



AMENDED
NOVA NOVEMBER
BB/B/C/Mini Meet
November 2-4, 2007
SANCTION NO. VS-08-09

Hosted by
NOVA
AQUATICS
of Virginia

SANCTION:	Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: VS-08-09
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. 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.
MEET DIRECTOR:	Suzanne Martin Email: sshmartin@comcast.net Phone: (804) 364-0527 (home)
ELIGIBILITY:	<ul style="list-style-type: none">• Open to all USA Swimming/VSI registered swimmers in the Central District.• Teams in Central District are: BAC, DC, NOVA, PSDN, RACE, SGY, SQST, and VACS.• 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 "BB", "B", or "C" Time.• All swimmers participating in this meet must be registered by the first day of the meet.• 2005-2008 NAG top 16 based times are in effect.• No on deck registration will be permitted.• Age on November 2, 2007 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 8 & younger swimmers will swim Saturday and Sunday mid-day.• All 9-10 swimmers and the 11-12 Boys will compete in the morning session.• The 11-12 Girls and ALL 13-18 year old swimmers will compete in the afternoon session.• All events will be timed finals.
WARM-UPS:	<ul style="list-style-type: none">• Friday evening session: Warm-ups: 4:00 pm; competition start: 5:15 pm• Morning sessions: Warm-ups: 7:00 am; competition starts at 8:00 am• Mid-day session: Warm-ups: 11:00 am; competition starts at 11:40 pm• Afternoon sessions: Warm-ups at 1:30 pm; competition starts at 2:30 pm.• 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 Monday, October 29, 2007.• If the morning session runs late, afternoon warm-ups will begin immediately after the morning session ends.
ENTRIES:	<p>DEADLINE FOR THE RECEIPT OF ENTRIES IS TUESDAY, OCTOBER 23, 2007.</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, phone number, and email address of the person to contact in case of questions must accompany the entries, regardless of how they are submitted.• 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

	<p>you use this statement the next two statements would not apply).</p> <ul style="list-style-type: none"> 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. Swimmers may swim one event on Friday, 3 <i>individual events</i> and 1 <i>relay event</i> per day. 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 a total of 275 swimmers per session. 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. Email entries to: Aykey1@aol.com Mail entries to: Alice Key 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 (entered in the meet in any capacity)</p> <ul style="list-style-type: none"> Checks should be made payable to: NOVA Aquatics Payment must be received by October 30, 2007 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. <ul style="list-style-type: none"> 8 & Under individual events will be divided into 6&U, 7 year olds, and 8 year olds age groups. 13-18 events will be given separate awards for 13-14 and 15-18 age groups. 11-18 events will be given separate awards for 11-12, 13-14, and 15-18 age groups. 10 & Under events will be given separate awards for 9-10 and 8&U age groups. Heat winner ribbons will be awarded for all 10 & Younger individual events. Relay events: Ribbons will be awarded for first through 4th place.
SEEDING:	<ul style="list-style-type: none"> All events will be pre-seeded, except the 400 IM, 500 Free, and 1650 Free, which will be deck seeded. The 400 IM, 500 Free, and 1650 Free, will require a positive check-in by 5:00 PM. Positive check-in will close 30 minutes prior to the start of the session. SWIMMERS FAILING TO POSITIVELY CHECK-IN WILL NOT BE ALLOWED TO SWIM THE EVENT. Swimmers in all sessions should report directly to the blocks for their events. The 500 and 1650 Free will be swum fastest to slowest and alternating heats of girls and boys. Depending on the number of entries and the time line on Friday evening, the 1650 may be swum with two swimmers per lane. If this is done, each swimmer will have a counter at the far end, <u>and</u> a timer also counting at the start end. 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

	<p>day of the meet may be fined \$100 per swimmer in each event so entered.</p> <ul style="list-style-type: none"> 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 current 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 Email: telliott@courts.state.va.us Phone: (804) 360-5001</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 Kathy Nunn at kgnunn@verizon.net no later than October 29, 2007. 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 feet first.
TIMERS:	<ul style="list-style-type: none"> Clubs may be required to provide timer. 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 available. 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:	<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 . (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 BB/B/C MEET November 2-4

