



NOVA January Distance Tune-Up
January 26, 2018
SANCTION NO. VS-18-62.1

Hosted by:

NOVA of Virginia Aquatics

SANCTION:	<ul style="list-style-type: none">Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: VS-18-62.1.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.
LOCATION:	NOVA Aquatics Center, 12207 Gayton Road, Richmond, VA 23238, Phone: (804) 754-3401
FACILITY:	<ul style="list-style-type: none">10-lane, 25-yard pool, 4.5 feet deep in lane 1 sloping to 7 feet in lane 10 with Kiefer Wave eater lanes, Daktronics Automatic Timing System10 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 104.2.2C (4). The copy of such certification is on file with USA Swimming.
MEET DIRECTOR:	Name: Lori Hopewell Email: novabusinessoffice@novaswim.org Phone: (804) 750-1173
ELIGIBILITY:	<ul style="list-style-type: none">Open to all Virginia Swimming athletes, 11 & older, registered before the first day of the meet.No on deck Virginia Swimming athlete registration will be permitted.2017-2020 NAG motivational time standards are in effect.Age on January 26, 2018 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 events will be timed finals.
WARM-UP:	<ul style="list-style-type: none">Open warm-up 4:15 pm; Competition starts 5:15 pm
ENTRIES:	<p>DEADLINE FOR THE RECEIPT OF ENTRIES IS 9:00 PM, SUNDAY, JANUARY 21, 2018.</p> <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 must submit entries via e-mailA 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.Swimmers may enter a maximum of <i>1 individual event</i>.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: novaswim@novaswim.orgDeck 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 form.
FEES:	Individual events: \$4.50 Swimmer surcharge: \$2.50 per person (entered in the meet in any capacity)

	<ul style="list-style-type: none"> • Checks should be made payable to: NOVA OF VA AQUATICS. • Mail payment to: NOVA of Virginia Aquatics 12207 Gayton Road Richmond, VA 23238 • Payment must be received by January 24, 2018 for all entries. Failure to pay entry fees by this deadline could result in teams being barred from the meet. • IMPORTANT: 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 receipt of your entries.
AWARDS:	<ul style="list-style-type: none"> • No awards will be given at this meet.
SEEDING:	<ul style="list-style-type: none"> • Swimmers should report directly to the block for their events. • All events require a positive check-in to swim. • 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.
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 USA Swimming before 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. • 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) any time athletes, coaches, officials and/or spectators are present without written USA Swimming approval. • 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. • The overhead start procedure will be used unless otherwise directed by the meet referee. • 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>. • Changing into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and is PROHIBITED. • In accordance with VSI best practices, all swimmers should shower before entering the pool. • 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"> ○ Coaches with valid USA Swimming credentials but are unable to provide them upon request will be issued temporary credentials by the meet director ○ Coaches with expired or non-current credentials will be required to leave the deck area.
OFFICIALS:	<p>Meet Referee: Ben Harper Email: benharper@sternsprint.com Phone: 804-360-0658</p> <ul style="list-style-type: none"> • Officials will be needed for all positions and all sessions 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 Emily Fagan, Email: emilyfagan@comcast.net no later than Sunday, January 21, 2018. • Officials meetings will be held in the hospitality area one hour prior to the start of the meet.

SAFETY:	Virginia Swimming Meet Safety Procedures will be in effect.		
TIMERS:	<ul style="list-style-type: none"> Swimmers may be required to provide timers. 		
GENERAL:	<ul style="list-style-type: none"> 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:	PLEASE DO NOT PARK AT THE APARTMENT BUILDINGS ACROSS THE STREET OR THE SHOPPING CENTER NEXT TO NOVA. The NOVA Aquatics Center has parking available.		
DIRECTIONS:	<ul style="list-style-type: none"> SOUTH: 95 North to 64 West to the Gaskins Road South exit. Follow Gaskins Road south to Ridgefield Parkway (3rd light); turn right. Proceed on Ridgefield until you intersect with Gayton Road (4th light); turn left. NOVA Aquatics Center less than ½ mile on left. NORTH: 95 South to 64 East to the Gaskins Road South exit. Follow directions above. WEST: 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 (3rd 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. SOUTHSIDE: 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. 		
HOTELS:	<table> <tr> <td>Courtyard by Marriott-Northwest (804) 205-6875 3950 Westerre Parkway Richmond, VA 23233</td> <td>Hampton Inn-Richmond West (804) 747-7777 10800 W. Broad Street Richmond, VA 23233</td> </tr> </table>	Courtyard by Marriott-Northwest (804) 205-6875 3950 Westerre Parkway Richmond, VA 23233	Hampton Inn-Richmond West (804) 747-7777 10800 W. Broad Street Richmond, VA 23233
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ORDER OF EVENTS

Friday, January 26, 2018		
Evening Session		
Warm up: not before 4:15 pm; Start: not before 5:15 pm		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
1	11-12 200 Backstroke	2
3	11 & Over 400 IM	4
5	11-12 200 Breaststroke	6
7	11 & Over 1000 Freestyle	8
9	11-12 200 Butterfly	10
11	11-12 500 Freestyle	12