



**CENTRAL DISTRICT 8 & Under  
CHAMPIONSHIP**  
February 14-15, 2015  
SANCTION NO. VS-15-63

Hosted by:  
  
NOVA of Virginia Aquatics

<b>SANCTION:</b>	<ul style="list-style-type: none"><li>Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: <b>VS-15-63</b></li><li>USA Swimming, Inc., Virginia Swimming, Inc., and NOVA Aquatics Center shall be held free and harmless from any and all liabilities or claims for damages arising by reason of injuries to anyone during the conduct of this event.</li></ul>
<b>LOCATION:</b>	NOVA Aquatics Center, 12207 Gayton Road, Richmond, VA 23238, Phone: (804) 754-3401
<b>FACILITY:</b>	<ul style="list-style-type: none"><li>10-lane, 25-yard pool, 4.5 feet deep in lane 1 sloping to 7.5 feet in lane 10 with Kiefer Wave eater lanes, Daktronics Automatic Timing System</li><li>10 lanes will be used for competition with 2 warm-up/warm-down lanes available at all times in the adjacent pool located at the NOVA facility.</li><li>The competition course has been certified in accordance with current <i>USA Swimming Rules and Regulations</i>, Article 104.2.2C(4). The copy of such certification is on file with USA Swimming.</li></ul>
<b>MEET DIRECTOR:</b>	Name: Lori Hopewell Email: <a href="mailto:dltahopewell@comcast.net">dltahopewell@comcast.net</a> Phone: (804) 869-6908
<b>ELIGIBILITY:</b>	<ul style="list-style-type: none"><li>Open to all Virginia Swimming registered athletes 8 years old &amp; under prior to the first day of the meet in the Central District which includes BAC, DC, NOVA, PSDN, QSTS and RACE</li><li>No on deck Virginia Swimming athlete registration will be permitted</li><li>The qualifying period for this meet is January 1, 2014 through February 14, 2015</li><li><b>Swimmers 8 &amp; younger may compete in any event offered.</b></li><li>Age on February 14, 2015 will determine age for the entire meet.</li></ul>
<b>DISABILITY SWIMMERS:</b>	<ul style="list-style-type: none"><li>Athletes with a disability are welcomed and shall provide advance notice of desired accommodations to the Meet Director.</li><li>The athlete (or the athlete's coach) is also responsible for notifying the session referee of any disability prior to the competition.</li></ul>
<b>FORMAT:</b>	<ul style="list-style-type: none"><li>8 &amp; younger swimmers will swim timed finals.</li></ul>
<b>WARM-UP:</b>	<ul style="list-style-type: none"><li>Warm-ups start 1:30 pm; Competition starts 2:30 pm.</li><li>Lane assignment and warm-up times for individual clubs will be posted on the NOVA website no later than Wednesday, February 11, 2015, and will also be emailed to the contact person of the participating clubs.</li></ul>
<b>ENTRIES:</b>	<p><b>DEADLINE FOR THE RECEIPT OF ENTRIES IS TUESDAY, FEBRUARY 3, 2015</b></p> <ul style="list-style-type: none"><li>Entries must be submitted in Short Course Yards times using Hy-Tek Team Manager and Commlink-2 software, or on a VSI master entry sheet which is available at the VSI website <a href="http://www.virginiawimming.org">www.virginiawimming.org</a>.</li><li>Teams submit entries via e-mail.</li><li>A <b>Team Manager</b> printout of entries must be included or the VSI meet summary sheet (available at VSI website, <a href="http://www.virginiawimming.org">www.virginiawimming.org</a>) with the name, email address, and phone number of the person to contact in case of questions must accompany the entries, regardless of how they are submitted.</li><li><b>“No Time” (NT) entries will be accepted.</b></li><li>Swimmers may enter a maximum of 8 individual events for the meet, no more than 4 per day and 1 relay event per day.</li><li>Relay teams must be designated A, B, C, etc., if more than one per club is entered per event.</li><li>Entries will be processed in the order received.</li><li>The Meet Director reserves the right to limit entries in any events, if necessary, to prevent too lengthy a session. This may include combining heats and events, which actions could require reseeding.</li></ul>

