the first 8 places in individual events and first 3 places in relays; ribbons for 9-16 places individual, and 4-8 relays. Awards for the top 8 places in each

individual event and the top 3 teams in each relay event will be presented throughout the meet. All 10 & Under awards ceremonies will take place during the 10 & Under sessions. Awards ceremonies for 11&12 individual events will be scheduled during finals sessions, award ceremonies for relays will be during the prelim session the day of the relay. Once entries have been received a session time line will be complied with designated awards presentations scheduled. The coach of the winning swimmer/relay team will be asked to present the awards during each ceremony. Ribbons for 9-16 in individual events and 4-8 in relay events may be picked up after the awards ceremony for that event.

GMA TIMING & OFFICIATING ASSIGNMENTS

GMA parents are asked to work together to cover our timing assignments. Please communicate with one another before each session and determine how the timing assignments will be covered by GMA parents. GMA parents who are officials are responsible for arranging their officiating commitments.

In accordance with standard NE Championship procedures, all teams entering the meet must provide a prorated share of officials and timers and other required personnel. Work assignments will be based on the number entries per team. Our GMA timing assignments are attached. If a team does not provide the timers it has been assigned at a championship meet, the team will be fined \$100 per incident and will not be allowed to enter swimmers in another New England meet until the fine(s) is paid.

RECOMMENDED HOTEL

Comfort Suites, 102 Ballardvale Drive, White River Junction, VT 05001
(802) 291-9911

LAURA’S CELL PHONE

(802) 238-9168

MEET TIMES: Date	Session	Warm-up	Meet Start
Thursday February 25	Evening Timed Final All Ages	5:00pm	6:00pm
Friday February 26	Morning 11 & 12 Prelims	7:30am	9:00am
	Afternoon 10 & Under Timed Finals	12:30pm	1:30pm
	Evening 11 & 12 Finals	5:30pm	6:30pm
Saturday February 27	Morning 11 & 12 Prelims!!	7:00am!!	8:30am!!
	Afternoon 10 & Under Timed Finals	12:30pm	1:30pm
	Evening 11 & 12 Finals	5:30pm	6:30pm
Sunday February 28	Morning 11 & 12 Prelims	7:00am	8:30am
	Afternoon 10 & Under Timed Finals	12:30pm	1:30pm
	Evening 11 & 12 Finals	4:30pm	5:30pm

GMA TEAM END-OF-SEASON GUIDELINES

The GMA coaches provide the following guidelines for swimmers and parents going to a New England End-of-Season meet:

1. Plan ahead to attend the End-of-Season Meets for which you have qualified. Please fulfill your team obligation. If your plans have changed and you are unable to attend, please notify Laura as soon as possible.
2. Swimmers are required to arrive 15 minutes prior to the assigned team warm-up session. Team stretching and announcements are a very important aspect of championship meet success.
3. These meets can be long and tiring. Plan your daily schedule to ensure that you get the proper amount of food and rest. This is best achieved with good transportation plans and many comfort items packed.
4. The emphasis at swim meets is always on achieving your personal best times, being a great sport and showing excellent team spirit. Winning heats and medals can be fun, but is never part of our team goals.
5. Please provide your child with unconditional love. Your swimmers need your unconditional support in order to race confidently. If they feel that you are judging or critiquing their performances, they may race with less confidence and security.
6. Please do not offer your swimmers ideas on how to race better. Please refer such technical questions to the coaches so as not to confuse the swimmers. Swimmers are required to speak to their coaches just prior to and immediately after their races in order to plan and evaluate their performances.
7. Please pack the following for your swimmers:
 - 2 GMA caps
 - 2 pairs of goggles
 - GMA team suit
 - GMA team apparel
 - At least 3 towels
 - Healthy food and drinks only (please no chips, candy or cookies until after the meet)
8. Swimmers are responsible for the following:
 - Knowing their events
 - Knowing their personal best times
 - Knowing their goals for each event
 - Talking to a coach before and after every race
 - Getting to their heats and lanes by themselves
 - Cheering for their teammates during the ENTIRE session (do not leave until the session is over and our team area is fully cleaned)
 - Demonstrating great sportsmanship and team spirit
 - Resting/ sleeping in bed at least one hour in between prelims and finals sessions
 - Warming up properly before each event, warming down properly after each event and maintaining any prescribed physical therapy routine.
9. Rest, eat healthy food and drink plenty of water. When you are not swimming, you are to be fueling your body and sleeping. All swimmers competing in a prelims and finals meet are REQUIRED to sleep in between prelims and finals. It is recommended that you rest even if you are not swimming in finals at night. Please do not plan family activities and adventures. In order to race their best, the swimmers need to rest whenever they are not competing.
10. For all 11 and older swimmers, you MUST warm-up and warm-down before and after every event. Please talk to your coach about specific recommendations. If no pool is

available, please use the team warm-up and warm-down cards to properly warm-up or warm-down your body.

