



AMENDED

(9/18/2009)

**NOVA OCTOBER 12&Y MEET
Age Group Meet
October 10-11, 2009
SANCTION NO. VS-10-04**

Hosted by
**NOVA
AQUATICS**
of Virginia

SANCTION:	Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: VS-10-04
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 with Kiefer 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 104.2.2(C). 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 USA Swimming/Virginia Swimming 12 years' old and younger athletes registered by the first day of the meet.• Swimmers with two "BB" times at any distance one each in different strokes including IM as the fifth stroke can swim any event offered in the BB+ session.• Swimmers not qualified for the BB+ session can swim any event offered in the B/C session.• Swimmers may only swim relays in the session they are qualified to compete.• 2009-2012 NAG times are in effect.• No on deck USA Swimming/Virginia Swimming athlete registration will be permitted.• Age on October 10, 2009 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">• All 8 & younger swimmers will swim Saturday and Sunday mid-day.• All 9 & over BB+ swimmers will swim on Saturday and Sunday mornings.• All 9 & over B & C swimmers will swim on Saturday and Sunday afternoon.• All events will be timed finals.
WARM-UP:	<ul style="list-style-type: none">• Morning sessions: Warm-ups: 7:00 am-7:40 am; competition starts at 7:50 am• Mid-day session: Warm-ups:10:30 am-11:10 am; competition starts at 11:20 am• Afternoon sessions: Warm-ups at 1:20-2:00 pm; competition starts at 2:10 pm• Lane assignment and warm-up times for individual clubs will be posted on the NOVA website no later than Wednesday, October 7, 2009, 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.
ENTRIES:	DEADLINE FOR THE RECEIPT OF ENTRIES IS 9:00 PM, SUNDAY, OCTOBER 4, 2009 <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 may submit entries as an e-mail attachment (preferred)• 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.• Coaches 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 "B" time. All entry times other than CT

	<p>must have been achieved in USA Swimming sanctioned, approved, or observed competition.</p> <ul style="list-style-type: none"> • Swimmers may enter a maximum of <i>3 individual events on Saturday and Sunday</i> and <i>1 relay event</i> per day. • 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. This meet will be limited to a total of 250 swimmers per session. • 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: sherriecopeland@comcast.net • Mail entries to: Scott Campbell 12207 Gayton Road Richmond, Va 23238 • 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.
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 • Payment must be received by October 6, 2009 for email entries. Payment must be included with all mailed 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"> ○ 10 & Under individual events will be given separate awards for 8 & Under and 9-10 age groups. ○ 8 & Under individual events will be given separate awards for 6 & U, 7 year olds, and 8 year age groups. ○ Heat winner ribbons will be awarded for all 8 & Younger individual events. • Relay events: Ribbons will be awarded for first through 4th place.
SEEDING:	<ul style="list-style-type: none"> • All events will be pre-seeded, except 500 free, which will be deck seeded. • The 500 free will 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 blocks for their events • 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.
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 United States 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. • The overhead start procedure will be used unless otherwise directed by the meet referee. • In accordance with VSI Policy, only those coaches who display 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.

OFFICIALS:	<p>Meet Referee: Tom Elliott Email: telliott81949@gmail.com Phone: (804) 360-5001</p> <ul style="list-style-type: none"> • Officials at all positions will be required 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 Will Bassett at William.Bassett@hdrinc.com , no later than October 2, 2009. • 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:	<ul style="list-style-type: none"> • PLEASE DO NOT PARK AT THE APARTMENT BUILDING • The NOVA Aquatics Center has parking available. • Additional parking is available in the lot next door, and in several lots one block east of the pool at the intersection of Gayton and Cambridge.
DIRECTIONS:	<p>NOVA AQUATICS CENTER 12207 GAYTON RD. RICHMOND, VA 23238 PHONE: 754-4301</p> <ul style="list-style-type: none"> • SOUTH – 95 North to 64 West to the Gaskins Road South exit. Follow Gaskins Rd. south to Ridgefield Parkway (3rd light); turn right. Proceed on Ridgefield until you intersect with Gayton Rd. (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. Then follow the directions above. • WEST – 64 East to the Short Pump/Broad Street 250 West exit. Follow Broad Street (250 West) to Pump Rd. Take a left at that light. Follow Pump Rd. to Ridgefield Parkway (3rd light); take a right. Follow Ridgefield to Gayton Rd. (2 lights); take a left on to Gayton. Pool is less than ½ mile on your left. • SOUTHSIDE – Take Chippenham Parkway North which will turn into Parham Rd. Follow Parham to Quioccasin/Gayton Rd. (Regency Mall on left); take a left at that light. Proceed for 4-5 miles. The pool will be on your right.
HOTELS:	<ul style="list-style-type: none"> • Comfort Suites (804) 217-9200 4051 Innslake Dr. Glen Allen, Virginia • Hampton Inn --Richmond West (804) 747-7777 10800 W. Broad Street Glen Allen, Virginia

