



NOVA OCTOBER MEET
Senior (13&O) Meet
October 15-16, 2011
SANCTION NO. VS-12-06

Hosted by:

NOVA of Virginia Aquatics

SANCTION:	<ul style="list-style-type: none">• Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: VS-12-06• USA Swimming, Inc., Virginia Swimming, Inc., and NOVA Aquatics Center shall be held free and harmless from any and all liabilities or claims for damages arising by reason of injuries to anyone during the conduct of this event.
LOCATION:	NOVA Aquatics Center, 12207 Gayton Road, Richmond, VA 23238, Phone: (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 104.2.2C(4). 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 at least 13 year old registered by the first day of the meet.• No on-deck Virginia Swimming athlete registration will be permitted• Swimmers with two "A" times at any distance one each in different strokes including IM as the fifth stroke can swim any event offered in the A session.• Swimmers not qualified for the A session can swim any event offered in the BB/B/C session• Swimmers may only swim relays in the session they are qualified to compete• 2009-2012 NAG times are in effect• Age on October 15, 2011 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">• A + session will be swum Saturday and Sunday morning• BB/B/C session will be swum Saturday and Sunday afternoon• All events will be timed finals
WARM-UP:	<ul style="list-style-type: none">• Morning sessions: Warm-ups 8:00 am; competition start: 9:00 am• Afternoon sessions: Warm-ups not before 12:00 pm; competition starts not before 1:00 pm• Lane assignment and warm-up times for individual clubs will be posted on the NOVA website no later than Wednesday, October 12, 2011, 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, October 12, 2011
ENTRIES:	<p>DEADLINE FOR THE RECEIPT OF ENTRIES IS 9:00 PM, SUNDAY, OCTOBER 9, 2011.</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 must submit entries via e-mail• 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.

	<ul style="list-style-type: none"> • Coach Times (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. • <i>Swimmers may enter a maximum of 4 individual events and 1 relay event on Saturday and Sunday.</i> • 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 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@novaswim.org • 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 Relay events: \$12.00 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. • Mail payment to: Scott Campbell 12207 Gayton Road Richmond, VA 23238 • Payment must be received by Wednesday, October 12, 2011 for all 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 • 13 & Over individual events will be given separate awards for 13-14 and 15 & Over age groups • Relay events: Ribbons will be awarded for first through fourth place.
SEEDING:	<ul style="list-style-type: none"> • All events will be pre-seeded, except #25-26, 51-52 (13&O 500 Free) and 77-78, 103-104 (13&O 400 IM) which will be deck seeded. • Swimmers should report directly to the block for their events. • Events #25-26, 51-52 (13&O 500 Free) and 77-78, 103-104 (13&O 400 IM) will require a positive check-into swim. • 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.
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 USA 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. • All swimmers participating in the meet must be dive certified. <ul style="list-style-type: none"> ○ Swimmers 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

	<p>credentials will be permitted to act in a coaching capacity at this meet</p> <ul style="list-style-type: none"> ○ Coaches with valid USA Swimming credentials but are unable to provide them upon request will be issued temporary credentials by the meet director ○ Coaches with expired or non-current credentials will be required to leave the deck area.
OFFICIALS:	<p>Meet Referee: Bryan Wallin Email: thewallin5@comcast.net Phone: (804) 389-2438</p> <ul style="list-style-type: none"> • Officials will be needed for all positions and all sessions 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 Laura Razzolini, Email: lrazzolini@vcu.edu (officials coordinator) no later than Wednesday, October 12, 2011. • 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. • 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:	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.
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 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 (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 Senior (13 & O) Meet

Saturday, October 15, 2011

Morning A+ Session		
Warm-up: 8:00 am; Start: 9:00 am		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
1	13-14 200 Individual Medley	2
3	15 & O 200 Individual Medley	4
5	13-14 200 Backstroke	6
7	15 & O 200 Backstroke	8
9	13-14 100 Butterfly	10
11	15 & O 100 Butterfly	12
13	13-14 200 Breaststroke	14
15	15 & O 200 Breaststroke	16
17	13-14 100 Freestyle	18
19	15 & O 100 Freestyle	20
21	13-14 200 Free Relay	22
23	15 & O 200 Free Relay	24
25	13 & O 500 Free	26

Sunday, October 16, 2011

Morning A+ Session		
Warm-up: 8:00 am; Start: 9:00 am		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
53	13-14 100 Backstroke	54
55	15 & O 100 Backstroke	56
57	13-14 200 Butterfly	58
59	15 & O 200 Butterfly	60
61	13-14 100 Breaststroke	62
63	15 & O 100 Breaststroke	64
65	13-14 200 Freestyle	66
67	15 & O 200 Freestyle	68
69	13-14 50 Freestyle	70
71	15 & O 50 Freestyle	72
73	13-14 200 Medley Relay	74
75	15 & O 200 Medley Relay	76
77	13 & O 400 Individual Medley	78

Afternoon BB/B/C Session
Warm-up: 12:00 pm; Start: 1:00 pm
(Times are not earlier than)

<u>Girls</u>	<u>Events</u>	<u>Boys</u>
27	13-14 200 Individual Medley	28
29	15 & O 200 Individual Medley	30
31	13-14 200 Backstroke	32
33	15 & O 200 Backstroke	34
35	13-14 100 Butterfly	36
37	15 & O 100 Butterfly	38
39	13-14 200 Breaststroke	40
41	15 & O 200 Breaststroke	42
43	13-14 100 Freestyle	44
45	15 & O 100 Freestyle	46
47	13-14 200 Free Relay	48
49	15 & O 200 Free Relay	50
51	13 & O 500 Free	52

Afternoon BB/B/C Session
Warm-up: 12:00 pm; Start: 1:00 pm
(Times are not earlier than)

<u>Girls</u>	<u>Events</u>	<u>Boys</u>
79	13-14 100 Backstroke	80
81	15 & O 100 Backstroke	82
83	13-14 200 Butterfly	84
85	15 & O 200 Butterfly	86
87	13-14 100 Breaststroke	88
89	15 & O 100 Breaststroke	90
91	13-14 200 Freestyle	92
93	15 & O 200 Freestyle	94
95	13-14 50 Freestyle	96
97	15 & O 50 Freestyle	98
99	13-14 200 Medley Relay	100
101	15 & O 200 Medley Relay	102
103	13 & O 400 Individual Medley	104