



**NOVA SENIOR CLASSIC  
Closed Invitational Meet  
November 6-8, 2009  
SANCTION NO. VS-10-11**



<b>SANCTION:</b>	Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: <b>VS-10-11</b>
<b>LOCATION:</b>	NOVA Aquatics Center, 12207 Gayton Road, Richmond, VA 23238
<b>FACILITY:</b>	<ul style="list-style-type: none"><li>• 10-lane 25-yard pool with Kiefer 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 104.2.2(C). The copy of such certification is on file with USA Swimming</li></ul>
<b>MEET DIRECTOR:</b>	Name: Lori Hopewell Email: <a href="mailto:hopewells@verizon.net">hopewells@verizon.net</a> Phone: (804) 360-1494
<b>ELIGIBILITY:</b>	<ul style="list-style-type: none"><li>• Open to all USA Swimming athletes from NOVA, GATR, and CUBU registered by the first day of the meet</li><li>• Swimmers must have 13-14 "A" times or faster in each event entered. GATOR and CUBU may add swimmers otherwise not eligible at the coaches' discretion.</li><li>• No on deck USA Swimming/Virginia Swimming athlete registration will be permitted.</li><li>• 2009-2012 NAG times are in effect.</li><li>• Age on November 6, 2009 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>	All events will be timed finals.
<b>WARM-UP:</b>	<ul style="list-style-type: none"><li>• Friday pm session: Warm-ups at 6:00-6:45 pm; competition starts at 7:00 pm</li><li>• Saturday and Sunday am sessions: 1st warm-up (NOVA) 6:45-7:30 am; 2nd warm-up (CUBU, GATOR) 7:30-8:15 am; general warm-up 8:15-8:30 am; competition starts at 8:45 am.</li><li>• Saturday pm session: 1st warm-up (NOVA) 3:00-3:45 pm; 2nd warm-up (CUBU, GATOR) 3:45-4:30 pm; general warm-up 4:30-4:45; competition starts at 5:00 pm.</li><li>• The warm-up and meet start times are estimated; final lane assignment and warm-up times will be posted on the NOVA website and emailed to the participating clubs by Wednesday, November 4, 2009.</li><li>• If the morning session runs late, afternoon warm-ups will begin immediately after the morning session ends.</li></ul>
<b>ENTRIES:</b>	<ul style="list-style-type: none"><li>• <b>DEADLINE FOR THE RECEIPT OF ENTRIES IS 9:00 PM, SUNDAY, NOVEMBER 1, 2009</b></li><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 may submit entries as an e-mail attachment.</li><li>• A Team Manager printout of entries must be included or the meet checklist/summary sheet with the name, email address, and phone number of the person to contact in case of questions must accompany the entries, regardless of how they are submitted.</li><li>• All entry times must have been achieved in USA Swimming sanctioned, approved, or observed competition.</li><li>• Swimmers may enter a maximum of 1 event on Friday evening, 3 individual events per session Saturday and Sunday, with a maximum of 5 events total on Saturday.</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></ul>

