



**NOVA SPRING BREAK OUT**  
**March 31- April 1, 2017**  
**SANCTION NO. VS-17-68**

**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-17-68</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: novabusinessoffice@novaswim.org Phone: (804) 750-1183
<b>ELIGIBILITY:</b>	<ul style="list-style-type: none"><li>Open to all USA Swimming athletes registered before the first day of the meet.</li><li>No on-deck Virginia Swimming athlete registration will be permitted</li><li>Age on March 31 2017 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>10 and Younger swimmers will swim in Friday PM Session I and Saturday AM</li><li>11 and Older swimmers will swim in Friday PM Session II and Saturday PM</li><li>All events will be timed finals</li></ul>
<b>WARM-UP:</b>	<ul style="list-style-type: none"><li>Friday 10 &amp; Under PM Session I: Warm-up 3:30pm; competition start: 4:30pm</li><li>Friday 11 &amp; Over PM Session II: Warm-up not before 6:30pm; competition not before 7:30pm</li><li>Saturday Morning Session: Warm-up not before 7:30am; competition start not before: 8:30am</li><li>Saturday Afternoon Session: Warm-up not before 11:00am; competition start not before 12:00pm</li><li>Lane assignment and warm-up times for individual clubs will be posted on the NOVA website no later than Wednesday, March 29, 2017, 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 26, 2017.</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 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.</li><li><i>Swimmers may enter a maximum of 2 individual events on Friday. Swimmers may enter a maximum of 3 individual events on Saturday.</i></li><li>Entries will be processed in the order received and <b>accepted to</b> the greatest extent possible</li></ul>

	<p>without exceeding the 4-hour/session timeline limit.</p> <ul style="list-style-type: none"> <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: \$4.50 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: NOVA of Virginia Aquatics 12207 Gayton Road Richmond, VA 23238</li> <li>Payment must be received by Wednesday, March 29, 2017 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 <b>NOT</b> 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 <ul style="list-style-type: none"> <li>10 &amp; Under individual events will be given separate awards 9-10 and 8 &amp; Under age groups</li> <li>11 &amp; Over individual events will be given separate awards for 11-12, 13-14 and 15-18 age groups</li> </ul> </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 before 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>Any swimmer entered in the meet must be certified by a USAS member coach as being proficient in performing a racing start or must start each race from within the water. When unaccompanied by a member coach, it is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.</li> <li>Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach areas, spectator areas and open ceiling locker rooms) anytime athletes, coaches, officials and/or spectators are present without written USA Swimming approval.</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>Changing into or out of swimsuits other than in locker rooms or other designated areas is <b>PROHIBITED</b>.</li> <li>In accordance with VSI Best Practices, swimmers should shower before entering the pool.</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 <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> </ul> </li> </ul>

<b>OFFICIALS:</b>	<p><b>Meet Referee: Rich Owen</b>  <b>Email: <a href="mailto:rowen128@gmail.com">rowen128@gmail.com</a></b>  <b>Phone: (540) 470-8709</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 16, 2016.</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 SPRING BREAK OUT**

**Friday, March 31, 2017**

<b>10 &amp; Under Session</b> Warm-up: 3:30pm; Start: 4:30pm (Times not earlier than)			<b>11 &amp; Over Session</b> Warm-up: 6:30pm; Start: 7:30pm (Times not earlier than)		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>	<u>Girls</u>	<u>Events</u>	<u>Boys</u>
1	10 & Under 100 Freestyle	2	15	11 & Over 100 Breaststroke	16
3	8 & Under 25 Freestyle	4	17	11 & Over 200 IM	18
5	10 & Under 50 Breaststroke	6	19	11-12 50 Backstroke	20
7	10 & Under 200 Freestyle	8	21	11 & Over 200 Butterfly	22
9	10 & Under 100 IM	10	23	11 & Over 100 Freestyle	24
11	8 & Under 25 Backstroke	12	25	11-12 50 Butterfly	26
13	10 & Under 50 Backstroke	14	27	11 & Over 200 Backstroke	28

**Saturday, April 1, 2017**

<b>10 &amp; Under Session</b> Warm-up: 7:30 am; Start: 8:30 am (Times not earlier than)			<b>11 &amp; Over Session</b> Warm-up: 11:00am; Start: 12:00pm (Times not earlier than)		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>	<u>Girls</u>	<u>Events</u>	<u>Boys</u>
29	10 & Under 100 Butterfly	30	47	11 & Over 100 Backstroke	48
31	10 & Under 50 Freestyle	32	49	11-12 100 IM	50
33	10 & Under 200 IM	34	51	11 & Over 200 Freestyle	52
35	8 & Under 25 Breaststroke	36	53	11-12 50 Breaststroke	54
37	10 & Under 100 Backstroke	38	55	11 & Over 50 Freestyle	56
39	10 & Under 50 Butterfly	40	57	11 & Over 100 Butterfly	58
41	8 & Under 25 Butterfly	42	59	11 & Over 200 Breaststroke	60
43	10 & Under 100 Breaststroke	44			