



CENTRAL DISTRICT 8 & Y CHAMPIONSHIP
February 8-9, 2020
SANCTION NO. VS-20-77

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-20-77.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 7.5 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)750-1183
ELIGIBILITY:	<ul style="list-style-type: none">Open to all Virginia Swimming registered athletes 8 years old & younger prior to the first day of the meet in the Central District which includes DC, NOVA, PSDN, HNVR, QSTS, RACE, and SRVA.No on deck Virginia Swimming athlete registration will be permittedThe qualifying period for this meet is January 1, 2019 through February 7, 2020.Athletes may compete in any event offered regardless of classification.Age on February 8, 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">All events will be timed finals.There will be a 5 minute break after relays and throughout individual events in each session for awards recognition.
ENTRIES:	<p>DEADLINE FOR THE RECEIPT OF ENTRIES IS FRIDAY, JANUARY 31, 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 are not allowed for any event. All entry times must have been achieved in USA Swimming sanctioned, approved, or observed competition.If a relay seed time cannot be created using the times of 4 swimmers enter in the meet, enter the relay with a NT.Swimmers may enter a maximum of 8 individual events for the meet, no more than 4 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.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

	<ul style="list-style-type: none"> 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 VA AQUATICS. Mail payment to: NOVA of Virginia Aquatics 12207 Gayton Road Richmond, VA 23238 Payment must be received by Tuesday, February 4, 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.
SEEDING:	<ul style="list-style-type: none"> All events will be pre-seeded. All swimmers should report directly to the blocks.
WARM-UP:	<ul style="list-style-type: none"> Warm-ups start 1:30 pm; Competition starts 2:30 pm. Lane assignment and warm-up times for individual clubs will be posted on the NOVA website no later than Tuesday, February 5, 2019, and will also be emailed to the contact person of the participating clubs.
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. 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 the 9 - 12 Year Old 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. Any event in which an athlete participates illegally will be rescored and re-awarded.
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,

	<p>officials and/or spectators are present without written USA Swimming approval.</p> <ul style="list-style-type: none"> • 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 swimsuits when wearing just one suit in an area other than in a locker room, bathroom or other space designated for changing is PROHIBITED. • 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 athlete may return to competition on a subsequent day, but only with a release authorization signed by a licensed healthcare provider. • In accordance with VSI best practices, 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. Coaches with expired or non-current credentials will be required to leave the deck area.
OFFICIALS:	<p>Meet Referee: Patrick Milligan Email: pmilligan2131@gmail.com Phone: (804) 386-8412</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 Tuesday, February 4, 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"> • 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 Tuesday, February 4, 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 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 is 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.

2020 Central District 8 & Under Championship Order of Events

Saturday February 8, 2020
Warm up 1:30 pm; Competition 2:30 pm

Girls		Boys
1	100 Medley Relay	2
	5 minute break	
3	50 Breaststroke	4
5	100 Freestyle	6
	5 minute Awards Break	
7	25 Butterfly	8
9	100 Individual Medley	10
11	25 Freestyle	12
	5 minute Awards Break	
13	50 Butterfly	14
15	200 Freestyle	16
17	100 Backstroke	18
	5 minute Awards Break	

Sunday February 9, 2020
Warm up 1:30 pm; Competition 2:30 pm

Girls		Boys
19	100 Freestyle Relay	20
	5 minute break	
21	25 Breaststroke	22
23	50 Freestyle	24
	5 minute Awards Break	
25	100 Butterfly	26
27	25 Backstroke	28
29	100 Breaststroke	30
	5 minute Awards Break	
31	200 Individual Medley	32
33	50 Backstroke	34
	5 minute Awards Break	