



CENTRAL DISTRICT 9-12 CHAMPIONSHIP
February 14-16, 2020
SANCTION NO. VS-20-78

Hosted by:
NOVA
SWIMMING
NOVA of Virginia Aquatics

SANCTION:	<ul style="list-style-type: none">• Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: VS-20-78.• USA Swimming, Inc., Virginia Swimming, Inc., and NOVA of Virginia Aquatics 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 7.5 feet in lane 10 with Kiefer Wave eater lanes, Daktronics Automatic Timing System• 10 lanes will be used for Preliminary competition, 8 lanes will be used for Finals 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 Phone: 804-750-1183 Email: novabusinessoffice@novaswim.org
ELIGIBILITY:	<ul style="list-style-type: none">• Open to all Virginia Swimming registered athletes 9 - 12 years old by the first day of the meet in the Central District which includes DC, HNVR, NOVA, PSDN, QSTS, RACE and SRVA.• 8 & U Virginia Swimming registered athletes in the Central District may enter the 10 & U 500 Free.• No on deck Virginia Swimming athlete registration will be permitted.• The qualifying period for this meet is January 1, 2019 through February 13, 2020.• Athletes may compete in any individual event or relay leg in which they do NOT have a VSI Age Group Championship qualifying time.• 10 and 12 year-old swimmers aging up from February 14 to March 12, 2020 with times too fast to qualify for this championship will be allowed to compete in an event at this meet under the following conditions:<ul style="list-style-type: none">○ The swimmer does not qualify for the event in his/her new age group at Age Group Champs.○ The swimmer will be seeded correctly by time but will swim Exhibition only and will not be eligible to receive an award or compete in the finals session.• Age on February 14, 2020 will determine age for the entire meet.
DISABILITY SWIMMERS:	<ul style="list-style-type: none">• Athletes with a disability are welcome 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">• 11-12 year old swimmers will swim prelim/finals in all individual events except the 400 IM and the 500 Free which will be swum as timed finals. The top 16 swimmers in the 11-12 age group from prelims will come back to compete in finals, except for the 200 fly, 200 back, and 200 breast where only the top 8 swimmers will compete in finals.• 9-10 year old swimmers will swim prelim/finals in all individual events with the exception of the 200 IM and the 500 Free which will be contested as timed finals. The top 8 swimmers in the 9-10 age group from prelims will come back to compete in finals. The fastest heat of the 200 IM will be swum in finals.• Ready Room: A Ready Room will be used at this Championship prior to each "A" final heat. Each Swimmer in the "A" Final (Final heat) should report to the Ready Room 10 minutes preceding the event and participate in the "A" Final parade.<ul style="list-style-type: none">○ "A" Final swimmers will be presented with music and their names will be announced prior to the start of the race.• "B" Final heats will report directly to their assigned lane.• All heats of the 11-12 year old 400 Free Relay will be swum during the preliminary session. All

	<p>heats of the 11-12 and 9-10 year old 200 Free and 200 Medley Relays will be swum during the Finals sessions.</p> <ul style="list-style-type: none"> • There will be a 5 minute break at the conclusion of relays swum in Finals before the start of individual events on Saturday and Sunday.
ENTRIES:	<p>DEADLINE FOR THE RECEIPT OF ENTRIES IS TUESDAY, FEBRUARY 4, 2020</p> <ul style="list-style-type: none"> • Entries must be submitted in Short Course Yards times using Hy-Tek Team Manager and CommLink-2 software. • Teams submit entries via e-mail. • A Team Manager printout of entries must be included or the VSI meet summary sheet (available at VSI website, www.virginiawimming.org) 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. • “No Time” (NT) entries will be accepted for individual and relay events. Coach Times (CT) are <u>not allowed</u> for any event. All entry times must have been achieved in a sanctioned, approved or observed meet. • If a relay seed time cannot be created using the times of 4 swimmers entered in the meet, enter the relay with a NT. • Swimmers may enter a maximum of 8 individual events for the meet, no more than 3 per day and 1 relay event per day. • Relay teams must be designated A, B, C, etc., if more than one per club is entered per event. Relay entry times must be slower than the combined “AG Championship” times for the corresponding relay. See the “slower than” relay times chart on page 4. • Entries will be processed in the order received. • The Meet Director reserves the right to combine heats and events, which may require reseeding. • Email entries to: novaswim@novaswim.org • Late entries will be accepted. If received prior to the printing of the heat sheet, the swimmer will be seeded into the event; if after, he/she will go in the slowest heat in an empty lane. If needed, a heat will be added.
FEES:	<p>Individual Events: \$5.50 Relay Events: \$15.00 Swimmer Fee: \$2.50 per person (entered in the meet in any capacity)</p> <p>Late Fees: In addition to the regular entry fee, a fee of \$10 per event prior to the first day of the meet and \$25 per event on or after the first day of the meet will be charged for any entry received after the entry deadline.</p> <ul style="list-style-type: none"> • Checks should be made payable to: NOVA of Virginia Aquatics • Mail payment to: NOVA of Virginia Aquatics 12207 Gayton Road Richmond, VA 23238 • Payment must be received by Tuesday, February 11, 2020 for all entries. Failure to pay entry fees by this deadline will result in teams being barred from the meet. Swimmers will be permitted to enter the meet as unattached providing they pay the appropriate entry fees. • 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.
WARM-UP:	<ul style="list-style-type: none"> • 11-12 Preliminary Morning Sessions: <ul style="list-style-type: none"> ○ Warm-up starts not before 7:00 am; Competition starts not before 8:00 am • 9-10 Preliminary Afternoon Sessions <ul style="list-style-type: none"> ○ Friday: Warm-ups start not before 11:00 am; Competition starts not before 12:00 pm ○ Saturday: Warm-ups start not before 12:00 pm; Competition starts not before 1:00 pm ○ Sunday: Warm-ups start not before 11:00 am; Competition starts not before 12:00 pm • Finals: General Warm-Up: 5:00 – 5:50pm; Meet Starts: 6:00pm • Lane assignments and warm-up times for individual clubs will be posted on the NOVA website no later than Monday, February 10, 2020 and will also be emailed to the contact person of the participating clubs. • If the morning session runs late, afternoon warm-ups will begin immediately after the morning

