



**NOVA OCTOBER MEET**  
**Age Group (12&Y) Meet**  
**October 8-9, 2011**  
**SANCTION NO. VS-12-05**

Hosted by:  
**NOVA**  
SWIMMING  
NOVA of Virginia Aquatics

<b>SANCTION:</b>	<ul style="list-style-type: none"><li>Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: <b>VS-12-05</b></li><li>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.</li></ul>
<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, 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 104.2.2C(4). 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 12 years' old and younger registered by the first day of the meet.</li><li>No on-deck Virginia Swimming athlete registration will be permitted.</li><li>Swimmers with two "BB" times at any distance (in any course) one each in two different strokes where IM is counted 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>Age on October 8, 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>All 8 and younger swimmers will swim in Saturday and Sunday mid-day sessions.</li><li>All 9-12 year old BB+ swimmers will swim on Saturday and Sunday mornings.</li><li>All 9-12 year old B &amp; C swimmers will swim on 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>Morning sessions: Warm-ups at 7:00 am; competition starts at 8:00 am.</li><li>Mid-day sessions: Warm-ups not before 10:30 am; competition starts not before 11:20 am</li><li>Afternoon sessions: Warm-ups not before 1:15 pm; competition starts not before 2:15 pm.</li><li>Lane assignment and warm-up times for individual clubs will be posted on the NOVA website no later than Wednesday, October 6, 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, October 5, 20110</b></li></ul>
<b>ENTRIES:</b>	<b>DEADLINE FOR THE RECEIPT OF ENTRIES IS 9:00 PM, SUNDAY, OCTOBER 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><li>Teams must submit entries via e-mail</li><li>A Team Manager printout of entries must be included or the meet checklist/summary sheet with</li></ul>

	<p>the name of the person to contact in case of questions must accompany the entries, regardless of how they are submitted.</p> <ul style="list-style-type: none"> <li>• 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.</li> <li>• Swimmers may enter a maximum of <i>3 individual events on Saturday and Sunday</i> and <i>1 relay event</i> per day.</li> <li>• <b>When entering 11-12 year old events, 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>• 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@novaswim.org">novaswim@novaswim.org</a></li> <li>• 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.</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. No additional heats will be added. 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>• Mail payment to: Scott Campbell 12207 Gayton Road Richmond, VA 23238</li> <li>• Payment must be received by Wednesday, October 5, 2011 for all entries. 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 old, and 8 year old age groups.</li> <li>○ 12 &amp; under individual events will be given separate awards for 10 &amp;U and 11-12 age groups.</li> <li>○ Heat winner ribbons will be awarded for all 10 &amp; under individual events.</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 (Event #105-106), which will be deck seeded.</li> <li>• Swimmers should report directly to the block for their events.</li> <li>• Event #105-106 (12&amp;U 500 Free) will require a positive check-in to 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> </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 USA 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>• All swimmers participating in the meet must be dive certified. <ul style="list-style-type: none"> <li>○ Swimmers unaccompanied by a USA-S coach must be certified by a USA-S coach as</li> </ul> </li> </ul>

	<p>proficient in performing a racing start or must start each race from within the water.</p> <ul style="list-style-type: none"> <li>○ 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 <ul style="list-style-type: none"> <li>○ Coaches with valid USA Swimming credentials but are unable to provide them upon request will be issued temporary credentials by the meet director</li> <li>○ Coaches with expired or non-current credentials will be required to leave the deck area.</li> </ul> </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 will be needed for all positions and all sessions 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 Laura Razzolini, Email: <a href="mailto:lrazzolini@vcu.edu">lrazzolini@vcu.edu</a> (officials' coordinator) no later than Saturday, October 1, 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>● 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>	<b>PLEASE DO NOT PARK AT THE APARTMENT BUILDINGS ACROSS THE STREET OR THE SHOPPING CENTER NEXT TO NOVA.</b> The NOVA Aquatics Center has parking available.
<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 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 Inslake Drive Glen Allen, Virginia</li> <li>● Hampton Inn – Richmond West (804) 747-7777 10800 W. Broad Street Glen Allen, Virginia</li> </ul>

