



**Freedom Splash**  
**May 18-20, 2018**  
**SANCTION NO.VS-18-94**



<b>SANCTION:</b>	<ul style="list-style-type: none"><li>• Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: <b>VS-18-94</b>.</li><li>• USA Swimming, Inc., Virginia Swimming, Inc., Waterworth Swimming LLC, NOVA of Virginia Aquatics and Greater Richmond Aquatics Partnership 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>	Collegiate School Aquatics Center, 5050 Ridgedale Parkway, Richmond, VA 23234
<b>FACILITY:</b>	<ul style="list-style-type: none"><li>• The Collegiate School Aquatic Center provides 2 indoor pools and supporting amenities including hospitality, a swim shop, classroom and wireless internet.</li><li>• The 50-meter competition pool with bulkhead offers a total of eight 50-meter competition lanes with a depth of Seven feet and Seven inches at the sides and Eight feet and Two inches in the center. Competition lanes are a minimum of 9 feet wide.</li><li>• Indoor 6 lane 25 yard pool for continuous warm-up, cool-down.</li><li>• Non-Turbulent Lane Markers in both pools</li><li>• Omega Starting Blocks, CTS6 with automatic and semi-automatic timing, backup Dolphin wireless stopwatches.</li><li>• Spectator seating for 700 plus.</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>	Lauren Waterworth LaurenWaterworth11@gmail.com 804-955-8572
<b>ELIGIBILITY:</b>	<ul style="list-style-type: none"><li>• Open to all Virginia/USA Swimming athletes registered before the first day of the meet.</li><li>• No on-deck Virginia/USA Swimming athlete registration will be permitted.</li><li>• 2017-2020 NAG Time Standards are in effect.</li><li>• Age on May 18, 2018 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>• All 13&amp; over distance events (800m &amp; 1500m) will be swum in the Friday afternoon session.</li><li>• All 9-12 year old swimmers will swim in the Saturday and Sunday morning session.</li><li>• All 8&amp;under events will be on Saturday during a midday session</li><li>• 13 &amp; Older swimmers will swim during Saturday and Sunday afternoon sessions.</li><li>• All events will be timed finals.</li><li>• Depending on the number of entries, chase starts may be used.</li></ul>
<b>WARM-UP:</b>	<ul style="list-style-type: none"><li>• Friday distance session: Warm-ups at 4:00 PM; competition will start at 5:00 PM.</li><li>• Morning sessions: Warm-ups at 7:00 AM; competition starts at 8:00 AM.</li><li>• 8 &amp; Under Saturday Midday session: Warm-ups no earlier than 12:30 PM; competition starts no earlier than 1:00 PM.</li><li>• Saturday Afternoon session: Warm-ups no earlier than 2:00 PM; competition starts no earlier than 3:00 PM.</li><li>• Sunday afternoon session: Warm-ups no earlier than 1:00 PM; competition starts no earlier than 2:00 PM.</li></ul>

	<ul style="list-style-type: none"> <li>• Lane assignment and warm-up times for individual clubs will be posted on the NOVA South website (<a href="http://www.novasouthswim.org">www.novasouthswim.org</a>) no later than Tuesday May 15,2018 and will also be emailed to the contact person of the participating clubs on this same date.</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 THURSDAY MAY 10, 2018.</b></p> <p>Entries must be submitted in long course meters times using Hy-Tek Team Manager and Commlink-2 software, or on a VSI master entry sheet.</p> <ul style="list-style-type: none"> <li>• Teams submit entries via email.</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.</li> <li>• Coach Time (CT) and “No Time” (NT) entries will be accepted for events in which a swimmer does not have a time of record, except for the 400, 800, and 1500 freestyle. CT <b><u>must be slower than an “A” time</u></b>. All entry times other than CT must have been achieved in USA Swimming sanctioned, approved, or observed competition.</li> <li>• Swimmers may enter a maximum of one individual event on Friday, 3 individual event(s) per day Saturday and Sunday. If a swimmer exceeds the maximum entries, the last event, in numerical order, will be dropped.</li> <li>• Entries will be processed in the order received and <b><u>accepted to</u></b> the greatest extent possible without exceeding the 4-hour/session timeline limit.</li> <li>• Entries in events #1 &amp; #2 are limited to those swimmers who have a time of record equal to B or faster in the 500y free, 400m free, 800m free, 1000y free, 1650y free or 1500m free for their current age. No coaches’ times are allowed for these events.</li> <li>• Entries in events #51 &amp; #52 (9-12 400m free) are limited to those swimmers who have a time of record equal to B or faster in the 500y free or 400m free for their current age group. No coaches’ times are allowed for these events.</li> <li>• Events #37, #38, #51, #52, #63, and #64 may be limited to 4 heats each.</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> <li>• Email entries to: Lauren Waterworth <a href="mailto:LaurenWaterworth11@gmail.com">LaurenWaterworth11@gmail.com</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. No additional heats will be added. Deck entries must be submitted to the Clerk-of-Course on the provided forms.</li> </ul>
<b>FEES:</b>	<p>Individual events: \$6.50 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: VACS</li> <li>• Mail payment to: Lauren Waterworth 4603 Melody Court Richmond, VA 23234</li> <li>• Payment must be received by May 18, 2018 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 NOT required for delivery as this will delay the acceptance 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>○ Age groups receiving ribbons will be 8 &amp; younger, 9-10, 11-12, 13-14, 15 &amp; over.</li> </ul> </li> </ul>
<b>SEEDING:</b>	<ul style="list-style-type: none"> <li>• All 50, 100, and 200 events will be pre-seeded.</li> <li>• Positive check-in is required for Events #1, 2, 37, 38, 51, 52, 63, and 64.</li> <li>• Positive check-in for events #1 &amp; #2 will close at 4:15 PM.</li> <li>• Positive check-in for events #37 &amp; #38 will close 30 minutes prior to the start of session 4.</li> <li>• Positive check-in for events #51 &amp; #52 will close 30 minutes prior to the start of session 5.</li> <li>• Positive check-in for events #63 &amp; #64 will close 30 minutes prior to the start of session 6.</li> </ul>