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

Saturday, October 10, 2009

Morning BB+ Session		
Warm-up: 7:00 am; Start: 7:50 am		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
1	11-12 200 Freestyle	2
3	9-10 100 Individual Medley	4
5	11-12 100 Individual Medley	6
7	9-10 50 Freestyle	8
9	11-12 50 Backstroke	10
11	11-12 200 Backstroke	12
13	9-10 100 Backstroke	14
15	11-12 100 Breaststroke	16
17	9-10 50 Breaststroke	18
19	11-12 50 Butterfly	20
21	11-12 200 Butterfly	22
23	9-10 100 Butterfly	24
25	11-12 50 Freestyle	26
27	9-10 200 Freestyle Relay	28
29	11-12 200 Freestyle Relay	30

Mid-day Session		
Warm-up: 10:30 am; Start: 11:20 am		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
31	8 & Under 100 Individual Medley	32
33	8 & Under 25 Freestyle	34
35	8 & Under 50 Backstroke	36
37	8 & Under 100 Backstroke	38
39	8 & Under 25 Breaststroke	40
41	8 & Under 50 Butterfly	42
43	8 & Under 100 Free Relay	44

Afternoon B/C Session		
Warm-up: 1:20 pm; Start: 2:10 pm		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
45	11-12 200 Freestyle	46
47	9-10 100 Individual Medley	48
49	11-12 100 Individual Medley	50
51	9-10 50 Freestyle	52
53	11-12 50 Backstroke	54
55	11-12 200 Backstroke	56
57	9-10 100 Backstroke	58
59	11-12 100 Breaststroke	60
61	9-10 50 Breaststroke	62
63	11-12 50 Butterfly	64
65	11-12 200 Butterfly	66
67	9-10 100 Butterfly	68
69	11-12 50 Freestyle	70
71	9-10 200 Freestyle Relay	72
73	11-12 200 Freestyle Relay	74

Sunday, October 11, 2009

Morning BB+ Session		
Warm-up: 7:00 am; Start: 7:50 am		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
75	9-10 200 Individual Medley	76
77	11-12 200 Individual Medley	78
79	9-10 200 Freestyle	80
81	11-12 100 Freestyle	82
83	9-10 100 Freestyle	84
85	11-12 100 Backstroke	86
87	9-10 50 Backstroke	88
89	11-12 50 Breaststroke	90
91	11-12 200 Breaststroke	92
93	9-10 100 Breaststroke	94
95	11-12 100 Butterfly	96
97	9-10 50 Butterfly	98
99	9-10 200 Medley Relay	100
101	11-12 200 Medley Relay	102
103	12 & Under 500 Freestyle	104

Mid-day Session		
Warm-up: 10:30 am; Start: 11:20 am		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
105	8 & Under 50 Freestyle	106
107	8 & Under 100 Freestyle	108
109	8 & Under 25 Butterfly	110
111	8 & Under 100 Butterfly	112
113	8 & Under 50 Breaststroke	114
115	8 & Under 100 Breaststroke	116
117	8 & Under 25 Backstroke	118
119	8 & Under 100 Medley Relay	120

Afternoon B/C Session		
Warm-up: 1:20 pm; Start: 2:10 pm		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
121	9-10 200 Individual Medley	122
123	11-12 200 Individual Medley	124
125	9-10 200 Freestyle	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	9-10 200 Medley Relay	146
147	11-12 200 Medley Relay	148
149	12 & Under 500 Freestyle	150