



**NOVA OCTOBER  
Central District 12 & Younger  
A/BB/B/C Meet  
October 13-14, 2007  
SANCTION NO. VS-08-02**

Hosted by  
**NOVA  
AQUATICS**  
of Virginia

<b>SANCTION:</b>	Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: <b>VS-08-02</b>
<b>LOCATION:</b>	NOVA Aquatics Center, 12207 Gayton Road, Richmond, Va 23238, (804) 754-3401
<b>FACILITY:</b>	10-lane 25-yard pool with Kieffer Wave eater lanes, Daktronics Automatic Timing System. 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.
<b>MEET DIRECTOR:</b>	Suzanne Martin <b>Email:</b> <a href="mailto:sshmartin@comcast.net">sshmartin@comcast.net</a> <b>Phone:</b> (804) 364-0527 (home)
<b>ELIGIBILITY:</b>	<ul style="list-style-type: none"> <li>• Open to all USA Swimming/VSI registered 12 year old and younger swimmers in the Central District. Teams in Central District are: BAC, DC, NOVA, PSDN, RACE, SGY, SQST, and VACS.</li> <li>• Swimmers with two "BB" times at any distance one each in different strokes including IM as the fifth stroke can swim any event offered in the BB+ session.</li> <li>• Swimmers not qualified for the BB+ session can swim any event offered in the B/C session.</li> <li>• Swimmers may only swim relays in the session they are qualified to compete.</li> <li>• All swimmers participating in this meet must be registered by the first day of the meet.</li> <li>• No on deck registration will be permitted.</li> <li>• Age on October 13, 2007 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>• All 8 &amp; younger swimmers will swim Saturday and Sunday mid-day.</li> <li>• All BB+ swimmers will swim on Saturday and Sunday mornings.</li> <li>• All B &amp; C swimmers will swim on Saturday and Sunday afternoon.</li> <li>• All events will be timed finals.</li> </ul>
<b>WARM-UP:</b>	<ul style="list-style-type: none"> <li>• Morning sessions: Warm-ups: 7:00am; competition starts at 7:50am</li> <li>• Mid-day session: Warm-ups:10:30am; competition starts at 11:10am</li> <li>• Afternoon sessions: Warm-ups at 1:20pm; competition starts at 2:10pm.</li> <li>• Lane assignment and warm-up times for individual clubs will be posted on the NOVA website no later than Wednesday, October 10, 2007, and will also be emailed to the contact person of the participating clubs.</li> <li>• If the morning session runs late, afternoon warm-ups will begin immediately after the morning session ends.</li> </ul>
<b>ENTRIES:</b>	<p><b>DEADLINE FOR THE RECEIPT OF ENTRIES IS TUESDAY, OCTOBER 2, 2007</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 may submit entries as an e-mail attachment (preferred) or on a 3 ½" computer disk.</li> <li>• A Team Manager printout of entries must be included or the meet checklist/summary sheet with the name, phone number, and email address of the person to contact in case of questions must accompany the entries, regardless of how they are submitted.</li> <li>• Coaches Time (CT) and 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 (if you use this statement the next two statements would not apply).</li> </ul>

	<ul style="list-style-type: none"> <li>Coaches Times (CT) 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.</li> <li>Swimmers may enter a maximum of <i>3 individual events on Saturday and Sunday</i> and <i>1 relay event</i> 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. This meet will be limited to a total of 250 swimmers per session.</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:Aykey1@aol.com">Aykey1@aol.com</a></li> <li>Mail entries to: Alice Key 12207 Gayton Road Richmond, Va 23238</li> <li><b>IMPORTANT:</b> 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.</li> </ul>
<b>FEES:</b>	<p>Individual events: \$3.00 Relay events: \$12.00 Swimmer surcharge: \$2.00 per person (entered in the meet in any capacity)</p> <ul style="list-style-type: none"> <li>Checks should be made payable to: <b>NOVA OF VA AQUATICS</b></li> <li>Payment must be received by October 9, 2007 for email entries. Payment must be included with all mailed entries.</li> <li>Failure to pay entry fees by this deadline could result in teams being barred from the meet.</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 for 8&amp;U and 9-10 age groups.</li> <li>8 &amp; Under individual events will be given separate awards for 6 &amp;U, 7 year olds, and 8 year age groups.</li> </ul> </li> <li>Heat winner ribbons will be awarded for all 8 &amp; Younger individual events.</li> <li>Relay events: Ribbons will be awarded for first through 4th place.</li> </ul>
<b>SEEDING:</b>	<ul style="list-style-type: none"> <li>All events will be pre-seeded, except 500 free, which will be deck seeded.</li> <li>The 500 free will 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> <li>Swimmers should report directly to the blocks for their events</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. No additional heats will be added. Deck entries must be submitted to the Clerk-of-Course on the provided forms.</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 disqualified from 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 United States Swimming by 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>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.</li> <li>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</li> </ul>