11. If you are unable to attend any portion of the meet, please contact Laura on her cell phone (802-238-9168) immediately. Your teammates are counting on you for relays and team spirit. Please remember to **STAY UNTIL THE END OF THE SESSION** to cheer for all of your teammates, even if you are done swimming. All 13 and older swimmers are **REQUIRED** to warm-up at **EVERY** session with the team (even when not swimming in the session). All 13 and older swimmers are **REQUIRED** to attend the finals sessions (even when not swimming in an event) to watch and cheer on their teammates.

12. All swimmers who have a regular physical therapy routine are expected to continue this routine on schedule while at the meet.

13. Please **WEAR YOUR GMA ATTIRE** and represent your team with pride, respect and spirit!

14. Please **HAVE A BLAST!!** You have earned a **GREAT MEET!!** **GO GMA!!**

2010 New England Swimming 12 & Under Championships Warm-up Assignments

Three lap lanes in the leisure pool will be open for warm-up/warm-down during afternoon and evening sessions but not during warm-ups

Thursday Evening

Coaches meeting at 5:45 pm

	Lane 0	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10	
windows	5:00-5:40	All lanes open circle swim										balcony
	5:40-5:55	open	sprint	sprint	open				sprint	sprint	open	

Friday Morning: 11-12 Prelims

Coaches meeting at 8:45 AM for those who couldn't attend Thur coaches mtg

	Lane 0	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10		
windows	7:30-7:55	AAC ATST CLBC	BGSC	FINS KING	GMSC	HRY MST MYT	MAG	MAG	ORO STRM	RAMS SOLO	YMA	ENVY S Hadley WTSC	balcony
	7:55-8:20	ANA CCBS HYV	ESC HAY	ABF	ABF	MTSC NAS	LRAC PSC	BAT NSSC	BOSS MD	CONY FLWS SSA	DYD WACK YNS	NCAC STS Duserick WW	
	8:20-8:45	BGNE CCSC	HHS SSYS	CRA	EDSC NWSC	GMA	NBST Pittsfield WYST	EST Lemerise	BYB MIDD WSSC	SAC	SAC	LRW MWYS PST	

Friday Afternoon: 10 & Under Timed Finals

Coaches meeting at 12:15 PM if didn't attend previous coaching mtg

	Lane 0	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10		
windows	12:30-12:55	AAC ANA BAT	BGSC BYB	CCBS FLWS GMSC	CRA DYD	ENVY EST Lemerise	HHS MWYS SSA	LRW MST NAS	NWSC PSC RAMS	SAC	HYV YNS	WSSC YMA	balcony
	12:55-1:20	ATST BGNE BOSS SSYS	BYD CCSC CONY CRVS	ABF	EDSC ESC HRY	GMA HAY SOLO	KASC LRAC MTSC	MAG	MAG	MYT NSSC ORO WYST	PST RAYS WACK	NCAC STRM Miquel NewBedford	

Friday Evening: 11-12 Finals

	Lane 0	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10	
windows	5:30-5:55	All lanes open circle swim										balcony
	5:55-6:20	open	sprint	sprint	open				sprint	sprint	open	

Saturday Morning: 11-12 Prelims

windows		Lane 0	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10	balcony
	7:05-7:30	BGNE CCSC	HHS SSYS	CRA	EDSC NWSC	GMA	NBST Pittsfield WYST	EST Lemerise	BYB MIDD WSSC	SAC	SAC	LRW MWYS PST	
	7:30-7:55	AAC ATST CLBC	BGSC	FINS KING	GMSC	HRY MST MYT	MAG	MAG	ORO STRM	RAMS SOLO	YMA	ENVY S Hadley WTSC	
7:55-8:20	ANA CCBS HYV	ESC HAY	ABF	ABF	MTSC NAS	LRAC PSC	BAT NSSC	BOSS MD	CONY FLWS SSA	DYD WACK YNS	NCAC STS Duserick WW		

