



**2019 Mid-Atlantic Age Group
Championship Showdown
November 1 – November 3, 2019
SANCTION NO. VS-20-20-23**

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-20-23.• USA Swimming, Inc., Virginia Swimming, Inc., NOVA of Virginia Aquatics, and Jeff Rouse Swim & Sport Center shall be held free and harmless from any and all liabilities and claims from damages arising by reason of injuries to anyone during the conduct of this event
LOCATION:	Jeff Rouse Swim & Sport Center, 1600 Mine Road, Stafford, VA 22554 (540-318-6332)
FACILITY:	<ul style="list-style-type: none">• 8 lanes, 50 meter indoor pool, 12 feet deep at the start end and 6.7 feet at the turn end; overflow gutters, with non-turbulent lane markers; and 6 lanes, 25 yard warm up/cool down pool. Colorado Timing System• 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 USA Swimming athletes ages 9 - 14 from NOVA, NCAP and LISC registered before the first day of the meet.• 2017-2020 NAG times are in effect• No deck USA Swimming athlete registration will be permitted.• Age on November 2, 2018 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">• An 8-lane 25-yard course will be used.• All events will be timed finals.• Crescendo Freestyle Relay will be swum in the following order: 9 year-old 50 Freestyle, 11 year-old 100 Freestyle, 13 year-old 200 Freestyle, 14 year-old 200 Freestyle, 12 year-old 100 Freestyle, 10 year-old 50 Freestyle. Please create an aggregate time for seeding purposes.
WARM-UP:	<ul style="list-style-type: none">• Friday session: Warm-ups 4:00pm – 4:50pm; Competition starts 5:00pm• Saturday AM sessions: Warm-ups 8:30am – 9:20am; Competition starts 9:30am• Saturday PM session: Warm-ups 4:30pm – 5:20pm; Competition starts 5:30pm• Sunday AM session: Warm-ups 8:30am – 9:20am; Competition starts at 9:30am• Lane assignment and warm-up times for individual clubs will be posted on the NOVA website no later than Monday, Oct. 28, 2019, 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.
ENTRIES:	<p>DEADLINE FOR THE RECEIPT OF ENTRIES IS 9:00 PM, THURSDAY, OCTOBER 24, 2019.</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.• Teams submit via e-mail• 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, regardless of how they are submitted.• All entry times must have been achieved in USA Swimming sanctioned, approved, or observed competition.• Teams may enter a maximum of 4 swimmers per event with the exception of 2 per event in the

	<p>1000 Free, 500 Free and 400 IM.</p> <ul style="list-style-type: none"> • Swimmers may enter a <i>maximum of 6 events total, but no more than 2 per session</i>. • Teams may enter a maximum of 2 relay teams per relay event and one relay team for the Crescendo relays. • Entries will be processed in the order received and accepted to the greatest extent possible without exceeding the 4-hour/session timeline limit. • Email entries to: Lori Hopewell, novabusinessoffice@novaswim.org • Deck 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 Administrative Official on the provided form.
FEES:	<p>Individual events: \$ 6.50; Relay events \$13.00 Swimmer surcharge: \$2.50 per person (entered in the meet in any capacity)</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 October 30, 2019 for all entries. Payment must be included with all mailed entries. Failure to pay entry fees by this deadline could result in teams being barred from the meet. • IMPORTANT: If entries are 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
SEEDING:	<ul style="list-style-type: none"> • All events will be pre-seeded, except the 500 and 1000 Free (Events 7-14) and the 400 IM (Events 175-178) which will be deck seeded. • The 400 IM (Events 175-178), 500 Free (Events 9-14) and 1000 Free (Events 7-8) will require a positive check-in. • Positive check-in will close 30 minutes prior to the start of the session. • SWIMMERS FAILING TO POSITIVELY CHECK-IN WILL NOT BE SEEDED IN THE EVENT.
AWARDS	<ul style="list-style-type: none"> • Individual Events: Medals will be awarded for first (1st) through third (3rd). Ribbons will be awarded fourth (4th) through eighth (8th) place for individual age groups 9 – 14. • Relay Events: Awards will be presented to first (1st) through third (3rd) place for each event.
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-verifiable 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 participated 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 Prevention Policy, will apply. • 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, the swimmer or the swimmer's legal guardian must 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. • 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 not permitted. • Changing into or out of swimsuits other than in locker rooms or other designated areas is prohibited • In accordance with VSI Best Practices, swimmers should shower before entering the pool.

