



**NOVA OCTOBER MEET**  
**Senior (13&O) Meet**  
**Oct. 15-17, 2010**  
**SANCTION NO. VS-11-04**

**Hosted by:**  
  
NOVA of Virginia Aquatics

<b>SANCTION:</b>	Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: <b>VS-11-04</b>
<b>LOCATION:</b>	NOVA Aquatics Center, 12207 Gayton Road, Richmond, VA 23238, 804-754-3401
<b>FACILITY:</b>	<ul style="list-style-type: none"><li>• 10-lane 25-yard pool, pool depth is 4.5 feet deep in lane 1 sloping to 10.5 feet in lane 10 with Kieffer 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 104.2.2(C). The copy of such certification is on file with USA Swimming</li></ul>
<b>MEET DIRECTOR:</b>	Name: Lori Hopewell Email: <a href="mailto:hopewells@verizon.net">hopewells@verizon.net</a> Phone: (804) 360-1494
<b>ELIGIBILITY:</b>	<ul style="list-style-type: none"><li>• Open to all Virginia Swimming athletes 13 to 18 years old registered by the first day of the meet.</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>• 2009-2012 NAG times are in effect</li><li>• No deck Virginia Swimming athlete registration will be permitted.</li><li>• Age on October 15, 2010 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 level swimmers swim Friday evening</li><li>• BB+ session will be swum Saturday and Sunday morning</li><li>• B/C session will be swum 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>• Friday pm session: Warm-ups 4:15 pm; competition start: 5:30 pm</li><li>• Morning sessions: Warm-ups 8:00 am; competition start: 9:00 am</li><li>• Afternoon sessions: Warm-ups at 12:00 pm; competition starts no earlier than 1:00 pm</li><li>• Lane assignment and warm-up times for individual clubs will be posted on the NOVA website no later than Wednesday, October 14, 2010, 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><li>• <b>Depending on the number of entries, the meet director reserves the right to change the start time and format of warm-ups. Teams would be notified not later than Wednesday, October 14, 2010</b></li></ul>
<b>ENTRIES:</b>	<b>DEADLINE FOR THE RECEIPT OF ENTRIES IS 9:00 PM, SUNDAY, OCTOBER 10, 2010.</b> <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 submit entries as an e-mail attachment</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></ul>

	<ul style="list-style-type: none"> <li>Coach's 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.</li> <li>Swimmers may enter a maximum of <i>1 individual event on Friday. Swimmers may enter a maximum of 3 individual events and 1 relay event on Saturday and Sunday.</i></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 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@comcast.net">novaswim@comcast.net</a></li> <li>Mail entries to: Scott Campbell 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> <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 forms</li> </ul>
<b>FEES:</b>	<p>Individual events: \$3.75 Relay events: \$12.00 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>Payment must be received by Wednesday, October 14, 2010 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</li> <li>13-18 individual events will be given separate awards for 13-14 and 15-18 age groups</li> <li>Relay events: Ribbons will be awarded for first through fourth place.</li> </ul>
<b>SEEDING:</b>	<ul style="list-style-type: none"> <li>All events will be pre-seeded, except events #1-2 (13-18 400 IM) and 3-4 (13-18 500 Free) which will be deck seeded.</li> <li>Swimmers should report directly to the block for their events.</li> <li>Events 1-2 (400 IM) and 3-4 (500 Free) will require a positive check-into 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>The 500 Free will be swum fastest to slowest, alternating girls then boys.</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 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>Swimmers in the meet, unaccompanied by a USA-S coach must be certified by a USA-S coach as proficient in performing a racing start or must start each race from within the water. Ensuring compliance is the responsibility of the swimmer or the swimmer's legal guardian.</li> <li>The overhead start procedure will be used unless otherwise directed by the meet referee.</li> <li>In accordance with VSI Policy, only those coaches who have current, valid USA Swimming</li> </ul>