Saturday Afternoon: 10 & Under Timed Finals

	Lane 0	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10	balcony
12:30-12:55	ATST BGNE BOSS SSYS	BYD CCSC CONY CRVS	ABF	EDSC ESC HRY	GMA HAY SOLO	KASC LRAC MTSC	MAG	MAG	MYT NSSC ORO WYST	PST RAYS WACK	NCAC STRM Miquel NewBedford	
12:55-1:20	AAC ANA BAT	BGSC BYB	CCBS FLWS GMSC	CRA DYD	ENVY EST Lemerise	HHS MWYS SSA	LRW MST NAS	NWSC PSC RAMS	SAC	HYV YNS	WSSC YMA	

Saturday Evening: 11-12 Finals

windows		Lane 0	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10	balcony
	5:30-5:55	All lanes open circle swim											
	5:55-6:20	open	sprint	sprint	open					sprint	sprint	open	

Sunday Morning: 11-12 Prelims

windows		Lane 0	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10	balcony
	7:05-7:30	ANA CCBS HYV	ESC HAY	ABF	ABF	MTSC NAS	LRAC PSC	BAT NSSC	BOSS MD	CONY FLWS SSA	DYD WACK YNS	NCAC STS Duserick WW	
	7:30-7:55	BGNE CCSC	HHS SSYS	CRA	EDSC NWSC	GMA	NBST Pittsfield WYST	EST Lemerise	BYB MIDD WSSC	SAC	SAC	LRW MWYS PST	
7:55-8:20	AAC ATST CLBC	BGSC	FINS KING	GMSC	HRY MST MYT	MAG	MAG	ORO STRM	RAMS SOLO	YMA	ENVY S Hadley WTSC		

Sunday Afternoon: 10 & Under Timed Finals

	Lane 0	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10		
windows	12:30-12:55	AAC ANA BAT	BGSC BYB	CCBS FLWS GMSC	CRA DYD	ENVY EST Lemerise	HHS MWYS SSA	LRW MST NAS	NWSC PSC RAMS	SAC	HYV YNS	WSSC YMA	balcony
	12:55-1:20	ATST BGNE BOSS SSYS	BYD CCSC CONY CRVS	ABF	EDSC ESC HRY	GMA HAY SOLO	KASC LRAC MTSC	MAG	MAG	MYT NSSC ORO WYST	PST RAYS WACK	NCAC STRM Diaz Miquel NewBedford	

Sunday Evening: 11-12 Finals

	Lane 0	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10	
windows	4:30-4:55	All lanes open circle swim										balcony
	4:55-5:20	open	sprint	sprint	open				sprint	sprint	open	

2010 New England Swimming 12 & Under Championships Timing Assignments

Thursday Evening

1st Timers behind blocks at 5:55 PM

All swimmers and relay teams must provide their own timers. Two timers per lane.

Friday Morning: 11-12 Prelims

Timers' meeting at 8:35 AM

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10
not in use	not in use	AAC ANA	BAT BGSC	ESC HAY	FINS KING	MAG MAG	MWYS NWSC	RAMS SAC	SSYS YMA

400 IM swimmers must provide their own timers. Two timers per lane.

Friday Afternoon: 10 & Under Timed Finals

Timers' meeting at 1:05 PM

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10
CRA ESC	LRAC NWSC	MAG MAG	WACK YMA	SOLO STRM	PSC SSA	AAC ABF	BAT BGNE	BGSC BGSC	BOSS CCSC

Friday Evening: 11-12 Finals

Timers' meeting at 6:05 PM

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10
SSYS STRM	WW YNS	ABF ABF	ATST BAT	CCSC CRA	EST GMA	GMSC GMSC	MAG MTSC	NAS SAC	Pittsfield S Hadley

Saturday Morning: 11-12 Prelims

Timers' meeting at 8:05 AM

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10
not in use	not in use	RAMS SAC	SSA SSYS	STRM WSSC	AAC BAT	BGSC CCSC	BOSS FINS	KING LRW	NSSC PSC

500 Free swimmers must provide their own timers. Two timers per lane.

Saturday Afternoon: 10 & Under Timed Finals

Timers' meeting at 1:05 PM

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10
ESC HAY	HRY LRAC	MAG MAG	MTSC MWYS	ORO PSC	RAYS WW	SAC SAC	ANA BGNE	BGSC BYB	CCSC CRA

