



AMENDED
(October 15, 2009)
NOVA NOVEMBER
BB/B/C/Mini Meet
October 30-November 1, 2009
SANCTION NO. VS-10-10



SANCTION:	Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: VS-10-10
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 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 athletes registered by the first day of the meet.• 8 & Younger swimmers may participate regardless of classification in 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 effect.• No on deck USA Swimming/Virginia Swimming athlete registration will be permitted.• Age on October 30, 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">• The 500 Free will be swum Friday evening for all age swimmers.• All 8 & younger swimmers will swim Saturday and Sunday mid-day.• All 9-10 swimmers and the 11-12 Boys will compete in the morning session.• The 11-12 Girls and ALL 13-18 year old swimmers will compete in the afternoon session.• All events will be timed finals.• Event numbers: 11, 15, 17, 21, 25, 27, 31, 35, 52, 56, 60, 64, 68, 72, 74, 77, 81, 85, 89, 91, 95, 101, 120, 124, 128, 132, 136, and 140, have been intentionally not included.
WARM-UPS:	<ul style="list-style-type: none">• Friday session: Warm-ups 4:00pm; Competition starts at 5:15pm.• Morning session Sat.: Warm-ups: 7:00 am; competition starts at 8:00 am• Morning session Sun: Warm-ups: 8:00 am; competition starts at 9:00am.• Mid-day session Sat: Warm-ups: 11:00 am; competition starts at 11:40 pm• Mid-day session Sun: Warm-ups: 11:30 am; competition starts at 12:20 pm• Afternoon session Sat: Warm-ups at 1:15 pm; competition starts at 2:15 pm.• Afternoon session Sun: Warm-ups at 1:45 pm; competition starts at 2:45 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, October 28, 2009.• 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 25, 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.

	<ul style="list-style-type: none"> • 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 of the person to contact in case of questions must accompany the entries, regardless of how they are submitted. • Coach's 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 must have been achieved in USA Swimming sanctioned, approved, or observed competition. • Swimmers may swim 3 <i>individual events</i> and 1 <i>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 325 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 Aquatics • Payment must be received by October 27, 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 8th place. <ul style="list-style-type: none"> ○ 8 & Under individual events will be divided into 6&U, 7 year olds, and 8 year olds age groups. ○ 13-18 events will be given separate awards for 13-14 and 15-18 age groups. ○ 11-18 events will be given separate awards for 11-12, 13-14, and 15-18 age groups. ○ 10 & Under events will be given separate awards for 9-10 and 8&U age groups. • 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 the 500 Free and 400IM, which will be deck seeded. • The 500 Free and 400IM will require a positive check-in. • 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 in all sessions should report directly to the blocks for their events. • The 500 will be swum slowest to fastest . • Deck entries will be accepted in the order received 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 at the discretion of 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 and 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 26, 2009. • 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 are required to provide timers and counters for the 500.. • 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:	<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 	<ul style="list-style-type: none"> • Aloft (804) 380-1330 3939 Duckling Dr Glen Allen, VA 23060 www.aloftrichmondwest.com

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

Friday, October 30, 2009

Evening Session		
Warm-up: 4:00 pm; Start: 5:15 pm		
Girls	Events	Boys
1	9-10 500 Free	2
3	11-12 500 Free	4
5	13&O 500 Free	6

Saturday, October 31, 2009

Morning Session (9-10 Year Olds plus 11-12 Boys)		
Warm-up: 7:00 am; Start: 8:00 am		
Girls	Events	Boys
-	11-12 200 Freestyle	8
9	9-10 100 Individual Medley	10
-	11-12 100 Individual Medley	12
13	9-10 50 Freestyle	14
-	11-12 100 Backstroke	16
-	11-12 200 Backstroke	18
19	9-10 100 Backstroke	20
-	11-12 50 Breaststroke	22
23	9-10 50 Breaststroke	24
-	11-12 100 Butterfly	26
-	11-12 200 Butterfly	28
29	9-10 100 Butterfly	30
-	11-12 50 Freestyle	32
33	9-10 200 Freestyle Relay	34
-	11-12 200 Freestyle Relay	36
Mid-day Session (8 & Under Swimmers)		
Warm-up: 11:00 am; Start: 11:40 am		
Girls	Events	Boys
37	8 & Under 100 Individual Medley	38
39	8 & Under 25 Freestyle	40
41	8 & Under 50 Backstroke	42
43	8 & Under 100 Backstroke	44
45	8 & Under 25 Breaststroke	46
47	8 & Under 50 Butterfly	48
49	8 & Under 100 Free Relay	50
Afternoon Session (13-18 Year Olds plus 11-12 Girls)		
Warm-up: 1:15 pm; Start: 2:15 pm		
Girls	Events	Boys
51	11-12 200 Freestyle	-
53	13-18 200 Individual Medley	54
55	11-12 100 Individual Medley	-
57	11 & Over 200 Backstroke	58
59	11-12 100 Backstroke	-
61	13-18 100 Breaststroke	62
63	11-12 50 Breaststroke	-
65	11 & Over 200 Butterfly	66
67	11-12 100 Butterfly	-
69	13-18 50 Freestyle	70
71	11-12 50 Freestyle	-
73	11-12 200 Freestyle Relay	-
75	13-18 200 Freestyle Relay	76

Sunday, November 1, 2009

Morning Session (9-10 Year Olds plus 11-12 Boys)		
Warm-up: 8:00 am; Start: 9:00 am		
Girls	Events	Boys
-	11-12 100 Freestyle	78
79	9-10 200 Freestyle	80
-	11-12 200 Individual Medley	82
83	9-10 100 Freestyle	84
-	11-12 50 Backstroke	86
87	9-10 50 Backstroke	88
-	11-12 100 Breaststroke	90
-	11-12 200 Breaststroke	92
93	9-10 100 Breaststroke	94
-	11-12 50 Butterfly	96
97	9-10 50 Butterfly	98
99	9-10 200 Medley Relay	100
-	11-12 200 Medley Relay	102
Mid-day Session (8 & Under Swimmers)		
Warm-up: 11:30 am; Start: 12:20 am		
Girls	Events	Boys
103	8 & Under 50 Freestyle	104
105	8 & Under 100 Freestyle	106
107	8 & Under 25 Butterfly	108
109	8 & Under 100 Butterfly	110
111	8 & Under 50 Breaststroke	112
113	8 & Under 100 Breaststroke	114
115	8 & Under 25 Backstroke	116
117	8 & Under 100 Medley Relay	118
Afternoon Session (13-18 Year Olds plus 11-12 Girls)		
Warm-up: 1:45 pm; Start: 2:45 pm		
Girls	Events	Boys
119	11-12 100 Freestyle	-
121	13-18 200 Freestyle	122
123	11-12 200 Individual Medley	-
125	13-18 100 Backstroke	126
127	11-12 50 Backstroke	-
129	11 & Over 200 Breaststroke	130
131	11-12 100 Breaststroke	-
133	13-18 100 Butterfly	134
135	11-12 50 Butterfly	-
137	13-18 100 Freestyle	138
139	11-12 200 Medley Relay	-
141	13-18 200 Medley Relay	142
143	13-18 400 Individual Medley	144