	<ul style="list-style-type: none"> <li>Email entries to: <a href="mailto:novaswim@novaswim.org">novaswim@novaswim.org</a></li> <li>Late entries will be accepted. If received prior to the printing of the heat sheet, the swimmer will be seeded into the event; if after, he/she will go in the slowest heat in an empty lane. If needed, a heat will be added.</li> </ul>
<b>FEES:</b>	<p><b>Individual Events: \$4.50</b>  <b>Relay Events: \$15.00</b>  <b>Swimmer Fee: \$2.50 per person (entered in the meet in any capacity)</b></p> <p><b>Late Fees:</b> In addition to the regular entry fee, a fee of <b>\$10</b> per event prior to the first day of the meet and <b>\$25</b> per event on or after the first day of the meet will be charged for any entry received after the entry deadline.</p> <ul style="list-style-type: none"> <li>Checks should be made payable to: NOVA OF VA AQUATICS.</li> <li>Mail payment to: NOVA of Virginia Aquatics 12207 Gayton Road Richmond, VA 23238</li> <li>Payment must be received by Tuesday, February 10, 2015 for all entries. Failure to pay entry fees by this deadline will result in teams being barred from the meet. Swimmers will be permitted to enter the meet as unattached providing they pay the appropriate entry fees.</li> <li><b>IMPORTANT:</b> If payment is sent via Express Mail/FedEx/Airborne/UPS/etc., please ensure that a signature is <b>NOT</b> required for delivery, as this will delay the receipt of your entries.</li> </ul>
<b>AWARDS:</b>	<ul style="list-style-type: none"> <li>Individual events will be scored and awarded medals for first through third place and ribbons fourth through sixteenth place.</li> <li>Relay events will be awarded medals for first through third place and ribbons for fourth through sixteenth place.</li> <li>This meet will be scored and the scores combined with the 9 - 12 Year Old District Championships for team totals. Teams placing first through third will receive a plaque.</li> <li>Scoring will be as follows: <ul style="list-style-type: none"> <li>Individual: 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1</li> <li>Relays: 40-34-32-30-28-26-24-22-18-14-12-10-8-6-4-2</li> <li>All events will be scored to 16 places.</li> <li>Only the top two relay entries per team may score.</li> </ul> </li> </ul>
<b>SEEDING:</b>	<ul style="list-style-type: none"> <li>All events will be pre-seeded.</li> <li>All swimmers should report directly to the blocks.</li> </ul>
<b>PENALTIES:</b>	<ul style="list-style-type: none"> <li>Penalties for entries using fraudulent and/or non-verifiable entry times: <ul style="list-style-type: none"> <li><b>Swimmer shall be marked as exhibition for the event entered illegally and the event shall be re-scored and awarded.</b></li> <li><b>Club may be fined \$100 for each offense, and a record of such offenses shall be kept and published as part of the official meet results.</b></li> <li><b>Clubs entering swimmers not legally registered with USA Swimming before the first day of the meet may be fined \$100 per swimmer in each event so entered.</b></li> <li>If the swimmer is representing a club in competition, the fine will be levied on the Club. If the swimmer is unattached, the fine will be levied on the swimmer.</li> </ul> </li> </ul>
<b>RULES:</b>	<ul style="list-style-type: none"> <li>The current USA Swimming Rules and Regulations will apply.</li> <li>Any swimmer entered in the meet must be certified by a USAS member coach as being proficient in performing a racing start or must start each race from within the water. When unaccompanied by a member coach, it is the responsibility of the swimmer's legal guardian to ensure compliance with this requirement.</li> <li>The overhead start procedure will be used at the discretion of the Referee.</li> <li>Use of audio or visual recording devices, including cell phones, is not permitted in changing areas, rest rooms or locker rooms. In addition, photography behind the blocks is <u>not permitted</u>.</li> <li>Changing into or out of swimsuits other than in locker rooms or other designated areas is prohibited.</li> <li>Swimmers should shower before entering the pool.</li> <li>In accordance with VSI Policy, only those coaches who have current, valid USA Swimming</li> </ul>