Saturday Evening: 11-12 Finals

Timers' meeting at 6:05 PM

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10
ANA BGSC	CLBC DYD	EDSC ESC	HYV MD	MAG MAG	NWSC SAC	PSC PSC	SOLO SSA	SSYS Lemerise	YMA YNS

Sunday Morning: 11-12 Prelims

Timers' meeting at 8:05 AM

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10
NWSC RAMS	BGSC YMA	SAC SSYS	STRM WW	ANA ATST	BAT BGNE	CRA HHS	MTSC MWYS	MYT NSSC	HYV Pittsfield

1650 Free swimmers must provide their own timers. Two timers per lane.

Sunday Afternoon: 10 & Under Timed Finals

Timers' meeting at 1:05 PM

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10
EST MWYS	MAG MAG	NSSC NWSC	PSC SOLO	SSA STRM	YMA YNS	AAC ABF	BGSC BGSC	CCSC CONY	ESC ESC

Sunday Evening: 11-12 Finals

Timers' meeting at 5:05 PM

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10
CRA GMA	GMSC HAY	MAG MAG	MST SOLO	SAC SAC	SSA WSSC	WTSC WYST	YMA YNS	ABF ABF	BOSS CCSC

New England Swimming 12 & Under Championships
at the Upper Valley Aquatic Center, White River Junction, VT 05001

Information for Parents

Session Times: Saturday morning starts earlier than originally posted

Date	Session	Warm-up	Meet Start
Thursday February 25	Evening Timed Final All Ages	5:00pm	6:00pm
Friday February 26	Morning 11 & 12 Prelims Afternoon 10 & Under Timed Finals Evening 11 & 12 Finals	7:30am 12:30pm 5:30pm	9:00am 1:30pm 6:30pm
Saturday February 27	Morning 11 & 12 Prelims!! Afternoon 10 & Under Timed Finals Evening 11 & 12 Finals	7:00am!! 12:30pm 5:30pm	8:30am!! 1:30pm 6:30pm
Sunday February 28	Morning 11 & 12 Prelims Afternoon 10 & Under Timed Finals Evening 11 & 12 Finals	7:00am 12:30pm 4:30pm	8:30am 1:30pm 5:30pm

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 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://www.uvac-swim.org/About UVAC/directions.html](http://www.uvac-swim.org/About%20UVAC/directions.html)
- **Parking:** Free but limited parking is available at the facility. Carpooling or shuttling from the hotels is appreciated.

Before the Meet

- Please contact your coach if your child will not be able to attend the meet. The coach needs to know to scratch your child (or the relay) if you are not coming.

During the Meet

- **Parents are not allowed on the deck** of the competition pool. This helps reduce congestion on the deck but is also a requirement of USA Swimming. Only registered swimmers, coaches, officials, and workers are allowed on the competition pool deck.
 - This includes not coming down on deck to take photographs during the awards ceremonies. You'll have to take your pictures from the balcony.

- **Spectators may not stand or sit in the walkway or on the stairs** in the bleachers. The walkway and stairs must be kept clear for emergency egress.
- **Stairs are slippery when wet.** If your child comes to visit you in the stands, remind him or her to be careful on the stairs. They are slippery when wet.
- Please **do not use flash photograph 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 can't have excited parents confusing the timers.
- 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.
- **Awards Ceremonies** will be held throughout the 10 & Under sessions and the 11&12 Finals sessions. The awards ceremonies will include presentation of awards to the top 8 swimmers in individual events and the top 3 teams in relay events. Swimmers should report to the awards podium for the ceremonies. There will be a schedule posted on the NES website that includes a tentative time line for the meet.
- **Breaks between events** will occur throughout the 11 & 12 Prelim (morning sessions) as well as after awards ceremonies. These breaks are required to allow swimmers to have sufficient rest between events.
- **Psych Sheets, Heat Sheets, and Results will be posted** during the meet in the spectator lobby and also online on the NES website and also at:
http://www.uvac-meets.org/2010/12andUnders_Feb25

Using the Facilities

- Please follow the instructions of the facility and meet staff.
- **The splash park pool and fitness room can be used during the meet. Purchase a day use pass at the front deck.** Day passes are \$7 for children and \$15 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.
 - Meet swimmers should not be using the splash park without approval from their coach. They are here to compete in a championship meet, not expending energy playing in the other pool.
 - You may choose to let siblings play in the splash park as a reward for having to watch brother or sister swim in yet another meet. Parents must accompany children (under the age of 14) to the splash park and pay for a day pass even if not getting in the water. Parents may also choose to buy a 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.

