



**Freedom Splash**  
**May 16-17, 2020**  
**SANCTION NO. VS-20-105**



<b>SANCTION:</b>	<ul style="list-style-type: none"><li>• Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: <b>VS-20-105</b>.</li><li>• USA Swimming, Inc., Virginia Swimming, Inc., NOVA South Swimming, 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 <a href="mailto:LaurenWaterworth11@gmail.com">LaurenWaterworth11@gmail.com</a> 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 16, 2020 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 welcome 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 400 Frees and 400 IMs will be swum in the Sunday distance 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. Teams will be informed if chase starts will be utilized by Monday, May 11, 2020.</li><li>• Breaks may be added between events for the 8 &amp; under session depending on the timeline</li></ul>
<b>WARM-UP:</b>	<ul style="list-style-type: none"><li>• Morning sessions: Warm-ups not before 7:00 AM; competition starts at 8:30 AM.</li><li>• 8 &amp; Under Saturday Midday session: Warm-ups no earlier than 12:00 PM; competition starts no earlier than 12:30 PM.</li><li>• Afternoon session: Warm-ups no earlier than 1:30 PM; competition starts no earlier than 2:30 PM.</li><li>• Sunday afternoon session: Warm-ups no earlier than 12:00 PM; competition starts no earlier than 1:00 PM.</li></ul>

	<ul style="list-style-type: none"> <li>• Sunday distance session: will start immediately after a 15 minute break from the 13&amp;over session</li> <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 Monday, May 11, 2020 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, warm-ups for the following sessions will begin immediately after the previous session ends.</li> </ul>
<b>ENTRIES:</b>	<p><b>DEADLINE FOR THE RECEIPT OF ENTRIES IS THURSDAY MAY 7, 2020.</b></p> <p>Entries must be submitted in long course meters times using Hy-Tek Team Manager and Commlink-2 software.</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. CT <b>must be slower than an “A” time</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 4 individual event(s) per day Saturday and Sunday plus a max of two events in the Sunday distance session. 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>accepted to</b> the greatest extent possible without exceeding the 4-hour/session timeline limit for the 12&amp; under sessions.</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 Administrative Official 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: NOVA South Swimming</li> <li>• Mail payment to: Lauren Waterworth 4603 Melody Court Richmond, VA 23234</li> <li>• Payment must be received by May 16, 2020 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>• Heat winner prizes</li> </ul>
<b>SEEDING:</b>	<ul style="list-style-type: none"> <li>• Positive check in for Events #51 and 52 (400 free) and events #53 and 54 (400 IM) will close at 2 PM on Sunday.</li> <li>• All other events will be pre-seeded</li> <li>• Events #51 and 52 (400 Free), 53 &amp; 54 (400 IM) 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>	<ul style="list-style-type: none"> <li>• 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"> <li>○ Entries using fraudulent or non-verifiable times.</li> <li>○ Athlete competed in the incorrect age group.</li> <li>○ Athlete is not registered with USA Swimming prior to the first day of the meet.</li> </ul> </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> <li>• Any event in which an athlete participated illegally will be rescored and re-awarded.</li> </ul>
<b>RULES:</b>	<ul style="list-style-type: none"> <li>• The current USA Swimming Rules and Regulations, including the Minor Athlete Abuse Protection Policy, will govern this meet.</li> <li>• 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)</li> </ul>

	<p>and that they understand that compliance with the MAAPP policy is a condition of participation in the conduct of this competition.</p> <ul style="list-style-type: none"> <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>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, in whole or in part, into or out of swimsuit when wearing just one suit in an area other than in a locker room, bathroom, or other space designated for changing is PROHIBITED.</li> <li>In accordance with VSI best practices, all swimmers should shower before entering the pool.</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) any time athletes, coaches, officials and/or spectators are present without written USA Swimming approval</li> <li>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.</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. 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. Coaches with expired or non-current credentials will be required to leave the deck area.</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 11, 2020.</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 Monday, May 11, 2020, and will also be emailed to the contact person of each of the individual clubs.</li> <li>Timers must be provided by swimmers for events #51&amp;52 (400 Free) and 53&amp;54 (400 IM)</li> </ul>
<b>GENERAL:</b>	<ul style="list-style-type: none"> <li><b>Hospitality:</b> <ul style="list-style-type: none"> <li>Breakfast, lunch and dinner 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> <li><b>Meet Program:</b> Programs will be sold for \$5.</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>
<b>FACILITY RULES:</b>	<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</li> </ul>

	<p>towels!</p> <ul style="list-style-type: none"> <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.</li> <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>
<b>DIRECTIONS:</b>	<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>
<b>HOTELS:</b>	See website <a href="http://www.novasouthswim.org">www.novasouthswim.org</a>

**Freedom Splash, May 16-17, 2020  
ORDER OF EVENTS**

<b>Session #1</b>		
<b>Saturday Morning</b>		
<b>Warm ups: No earlier than 7:00 AM; Start 8:30 AM</b>		
<b>Morning Session</b>		
<b><u>Girls</u></b>	<b><u>Events</u></b>	<b><u>Boys</u></b>
1	9-12 200m Free	2
3	9-12 50m Breast	4
5	9-12 100m Fly	6
7	9-12 50m Back	8
9	9-12 100m Free	10
<b>Session #2</b>		
<b>Saturday Mid-day Session 8 and Unders</b>		
<b>Warm-ups no earlier than 12:00 PM; Start no earlier than 12:30 PM</b>		
<b><u>Girls</u></b>	<b><u>Events</u></b>	<b><u>Boys</u></b>
11	8 & Under 100m Free	12
13	8 & Under 50m Fly	14
15	8 & Under 50m Back	16
17	8 & Under 50m Breast	18
19	8 & Under 50m Free	20

<b>Girls</b>	<b>Session #3</b>	<b>Boys</b>
<b>Saturday Afternoon</b>		
<b>Warm ups no earlier than 1:30 PM; Start no earlier than 2:30 PM</b>		
21	13 & Over 100m Free	22
23	13 & Over 100m Fly	24
25	13 & Over 50m Breast	26
27	13 & Over 100m Back	28
29	13 & Over 200m IM	30

<b>Session #4</b>		
<b>Sunday Morning</b>		
<b>Warm ups: no earlier than 7:00 AM; Start 8:30 AM</b>		
<b>Morning Session</b>		
<b><u>Girls</u></b>	<b><u>Events</u></b>	<b><u>Boys</u></b>
31	9-12 100m Breast	32
33	9-12 200m IM	34
35	9-12 50m Free	36
37	9-12 100m Back	38
39	9-12 50m Fly	40

**Session #5**  
**Sunday Afternoon Session**  
**Warm-ups no earlier than**  
**12:00 PM; Start no earlier than 1:00 PM**

<u>Girls</u>	<u>Events</u>	<u>Boys</u>
41	13 & Over 200m Back	42
43	13 & Over 100m Breast	44
45	13 & Over 50m Fly	46
47	13 & Over 200m Free	48
49	13 & Over 50m Free	50

Girls	<b>Session #6</b> <b>Sunday Distance</b>	Boys
51	13 & Over 400m Free	52
53	13 & over 400m IM	54