



AMENDED #3
NOVA LECLAIR RYAN
Central District A/BB Meet
January 27-29, 2006
SANCTION NO. VS-06-33

Hosted by:
NOVA
AQUATICS
of Virginia

SANCTION:	Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: VS-06-33
LOCATION:	NOVA Aquatics Center, 12207 Gayton Road, Richmond, VA 23233, (804) 754-3401
FACILITY:	10-lane 25-yard pool with Kieffer Wave eater lanes, Daktronics Automatic Timing System. 8 lanes will be used for competition with 2 warm-up/warm-down lanes.
MEET DIRECTORS:	<div>Ellen Walk Phone: (804) 289-8770 (work) Email: ewalk@richmond.edu</div> <div>Julie Litz Phone: (804) 550-2341 (work) Email: jlitz@mail2.vcu.edu</div>
ELIGIBILITY:	<ul style="list-style-type: none">Open to all USA Swimming/VSI registered swimmers in the Central District. Teams in the Central District are: BAC, DC, NOVA, PSDN, RACE, SQST, and VACSAll swimmers participating in this meet must be registered by the first day of the meet.No on deck registration will be permitted.Swimmers may compete in any event in which they have a "BB" or "A" Time (AA times and higher are ineligible).Swimmers with 1 "BB" or "A" Time entry in a session may swim as many bonus events in which they have "B" times in that same session up to the per session limit of events.2005-2008 NAG top 16 based times are in effect.Age on January 27, 2006 will determine age for the entire meet.
DISABILITY SWIMMERS	<ul style="list-style-type: none">Athletes with a disability are welcomed and shall provide advance notice of desired accommodations to the Meet Director.The athlete (or the athlete's coach) is also responsible for notifying the session referee of any disability prior to the competition.
FORMAT:	<ul style="list-style-type: none">Distance events for all age groups Friday evening.All 12 and Younger swimmers will swim on Saturday and Sunday mornings.All 13-18 year old swimmers will swim on Saturday and Sunday afternoons.All events will be timed finals.Friday pm session: Warm-up: 4:00 pm; competition start: 5:00 pm.Saturday & Sunday AM sessions: Warm-ups: 7:00; competition start: 8:00 am.Saturday and Sunday PM sessions: Warm-ups: 12:45; competition starts at 2:00 pm.If the morning session runs late, afternoon warm-ups will begin immediately after the morning session ends.<i>Finalized warm-up times will depend on entries; final lane assignment and warm-up times for individual clubs will be emailed to the contact person of the participating clubs by Wednesday, January 25, 2006.</i>
ENTRIES:	<p>DEADLINE FOR THE RECEIPT OF ENTRIES IS SATURDAY, JANUARY 21, 2006</p> <ul style="list-style-type: none">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.Teams may submit entries as an e-mail attachment (preferred) or on a 3 ½" computer disk.A Team Manager printout of entries must be included or the meet checklist/summary sheet 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.All entry times must have been achieved in USA Swimming sanctioned, approved, and observed competition.Swimmers may enter 1 event on Friday evening, 3 individual events and one relay on Saturday and Sunday.Relay teams must be designated A, B, C, etc., if more than one per club is entered per event.Entries will be processed in the order received. This meet will be limited to 275 swimmers per

	<p>session.</p> <ul style="list-style-type: none"> 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 may require reseeding. Email entries to: aykey1@aol.com Mail entries to: Alice Key/NOVA Aquatics 12207 Gayton Road Richmond, VA 23238 IMPORTANT: If entries are 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.
FEES:	<p>Individual events: \$3.00 Relay events: \$12.00 Swimmer surcharge: \$2.00 per person</p> <ul style="list-style-type: none"> Checks should be made payable to: NOVA OF VA AQUATICS Payment must be received by January 25, 2006 for email entries. Payment must be included with all mailed entries. Failure to pay entry fees by this deadline could result in teams being barred from the meet.
AWARDS:	<ul style="list-style-type: none"> Individual events: Ribbons will be awarded for first through eighth place. 12 & Younger events will be awarded 10 &U and 11-12. 11-18 events will be awarded 11-12, 13-14, and 15-18 age groups. 13-18 events will be given separate awards for 13-14 and 15-18 age groups. Relay events: Ribbons will be awarded for first through fourth place.
SEEDING:	<ul style="list-style-type: none"> ALL FRIDAY EVENTS WILL BE DECK SEEDED WITH A POSITIVE CHECK IN BY 4:30 PM All other individual events will be pre-seeded. All relays will be deck-seeded; coaches should turn in all completed relay cards with scratches and substitutions by the end of warm-ups for each meet session. Swimmers in all sessions should report directly to the blocks for their events. The 1000 Free events will be swum slowest to fastest alternating girls then boys. Swimmers must provide two timers and a lap counter. SWIMMERS FAILING TO POSITIVELY CHECK-IN WILL NOT BE ALLOWED TO SWIM THE EVENT. Deck entries will be accepted in the order received to the extent that open lanes are available. No additional heats will be added. Deck entries must be submitted to the Clerk-of-Course on the provided forms.
PENALTIES:	<p>Penalties for entries using fraudulent and/or non-verifiable entry times:</p> <ul style="list-style-type: none"> Swimmer shall be disqualified from the event entered illegally and the event shall be re-scored and awarded. 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. Clubs entering swimmers not legally registered with United States Swimming by the first day of the meet may be fined \$100 per swimmer in each event so entered. 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.
RULES:	<ul style="list-style-type: none"> The 2005 USA Swimming Rules and Regulations will apply. The overhead start procedure will be used for the afternoon sessions, and may be used for the morning sessions at the discretion of the Referee. In accordance with VSI Policy, only those coaches who display current, valid USA Swimming credentials will be permitted to act in a coaching capacity at this meet. Coaches who do not possess these credentials will be required to leave the deck area.
OFFICIALS:	<p>Meet Referee: Tom Elliott Phone: (804) 360-5001 Email: telliott@courts.state.va.us</p>