	<ul style="list-style-type: none"> <li>● <b>SWIMMERS FAILING TO POSITIVELY CHECK-IN WILL NOT BE ALLOWED TO SWIM THE EVENT.</b></li> <li>● <b>Swimmers competing in the 800m Free and 1500m Free are responsible for providing their own lap counters.</b></li> <li>● Events #1 &amp; #2 will be swum fastest to slowest and alternating heats of girls and boys. All other events will swim slowest to fastest.</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 swum 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(s) swum</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 USA-S 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>● The overhead start procedure will be used for all sessions, and Chase starts may be used at the discretion of the 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 not appropriate and is PROHIBITED.</li> <li>● In accordance with VSI best practices, all swimmers should shower before entering the pool.</li> <li>● No drones.</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 who have valid USA Swimming credentials but who 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>	<ul style="list-style-type: none"> <li>● Meet Referee: Glenn West Email: <a href="mailto:glenn.west@verizon.net">glenn.west@verizon.net</a> Phone: 804-261- 3671</li> <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 Anthony Lively, Email: <a href="mailto:anthonylively75@gmail.com">anthonylively75@gmail.com</a> no later than Monday, May 14, 2018.</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>● Clubs will be required to provide timers in proportion to the number of swimmers they have entered in each session.</li> <li>● The number of timers required per club and their lane assignments will be posted on the NOVA South website (<a href="http://www.novasouthswim.org">www.novasouthswim.org</a>) no later than Tuesday May 15, 2018, and will also be emailed to the contact person of each of the individual clubs.</li> <li>● Timers must be provided for events #1 &amp; #2, 800m and 1500m Freestyle.</li> </ul>
<b>GENERAL:</b>	<ul style="list-style-type: none"> <li>● <b>Hospitality:</b> <ul style="list-style-type: none"> <li>○ A light breakfast and lunch will be provided for coaches and officials.</li> <li>○ Coaches and officials who have special dietary concerns or needs should bring their own food and beverages.</li> </ul> </li> </ul>