	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.
<b>OFFICIALS:</b>	<p><b>Meet Referee: Bryan Wallin</b>  <b>Email: <a href="mailto:thewallin5@comcast.net">thewallin5@comcast.net</a></b>  <b>Phone: (804) 389-2438</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 Will Bassett at <a href="mailto:William.Bassett@hdrinc.com">William.Bassett@hdrinc.com</a> (officials' coordinator) no later than October 14, 2010.</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>	Virginia Swimming Meet Safety Procedures will be in effect.
<b>TIMERS:</b>	<ul style="list-style-type: none"> <li>• Swimmers are required to provide counters for the 500 Free.</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>• <b>PLEASE DO NOT PARK AT THE APARTMENT BUILDINGS ACROSS THE STREET OR THE SHOPPING CENTER NEXT TO NOVA.</b></li> <li>• The NOVA Aquatics Center has parking available.</li> <li>• Additional parking is available in the lot one block east of the pool at the intersection of Gayton and Cambridge.</li> </ul>
<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>	<ul style="list-style-type: none"> <li>• Comfort Suites (804) 217-9200 4051 Innslake Drive Glen Allen, Virginia</li> <li>• Hampton Inn – Richmond West (804) 747-7777 10800 W. Broad Street Glen Allen, Virginia</li> </ul>

## Friday, October 15, 2010

<b>Evening Session</b>		
<b>Warm-up: 4:15 pm; Start: 5:30 pm</b>		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
1	13-18 400 Individual Medley	2
3	13-18 500 Freestyle	4

### Saturday, October 16, 2010

<b>Morning BB+ Session</b>		
<b>Warm-up: 8:00 am; Start: 9:00 am</b>		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
5	13-14 200 Individual Medley	6
7	15-18 200 Individual Medley	8
9	13-14 200 Backstroke	10
11	15-18 200 Backstroke	12
13	13-14 100 Butterfly	14
15	15-18 100 Butterfly	16
17	13-14 200 Breaststroke	18
19	15-18 200 Breaststroke	20
21	13-14 100 Freestyle	22
23	15-18 100 Freestyle	24
25	13-14 200 Free Relay	26
27	15-18 200 Free Relay	28

### Sunday, October 17, 2010

<b>Morning BB+ Session</b>		
<b>Warm-up: 8:00 am; Start: 9:00 am</b>		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
53	13-14 100 Backstroke	54
55	15-18 100 Backstroke	56
57	13-14 200 Butterfly	58
59	15-18 200 Butterfly	60
61	13-14 100 Breaststroke	62
63	15-18 100 Breaststroke	64
65	13-14 200 Freestyle	66
67	15-18 200 Freestyle	68
69	13-14 50 Freestyle	70
71	15-18 50 Freestyle	72
73	13-14 200 Medley Relay	74
75	15-18 20 Medley Relay	76

### Afternoon B/C Session

**Warm-up: 12:00 pm; Start: 1:00 pm**

<u>Girls</u>	<u>Events</u>	<u>Boys</u>
29	13-14 200 Individual Medley	30
31	15-18 200 Individual Medley	32
33	13-14 200 Backstroke	34
35	15-18 200 Backstroke	36
37	13-14 100 Butterfly	38
39	15-18 100 Butterfly	40
41	13-14 200 Breaststroke	42
43	15-18 200 Breaststroke	44
45	13-14 100 Freestyle	46
47	15-18 100 Freestyle	48
49	13-14 200 Free Relay	50
51	15-18 200 Free Relay	52

### Afternoon B/C Session

**Warm-up: 12:00 pm; Start: 1:00 pm**

<u>Girls</u>	<u>Events</u>	<u>Boys</u>
77	13-14 100 Backstroke	78
79	15-18 100 Backstroke	80
81	13-14 200 Butterfly	82
83	15-18 200 Butterfly	84
85	13-14 100 Breaststroke	86
87	15-18 100 Breaststroke	88
89	13-14 200 Freestyle	90
91	15-18 200 Freestyle	92
93	13-14 50 Freestyle	94
95	15-18 50 Freestyle	96
97	13-14 200 Medley Relay	98
99	15-18 20 Medley Relay	100