



**NOVA LAST CHANCE MEET**  
**January 30 – February 1, 2015**  
**SANCTION NO. VS-15-53**

**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-15-53</b> 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 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 athletes registered before the first day of the meet.</li><li>No on deck Virginia Swimming athlete registration will be permitted.</li><li>Swimmers 12 &amp; Younger must have a “BB” time or better in each event entered.</li><li>Swimmers 13 &amp; Older may participate regardless of classification.</li><li>2013-2016 NAG times are in effect</li><li>Age on January 30, 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>Distance events on Friday evening for all swimmers</li><li>All Swimmers will swim in the mid-day sessions Saturday and Sunday</li><li>Sunday Distance Session (500 Free) will start 15 minutes after the conclusion of the session</li><li>All events will be timed finals</li></ul>
<b>WARM-UP:</b>	<ul style="list-style-type: none"><li>Friday session: Warm-up not before 4:15 pm; competition starts not before 5:15 pm</li><li>Saturday and Sunday Sessions: Warm-up 10:00 am; Competition starts 11:00 am.</li><li>Lane assignment and warm-up times for individual clubs will be posted on the NOVA website no later than Wednesday, January 28, 2015, and will also be emailed to the contact person of the participating clubs.</li><li>Sunday Distance Session: The pool will be opened for 10 minutes of open warm-ups immediately following the finish of the afternoon sessions, with the distance session competition starting 5 minutes thereafter.</li></ul>
<b>ENTRIES:</b>	<p><b>DEADLINE FOR THE RECEIPT OF ENTRIES IS 9:00 PM, SUNDAY, JANUARY 25, 2015.</b></p> <ul style="list-style-type: none"><li>Entries must be submitted in short course yard times using Hy-Tek Team Manager and Commlink-2 software, or on a VSI master entry sheet.</li><li>Teams must submit entries via e-mail</li><li>A Team Manager printout of entries must be included or the meet checklist/summary sheet with the name of the person to contact in case of questions must accompany the entries, regardless of how they are submitted.</li><li>Swimmers may enter a maximum of 1 individual event on Friday. Swimmers may enter a</li></ul>

	<p><i>maximum of 3 individual events on Saturday and Sunday.</i></p> <ul style="list-style-type: none"> <li>• Entries will be processed in the order received and <b>accepted to</b> the greatest extent possible without exceeding the 4-hour/session timeline limit.</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 may require reseeding.</li> <li>• Email entries to: <a href="mailto:novaswim@novaswim.org">novaswim@novaswim.org</a></li> <li>• Deck entries will be accepted in the order received for swimmers already entered in the meet, to the extent that open lanes are available. Deck entries must be submitted to the Clerk-of-Course on the provided form.</li> </ul>
<b>FEES:</b>	<p>Individual events: \$3.75 Swimmer surcharge: \$2.50 per person (entered in the meet in any capacity)</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 January 28, 2015 for all entries. Failure to pay entry fees by this deadline could result in teams being barred from the meet.</li> <li>• <b>IMPORTANT:</b> If payment is sent via Express Mail/FedEx/Airborne/UPS/etc., please ensure that a signature is NOT 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: Ribbons will be awarded for first through eighth place <ul style="list-style-type: none"> <li>○ 10 &amp; Under individual events will be given separate awards 9-10 and 8 &amp; Under age groups.</li> <li>○ 12 &amp; Under individual events will be given separate awards 11-12, 9-10 and 8 &amp; Under age groups</li> <li>○ 11 &amp; Over individual events will be given separate awards for 11-12, 13-14 &amp; 15 &amp; Over age groups.</li> <li>○ 13 &amp; Over individual events will be given separate awards for 13-14 and 15 &amp; Over age groups</li> </ul> </li> </ul>
<b>SEEDING:</b>	<ul style="list-style-type: none"> <li>• All events will be pre-seeded, except #1-2 (11 &amp; O 400 IM), 3-4 (12&amp;U 500 Free), 5-6 (11&amp;O 1000 Free), and #97-98 (13&amp;O 500 Free), which will be deck seeded.</li> <li>• Swimmers should report directly to the block for their events.</li> <li>• Events #1-2 (11 &amp; O 400 IM), #3-4 (12&amp;U 500 Free) #5-6 (11&amp;O 1000 Free) and #97-98 (13&amp;O 500 Free) require a positive check-in to swim.</li> <li>• Positive check-in will close 30 minutes prior to the start of the session.</li> <li>• <b>SWIMMERS FAILING TO POSITIVELY CHECK-IN WILL NOT BE ALLOWED TO SWIM THE EVENT.</b></li> </ul>
<b>PENALTIES:</b>	<p>Penalties for entries using fraudulent and/or non-verifiable entry times:</p> <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>
<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 or the swimmer's legal guardian to ensure compliance with this requirement.</li> <li>• The overhead start procedure will be used unless otherwise directed by the meet referee.</li> </ul>