	<ul style="list-style-type: none"> <li>Email entries to: <a href="mailto:sherriecopeland@comcast.net">sherriecopeland@comcast.net</a></li> <li>Mail entries to: Scott Campbell 12207 Gayton Road Richmond, VA 23233</li> </ul> <p>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.</p>
<b>FEES:</b>	<p>Individual events: \$3.75 Swimmer surcharge: \$2.50 per person</p> <ul style="list-style-type: none"> <li>Checks should be made payable to: <b>NOVA OF VA AQUATICS</b></li> <li><b>Payment must be received by November 4, 2009 for email entries.</b> Payment must be included with all mailed entries</li> <li>Failure to pay entry fees by this deadline could result in teams being barred from the meet.</li> </ul>
<b>AWARDS:</b>	Individual events: Ribbons will be awarded for first through 8th place.
<b>SEEDING:</b>	<ul style="list-style-type: none"> <li>All events will be pre-seeded, except the 1000 and 1650 Free, which will be deck seeded.</li> <li>The 1000 and 1650 Free will require a positive check-in to swim.</li> <li>Positive check-in will close 30 minutes prior to the start of the session.</li> <li><b>SWIMMERS FAILING TO POSITIVELY CHECK-IN WILL NOT BE ALLOWED TO SWIM THE EVENT.</b></li> <li>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.</li> <li><b>At the discretion of the meet referee</b>, the 1000 and 1650 Free may be run alternating girls/boys fastest to slowest.</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 United States 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>The overhead start procedure will be used at the discretion of the Referee.</li> <li>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.</li> </ul>
<b>OFFICIALS:</b>	<p><b>Meet Referee: Kathy Nunn</b> Phone: (804) 364-0656 Email: <a href="mailto:kgnunn@verizon.net">kgnunn@verizon.net</a></p> <ul style="list-style-type: none"> <li>Officials at all positions will be required 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 Will Bassett at <a href="mailto:William.bassett@hdrinc.com">William.bassett@hdrinc.com</a>, no later than October 29, 2009.</li> <li>Officials meetings will be held in the hospitality room 45 minutes prior to the start of the meet.</li> </ul>
<b>SAFETY:</b>	Virginia Swimming Meet Safety Procedures will be in effect.
<b>TIMERS:</b>	Clubs may be required to provide timers and counters. The head timer will assign specific lanes prior to each session.
<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> </ul>

	<ul style="list-style-type: none"> <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>	<ul style="list-style-type: none"> <li>• The NOVA Aquatics Center has parking available.</li> <li>• 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.</li> <li>• <b>PLEASE DO NOT PARK AT THE APARTMENT BUILDING.</b></li> </ul>
<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 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.</li> <li>• <b>NORTH</b> – 95 South to 64 West to the Gaskins Road South exit. Then follow the 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 Rd. Take a left at that light. Follow Pump Rd. to Ridgefield Parkway (3rd light); take a right. Follow Ridgefield to Gayton Rd. (3 lights); take a left on to Gayton. Pool is less than ½ mile on your left.</li> <li>• <b>SOUTHSIDE</b> – 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.</li> </ul>
<b>HOTELS:</b>	<ul style="list-style-type: none"> <li>• Comfort Suites (804) 217-9200 4051 Innslake Dr. Glen Allen, Virginia 23060</li> <li>• Hampton Inn --Richmond West (804) 747-7777 10800 W. Broad Street Glen Allen, Virginia 23060</li> <li>• Aloft (804) 380-1330 3939 Duckling dr Glen Allen Virginia 23060 <a href="http://www.aloftrichmondwest.com">www.aloftrichmondwest.com</a></li> </ul>

**ORDER OF EVENTS NOVA SENIOR CLASSIC MEET**

<b>GIRLS</b>	<b>EVENT</b>	<b>BOYS</b>
<b>Friday PM Session 1</b>		
<b>1</b>	1000 Y Free	<b>2</b>
<b>Saturday AM Session 2</b>		
<b>3</b>	100 Y Breast	<b>4</b>
<b>5</b>	200 Y Free	<b>6</b>
<b>7</b>	100 Y Fly	<b>8</b>
<b>9</b>	400 Y IM	<b>10</b>
<b>Saturday PM Session 3</b>		
<b>11</b>	200 Y Fly	<b>12</b>
<b>13</b>	50 Y Free	<b>14</b>
<b>15</b>	200 Y Breast	<b>16</b>
<b>17</b>	100 Y Back	<b>18</b>
<b>19</b>	500 Y Free	<b>20</b>
<b>Sunday AM Session 4</b>		
<b>21</b>	200 Y Back	<b>22</b>
<b>23</b>	100 Y Free	<b>24</b>
<b>25</b>	200 Y IM	<b>26</b>
<b>27</b>	1650 Y Free	<b>28</b>