



**NOVA OCTOBER
Central District B/C Meet
October 7-9, 2005
SANCTION NO. VS-06-01**

Hosted by:
**NOVA
AQUATICS
of Virginia**

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| SANCTION: | Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: VS-06-01 |
| LOCATION: | NOVA Aquatics Center, 12207 Gayton Road, Richmond, VA 23238, 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 DIRECTOR: | Beth Worrell Phone: (804) 883-9480(home) Email: worrelwind@juno.com |
| ELIGIBILITY: | <ul style="list-style-type: none"> Open to all USA Swimming/VSI registered swimmers in the Central District. Central District Teams are: BAC, DC, NOVA, PSDN, RACE, SQST, and VACS All swimmers participating in this meet must be registered by the first day of the meet. No on deck registration will be permitted. 8 & Younger swimmers may participate regardless of classification. Swimmers 9-18 years old may compete in any event and relay strokes in which they have a "B" or "C" Time. 2005-2008 NAG top 16 based times are in effect. Age on October 7, 2005 will determine age for the entire meet. |
| FORMAT: | <ul style="list-style-type: none"> All 8 & Younger swimmers will swim Friday night and Saturday morning. All 9-10 swimmers will swim on Saturday and Sunday mornings. All 11-12 swimmers will swim Saturday Afternoon. 11-12 Boys will swim Sunday morning (Event #53, 57, 61, 65, & 69 will not be used) 11-12 girls will swim Sunday mid-day session (Event #72, 76, 80, 84, & 88 will not be used) All 13-18 swimmers will swim on Saturday afternoon and Sunday mid-day session. All events will be timed finals. Friday pm session: Warm-ups at 4:00 pm to 4:40 pm; competition starts at 4:50 pm. Saturday am session: Warm-ups at 7:00 am to 7:40 am; competition starts at 7:50 am. Saturday pm session: Warm-ups at 2:20 pm to 3:00 pm; competition starts at 3:10 pm. Sunday am session: Warm-ups at 7:00 am to 7:40 am; competition starts at 7:50 am. Sunday mid-day session: Warm-ups at 10:30 am to 11:10 am; competition starts at 11:20 am 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 the Wednesday, October 5, 2005 |
| ENTRIES: | <p>DEADLINE FOR THE RECEIPT OF ENTRIES IS SATURDAY, OCTOBER 1, 2005</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 of the person, phone number, and email address to contact in case of questions must accompany the entries, regardless of how they are submitted. Coaches Times (CT) or No Time (NT) entries will be accepted for events in which a swimmer does not have a time of record. CT may not exceed a "B" time. All entry times other than CT must have been achieved in USA Swimming sanctioned, approved, or observed competition. Swimmers may enter a maximum of 3 events per session. Entries will be processed in the order received. This meet will be limited to about 250 swimmers per session. The Meet Director reserves the right to limit entries in any events, if necessary, to prevent too |

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| | <p>lengthy a session. This may include combining heats and events, which actions may require reseeding.</p> <ul style="list-style-type: none"> Email entries to: novaswim@comcast.net Mail entries to: Leigh Robbins 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 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 October 1, 2005 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 8th place 13-18 events will be given separate awards for 13-14 and 15-18 age groups. Heat winner ribbons will be awarded for 8&U and 9-10 individual events. |
| SEEDING: | <ul style="list-style-type: none"> All events will be pre-seeded. Swimmers in all sessions should report directly to the blocks for their events. 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 dlvaughan@msn.com no later than October 3, 2005. |
| 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 |

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| 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 for 75 cars. • 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: 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 B/C Meet

October 7-9, 2005

FRIDAY EVENING;

Warmups 4:00-4:20 NOVA 4:20-4:40 ALL OTHERS

START 4:50PM

8&UNDERS ONLY

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| 1 | 100IM | 2 |
| 3 | 25 FR | 4 |
| 5 | 50 BK | 6 |
| 7 | 25 BR | 8 |
| 9 | 50 FLY | 10 |

SATURDAY MORNING

Warm-ups: 7-7:20 am & 7:20-7:40 am

Start: 7:50 am

10&Unders

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| 11 | 8&U 100FR | 12 |
| 13 | 9-10 100IM | 14 |
| 15 | 8&U 25 Fly | 16 |
| 17 | 9-10 50 Fly | 18 |
| 19 | 8&U 50 FR | 20 |
| 21 | 9-10 100 FR | 22 |
| 23 | 8&U 25 BK | 24 |
| 25 | 9-10 100BK | 26 |
| 27 | 8&U 50 BR | 28 |
| 29 | 9-10 50 BR | 30 |

SATURDAY AFTERNOON

Warm-ups: 2:20-2:40 pm & 2:40-3:00 pm

Start: 3:10 pm

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| 31 | 11-12 100IM | 32 |
| 33 | 13-18 200IM | 34 |
| 35 | 11-12 50BK | 36 |
| 37 | 13-18 200BK | 38 |
| 39 | 11-12 100FLY | 40 |
| 41 | 13-18 100 FLY | 42 |
| 43 | 11-12 50BR | 44 |
| 45 | 13-18 200 BR | 46 |
| 47 | 11-12 100FR | 48 |
| 49 | 13-18 00FR | 50 |

SUNDAY MORNING

Warm-ups: 7-7:20 am & 7:20-7:40 am

Start: 7:50 am

9-10 Girls/Boys and 11/12 Boys

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| 51 | 9-10 200IM | 52 |
| - | 11-12 200IM | 54 |
| 55 | 9-10 50 BK | 56 |
| - | 11-12 100BK | 58 |
| 59 | 9-10 100 FLY | 60 |
| - | 11-12 50 Fly | 62 |
| 63 | 9-10 50 FR | 64 |
| - | 11-12 50 FR | 66 |
| 67 | 9-10 100 BR | 68 |
| - | 11-12 100 BR | 70 |

SUNDAY MID-DAY

Warm-ups: 10:30-10:50 am & 10:50-11:10 am

Start: 11:20 am

11/12 Girls and 13/18 Girls/Boys

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| 71 | 11-12 200 IM | - |
| 73 | 13-18 100 BK | 74 |
| 75 | 11-12 100 BK | - |
| 77 | 13-18 200 FLY | 78 |
| 79 | 11-12 50 FLY | - |
| 81 | 13-18 100 BR | 82 |
| 83 | 11-12 100 BR | - |
| 85 | 13-18 200 FR | 86 |
| 87 | 11-12 50 FR | - |
| 89 | 13-18 50 FR | 90 |