



**NOVA JANUARY MEET**  
**BB/B/C Mini Meet**  
**Jan. 7-9, 2011**  
**SANCTION NO. VS-11-35**

**Hosted by:**  
  
NOVA of Virginia Aquatics

<b>SANCTION:</b>	Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: <b>VS-11-35</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 registered by the first day of the meet.</li><li>• No deck Virginia Swimming athlete registration will be permitted.</li><li>• Swimmers may compete in any event, in which they have a "BB", "B" or "C" time.</li><li>• <b>8 &amp; Younger swimmers may participate regardless of classification in 8 &amp; Under events</b></li><li>• <b>Swimmers 9 &amp; Older may compete in any event and relay strokes in which they have a "BB", "B" or "C" Time.</b></li><li>• 2009-2012 NAG times are in effect</li><li>• Age on January 7, 2011 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>• Distance events on Friday evening for all swimmers</li><li>• All 8 &amp; Younger swimmers will swim Saturday and Sunday mid-day.</li><li>• All 9-10 Swimmers and 11-12 Boys will compete in the morning sessions.</li><li>• 11-12 Girls and all 13 &amp; Older swimmers will compete in the afternoon sessions</li><li>• <b>Events #11, 15, 19, 21, 25, 29, 31, 35, 39, 56, 60, 64, 68, 72, 76, 80, 81, 85, 89, 93, 95, 99, 103, 124, 128, 132, 136, 140, 144, and 146 are intentionally omitted.</b></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: 5:15 pm</li><li>• Morning sessions: Warm-ups 7:00 am; competition start: 8:00 am</li><li>• Midday sessions: Warm-ups at 12:00 pm; competition starts no earlier than 1:00 pm</li><li>• Afternoon sessions: Warm-ups at 3:30 pm; competition starts no earlier than 4:30 pm</li><li>• Lane assignment and warm-up times for individual clubs will be posted on the NOVA website no later than Wednesday, January 5, 2011, 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, January 5, 2011</b></li></ul>
<b>ENTRIES:</b>	<b>DEADLINE FOR THE RECEIPT OF ENTRIES IS 9:00 PM, SUNDAY, JANUARY 2, 2011.</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></ul>

	<ul style="list-style-type: none"> <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> <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 "BB" time. All entry times other than CT must have been achieved in USA Swimming sanctioned, approved, or observed competition.</li> <li>• <b>Swimmers may enter a maximum of 1 individual event on Friday. Swimmers may enter a maximum of 3 individual events and 1 relay event on Saturday and Sunday.</b></li> <li>• <b>When making entries for the 11-12 year olds, please pay close attention to the possibility of back to back events. Swimmers must be prepared to swim back to back without a break.</b></li> <li>• Entries will be processed in the order received and <u>accepted to</u> 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, January 5, 2011 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>○ 13 &amp; Over events will be given separate awards for 13-14 and 15 and Over age groups</li> <li>○ 11 &amp; Over events will be given separate awards for 11-12, 13-14, and 15 and Over age groups</li> <li>○ 12 &amp; Under events will be given separate awards for 8 &amp; Under, 9-10 and 11-12 age groups</li> <li>○ 10 &amp; Under events will be given separate awards for 9-10 and 8 &amp; Under age groups</li> <li>○ 8 &amp; Under events will be given separate awards for 6 &amp; Under, 7 year olds and 8 year olds.</li> </ul> </li> </ul>
<b>SEEDING:</b>	<ul style="list-style-type: none"> <li>• All events will be pre-seeded, except the 500 Free, 400 IM and 1650 Free which will be deck seeded.</li> <li>• The 500 Free, 400 IM and 1000 Free will require a positive check prior to the start of the session</li> <li>• Positive check-in will close 30 minutes prior to the start of the session.</li> <li>• Swimmers should report directly to the block for their events.</li> <li>• <b>SWIMMERS FAILING TO POSITIVELY CHECK-IN WILL NOT BE ALLOWED TO SWIM THE EVENT.</b></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</b></li> </ul>

	<p><b>day of the meet may be fined \$100 per swimmer in each event so entered.</b></p> <ul style="list-style-type: none"> <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 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.</li> </ul>
<b>OFFICIALS:</b>	<p><b>Meet Referee: Kathy Nunn</b>  <b>Email: <a href="mailto:kgnunn@verizon.net">kgnunn@verizon.net</a></b>  <b>Phone: (804) 364-0656</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 January 5, 2011.</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 and 1650 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 West to the Gaskins Road South exit. Follow directions above.</li> <li><b>WEST</b> – 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 (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>