	<ul style="list-style-type: none"> <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 credentials will be permitted to act in a coaching capacity at this meet <ul style="list-style-type: none"> <li>○ Coaches with valid USA Swimming credentials but 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> </li> </ul>		
<b>OFFICIALS:</b>	<p><b>Meet Referee: Genny Kimbel</b>  <b>Email: <a href="mailto:gennykimbel@comcast.net">gennykimbel@comcast.net</a></b>  <b>Phone: 757-876-9134</b></p> <ul style="list-style-type: none"> <li>• Officials will be needed for all positions and all sessions for this meet.</li> <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 Sunday, January 25, 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.</li> <li>• The head timer will assign specific lanes prior to each session.</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 would be greatly 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>		
<b>HOTELS:</b>	<table> <tr> <td>Courtyard by Marriott-Northwest (804) 205-6875 3950 Westerre Parkway Richmond, VA 23233</td> <td>Hampton Inn-Richmond West (804) 747-7777 10800 W. Broad Street Richmond, VA 23233</td> </tr> </table>	Courtyard by Marriott-Northwest (804) 205-6875 3950 Westerre Parkway Richmond, VA 23233	Hampton Inn-Richmond West (804) 747-7777 10800 W. Broad Street Richmond, VA 23233
Courtyard by Marriott-Northwest (804) 205-6875 3950 Westerre Parkway Richmond, VA 23233	Hampton Inn-Richmond West (804) 747-7777 10800 W. Broad Street Richmond, VA 23233		

# ORDER OF EVENTS

<b>Friday, January 30, 2015</b>		
<b>Evening Session</b>		
<b>Warm up: not before 4:15 pm; Start: not before 5:15 pm</b>		
<b><u>Girls</u></b>	<b><u>Events</u></b>	<b><u>Boys</u></b>
1	11 & Over 400 Individual Medley	2
3	12 & Under 500 Freestyle	4
5	11 & Over 1000 Freestyle	6
<b>Saturday, January 31, 2015</b>		
<b>Morning Session</b>		
<b>Warm-up: 10:00 am; Start: 11:00 am</b>		
<b><u>Girls</u></b>	<b><u>Events</u></b>	<b><u>Boys</u></b>
7	10 & U 100 Breaststroke	8
9	11-12 100 Breaststroke	10
11	13-14 200 Individual Medley	12
13	15 & O 200 Individual Medley	14
15	10 & U 50 Freestyle	16
17	11-12 50 Freestyle	18
19	13-14 200 Backstroke	20
21	15 & O 200 Backstroke	22
23	10 & U 100 Backstroke	24
25	11-12 100 Backstroke	26
27	13-14 100 Butterfly	28
29	15 & O 100 Butterfly	30
31	10 & U 100 Butterfly	32
33	11-12 100 Butterfly	34
35	13-14 200 Breaststroke	36
37	11-12 200 Breaststroke	38
39	15 & O 200 Breaststroke	40
41	10 & U 50 Backstroke	42
43	11-12 50 Backstroke	44
45	13-14 100 Freestyle	46
47	15 & O 100 Freestyle	48
49	10 & U 200 Individual Medley	50
51	11-12 200 Individual Medley	52

**Sunday, February 1, 2015**  
**Morning Session**  
**Warm-up: 10:00 am; Start 11:00 am**

<u>Girls</u>	<u>Events</u>	<u>Boys</u>
53	11-12 200 Backstroke	54
55	13-14 100 Backstroke	56
57	15 & O 100 Backstroke	58
59	10 & U 200 Freestyle	60
61	11-12 200 Freestyle	62
63	13-14 200 Butterfly	64
65	15 & O 200 Butterfly	66
67	10& U 100 Individual Medley	68
69	11-12 100 Individual Medley	70
71	13-14 100 Breaststroke	72
73	15 & O 100 Breaststroke	74
75	10 & U 50 Breaststroke	76
77	11-12 50 Breaststroke	78
79	13-14 200 Freestyle	80
81	15 & O 200 Freestyle	82
83	10 & U 50 Butterfly	84
85	11-12 50 Butterfly	86
87	11-12 200 Butterfly	88
89	13-14 50 Freestyle	90
91	15 & O 50 Freestyle	92
93	10 & U 100 Freestyle	94
95	11-12 100 Freestyle	96
<b>Distance Session (15 minute break)</b>		
97	13 & O 500 Free	98