



**NOVA DECEMBER MEET
B/C Mini Meet
Dec. 3-5, 2010
SANCTION NO. VS-11-27**

Hosted by:

NOVA of Virginia Aquatics

SANCTION:	Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: VS-11-27
LOCATION:	NOVA Aquatics Center, 12207 Gayton Road, Richmond, VA 23238, 804-754-3401
FACILITY:	<ul style="list-style-type: none">• 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.• 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.• 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
MEET DIRECTOR:	Name: Lori Hopewell Email: hopewells@verizon.net Phone: (804) 360-1494
ELIGIBILITY:	<ul style="list-style-type: none">• Open to all Virginia Swimming athletes registered by the first day of the meet.• No deck Virginia Swimming athlete registration will be permitted.• Swimmers may compete in any event, in which they have a "B" or "C" time• 8 & Younger swimmers may participate regardless of classification in 8 & Under events• Swimmers 9 & Older (or 9-18 years old) may compete in any event and relay strokes in which they have a "B" or "C" Time.• 2009-2012 NAG times are in effect• Age on December 3, 2010 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 on Friday evening for all swimmers• 10 years old and under swimmers will compete in the morning sessions• 11 years old and over swimmers will compete in the afternoon sessions• Sunday Distance Session (Event # 87-88, 11 & Over 500 Free) will start 15 minutes after the conclusion of the afternoon session• All events will be timed finals
WARM-UP:	<ul style="list-style-type: none">• Friday pm session: Warm-ups 4:15 pm; competition start: 5:15 pm• Morning sessions: Warm-ups 7:00 am; competition start: 8:00 am• Afternoon sessions: Warm-ups at 12:00 pm; competition starts no earlier than 1:00 pm• Distance session (Sunday afternoon): The pool will be opened for 10 minutes of open warm-ups immediately following the finish of the afternoon sessions, with the distance session competition starting 5 minutes thereafter.• Lane assignment and warm-up times for individual clubs will be posted on the NOVA website no later than Wednesday, December 1, 2010, and will also be emailed to the contact person of the participating clubs.• If the morning session runs late, afternoon warm-ups will begin immediately after the morning session ends.• 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, December 1, 2010
ENTRIES:	DEADLINE FOR THE RECEIPT OF ENTRIES IS 9:00 PM, SUNDAY, NOVEMBER 28, 2010. <ul style="list-style-type: none">• Entries must be submitted in short course yard times using Hy-Tek Team Manager and