	<ul style="list-style-type: none"> <li>● <b>Meet Program:</b> Programs will be sold for \$10.</li> <li>● <b>Concessions:</b> Food and drink will be available during the meet. Concessions will open for warm-ups and during competition each day. It may close 1 hour prior to the estimated end time of the meet each day.</li> <li>● <b>Photography:</b> In accordance with J.3 of VSI Policies and Procedures, photography will not be permitted behind the starting blocks without the express permission of the Meet Director. Individuals who violate the above photography restrictions may be asked by the Meet Director to leave the pool venue.</li> <li>● <b>Lost and Found:</b> Check with the front desk for lost and found items.</li> </ul>
<p><b>FACILITY RULES:</b></p>	<ul style="list-style-type: none"> <li>● Access to the deck is limited to coaches, athletes, meet officials, and event staff. Spectators will not be allowed on deck unless volunteering as timers; lap counters, or at other needed volunteer positions.</li> <li>● All Air Flow intake Vents on deck are not to be blocked by chairs, benches, spectators or towels!</li> <li>● CSAC strongly encourages Swimmers to take a shower before entering the swim pool.</li> <li>● Toilets for swimmers are located in the locker-rooms off the main hallway to the pool.</li> <li>● Spectators may not sit in the aisles and may not reserve blocks of seats.</li> <li>● No glass containers of any kind are allowed in the facility.</li> <li>● No lawn/deck chairs allowed in the grandstand.</li> <li>● Objects are not to be passed over the grandstand railing.</li> <li>● No smoking on the campus.</li> <li>● Shoes are suggested to be worn in all areas outside the pool deck including locker rooms.</li> <li>● Doors are not to be propped open (HVAC).</li> <li>● The front door is the only entry/exit door for the facility.</li> <li>● Young children must be supervised by an adult.</li> <li>● No tape of any kind is to be used inside to hang signs, banners or decorations.</li> <li>● NOVA South or VSI is not responsible for any lost or stolen items.</li> <li>● No unauthorized persons are permitted to use the audio and video equipment. <ul style="list-style-type: none"> <li>● All rules and regulations of CSAC shall remain in effect and be followed.</li> <li>● <b>Any individual or team member that fails to comply with any rule or regulation of CSAC or the terms and conditions of this agreement will not be permitted to participate in the Event and will be asked to leave the CSAC Premises.</b></li> <li>● Clubs are responsible for keeping their areas of the deck clean. Bags will be provided in which to gather trash.</li> <li>● No balloons!</li> <li>● The practice of deck changing is prohibited. Swimmers participating in deck changing would be violating the USA Swimming Sportsmanship policy.</li> <li>● Each club is responsible for supervising the conduct of their swimmers.</li> <li>● No shaving at the venue is permitted.</li> <li>● On deck bathrooms are reserved for coaches and officials.</li> </ul> </li> </ul>
<p><b>DIRECTIONS:</b></p>	<ul style="list-style-type: none"> <li>● Address is 5050 Ridgedale Parkway, Richmond, VA 23234</li> <li>● Parking at the facility is available to patrons of the pool associated with the meets, employees, coaches and officials.</li> <li>● There will be a drop off area designated.</li> <li>● Please follow the guidance of the parking attendants.</li> <li>● No parking on the grass around CSAC or in Ukrop Park.</li> <li>● Failure to adhere to the parking attendants directions could result in your vehicle being towed.</li> <li>● Abusive language and inappropriate gestures by individuals directed at Ukrop parking attendants, CSAC employees or NOVA meet staff will not be tolerated and will be asked to leave the facility.</li> <li>● Overflow Parking is available directly behind the venue in the Martin's Grocery Store Lot.</li> </ul>
<p><b>HOTELS:</b></p>	<p>See website <a href="http://www.novasouthswim.org">www.novasouthswim.org</a></p>

**Spring Luau, May 18-20, 218**  
**ORDER OF EVENTS**

Girls	<b>Session #1</b> Friday evening, May 18, 2018 Warm ups: 4:00 PM; Start 5:00 PM	Boys
1	13 & over 800m FREE	-
-	13 & over 1500m Free	2

<b>Session #2</b> Saturday, May 19, 2018 Warm ups: 7:00 AM; Start 8:00 AM		
<b>Morning Session</b>		
<b><u>Girls</u></b>	<b><u>Events</u></b>	<b><u>Boys</u></b>
3	9-12 50m Back	4
5	9-12 100m Fly	6
7	11/12 200m Breast	8
9	9-12 100m Free	10
11	11/12 200m Back	12
13	9-12 200m Free	14
15	9-12 50m Breast	16
<b>Session #3</b> Saturday Mid-Day Session, May 19, 2018 Warm-ups no earlier than 12:30 PM; Start no earlier than 1:00 PM		
<b><u>Girls</u></b>	<b><u>Events</u></b>	<b><u>Boys</u></b>
17	8 & Under 100m Free	18
	Break	
19	8 & Under 50m Fly	20
	Break	
21	8 & Under 50m Back	22
	Break	
23	8 & Under 50m Breast	24
	Break	
25	8 & Under 50m Free	26

Girls	<b>Session #4</b> Saturday Afternoon, May 19, 2018	Boys
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	<b>Warm ups no earlier than 2:00 PM; Start no earlier than 3:00 PM</b>	
27	13 & Over 100m Free	28
29	13 & Over 200m Breast	30
31	13 & Over 100m Fly	32
33	13 & Over 200m Free	34
35	13 & Over 100m Back	36
37	13 & Over 400m IM**	38

<b>Session #5</b>		
<b>Sunday, May 20, 2018</b>		
<b>Warm ups: 7:00 AM; Start 8:00 AM</b>		
<b>Morning Session</b>		
<b><u>Girls</u></b>	<b><u>Events</u></b>	<b><u>Boys</u></b>
39	9-12 50m Free	40
41	9-12 100m Back	42
43	11/12 200m Fly	44
45	9-12 100m Breast	46
47	9-12 200m IM	48
49	9-12 50m Fly	50
51	9-12 400m Free**	52
<b>Session #6</b>		
<b>Sunday Afternoon Session, May 20, 2018</b>		
<b>Warm-ups no earlier than 1:00 PM; Start no earlier than 2:00 PM</b>		
<b><u>Girls</u></b>	<b><u>Events</u></b>	<b><u>Boys</u></b>
53	13 & Over 50m Free	54
55	13 & Over 200m Back	56
57	13 & Over 200m Fly	58
59	13 & Over 100m Breast	60
61	13 & Over 200m IM	62
63	13 & Over 400m Free**	64

**\*\*These events may be limited to 4 heats of each event boys and girls.**