



NOVA MARCH SEND-OFF
Closed Invitation Meet
March 26-27, 2010
SANCTION NO. VS-10-61



SANCTION:	Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: VS-10-61
LOCATION:	NOVA Aquatics Center, 12207 Gayton Road, Richmond, Va 23238, (804) 754-3401
FACILITY:	<ul style="list-style-type: none">• 10-lane 25-yard pool, 4.5 to 10.5 feet in depth 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 104.2.2(C). The copy of such certification is on file with USA Swimming.
MEET DIRECTOR:	Name: Lori Hopewell Email: hopewells@verizon.net Phone: (804) 754-3401
ELIGIBILITY:	<ul style="list-style-type: none">• Open to all Virginia Swimming athletes from NOVA, VACS, SHKS, LY, and BASS registered by the first day of the meet.• No on deck Virginia Swimming athlete registration will be permitted.• 8 & Younger swimmers may participate regardless of classification.• 9-14 year old swimmers may swim any event in which they do not have a VSI Age Group Championship qualifying time.• 15 & older swimmers may swim any event in which they do not have a VSI Senior Championship qualifying time.• Age on March 26, 2010 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 swimmers will compete on Friday evening.• 9 and younger swimmers will swim in the morning session• 10 and older swimmers will swim in the afternoon session.• All events will be timed finals.
WARM-UP:	<ul style="list-style-type: none">• Friday evening session: Warm-ups: 4:30-5:30 pm; competition start: 5:45 pm• Morning session: Warm-ups: 7:30-8:30 am; competition starts at 8:45 am• Afternoon session: Warm-ups: 10:45-11:45 am; Competition starts at 12:00 pm• Finalized warm-up times will depend on entries; final lane assignment and warm-up times for individual clubs will be emailed to the contact person of the participating clubs by Wednesday, March 24, 2010.
ENTRIES:	DEADLINE FOR THE RECEIPT OF ENTRIES IS 9:00 PM, SUNDAY, MARCH 21, 2010 <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 submit entries as an e-mail attachment• A Team Manager printout of entries must be included or the meet checklist/summary sheet with the name, phone number, and email address of the person to contact in case of questions must accompany the entries, regardless of how they are submitted.• Coach's Time (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 must have been achieved in USA Swimming sanctioned, approved, or observed competition.• Swimmers may enter a maximum of <i>2 events on Friday, 3 individual events and 2 relays on Saturday.</i>

	<ul style="list-style-type: none"> 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: Lori Hopewell at novaswim@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. 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.
FEES:	<p>Individual events: \$4.00 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 Aquatics Payment must be received by March 26, 2010, 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"> 7 & Under individual events will be divided into 6&U and 7 year olds. 8-9 events will be given separate awards. 10-11 events will be given separate awards. 12 & Over events will be given separate awards for 12-13 and 14-15, and 16 & Over age groups.
SEEDING:	<ul style="list-style-type: none"> All events will be pre-seeded. Swimmers in all sessions should report directly to the blocks 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. 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 for the afternoon sessions, and may be used for the morning sessions at the discretion of the 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. Coaches who do not possess these credentials will be required to leave the deck area.
OFFICIALS:	<p>Meet Referee: Kathy Nunn Email: kgnunn@verizon.net Phone: (804) 364-0656</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 Kathy Nunn at kgnunn@verizon.net no later than March 23, 2010. Officials meetings will be held 45 minutes before each session.

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.
FACILITY RULES:	<p>PLEASE DO NOT PARK AT THE APARTMENT BUILDING</p> <ul style="list-style-type: none"> • 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:	<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 . (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 MARCH SEND-OFF
ORDER OF EVENTS**

Friday, March 26, 2010

Evening Session

Warm-up: 4:30 pm; Start: 5:45 pm

<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 27, 2010

Morning Session

Warm-up: 7:30 am; Start: 8:45 am

<u>Girls</u>	<u>Events</u>	<u>Boys</u>
27	8-9 100 Backstroke	28
29	7 & Under 50 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

Afternoon Session

Warm-up: 10:45 am; Start: 12:00 pm

<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