	possess these credentials will be required to leave the deck area.
<b>OFFICIALS:</b>	<p><b>Meet Referee: Tom Elliott</b>  <b>Email: <a href="mailto:telliott@courts.state.va.us">telliott@courts.state.va.us</a></b>  <b>Phone: (804) 360-5001</b></p> <ul style="list-style-type: none"> <li>Officials at all positions will be required 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 Kathy Nunn at <a href="mailto:kgnunn@verizon.net">kgnunn@verizon.net</a> no later than October 5, 2007.</li> <li>Officials meetings will be held in the hospitality area 45 minutes prior to the start of the meet.</li> </ul>
<b>SAFETY:</b>	<ul style="list-style-type: none"> <li>VSI Safety and Warm-up procedures will be in effect.</li> <li>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.</li> <li>During the competition, swimmers must enter the warm up lanes from the far end of the pool (opposite the starting blocks), jumping feet first.</li> </ul>
<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>	<ul style="list-style-type: none"> <li>The NOVA Aquatics Center has parking available.</li> <li>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.</li> <li><b>PLEASE DO NOT PARK AT THE APARTMENT BUILDING.</b></li> </ul>
<b>DIRECTIONS:</b>	<p><b>NOVA AQUATICS CENTER</b>  <b>12207 GAYTON RD.</b>  <b>RICHMOND, VA 23238</b>  <b>PHONE: 754-4301</b></p> <ul style="list-style-type: none"> <li><b>SOUTH</b> – 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.</li> <li><b>NORTH</b> – 95 South to 64 West to the Gaskins Road South exit. Then follow the 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 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.</li> <li><b>SOUTHSIDE</b> – 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.</li> </ul>

# Order of Events

## NOVA 12 & Younger Meet

### October 13-14, 2007

#### Saturday AM BB+ Session

Warm-up 7:00am; Start: 7:50am

<u>Girls</u>	<u>Events</u>	<u>Boys</u>
1	11-12 200 Free	2
3	10&U 100 IM	4
5	11-12 100 IM	6
7	9-10 50 Free	8
9	11-12 50 Back	10
11	11-12 200 Back	12
13	10&U 100 Back	14
15	11-12 100 Breast	16
17	9-10 50 Breast	18
19	11-12 50 Fly	20
21	11-12 200 Fly	22
23	10&U 100 Fly	24
25	11-12 50 Free	26
27	10&U 200 Free Relay	28
29	11-12 200 Free Relay	30

#### Sunday AM BB+ Session

Warm-up 7:00am; Start: 7:50am

<u>Girls</u>	<u>Events</u>	<u>Boys</u>
75	9-10 200 IM	76
77	11-12 200 IM	78
79	9-10 200 Free	80
81	11-12 100 Free	82
83	10&U 100 Free	84
85	11-12 100 Back	86
87	9-10 50 Back	88
89	11-12 50 Breast	90
91	11-12 200 Breast	92
93	10&U 100 Breast	94
95	11-12 100 Fly	96
97	9-10 50 Fly	98
99	12&U 500 Free	100
101	10&U 200 Medley Relay	102
103	11-12 200 Medley Relay	104

#### Saturday Mid-Day Session

Warm-up 10:30am; Start: 11:20am

<u>Girls</u>	<u>Events</u>	<u>Boys</u>
31	8&U 100 IM	32
33	8&U 25 Free	34
35	8&U 50 Back	36
37	8&U 100 Back	38
39	8&U 25 Breast	40
41	8&U 50 Fly	42
43	8&U 100 Free Relay	44

#### Saturday Mid-Day Session

Warm-up 10:30am; Start: 11:20am

<u>Girls</u>	<u>Events</u>	<u>Boys</u>
105	8&U 50 Free	106
107	8&U 100 Free	108
109	8&U 25 Fly	110
111	8&U 100 Fly	112
113	8&U 50 Breast	114
115	8&U 100 Breast	116
117	8&U 25 Back	118
119	8&U 100 Medley Relay	120

#### Saturday PM B/C Session

Warm-up 1:20pm; Start: 2:10pm

<u>Girls</u>	<u>Events</u>	<u>Boys</u>
45	11-12 200 Free	46
47	9-10 100 IM	48
49	11-12 100 IM	50
51	9-10 50 Free	52
53	11-12 50 Back	54
55	11-12 200 Back	56
57	9-10 100 Back	58
59	11-12 100 Breast	60
61	9-10 50 Breast	62
63	11-12 50 Fly	64
65	11-12 200 Fly	66
67	9-10 100 Fly	68
69	11-12 50 Free	70
71	9-10 200 Free Relay	72
73	11-12 200 Free Relay	74

#### Sunday PM B/C Session

Warm-up 1:20pm; Start: 2:10pm

<u>Girls</u>	<u>Events</u>	<u>Boys</u>
121	9-10 200 IM	122
123	11-12 200 IM	124
125	9-10 200 Free	126
127	11-12 100 Free	128
129	9-10 100 Free	130
131	11-12 100 Back	132
133	9-10 50 Back	134
135	11-12 50 Breast	136
137	11-12 200 Breast	138
139	9-10 100 Breast	140
141	11-12 100 Fly	142
143	9-10 50 Fly	144
145	9-10 200 Medley Relay	146
147	11-12 200 Medley Relay	148