**NOVA AGE GROUP (12&Y) MEET  
ORDER OF EVENTS**

**Saturday, October 8, 2011**

**Morning BB+ Session**

**Warm-up: 7:00 am; Start: 8:00 am**

<u>Girls</u>	<u>Events</u>	<u>Boys</u>
1	9-10 200 Freestyle	2
3	11-12 200 Freestyle	4
5	9-10 100 Individual Medley	6
7	11-12 100 Individual Medley	8
9	9-10 50 Freestyle	10
11	11-12 50 Backstroke	12
13	11-12 200 Backstroke	14
15	9-10 100 Backstroke	16
17	11-12 100 Breaststroke	18
19	9-10 50 Breaststroke	20
21	11-12 50 Butterfly	22
23	11-12 200 Butterfly	24
25	9-10 100 Butterfly	26
27	11-12 50 Freestyle	28
29	9-10 200 Freestyle Relay	30
31	11-12 200 Freestyle Relay	32

**Mid-day Session**

**Warm-up: 10:30 am; Start: 11:20 am**

(Times are not earlier than)

<u>Girls</u>	<u>Events</u>	<u>Boys</u>
33	8 & Under 100 Individual Medley	34
35	8 & Under 25 Freestyle	36
37	8 & Under 50 Backstroke	38
	<b>5 minute break</b>	
39	8 & Under 100 Backstroke	40
41	8 & Under 25 Breaststroke	42
43	8 & Under 50 Butterfly	44
	<b>5 minute break</b>	
45	8 & Under 100 Free Relay	46

**Afternoon B/C Session**

**Warm-up: 1:15 pm; Start: 2:15 pm**

(Times are not earlier than)

<u>Girls</u>	<u>Events</u>	<u>Boys</u>
47	9-10 200 Freestyle	48
49	11-12 200 Freestyle	50
51	9-10 100 Individual Medley	52
53	11-12 100 Individual Medley	54
55	9-10 50 Freestyle	56
57	11-12 50 Backstroke	58
59	11-12 200 Backstroke	60
61	9-10 100 Backstroke	62
63	11-12 100 Breaststroke	64
65	9-10 50 Breaststroke	66
67	11-12 50 Butterfly	68
69	11-12 200 Butterfly	70
71	9-10 100 Butterfly	72
73	11-12 50 Freestyle	74
75	9-10 200 Freestyle Relay	76
77	11-12 200 Freestyle Relay	78

**Sunday, October 9, 2011**

**Morning BB+ Session**

**Warm-up: 7:00 am; Start: 8:00 am**

<u>Girls</u>	<u>Events</u>	<u>Boys</u>
79	11-12 200 Individual Medley	80
81	9-10 200 Individual Medley	82
83	11-12 100 Freestyle	84
85	9-10 100 Freestyle	86
87	11-12 100 Backstroke	88
89	9-10 50 Backstroke	90
91	11-12 50 Breaststroke	92
93	11-12 200 Breaststroke	94
95	9-10 100 Breaststroke	96
97	11-12 100 Butterfly	98
99	9-10 50 Butterfly	100
101	11-12 200 Medley Relay	102
103	9-10 200 Medley Relay	104
105	12 & Under 500 Freestyle	106

**Mid-day Session**

**Warm-up: 10:30 am; Start: 11:20 am**

(Times are not earlier than)

<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
	<b>5 minute break</b>	
113	8 & Under 100 Butterfly	114
115	8 & Under 50 Breaststroke	116
117	8 & Under 100 Breaststroke	118
119	<b>8 &amp; Under 25 Backstroke</b>	120
	<b>5 minute break</b>	
121	8 & Under 100 Medley Relay	122

**Afternoon B/C Session**

**Warm-up: 1:15 pm; Start: 2:15 pm**

(Times are not earlier than)

<u>Girls</u>	<u>Events</u>	<u>Boys</u>
123	11-12 200 Individual Medley	124
125	9-10 200 Individual Medley	126
127	11-12 100 Freestyle	128
129	9-10 100 Freestyle	130
131	11-12 100 Backstroke	132
133	9-10 50 Backstroke	134
135	11-12 50 Breaststroke	136
137	11-12 200 Breaststroke	138
139	9-10 100 Breaststroke	140
141	11-12 100 Butterfly	142
143	9-10 50 Butterfly	144
145	11-12 200 Medley Relay	146
147	9-10 200 Medley Relay	148
149	12 & Under 500 Freestyle	150