



**NOVA OCTOBER  
BB/B/C Mini Meet  
Oct. 29-31, 2010  
SANCTION NO. VS-11-11**

**Hosted by:**  
  
NOVA of Virginia Aquatics

<b>SANCTION:</b>	Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: <b>VS-11-11</b>
<b>LOCATION:</b>	NOVA Aquatics Center, 12207 Gayton Road, Richmond, VA 23238, Phone: (804) 754-3401
<b>FACILITY:</b>	<ul style="list-style-type: none"><li>• 10-lane, 25-yard pool, 4.5 feet deep in lane 1 sloping to 10.5 feet in lane 10 with Kiefer 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 on deck Virginia Swimming athlete registration will be permitted.</li><li>• 8 years old &amp; Younger swimmers may participate regardless of classification in 8 &amp; Under events.</li><li>• Swimmers 9-18 years old may compete in any event and relay strokes in which they have a "BB", "B" or "C" Time.</li><li>• 2009-2012 NAG times are in effect</li><li>• Age on October 29, 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>• The 500 Free will be swum Friday evening for 9-18 year old swimmers.</li><li>• All 8 &amp; younger swimmers will swim in Saturday and Sunday mid-day session.</li><li>• All 9-10 and the 11-12 Boys swim on Saturday and Sunday morning session.</li><li>• The 11-12 Girls and all 13-18 year old swimmers will swim on Saturday and Sunday afternoon session.</li><li>• All events will be timed finals</li><li>• Event numbers: 7, 11, 15, 17, 21, 25, 27, 31, 35, 52, 56, 60, 64, 68, 72, 74, 77, 81, 85, 89, 91, 95, 101, 120, 124, 128, 132, 136 and 140 are intentionally not used.</li></ul>
<b>WARM-UP:</b>	<ul style="list-style-type: none"><li>• Friday session: Warm-ups 4:00 pm; competition starts 5:15 pm</li><li>• Morning session Sat: Warm-ups at 7:00 am; competition starts at 8:00 am.</li><li>• Morning session Sun: Warm-ups at 8:00 am; competition starts at 9:00 am</li><li>• Mid-day session Sat: Warm-ups at 11:00 am; competition starts at 11:50 am</li><li>• Mid-day session Sun: Warm-ups at 11:30 am; competition starts at 12:20 pm</li><li>• Afternoon session Sat: Warm-ups at 1:15 pm; competition starts at 2:15 pm.</li><li>• Afternoon session Sun: Warm-ups at 1:45 pm; competition starts at 2:45 pm</li><li>• Lane assignment and warm-up times for individual clubs will be posted on the NOVA website no later than Wednesday, October 27, 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>• 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 27, 2010.</li></ul>

<b>ENTRIES:</b>	<p><b>DEADLINE FOR THE RECEIPT OF ENTRIES IS 9:00 PM, SUNDAY, OCTOBER 24, 2010.</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 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 "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 form.</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 October 26, 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 <ul style="list-style-type: none"> <li>○ 8 &amp; under individual events will be given separate awards for 6 &amp; U, 7 year olds and 8 year age groups.</li> <li>○ 10 &amp; Under individual events will be given separate awards 9-10 and 8 &amp; U age groups</li> <li>○ 11-18 individual events will be given separate awards for 11-12, 13-14 and 15-18 age groups</li> <li>○ 13-18 individual events will be given separate awards for 13-14 and 15-18 age groups</li> </ul> </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 500 Free and the 400 IM, which will be deck seeded.</li> <li>• The 500 Free and the 400 IM 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>• Swimmers should report directly to the block for their events.</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> </ul>

	<ul style="list-style-type: none"> <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 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: Bob Rustin</b>  <b>Email: <a href="mailto:Bob.A.Rustin@USA.dupont.com">Bob.A.Rustin@USA.dupont.com</a></b>  <b>Phone: 804-276-9220</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> no later than October 25, 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>• 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>• <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>

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

**Friday, October 29, 2010**

<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	9-10 500 Freestyle	2
3	11-12 500 Freestyle	4
5	13-18 500 Freestyle	6