	<p>credentials will be permitted to act in a coaching capacity at this meet</p> <ul style="list-style-type: none"> <li>○ Coaches who have valid USA Swimming credentials but who are unable to provide them upon request will be issued temporary credentials by the meet director</li> <li>○ Coaches with expired or non-current credentials will be required to leave the deck area.</li> </ul>
<b>OFFICIALS:</b>	<p><b>Meet Referee: Laura Razzolini</b>  <b>Email: <a href="mailto:lrazzolini@vcu.edu">lrazzolini@vcu.edu</a></b>  <b>Phone: (804) 868-9095</b></p> <p>Officials will be needed for all positions and all sessions for this meet.</p> <ul style="list-style-type: none"> <li>• Team Officials Chairpersons should submit the names and session availability of certified officials, as well as the names and session availability of trainees to Laura Razzolini, Email: <a href="mailto:lrazzolini@vcu.edu">lrazzolini@vcu.edu</a> no later than Tuesday, February 10, 2015.</li> <li>• Officials meetings will be held in the hospitality area one hour prior to the start of the meet.</li> </ul>
<b>SAFETY:</b>	Virginia Swimming Meet Safety Procedures will be in effect.
<b>TIMERS:</b>	<ul style="list-style-type: none"> <li>• Clubs may be required to provide timers in proportion to the number of swimmers they have entered in each session.</li> <li>• The number of timers required per club and their lane assignments will be posted on the (host team website) no later than Tuesday, February 10, 2015, and will also be emailed to the contact person of each of the individual clubs.</li> <li>• These assignments will also be posted throughout the venue.</li> </ul>
<b>GENERAL:</b>	<ul style="list-style-type: none"> <li>• Heat sheets will be available for purchase</li> <li>• Bleacher seating for 280</li> <li>• Hospitality room will be open to coaches and certified officials.</li> <li>• The Virginia Swim Shop will be open for swimming accessories and shopping.</li> <li>• Please inform swimmers and parents that spectator deck space may be extremely tight.</li> <li>• Any help in reducing the number of spectators and their carry-in possessions is appreciated.</li> <li>• Swim bags should be placed under the seats.</li> <li>• No glass containers, smoking or alcohol is permitted in the pool area.</li> </ul>
<b>PARKING:</b>	<b>PLEASE DO NOT PARK AT THE APARTMENT BUILDINGS ACROSS THE STREET OR THE SHOPPING CENTER NEXT TO NOVA.</b> The NOVA Aquatics Center has parking available.
<b>DIRECTIONS:</b>	<ul style="list-style-type: none"> <li>• <b>SOUTH</b> – 95 North to 64 West to the Gaskins Road South exit. Follow Gaskins Road south to Ridgefield Parkway (3<sup>rd</sup> light); turn right. Proceed on Ridgefield until you intersect with Gayton Road (4<sup>th</sup> light); turn left. NOVA Aquatics Center less than ½ mile on left.</li> <li>• <b>NORTH</b> – 95 South to 64 East to the Gaskins Road South exit. Follow directions above.</li> <li>• <b>WEST</b> – 64 East to the Short Pump/Broad Street 250 West exit. Follow Broad Street (250 West) to Pump Road. Take a left at the light. Follow Pump Road to Ridgefield Parkway (3<sup>rd</sup> light); take a right. Follow Ridgefield Parkway to Gayton Road (2 lights); take a left on Gayton Road. NOVA Aquatics Center less than ½ mile on left.</li> <li>• <b>SOUTHSIDE</b> – Take Chippenham Parkway North which will turn into Parham Road. Follow Parham Road to Quioccasin/Gayton Road (Regency Mall on left); take a left at the light. Proceed for 4-5 miles. NOVA Aquatics Center will be on your right.</li> </ul>

**2015 Central District  
8 & Under Championship  
Order of Events**

**Saturday February 14, 2015  
Warm up 1:30 pm; Competition 2:30 pm**

Girls		Boys
1	100 Freestyle	2
3	50 Breaststroke	4
5	100 Backstroke	6
7	25 Butterfly	8
9	100 Individual Medley	10
11	25 Freestyle	12
13	50 Butterfly	14
15	200 Freestyle	16
17	100 Medley Relay	18

**Sunday February 15, 2015  
Warm up 1:30 pm; Competition 2:30 pm**

Girls		Boys
19	50 Backstroke	20
21	25 Breaststroke	22
23	50 Freestyle	24
25	100 Butterfly	26
27	25 Backstroke	28
29	100 Breaststroke	30
31	200 Individual Medley	32
33	100 Freestyle Relay	34