	<p>Commlink-2 software, or on a VSI master entry sheet.</p> <ul style="list-style-type: none"> • Teams submit entries as an e-mail attachment • 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. • 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 "BB" 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 <i>1 individual event on Friday. Swimmers may enter a maximum of 3 individual events on Saturday and Sunday.</i> • Entries will be processed in the order received and accepted to the greatest extent possible without exceeding the 4-hour/session timeline limit. • 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: novaswim@comcast.net • Mail entries to: Scott Campbell 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. • 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
FEES:	<p>Individual events: \$3.75 Swimmer surcharge: \$2.50 per person (entered in the meet in any capacity)</p> <ul style="list-style-type: none"> • Checks should be made payable to: NOVA OF VA AQUATICS. • Payment must be received by Wednesday, December 1, 2010 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 <ul style="list-style-type: none"> ○ 13 & Over events will be given separate awards for 13-14 and 15 and Over age groups ○ 11 & Over events will be given separate awards for 11-12, 13-14, and 15 and Over age groups ○ 10 & Under events will be given separate awards for 9-10 and 8 & Under age groups ○ 8 & Under events will be given separate awards for 6 & Under, 7 year olds and 8 year olds.
SEEDING:	<ul style="list-style-type: none"> • All events will be pre-seeded, except the 500 Free, 400 IM and 1000 Free which will be deck seeded. • The 500 Free, 400 IM and 1000 Free will require a positive check prior to the start of the session • Positive check-in will close 30 minutes prior to the start of the session. • Swimmers should report directly to the block for their events. • SWIMMERS FAILING TO POSITIVELY CHECK-IN WILL NOT BE ALLOWED TO SWIM THE EVENT.
PENALTIES:	<p>Penalties for entries using fraudulent and/or non-verifiable entry times:</p> <ul style="list-style-type: none"> • Swimmer shall be marked as exhibition for 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 current USA Swimming Rules and Regulations will apply. 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. The overhead start procedure will be used unless otherwise directed by the meet referee. In accordance with VSI Policy, only those coaches who have 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: Phil Webber Email: phil.webber@dla.mil Phone: (804) 379-3387</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 Will Bassett at William.Bassett@hdrinc.com (officials' coordinator) no later than December 1, 2010. Officials meetings will be held in the hospitality area 45 minutes prior to the start of the meet.
SAFETY:	Virginia Swimming Meet Safety Procedures will be in effect.
TIMERS:	<ul style="list-style-type: none"> Swimmers are required to provide counters for the 500 Free and 1000 Free. 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"> PLEASE DO NOT PARK AT THE APARTMENT BUILDINGS ACROSS THE STREET OR THE SHOPPING CENTER NEXT TO NOVA. The NOVA Aquatics Center has parking available. Additional parking is available in the lot one block east of the pool at the intersection of Gayton and Cambridge.
DIRECTIONS:	<ul style="list-style-type: none"> SOUTH – 95 North to 64 West to the Gaskins Road South exit. Follow Gaskins Road south to Ridgefield Parkway (3rd light); turn right. Proceed on Ridgefield until you intersect with Gayton Road (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. Follow directions above. WEST – 64 West 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 (3rd 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. SOUTHSIDE – 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.
HOTELS:	<ul style="list-style-type: none"> Comfort Suites (804) 217-9200 4051 Innslake Drive Glen Allen, Virginia Hampton Inn – Richmond West (804) 747-7777 10800 W. Broad Street Glen Allen, Virginia

**ORDER OF EVENTS
NOVA B/C Meet**

Friday, December 3, 2010

Evening Session		
Warm-up: 4:15 pm; Start: 5:15 pm		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
1	10 & U 500 Freestyle	2
3	11 & O 400 Individual Medley	4
5	11 & O 1000 Freestyle	6

Saturday, December 4, 2010

Morning Session		
Warm-up: 7:00 am; Start: 8:00 am		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
7	9-10 50 Free	8
9	8 & U 50 Breast	10
11	10 & U 100 Breast	12
13	8 & U 25 Fly	14
15	10 & U 100 Fly	16
17	8 & U 50 Back	18
19	9-10 50 Back	20
21	8 & U 25 Free	22
23	10 & U 200 IM	24

Afternoon Session		
Warm-up: 12:00 noon; Start: 1:00 pm		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
25	11-12 50 Free	26
27	13 & O 50 Free	28
29	11-12 100 Fly	30
31	13 & O 100 Fly	32
33	11-12 50 Back	34
35	11 & O 200 Back	36
37	11-12 100 Breast	38
39	13 & O 100 Breast	40
41	11-12 100 IM	42
43	13 & O 200 Free	44
45	11-12 200 Free	46

Sunday, December 5, 2010

Morning session		
Warm-up: 7:00 am; Start: 8:00 am		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
47	10 & U 200 Free	48
49	8 & U 100 Free	50
51	10 & U 100 IM	52
53	8 & U 25 Breast	54
55	9-10 50 Breast	56
57	8 & U 25 Back	58
59	10 & U 100 Back	60
61	10 & U 50 Fly	62
63	9-10 100 Free	64
65	8 & U 50 Free	66

Afternoon Session		
Warm-up: 12:00 noon; Start: 1:00 pm		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
67	11-12 200 IM	68
69	13 & O 200 IM	70
71	11-12 100 Free	72
73	13 & O 100 Free	74
75	11-12 50 Fly	76
77	11 & O 200 Fly	78
79	11-12 100 Back	80
81	13 & O 100 Back	82
83	11-12 50 Breast	84
85	11 & O 200 Breast	86

Distance Session
(15 minute break)

<u>Girls</u>	<u>Events</u>	<u>Boys</u>
87	11 & O 500 Free	88