**Saturday, October 30, 2010**

<b>Morning BB+ Session</b>		
<b>9-10 Year Olds plus 11-12 Boys</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	8
9	9-10 100 Individual Medley	10
-	11-12 100 Individual Medley	12
13	9-10 50 Freestyle	14
-	11-12 100 Backstroke	16
-	11-12 200 Backstroke	18
19	9-10 100 Backstroke	20
-	11-12 50 Breaststroke	22
23	9-10 50 Breaststroke	24
-	11-12 100 Butterfly	26
-	11-12 200 Butterfly	28
29	9-10 100 Butterfly	30
-	11-12 50 Freestyle	32
33	9-10 200 Freestyle Relay	34
-	11-12 20 Freestyle Relay	36

<b>Mid-Day Session</b>		
<b>8 &amp; Under Swimmers</b>		
<b>Warm-up: 11:00 am; Start: 11:50 am</b>		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
37	8 & Under 100 Individual Medley	38
39	8 & Under 25 Freestyle	40
41	8 & Under 50 Backstroke	42
43	8 & Under 100 Backstroke	44
45	8 & Under 25 Breaststroke	46
47	8 & Under 50 Butterfly	48
49	8 & Under 100 Freestyle Relay	50

<b>Afternoon Session</b>		
<b>13-18 Year Olds plus 11-12 Girls</b>		
<b>Warm-up: 1:15 pm; Start: 2:15 pm</b>		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
51	11-12 200 Freestyle	-
53	13-18 200 Individual Medley	54
55	11-12 100 Individual Medley	-
57	11-18 200 Backstroke	58
59	11-12 100 Backstroke	-
61	13-18 100 Breaststroke	62
63	11-12 50 Breaststroke	-
65	11-18 200 Butterfly	66
67	11-12 100 Butterfly	-
69	13-18 50 Freestyle	70
71	11-12 50 Freestyle	-
73	11-12 Freestyle Relay	-
75	13-18 200 Freestyle Relay	76

**Sunday, October 31, 2010**

<b>Morning BB+ Session</b>		
<b>9-10 Year Olds plus 11-12 Boys</b>		
<b>Warm-up: 8:00 am; Start: 9:00 am</b>		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
-	11-12 100 Freestyle	78
79	9-10 200 Freestyle	80
-	11-12 200 Individual Medley	82
83	9-10 100 Freestyle	84
-	11-12 50 Backstroke	86
87	9-10 50 Backstroke	88
-	11-12 100 Breaststroke	90
-	11-12 200 Breaststroke	92
93	9-10 100 Breaststroke	94
-	11-12 50 Butterfly	96
97	9-10 50 Butterfly	98
99	9-10 200 Medley Relay	100
-	11-12 200 Medley Relay	102

<b>Mid-Day Session</b>		
<b>8 &amp; Under Swimmers</b>		
<b>Warm-up: 11:30 am; Start: 12:20 pm</b>		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
103	8 & Under 50 Freestyle	104
105	8 & Under 100 Freestyle	106
107	8 & Under 25 Butterfly	108
109	8 & Under 100 Butterfly	110
111	8 & Under 50 Breaststroke	112
113	8 & Under 100 Breaststroke	114
115	8 & Under 25 Backstroke	116
117	8 & Under 100 Medley Relay	118

<b>Afternoon Session</b>		
<b>13-18 Year Olds plus 11-12 Girls</b>		
<b>Warm-up: 1:45 pm; Start: 2:45 pm</b>		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
119	11-12 100 Freestyle	-
121	13-18 200 Freestyle	122
123	11-12 200 Individual Medley	-
125	13-18 100 Backstroke	126
127	11-12 50 Backstroke	-
129	11-18 200 Breaststroke	130
131	11-12 100 Breaststroke	-
133	13-18 100 Butterfly	134
135	11-12 50 Butterfly	-
137	13-18 100 Freestyle	138
139	11-12 200 Medley Relay	-
141	13-18 200 Medley Relay	142
143	13-18 400 Individual Medley	144