We welcome you to the Upper Valley and the Upper Valley Aquatic Center. Please enjoy your stay.

**Green Mountain Aquatics (NE-GMA)
Meet Entry Report**

**Meet: 2010 NE 12 Under Championships (Location: Upper Valley Aquatic Center, WRJ, VT)
Date: 02/25/2010 - 02/28/2010 (Ageup Date: 02/25/2010)**

Aman, Kathryn A (12)

# 1 Girl 11-12 1000 Free	12:14.45Y	12:54.99Y (11/06/09 - 2009 NE NCAC November Classic)
# 9 Girl 11-12 50 Free	27.98Y	27.98Y (01/17/10 - 2010 NE SOLO Snowball Classic)
# 13 Girl 11-12 50 Fly	30.00Y	30.00Y (12/06/09 - 2009 NE NCAC Winter Classic)
# 29 Girl 11-12 100 Free	1:00.20Y	1:00.20Y (01/16/10 - 2010 NE SOLO Snowball Classic)
# 31 Girl 11-12 200 Fly	2:32.77Y	2:32.77Y (01/17/10 - 2010 NE SOLO Snowball Classic)
# 37 Girl 11-12 200 Medley	2:30.65Y	2:30.65Y (01/16/10 - 2010 NE SOLO Snowball Classic)
# 51 Girl 11-12 200 Free	2:13.37Y	2:13.37Y (01/09/10 - GMAWinterKnightsInvitational20)
# 55 Girl 11-12 100 Fly	1:08.04Y	1:08.04Y (11/08/09 - 2009 NE NCAC November Classic)
# 59 Girl 11-12 100 Medley	1:12.47Y	1:12.47Y (01/10/10 - GMAWinterKnightsInvitational20)
# 27 Girl 11-12 200 Free Relay A	1:50.96Y	27.98Y (01/17/10 - 2010 NE SOLO Snowball Classic)
# 5 Girl 11-12 400 Free Relay A	3:58.45Y	1:00.20Y (01/16/10 - 2010 NE SOLO Snowball Classic)
# 7 Girl 11-12 200 Medley Relay A	2:04.19Y	30.00Y (12/06/09 - 2009 NE NCAC Winter Classic)

Benoit, Natalie P (12)

# 9 Girl 11-12 50 Free	28.47Y	28.47Y (02/14/10 - 2010 NE NCAC Regional Meet)
# 29 Girl 11-12 100 Free	1:01.53Y	1:01.53Y (02/14/10 - 2010 NE NCAC Regional Meet)
# 35 Girl 11-12 100 Back	1:12.59Y	1:12.59Y (01/31/10 - GMAVermontInvitationalMeet2010)
# 53 Girl 11-12 50 Back	32.67Y	32.67Y (02/13/10 - 2010 NE NCAC Regional Meet)
# 27 Girl 11-12 200 Free Relay A	1:50.96Y	28.47Y (02/14/10 - 2010 NE NCAC Regional Meet)
# 5 Girl 11-12 400 Free Relay A	3:58.45Y	1:01.53Y (02/14/10 - 2010 NE NCAC Regional Meet)
# 7 Girl 11-12 200 Medley Relay A	2:04.19Y	32.67Y (02/13/10 - 2010 NE NCAC Regional Meet)

BODYKEVICH, GRACE (9)

# 21 Girl 10 & Under 200 Free	2:27.93Y	2:27.93Y (02/12/10 - 2010 NE NCAC Regional Meet)
# 25 Girl 10 & Under 100 Fly	1:21.24Y	1:21.24Y (02/14/10 - 2010 NE NCAC Regional Meet)
# 43 Girl 10 & Under 100 Free	1:10.16Y	1:10.16Y (01/31/10 - GMAVermontInvitationalMeet2010)
# 47 Girl 10 & Under 50 Back	37.07Y	37.07Y (02/13/10 - 2010 NE NCAC Regional Meet)
# 49 Girl 10 & Under 100 Medley	1:18.41Y	1:18.41Y (02/14/10 - 2010 NE NCAC Regional Meet)
# 65 Girl 10 & Under 50 Free	31.59Y	31.59Y (12/06/09 - 2009 NE NCAC Winter Classic)
# 67 Girl 10 & Under 100 Back	1:17.64Y	1:17.64Y (02/13/10 - 2010 NE NCAC Regional Meet)
# 69 Girl 10 & Under 50 Fly	35.52Y	35.52Y (01/31/10 - GMAVermontInvitationalMeet2010)
# 71 Girl 10 & Under 200 Medley	2:54.50Y	2:54.50Y (01/31/10 - GMAVermontInvitationalMeet2010)