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

**Friday, January 7, 2011**

<b>Evening Session</b>		
<b>Warm-up: 4:00 pm; Start: 5:15 pm</b>		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
1	10&Under 200 Individual Medley	2
3	11 & Over 400 Individual Medley	4
5	12 & Under 500 Freestyle	6
7	13 & Over 500 Freestyle	8
9	11 & Over 1650 Freestyle	10

**Saturday, January 8, 2011**

<b>Morning Session</b>		
<b>Warm-up: 7:00 am; Start: 8:00 am</b>		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
-	11-12 200 Freestyle	12
13	9-10 100 Individual Medley	14
-	11-12 100 Individual Medley	16
17	9-10 50 Freestyle	18
-	11-12 100 Backstroke	20
-	11-12 200 Backstroke	22
23	9-10 100 Backstroke	24
-	11-12 50 Breaststroke	26
27	9-10 50 Breaststroke	28
-	11-12 100 Butterfly	30
-	11-12 200 Butterfly	32
33	9-10 100 Butterfly	34
-	11-12 50 Freestyle	36
37	9-10 200 Freestyle Relay	38
-	11-12 20 Freestyle Relay	40

<b>Mid-Day Session</b>		
<b>Warm-up: 12:00 pm; Start: 1:00 pm</b>		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
41	8 & Under 100 Individual Medley	42
43	8 & Under 25 Freestyle	44
45	8 & Under 50 Backstroke	46
47	8 & Under 100 Backstroke	48
49	8 & Under 25 Breaststroke	50
51	8 & Under 50 Butterfly	52
53	8 & Under 100 Freestyle Relay	54

<b>Afternoon Session</b>		
<b>Warm-up: 3:30 pm; Start: 4:30 pm</b>		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
55	11-12 200 Freestyle	-
57	13 & Over 200 Individual Medley	58
59	11-12 100 Individual Medley	-
61	11 & Over 200 Backstroke	62
63	11-12 100 Backstroke	-
65	13 & Over 100 Breaststroke	66
67	11-12 50 Breaststroke	-
69	11 & Over 200 Butterfly	70
71	11-12 100 Butterfly	-
73	13 & Over 50 Freestyle	74
75	11-12 50 Freestyle	-
77	13 & Over 200 Freestyle Relay	78
79	11-12 200 Freestyle Relay	-

**Sunday, January 9, 2011**

<b>Morning Session</b>		
<b>Warm-up: 7:00 am; Start: 8:00 am</b>		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
-	11-12 100 Freestyle	82
83	9-10 200 Freestyle	84
-	11-12 200 Individual Medley	86
87	9-10 100 Freestyle	88
-	11-12 50 Backstroke	90
91	9-10 50 Backstroke	92
-	11-12 100 Breaststroke	94
-	11-120 200 Breaststroke	96
97	9-10 100 Breaststroke	98
-	11-12 50 Butterfly	100
101	9-10 50 Butterfly	102
-	9-10 200 Medley Relay	104
105	11-12 200 Medley Relay	106

<b>Mid-Day Session</b>		
<b>Warm-up: 12:00 pm; Start: 1:00 pm</b>		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
107	8 & Under 50 Freestyle	108
109	8 & Under 100 Freestyle	110
111	8 & Under 25 Butterfly	112
113	8 & Under 100 Butterfly	114
115	8& Under 50 Breaststroke	116
117	8 & Under 100 Breaststroke	118
119	8 & Under 25 Backstroke	120
121	8 & Under 100 Medley Relay	122

<b>Afternoon Session</b>		
<b>Warm-up: 3:30 pm; Start: 4:30 pm</b>		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
123	11-12 100 Freestyle	-
125	13 & Over 200 Freestyle	126
127	11-12 200 Individual Medley	-
129	13 & Over 100 Backstroke	130
131	11-12 50 Backstroke	-
133	11 & Over 200 Breaststroke	134
135	11-12 100 Breaststroke	-
137	13 & Over 100 Butterfly	138
139	11-12 50 Butterfly	-
141	13 & Over 100 Freestyle	142
143	11-12 200 Medley Relay	-
145	13 & Over Medley Relay	-