



**NOVA SHORT COURSE SEND OFF  
Odd Age Group Meet  
March 29-30, 2013  
SANCTION NO. VS-13-59**

**Hosted by:**  
  
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-59</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:dltahopewell@comcast.net">dltahopewell@comcast.net</a> Phone: (804) 360-1494
<b>ELIGIBILITY:</b>	<ul style="list-style-type: none"><li>• Open to all Virginia Swimming athletes registered before the first day of the meet.</li><li>• No on-deck Virginia Swimming athlete registration will be permitted</li><li>• 8 &amp; Younger swimmers may participate regardless of classification</li><li>• 9-14 year old swimmers may swim any event in which they do not have a VSI Age Group Championship qualifying time</li><li>• 15 &amp; Older swimmers may swim any event in which they do not have a VSI Senior Championship qualifying time</li><li>• Age on March 29, 2012 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 swimmers will compete on Friday evening</li><li>• 9 and Younger swimmers will swim in the morning session</li><li>• 10 and Older swimmers will swim in the afternoon session</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 7:30 am; competition start: 8:30 am</li><li>• Afternoon sessions: Warm-ups not before 10:45 am; competition start not before 11:45 am</li><li>• Lane assignment and warm-up times for individual clubs will be posted on the NOVA website no later than Wednesday, March 27, 2013, 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></ul>
<b>ENTRIES:</b>	<p><b>DEADLINE FOR THE RECEIPT OF ENTRIES IS 9:00 PM, SUNDAY, MARCH 24, 2013.</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 must submit entries via e-mail</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 Times (CT) and "No Time" (NT) entries will be accepted for events in which a swimmer</li></ul>

	<p>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.</p> <ul style="list-style-type: none"> <li>• Swimmers may enter a maximum of 2 individual events on Friday. Swimmers may enter a maximum of 3 individual events on Saturday.</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>• 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 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, March 28, 2012 for all entries. Failure to pay entry fees by this deadline could result in teams being barred from the meet.</li> <li>• <b>IMPORTANT:</b> If payment is 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> </ul>
<b>AWARDS:</b>	<ul style="list-style-type: none"> <li>• Individual events: Ribbons will be awarded for first through eighth place</li> <li>• 7 and Under individual events will be divided into 6&amp;U and 7 year olds</li> <li>• 8-9 events will be given separate awards</li> <li>• 10-11 events will be given separate awards</li> <li>• 10 &amp; Under events will be given separate awards</li> <li>• 12 &amp; Over events will be given separate awards for 12-13, 14-15 and 16 &amp; Over age groups</li> </ul>
<b>SEEDING:</b>	<ul style="list-style-type: none"> <li>• All events will be pre-seeded.</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> <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 proficient in performing a racing start or must start each race from within the water.</li> <li>○ Ensuring compliance is the responsibility of the swimmer or the swimmer’s legal guardian.</li> </ul> </li> <li>• The overhead start procedure will be used unless otherwise directed by the meet referee.</li> <li>• Use of audio or visual recording devices, including cell phones, is not permitted in changing areas, rest rooms or locker rooms. In addition, photography behind the blocks is <u>not permitted</u>.</li> <li>• Except where venue facilities require otherwise, changing into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and is strongly discouraged.</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</li> </ul>

	<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> <li>● No VSI non-athlete member in good standing may be barred from participating in the meet as an official at any level to which certified.</li> </ul>
<b>OFFICIALS:</b>	<p><b>Meet Referee: Glenn West</b>  <b>Email: <a href="mailto:glenn.west@verizon.net">glenn.west@verizon.net</a></b>  <b>Phone: (804) 261-3671</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 Wednesday, March 27, 2013.</li> <li>● Officials meetings will be held in the hospitality area one hour 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.</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 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 Short Course Send Off Meet**

**Friday, March 29, 2013**

<b>Evening Session</b>		
<b>Warm-up: 4:15 pm; Start: 5:15 pm</b>		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
1	8-9 100 Freestyle	2
3	7 & Under 25 Freestyle	4
5	12 & Over 100 Breaststroke	6
7	10-11 50 Breaststroke	8
9	8-9 50 Breaststroke	10
11	7& Under 50 Breaststroke	12
13	12 & Over 200 Individual Medley	14
15	10-11 200 Individual Medley	16
17	8-9 100 Individual Medley	18
19	7 & Under 25 Backstroke	20
21	12 & Over 50 Freestyle	22
23	10-11 50 Freestyle	24
25	8-9 50 Freestyle	26

**Saturday, March 30, 2013**

<b>Saturday Morning Session</b>		
<b>Warm-up: 7:30 am; Start: 8:30 am</b>		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
27	8-9 100 Backstroke	28
29	7& Under50 Backstroke	30
31	8-9 200 Freestyle	32
33	7 & Under 50 Freestyle	34
35	8-9 100 Breaststroke	36
37	7 & Under 25 Breaststroke	38
39	8-9 50 Butterfly	40
41	7 & Under 25 Butterfly	42
43	8-9 50 Backstroke	44

<b>Saturday Afternoon Session – not before</b>		
<b>Warm-up: not before 10:45 am;</b>		
<b>Start: not before 11:45 am</b>		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
45	12 & Over 100 Backstroke	46
47	10-11 100 Backstroke	48
49	12 & Over 100 Freestyle	50
51	10-11 100 Freestyle	52
53	12 & Over 200 Breaststroke	54
55	10-11 100 Breaststroke	56
57	12 & Over 100 Butterfly	58
59	10-11 50 butterfly	60
61	12 & Over 200 Backstroke	62
63	10-11 50 Backstroke	64