Friday PM Session Warm-up 4:00pm; Start 5:15pm

<u>Girls</u>	<u>Events</u>	<u>Boys</u>
1	10&U 200 IM	2
3	11-18 400 IM	4
5	12&U 500 Free	6
7	13-18 500 Free	8
9	11-18 1650 Free	10

Saturday AM Session

9-10 year olds plus 11-12 Boys

Warm-up: 7:00 am; Start: 8:00 am

<u>Girls</u>	<u>Events</u>	<u>Boys</u>
*	11-12 200 Free	12
13	9-10 100 IM	14
*	11-12 100 IM	16
17	9-10 50 Free	18
*	11-12 100 Back	20
*	11-12 200 Back	22
23	9-10 100 Back	24
*	11-12 50 Breast	26
27	9-10 50 Breast	28
*	11-12 100 Fly	30
*	11-12 200 Fly	32
33	9-10 100 Fly	34
*	11-12 50 Free	36
37	9-10 200 Free Relay	38
*	11-12 200 Free Relay	40

Saturday Mid-Day Session

Warm-up 11:00 am; Start: 11:40 pm

<u>Girls</u>	<u>Events</u>	<u>Boys</u>
41	8&U 100 IM	42
43	8&U 25 Free	44
45	8&U 50 Back	46
47	8&U 100 Back	48
49	8&U 25 Breast	50
51	8&U 50 Fly	52
53	8&U 100 Free Relay	54

Saturday PM Session

13-18 year old plus 11-12 girls

Warm-up: 1:30 pm; Start: 2:30 pm

<u>Girls</u>	<u>Events</u>	<u>Boys</u>
55	11-12 200 Free	*
57	13-18 200 IM	58
59	11-12 100 IM	*
61	11&Over 200 Back	62
63	11-12 100 Back	*
65	13-18 100 Breast	66
67	11-12 50 Breast	*
69	11&Over 200 Fly	70
71	11-12 100 Fly	*
73	13-18 50 Free	74
75	11-12 50 Free	*
77	11-12 200 Free Relay	*

Sunday AM Session

9-10 year olds Plus 11-12 Boys

Warm-up: 7:00 am; Start: 8:00 am

<u>Girls</u>	<u>Events</u>	<u>Boys</u>
*	11-12 100 Free	82
83	9-10 200 Free	84
*	11-12 200IM	86
87	9-10 100 Free	88
*	11-12 50 Back	90
91	9-10 50 Back	92
*	11-12 100 Breast	94
*	11-12 200 Breast	96
97	9-10 100 Breast	98
*	11-12 50 Fly	100
101	9-10 50 Fly	102
103	9-10 200 Medley Relay	104
*	11-12 200 Medley Relay	106

Sunday Mid-Day Session

Warm-up 11:00 am; Start: 11:40 pm

<u>Girls</u>	<u>Events</u>	<u>Boys</u>
107	8&U 50 Free	108
109	8&U 100 Free	110
111	8&U 25 Fly	112
113	8&U 100 Fly	114
115	8&U 50 Breast	116
117	8&U 100 Breast	118
119	8&U 25 Back	120
121	8&U 100 Medley Relay	122

Sunday PM Session

13-18 year old plus 11-12 girls

Warm-up: 1:30 pm; Start: 2:30 pm

<u>Girls</u>	<u>Events</u>	<u>Boys</u>
123	11-12 100 Free	*
125	13-18 200 Free	126
127	11-12 200 IM	*
129	13-18 100 Back	130
131	11-12 50 Back	*
133	11&Over 200 Breast	134
135	11-12 100 Breast	*
137	13-18 100 Fly	138
139	11-12 50 Fly	*
141	13-18 100 Free	142
143	11-12 200 Medley Relay	*
145	13-18 200 Medley Relay	146