	session ends.
SEEDING:	<ul style="list-style-type: none"> • All events, except the 9-10 500 Free, 11-12 500 Free, and 11-12 400 IM, will be pre-seeded. • All swimmers should report directly to the blocks for all preliminary and “B” Final events. • Positive check-in for the 9-10 500 free, 11-12 500 free and 11-12 400 IM will close 15 minutes prior to the end of warm-ups for the session in which the events will be swum. Positive check-in rosters will be located at the Administrative Official’s desk. • SWIMMERS FAILING TO POSITIVELY CHECK-IN WILL NOT BE SEEDED. • A swimmer who positively checks-in for a distance event and does not show up to compete will not be able to swim his/her next event.
AWARDS:	<ul style="list-style-type: none"> • Individual events will be scored and awarded medals for first through third place, and ribbons fourth through sixteenth place. • The 10 & Under 500 Free will be awarded and scored separately for 8 & Under and 9-10 age groups. • Relay events will be awarded medals for first through third place and ribbons for fourth through sixteenth place. • Team Awards will be given. Total team points will be combined with scores from 8 & Under District Championships. Teams placing first through third will receive a plaque. • Scoring will be as follows: <ul style="list-style-type: none"> ○ Individual: 20-17-16-15-14-13-12-11 - 9-7-6-5-4-3-2-1 ○ Relays: 40-34-32-30-28-26-24-22-18-14-12-10-8-6-4-2 ○ All events will be scored to 16 places ○ Only the top two relay entries per team may score.
PENALTIES:	<ul style="list-style-type: none"> • A fine of up to \$100 per event may be assessed for any illegal participation in the meet. Illegal participation is defined as: <ul style="list-style-type: none"> ○ Entries using fraudulent or non-verified times. ○ Athlete competed in the incorrect age group. ○ Athlete is not registered with USA Swimming prior to the first day of the meet. • 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. <p>Any event in which an athlete participates illegally will be rescored and re-awarded.</p>
RULES:	<ul style="list-style-type: none"> • The current USA Swimming Rules and Regulations, including the Minor Athlete Abuse Protection Policy, will govern this meet. • All applicable adults participating in or associated with this meet, acknowledge that they are subject to the provisions of the USA Swimming Minor Athlete Abuse Prevention Policy (MAAPP) and that they understand that compliance with the MAAPP policy is a condition of participation in the conduct of this competition. • 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’s legal guardian to ensure compliance with this requirement. • 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. • The scratch procedures listed in the current USA Swimming Rules and Regulations, Article 207.11.6, sections D and E only will be in effect and apply to all heats of individual events with the exception of timed final events. Swimmers not adhering to these modified rules shall be barred from further competition for the remainder of the meet. • 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, in whole or in part, into or out of a swimsuit when wearing just one suit in an area other than in a locker room, bathroom, or other space designated for changing is PROHIBITED. • In accordance with VSI best practices, swimmers should shower before entering the pool. • Any athlete suspected of sustaining a concussion or exhibiting signs of a concussion, will immediately be removed from competition and shall not return to competition that day. The