Bradford-Feldman, Rachael R (12)

# 1 Girl 11-12 1000 Free	11:02.50Y	11:02.50Y (11/06/09 - 2009 NE NCAC November Classic)
# 11 Girl 11-12 100 Breast	1:10.27Y	1:10.27Y (01/10/10 - GMAWinterKnightsInvitational20)
# 17 Girl 11-12 400 Medley	4:43.43Y	4:43.43Y (01/10/10 - GMAWinterKnightsInvitational20)
# 29 Girl 11-12 100 Free	55.49Y	55.49Y (01/09/10 - GMAWinterKnightsInvitational20)
# 33 Girl 11-12 50 Breast	32.94Y	32.94Y (01/10/10 - GMAWinterKnightsInvitational20)
# 37 Girl 11-12 200 Medley	2:12.43Y	2:12.43Y (11/07/09 - 2009 NE NCAC November Classic)
# 51 Girl 11-12 200 Free	1:57.84Y	1:57.84Y (01/10/10 - GMAWinterKnightsInvitational20)
# 53 Girl 11-12 50 Back	29.00Y	29.00Y (01/10/10 - GMAWinterKnightsInvitational20)
# 59 Girl 11-12 100 Medley	1:03.08Y	1:03.08Y (01/31/10 - GMAVermontInvitationalMeet2010)
# 27 Girl 11-12 200 Free Relay A	1:50.96Y	25.93Y (11/08/09 - 2009 NE NCAC November Classic)
# 5 Girl 11-12 400 Free Relay A	3:58.45Y	55.49Y (01/09/10 - GMAWinterKnightsInvitational20)
# 7 Girl 11-12 200 Medley Relay A	2:04.19Y	32.94Y (01/10/10 - GMAWinterKnightsInvitational20)

Collison, Jeremy L (12)

# 16 Boy 11-12 200 Back	2:30.61Y	2:30.61Y (02/13/10 - 2010 NE NCAC Regional Meet)
# 36 Boy 11-12 100 Back	1:11.37Y	1:11.37Y (02/14/10 - 2010 NE NCAC Regional Meet)
# 56 Boy 11-12 100 Fly	1:13.42Y	1:13.42Y (02/13/10 - 2010 NE NCAC Regional Meet)
# 58 Boy 11-12 200 Breast	2:53.85Y	2:53.85Y (02/12/10 - 2010 NE NCAC Regional Meet)
# 60 Boy 11-12 100 Medley	1:13.33Y	1:13.33Y (01/16/10 - 2010 NE SOLO Snowball Classic)
# 28 Boy 11-12 200 Free Relay A	1:53.65Y	29.37Y (01/17/10 - 2010 NE SOLO Snowball Classic)
# 6 Boy 11-12 400 Free Relay A	4:05.55Y	
# 8 Boy 11-12 200 Medley Relay A	2:07.91Y	

Griffith, Ian Thomas (12)

# 60 Boy 11-12 100 Medley	1:14.13Y	1:14.13Y (02/13/10 - 2010 NE NCAC Regional Meet)
# 28 Boy 11-12 200 Free Relay A	1:53.65Y	
# 6 Boy 11-12 400 Free Relay A	4:05.55Y	
# 8 Boy 11-12 200 Medley Relay A	2:07.91Y	

Hancock, Kevin G (11)

# 36 Boy 11-12 100 Back	1:10.55Y	1:10.55Y (01/09/10 - GMAWinterKnightsInvitational20)
# 54 Boy 11-12 50 Back	33.24Y	33.24Y (01/31/10 - GMAVermontInvitationalMeet2010)
# 60 Boy 11-12 100 Medley	1:14.43Y	1:14.43Y (02/13/10 - 2010 NE NCAC Regional Meet)
# 28 Boy 11-12 200 Free Relay A	1:53.65Y	28.60Y (01/31/10 - GMAVermontInvitationalMeet2010)
# 6 Boy 11-12 400 Free Relay A	4:05.55Y	1:01.73Y (01/10/10 - GMAWinterKnightsInvitational20)
# 8 Boy 11-12 200 Medley Relay A	2:07.91Y	33.17Y (01/09/10 - GMAWinterKnightsInvitational20)