	<ul style="list-style-type: none"> • Officials at all positions will be required for this meet. • Team Officials Chairpersons should submit the names and session availability of certified officials, as well as the names and session availability of trainees to Dennis Vaughan at email: dlvaughan@msn.com no later than January 25, 2006. • Officials meetings will be held 45 minutes before each session.
SAFETY:	<ul style="list-style-type: none"> • VSI Safety and Warm-up procedures will be in effect. • Marshals will be present throughout warm-ups and competition, and have the authority to remove, with the concurrence of the Meet Referee, any swimmer, coach, or club for the failure to follow the safety rules. • During the competition, swimmers must enter the warm-up lanes from the far end of the pool (opposite the starting blocks), jumping in feet first.
TIMERS:	<ul style="list-style-type: none"> • Clubs may be required to provide timers. • The head timer will assign specific lanes prior to each session
GENERAL:	<ul style="list-style-type: none"> • Heat sheets will be available for purchase • Bleacher seating for 280. • Hospitality room will be open to coaches and certified officials • The Virginia Swim Shop will be open for swimming accessories and shopping. • Please inform swimmers and parents that spectator deck space may be extremely tight. • Any help in reducing the number of spectators and their carry in possessions would be greatly appreciated • Swim bags should be placed under the seats • No glass containers, smoking or alcohol is permitted in the pool area.
PARKING:	<ul style="list-style-type: none"> • The NOVA Aquatics Center has parking. • Additional parking is available in the lot next door, and in several lots one block east of the pool at the intersection of Gayton and Cambridge. • PLEASE DO NOT PARK AT THE APARTMENT BUILDING.
DIRECTIONS:	<p>NOVA AQUATICS CENTER 12207 GAYTON RD. RICHMOND, VA 23238 PHONE: (804) 754-4301</p> <ul style="list-style-type: none"> • SOUTH – 95 North to 64 West to the Gaskins Road South exit. Follow Gaskins Rd. south to Ridgefield Parkway (3rd light); turn right. Proceed on Ridgefield until you intersect with Gayton Rd. (4th light); turn left. NOVA Aquatics Center less than ½ mile on left. • NORTH – 95 South to 64 West to the Gaskins Road South exit. Then follow the directions above. • WEST – 64 East to the Short Pump/Broad Street 250 West exit. Follow Broad Street (250 West) to Pump Rd. Take a left at that light. Follow Pump Rd. to Ridgefield Parkway (3rd light); take a right. Follow Ridgefield to Gayton Rd. (2 lights); take a left on to Gayton. Pool is less than ½ mile on your left. • SOUTHSIDE – Take Chippenham Parkway North which will turn into Parham Rd. Follow Parham to Quioccasin/Gayton Rd. (Regency Mall on left); take a left at that light. Proceed for 4-5 miles. The pool will be on your right.

Order of Events

NOVA A/BB

Friday, January 27, 2006

Warm Ups 4:00 PM, Meet start 5:00 PM

1	10&Y 200 IM	2
3	11-18 400 IM	4
5	12&Y 500 Free	6
7	13-18 500 Free	8
9	11-18 1000 Free	10

Saturday AM January 28

Warm Up 7:00 AM, Meet Start 8:00AM

11	11-12 100 Free	12
13	10&Y 100 Free	14
15	11-12 50 Breast	16
17	10 & Y 50 Breast	18
19	11-12 200 Breast	20
21	10 & Y 100 Back	22
23	11-12 100 Back	24
25	10 & Y 50 Fly	26
27	11-12 50 Fly	28
29	11-12 200 Fly	30
31	10 & Y 100 IM	32
33	11-12 100 IM	34
35	10&Y 200 Medley Relay	36
37	11-12 200 Medley Relay	38

Sunday, AM January 29

Warm Ups 7:00 AM, Meet Start 8:00AM

63	11-12 200 Free	64
65	10 & Y 50 Back	66
67	11-12 50 Back	68
69	11-12 200 Back	70
71	10 & Y 100 Fly	72
73	11-12 100 Fly	74
75	10 & Y 50 Free	76
77	11-12 50 Free	78
79	10 & Y 200 Free	80
81	11-12 100 Breast	82
83	10 & Y 100 Breast	84
85	11-12 200 IM	86
87	10&Y 200 Free Relay	88
89	11-12 200 Free Relay	90

Saturday PM January 28

Warm Up 12:45, Meet Start 2:00

39	13-14 200 IM	40
41	15-18 200 IM	42
43	13-14 100 Breast	44
45	15-18 100 Breast	46
47	13-14 200 Back	48
49	15-18 200 Back	50
51	13-14 100 Free	52
53	15-18 100 Free	54
55	13-14 200 Fly	56
57	15-18 200 Fly	58
59	13-14 200 Medley Relay	60
61	15-18 200 Medley Relay	62

Sunday, PM January 29

Warm up 12:45, Meet Start 2:00

91	13-14 50 Free	92
93	15-18 50 Free	94
95	13-14 100 Back	96
97	15-18 100 Back	98
99	13-14 100 Fly	100
101	15-18 100 Fly	102
103	13-14 200 Breast	104
105	15-18 200 Breast	106
107	13-14 200 Free	108
109	15-18 200 Free	110
111	13-14 200 Free Relay	112
113	15-18 200 Free Relay	114