	<p>athlete may return to competition on a subsequent day, but only with a release authorization signed by a licensed healthcare provider.</p> <ul style="list-style-type: none"> 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. Coaches with expired or non-current credentials will be required to leave the deck area.
OFFICIALS:	<p>Meet Referee: Name Glenn West Email: glenn.west@verizon.net Phone: 804-261-3671</p> <ul style="list-style-type: none"> Officials will be needed for all positions and all sessions for this meet. Training for Officials will be offered in accordance with Training Guidelines and Initial Certification, Virginia Swimming Officials Handbook Team officials chair should submit the names and session availability of certified officials, as well as the names and session availability of trainees to Emily Fagan at emilyfagan@comcast.net no later than Tuesday, February 11, 2020. Officials meetings will be held in the hospitality area one hour prior to the start of the meet. General meeting for coaches and key officials will be held in the hospitality area 30 minutes 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 supply their own timers and lap counters for the 500 Freestyle Clubs may be required to provide timers in proportion to the number of swimmers they have entered in each session. The number of timers required per club and their lane assignments will be posted on the NOVA website no later than Monday, February 10, 2020, and will also be emailed to the contact person of each of the individual clubs. These assignments will also be posted throughout the venue.
GENERAL:	<ul style="list-style-type: none"> Heat sheets will be available for purchase Bleacher seating for 400 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 is 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 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.

RELAY “SLOWER THAN TIMES” CHART

Age Group	Gender	Free	Medley
9-10	Girls	2:05.16	2:25.56
	Boys	2:03.96	2:23.86
11-12	Girls	1:49.96 (200) 4:01.96 (400)	2:05.56
	Boys	1:49.96 (200) 4:00.76 (400)	2:06.66

2020 Central District Short Course 9 – 12 Championships

Friday February 14, 2020

Preliminary Session 11-12 Year Olds Warm-Up: not before 7:00 am Start: not before 8:00 am			Preliminary Session 9-10 Year Olds Warm-Up not before 11:00 am Start not before 12:00 pm			Finals Session 9-12 Year Olds Warm-Up not before 5:00 pm Start not before 6:00 pm		
G		B	G		B	G		B
1	11-12 200 Free	2	13	9-10 200 Free	14	1	11-12 200 Free	2
3	11-12 50 Fly	4	15	9-10 50 Fly	16	13	* 9-10 200 Free	14
5	11-12 200 Back	6	17	9-10 100 Breast	18	3	11-12 50 Fly	4
7	11-12 100 Breast	8	19	9-10 100 IM	20	15	*9-10 50 Fly	16
9	11-12 100 IM	10				5	*11-12 200 Back	6
11	11-12 400 Free Relay	12				17	*9-10 100 Breast	18
						7	11-12 100 Breast	8
						19	*9-10 100 IM	20
						9	11-12 100 IM	10
							*Top 8 Only	

Saturday February 15, 2020

Preliminary Session 11-12 Year Olds Warm-Up not before 7:00 am Start not before 8:00 am			Preliminary Session 9-10 Year Olds Warm-Up not before 12:00 pm Start not before 1:00 pm			Finals Session 9-12 Year Olds Warm-Up not before 5:00 pm Start not before 6:00 pm		
G		B	G		B	G		B
23	11-12 100 Back	24	37	9-10 100 Back	38	21	11-12 200 Free Relay	22
25	11-12 50 Breast	26	39	9-10 50 Breast	40	35	9-10 200 Free Relay	36
27	11-12 200 Fly	28	41	9-10 50 Free	42		5-minute break	
29	11-12 50 Free	30	43	9-10 200 IM	44	23	11-12 100 Back	24
31	11-12 200 IM	32				37	*9-10 100 Back	38
33	11-12 500 Free (TF)	34				25	11-12 50 Breast	26
						39	*9-10 50 Breast	40
						27	*11-12 200 Fly	28
						41	*9-10 50 Free	42
						29	11-12 50 Free	30
						43	**9-10 200 IM	44
						31	11-12 200 IM	32
							*Top 8 Only **Timed Final w/Top 8 Swimming in Finals	

Sunday February 16, 2020

Preliminary Session 11-12 Year Olds Warm-Up not before 7:00 am Start not before 8:00 am			Preliminary Session 9-10 Year Olds Warm-Up not before 11:00 am Start not before 12:00 pm			Finals Session 9-12 Year Olds Warm-Up not before 5:00 pm Start not before 6:00 pm		
G		B	G		B	G		B
47	11-12 100 Fly	48	59	9-10 100 Fly	60	45	11-12 200 Medley Relay	46
49	11-12 50 Back	50	61	9-10 50 Back	62	57	9-10 200 Medley Relay	58
51	11-12 200 Breast	52	63	9-10 100 Free	64		5-minute break	
53	11-12 100 Free	54	65	10 & U 500 Free (TF)	66	47	11-12 100 Fly	48
55	11-12 400 IM (TF)	56				59	*9-10 100 Fly	60
						49	11-12 50 Back	50
						61	*9-10 50 Back	62
						51	*11-12 200 Breast	52
						63	*9-10 100 Free	64
						53	11-12 100 Free	54
							*Top 8 Only	