



**NOVA OCTOBER
BB/B/C Mini Meet
Oct. 28-30, 2011
SANCTION NO. VS-12-07**

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-12-07USA 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, 4.5 feet deep in lane 1 sloping to 10.5 feet in lane 10 with Kiefer Wave eater lanes, Daktronics Automatic Timing System10 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 registered by the first day of the meet.No on deck Virginia Swimming athlete registration will be permitted.Swimmers 8 years old and younger may participate regardless of classification in any 8 & Under events.Swimmers 9-18 years old may compete in any event and relay strokes in which they have a "BB", "B" or "C" Time.2009-2012 NAG times are in effectAge on October 28, 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">The 500 Free will be swum Friday evening for 9-18 year old swimmers.All 8 & younger swimmers will swim in Saturday and Sunday mid-day session.All 9-10 and the 11-12 Boys swim on Saturday and Sunday morning session.11-12 Girls and all 13-18 year old swimmers will swim on Saturday and Sunday afternoon session.All events will be timed finals
WARM-UP:	<ul style="list-style-type: none">Friday session: Warm-ups 4:00 pm; competition starts 5:15 pmMorning session: Warm-ups at 7:00 am; competition starts at 8:00 am.Mid-day session: Warm-ups not before 11:00 am; competition starts not before 11:50 amAfternoon session: Warm-ups not before 1:15 pm; competition starts not before 2:15 pm.Lane assignment and warm-up times for individual clubs will be posted on the NOVA website no later than Wednesday, October 26, 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 26, 2011.
ENTRIES:	DEADLINE FOR THE RECEIPT OF ENTRIES IS 9:00 PM, SUNDAY, OCTOBER 23, 2011. <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 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. • 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. • 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> • 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. • 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 form.
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 October 26, 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 <ul style="list-style-type: none"> ○ 8 & Under individual events will be given separate awards for 6 & Under, 7 year olds and 8 year olds age groups. ○ 10 & Under individual events will be given separate awards 9-10 and 8 & Under age groups ○ 12 & Under individual events will be given separate awards 11-12, 9-10 and 8 & Under age groups ○ 11-18 individual events will be given separate awards for 11-12, 13-14 and 15-18 age groups ○ 13-18 individual events will be given separate awards for 13-14 and 15-18 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 #1-2 (13-18 500 Free), 3-4 (12&U 500 Free), 5-6 (13-18 400 IM) which will be deck seeded. • Event #1-2 (13-18 500 Free), 3-4 (12&U 500 Free), 5-6 (13-18 400 IM) require a positive check-in to 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. • Swimmers should report directly to the block for their events.
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.

	<ul style="list-style-type: none"> • 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 credentials will be permitted to act in a coaching capacity at this meet <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: Glenn West Email: glenn.west@verizon.net Phone: (804) 261-3671</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 no later than Sunday, October 24, 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"> • Clubs may be required to provide timers. • 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 East 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.

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

Friday, October 28, 2011

Evening Session		
Warm-up: 4:00 pm; Start: 5:15 pm		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
1	13-18 500 Freestyle	2
3	12 & Under 500 Freestyle	4
5	13-18 400 Individual Medley	6

Saturday, October 29, 2011

Sunday, October 30, 2011

Morning Session		
9-10 Year Olds + 11-12 Boys		
Warm-up: 7:00 am; Start: 8:00 am		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>

7	9-10 50 Freestyle	8
-	11-12 100 Freestyle	10
11	9-10 100 Butterfly	12
-	11-12 50 Butterfly	14
-	11-12 200 Butterfly	16
17	9-10 100 Individual Medley	18
-	11-12 200 Individual Medley	20
21	9-10 50 Breaststroke	22
-	11-12 50 Breaststroke	24
-	11-12 200 Breaststroke	26
27	9-10 100 Backstroke	28
-	11-12 100 Backstroke	30
31	9-10 200 Freestyle	32
-	11-12 200 Freestyle Relay	34
35	9-10 200 Freestyle Relay	36

Morning Session		
9-10 Year Olds + 11-12 Boys		
Warm-up: 7:00 am; Start: 8:00 am		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>

-	11-12 200 Freestyle	78
79	9-10 100 Freestyle	80
-	11-12 100 Butterfly	82
83	9-10 50 Butterfly	84
-	11-12 100 Individual Medley	86
87	9-10 200 Individual Medley	88
-	11-12 100 Breaststroke	90
91	9-10 100 Breaststroke	92
-	11-12 50 Backstroke	94
-	11-12 200 Backstroke	96
97	9-10 50 Backstroke	98
-	11-12 50 Freestyle	100
101	9-10 200 Medley Relay	102
-	11-12 200 Medley Relay	104

Mid-Day Session		
8 & Under Swimmers		
Warm-up: 11:00 am; Start: 11:50 am		
(Time are not earlier than)		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>

37	8 & Under 25 Freestyle	38
39	8 & Under 50 Butterfly	40
41	8 & Under 100 Individual Medley	42
-	5 minute break	-
43	8 & Under 25 Breaststroke	44
45	8 & Under 50 Backstroke	46
-	5 minute break	-
47	8 & Under 100 Freestyle relay	48

Mid-Day Session		
8 & Under Swimmers		
Warm-up: 11:00 am; Start: 11:50 am		
(Times are not earlier than)		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>

105	8 & Under 50 Freestyle	106
107	8 & Under 25 Butterfly	108
109	8 & Under 50 Breaststroke	110
-	5 minute break	-
111	8 & Under 25 Backstroke	112
113	8 & Under 100 Freestyle	114
-	5 minute break	-
115	8 & Under 100 Medley Relay	116

Afternoon Session		
13-18 Year Olds + 11-12 Girls		
Warm-up: 1:15 pm; Start: 2:15 pm		
(Times are not earlier than)		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>

49	11-12 100 Freestyle	-
51	13-18 100 Freestyle	52
53	11-12 50 Butterfly	-
55	11-12 200 Butterfly	-
57	13-18 200 Butterfly	58
59	11-12 200 Individual Medley	-
61	13-18 200 Individual Medley	62
63	11-12 50 Breaststroke	-
65	11-12 200 Breaststroke	-
67	13-18 200 Breaststroke	68
69	11-12 100 Backstroke	-
71	13-18 100 Backstroke	72
73	11-12 200 Freestyle Relay	-
75	13-18 200 Freestyle Relay	76

Afternoon Session		
13-18 Year Olds + 11-12 Girls		
Warm-up: 1:15 pm; Start: 2:15 pm		
(Times are not earlier than)		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>

117	11-12 200 Freestyle	-
119	13-18 200 Freestyle	120
121	11-12 100 Butterfly	-
123	13-18 100 Butterfly	124
125	11-12 100 Individual Medley	-
127	13-18 100 Breaststroke	128
129	11-12 100 Breaststroke	-
131	13-18 200 Backstroke	132
133	11-12 50 Backstroke	-
135	11-12 200 Backstroke	-
137	13-18 50 Freestyle	138
139	11-12 50 Freestyle	-
141	13-18 200 Medley Relay	142
143	11-12 200 Medley Relay	-

NOTE: Event numbers: 9, 13, 15, 19, 23, 25, 29, 33, 50, 54, 60, 64, 70, 74, 77, 81, 85, 89, 93, 95, 99, 103, 118, 122, 126, 130, 134, 136, 140 and 144 are intentionally not used.