Hartswick, Aidan Patrick (12)

# 10 Boy 11-12 50 Free	27.14Y	27.14Y (01/31/10 - GMAVermontInvitationalMeet2010)
# 12 Boy 11-12 100 Breast	1:14.10Y	1:14.10Y (01/10/10 - GMAWinterKnightsInvitational20)
# 18 Boy 11-12 400 Medley	5:12.68Y	5:12.68Y (01/31/10 - GMAVermontInvitationalMeet2010)
# 30 Boy 11-12 100 Free	57.85Y	57.85Y (01/10/10 - GMAWinterKnightsInvitational20)
# 34 Boy 11-12 50 Breast	34.07Y	34.07Y (01/31/10 - GMAVermontInvitationalMeet2010)
# 38 Boy 11-12 200 Medley	2:33.08Y	2:33.08Y (01/09/10 - GMAWinterKnightsInvitational20)
# 52 Boy 11-12 200 Free	2:10.67Y	2:10.67Y (01/09/10 - GMAWinterKnightsInvitational20)
# 58 Boy 11-12 200 Breast	2:41.54Y	2:41.54Y (01/08/10 - GMAWinterKnightsInvitational20)
# 60 Boy 11-12 100 Medley	1:11.05Y	1:11.05Y (01/10/10 - GMAWinterKnightsInvitational20)
# 28 Boy 11-12 200 Free Relay A	1:53.65Y	27.14Y (01/31/10 - GMAVermontInvitationalMeet2010)
# 6 Boy 11-12 400 Free Relay A	4:05.55Y	57.85Y (01/10/10 - GMAWinterKnightsInvitational20)
# 8 Boy 11-12 200 Medley Relay A	2:07.91Y	34.07Y (01/31/10 - GMAVermontInvitationalMeet2010)

Kakalec, Nathan K (10)

# 46 Boy 10 & Under 100 Breast	1:34.86Y	1:34.86Y (01/31/10 - GMAVermontInvitationalMeet2010)
# 50 Boy 10 & Under 100 Medley	1:22.47Y	1:22.47Y (01/31/10 - GMAVermontInvitationalMeet2010)

Limanek, Madeline J (12)

# 1 Girl 11-12 1000 Free	12:13.88Y	12:13.88Y (01/09/10 - GMAWinterKnightsInvitational20)
# 15 Girl 11-12 200 Back	2:28.09Y	2:28.09Y (01/08/10 - GMAWinterKnightsInvitational20)
# 17 Girl 11-12 400 Medley	5:20.48Y	5:20.48Y (12/04/09 - 2009 NE NCAC Winter Classic)
# 35 Girl 11-12 100 Back	1:08.17Y	1:08.17Y (01/09/10 - GMAWinterKnightsInvitational20)
# 39 Girl 11-12 500 Free	5:59.84Y	5:59.84Y (12/04/09 - 2009 NE NCAC Winter Classic)
# 53 Girl 11-12 50 Back	32.99Y	32.99Y (01/31/10 - GMAVermontInvitationalMeet2010)
# 59 Girl 11-12 100 Medley	1:13.22Y	1:13.22Y (12/05/09 - 2009 NE NCAC Winter Classic)
# 61 Girl 11-12 1650 Free	20:00.48Y	20:00.48Y (01/31/10 - GMAVermontInvitationalMeet2010)
# 27 Girl 11-12 200 Free Relay A	1:50.96Y	
# 5 Girl 11-12 400 Free Relay A	3:58.45Y	
# 7 Girl 11-12 200 Medley Relay A	2:04.19Y	

McClellan, Cameron L (10)

# 23 Girl 10 & Under 50 Breast	41.77Y	41.77Y (02/14/10 - 2010 NE NCAC Regional Meet)
# 25 Girl 10 & Under 100 Fly	1:23.28Y	1:23.28Y (01/10/10 - GMAWinterKnightsInvitational20)
# 45 Girl 10 & Under 100 Breast	1:33.05Y	1:33.05Y (01/10/10 - GMAWinterKnightsInvitational20)
# 47 Girl 10 & Under 50 Back	37.63Y	37.63Y (02/14/10 - 2010 NE NCAC Regional Meet)
# 49 Girl 10 & Under 100 Medley	1:19.82Y	1:19.82Y (02/14/10 - 2010 NE NCAC Regional Meet)
# 65 Girl 10 & Under 50 Free	31.51Y	31.51Y (01/31/10 - GMAVermontInvitationalMeet2010)
# 69 Girl 10 & Under 50 Fly	34.02Y	34.02Y (01/09/10 - GMAWinterKnightsInvitational20)

Mikheyev, Peter Philip (12)

# 30 Boy 11-12 100 Free	1:01.54Y	1:01.54Y (01/10/10 - GMAWinterKnightsInvitational20)
# 58 Boy 11-12 200 Breast	2:53.00Y	2:53.00Y (02/12/10 - 2010 NE NCAC Regional Meet)
# 60 Boy 11-12 100 Medley	1:14.04Y	1:14.04Y (01/10/10 - GMAWinterKnightsInvitational20)
# 28 Boy 11-12 200 Free Relay A	1:53.65Y	28.54Y (01/31/10 - GMAVermontInvitationalMeet2010)
# 6 Boy 11-12 400 Free Relay A	4:05.55Y	1:01.54Y (01/10/10 - GMAWinterKnightsInvitational20)
# 8 Boy 11-12 200 Medley Relay A	2:07.91Y	28.54Y (01/31/10 - GMAVermontInvitationalMeet2010)

SOULIA, MORGAN A (12)

# 9 Girl 11-12 50 Free	28.58Y	28.58Y (12/06/09 - 2009 NE NCAC Winter Classic)
# 29 Girl 11-12 100 Free	1:01.23Y	1:01.23Y (01/31/10 - GMAVermontInvitationalMeet2010)
# 51 Girl 11-12 200 Free	2:14.53Y	2:14.53Y (01/17/10 - 2010 NE SOLO Snowball Classic)
# 59 Girl 11-12 100 Medley	1:12.98Y	1:12.98Y (01/16/10 - 2010 NE SOLO Snowball Classic)
# 27 Girl 11-12 200 Free Relay A	1:50.96Y	28.58Y (12/06/09 - 2009 NE NCAC Winter Classic)
# 5 Girl 11-12 400 Free Relay A	3:58.45Y	1:01.23Y (01/31/10 - GMAVermontInvitationalMeet2010)
# 7 Girl 11-12 200 Medley Relay A	2:04.19Y	28.58Y (12/06/09 - 2009 NE NCAC Winter Classic)

Ubert, Christopher Joseph (12)

# 2 Boy 11-12 1000 Free	12:16.73Y	12:16.73Y (01/08/10 - GMAWinterKnightsInvitational20)
# 16 Boy 11-12 200 Back	2:27.66Y	2:27.66Y (01/08/10 - GMAWinterKnightsInvitational20)
# 18 Boy 11-12 400 Medley	5:29.03Y	5:29.03Y (01/31/10 - GMAVermontInvitationalMeet2010)
# 36 Boy 11-12 100 Back	1:08.81Y	1:08.81Y (01/09/10 - GMAWinterKnightsInvitational20)
# 40 Boy 11-12 500 Free	5:59.68Y	5:59.68Y (12/04/09 - 2009 NE NCAC Winter Classic)
# 52 Boy 11-12 200 Free	2:15.06Y	2:15.06Y (02/13/10 - 2010 NE NCAC Regional Meet)
# 54 Boy 11-12 50 Back	32.29Y	32.29Y (01/10/10 - GMAWinterKnightsInvitational20)
# 60 Boy 11-12 100 Medley	1:12.71Y	1:12.71Y (02/13/10 - 2010 NE NCAC Regional Meet)
# 62 Boy 11-12 1650 Free	20:28.86Y	20:28.86Y (01/09/10 - GMAWinterKnightsInvitational20)
# 28 Boy 11-12 200 Free Relay A	1:53.65Y	
# 6 Boy 11-12 400 Free Relay A	4:05.55Y	1:04.43Y (01/10/10 - GMAWinterKnightsInvitational20)
# 8 Boy 11-12 200 Medley Relay A	2:07.91Y	32.29Y (01/10/10 - GMAWinterKnightsInvitational20)

Winget, Emily A (12)

# 35 Girl 11-12 100 Back	1:12.52Y	1:12.52Y (02/14/10 - 2010 NE NCAC Regional Meet)
# 27 Girl 11-12 200 Free Relay A	1:50.96Y	
# 5 Girl 11-12 400 Free Relay A	3:58.45Y	
# 7 Girl 11-12 200 Medley Relay A	2:04.19Y	

	Female	Male	Total
Individual Events	51	32	83
Individual Athletes	8	7	15
Relay Events			6
Relay Teams			6