	<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: Ralph Jones Email: ralph.jones@VDOT.Virginia.gov Phone: 804-786-4034</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 at emilyfagan@comcast.net (official's coordinator) no later than Oct. 26, 2019. 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"> Clubs may be required to provide timers. The head timer will assign specific lanes prior to each session.
GENERAL:	<ul style="list-style-type: none"> Swimmer/Spectator Conduct: Each club is responsible for supervising the conduct of its swimmers / spectators. Any swimmer / spectator who violates Aquatic Center rules (posted at the pool and included in the Programs) will be disqualified from the meet and escorted from the facility. Meet program: Heat Sheets will be available for purchase. Swim gear will be available through The Virginia Swim Shop. Deck Access: Access to the pool deck will be strictly controlled. Swimmers (during their events), coaches, officials, and event staff only will be permitted access to the deck during warm-ups and competition. Spectators must remain behind the walls/ropes while moving to/from their seats. Team Areas: Team seating will be available in the pool area. Spectator seating: Bleacher seating will be available for spectators. First Aid: There will be a first aid station on the premises. Hospitality: NOVA will operate a hospitality room for all coaches and officials during the meet. Jeff Rouse Center will provide concessions. No outside food is allowed in the facility; no coolers or drinks on pool deck or in the bleachers Enter the pool area through the locker room or through the double doors via the wet corridor.
DIRECTIONS:	<ul style="list-style-type: none"> From I95 North, take Exit 140, Stafford. Take a left on Courthouse Road, go approximately one mile and turn right on Mine Road. Facility will be on your left. From I95 South, take Exit 140, Stafford. Take a right on Courthouse Road, go approximately one mile and turn right on Mine Road. Facility will be on your left.

**2019 Mid-Atlantic Age Group
Championship Showdown
ORDER OF EVENTS**

Friday November 1, 2019

Evening Session
Warm-up: 4:00 pm; Start: 5:00 pm
 (Times not earlier than)

<u>Girls</u>	<u>Events</u>	<u>Boys</u>
1	9-10 200 Medley Relay	2
3	11-12 200 Medley Relay	4
5	13-14 200 Medley Relay	6
	5 minute break	
7	13-14 1000 Freestyle	8
9	9-10 500 Freestyle	10
11	11-12 500 Freestyle	12
13	13-14 500 Freestyle	14
	5 minute break	
15	9-10 200 Freestyle Relay	16
17	11-12 200 Freestyle Relay	18
19	13-14 200 Freestyle Relay	20

Saturday November 2, 2019

Morning Session
Warm-up: 8:30am; Start: 9:30am
 (Times not earlier than)

Girls	Event	Boys
21	13-14 400 Medley Relay	22
23	11-12 400 Medley Relay	24

25	9-10 400 Medley Relay	26
	5 minute break	
27	11 year old 50 Butterfly	28
29	12 year old 50 Butterfly	30
31	13 year old 100 Backstroke	32
33	14 year old 100 Backstroke	34
35	11 year old 100 Backstroke	36
37	12 year old 100 Backstroke	38
39	9 year old 100 Backstroke	40
41	10 year old 100 Backstroke	42
43	13 year old 200 IM	44
45	14 year old 200 IM	46
47	11 year old 200 IM	48
49	12 year old 200 IM	50
51	9 year old 200 IM	52
53	10 year old 200 IM	54
55	13 year old 50 Free	56
57	14 year old 50 Free	58
59	11 year old 50 Free	60
61	12 year old 50 Free	62
63	9 year old 50 Free	64
65	10 year old 50 Free	66
67	13 year old 200 Butterfly	68
69	14 year old 200 Butterfly	70
71	11 year old 200 Butterfly	72
73	12 year old 200 Butterfly	74
75	9 year old 50 Butterfly	76
77	10 year old 50 Butterfly	78

Saturday, November 2, 2019

Afternoon Session
Warm-up: 4:30pm; Start: 5:30pm
(Times not earlier than)

Girls	Event	Boys
79	13-14 400 Freestyle Relay	80
81	11-12 400 Freestyle Relay	82
83	9-10 400 Freestyle Relay	84
	5 minute break	
85	11 year old 100 IM	86
87	12 year old 100 IM	88
89	13 year old 200 Backstroke	90
91	14 year old 200 Backstroke	92
93	11 year old 200 Backstroke	94
95	12 year old 200 Backstroke	96
97	9 year old 50 Backstroke	98
99	10 year old 50 Backstroke	100
101	13 year old 100 Breaststroke	102
103	14 year old 100 Breaststroke	104
105	11 year old 100 Breaststroke	106
107	12 year old 100 Breaststroke	108
109	9 year old 100 Breaststroke	110
111	10 year old 100 Breaststroke	112
113	13 year old 200 Freestyle	114
115	14 year old 200 Freestyle	116
117	11 year old 200 Freestyle	118
119	12 year old 200 Freestyle	120
121	9 year old 200 Freestyle	122
123	10 year old 200 Freestyle	124
125	11 year old 50 Breaststroke	126
127	12 year old 50 Breaststroke	128

Sunday November 3, 2019

Warm-up: 8:30am; Start: 9:30am

(Times not earlier than)

Girls	Event	Boys
129	9-14 Crescendo Relay	130
	5 minute break	
131	9 year old 100 IM	132
133	10 year old 100 IM	134
135	11 year old 50 Backstroke	136
137	12 year old 50 Backstroke	138
139	13 year old 100 Freestyle	140
141	14 year old 100 Freestyle	142
143	11 year old 100 Freestyle	144
145	12 year old 100 Freestyle	146
147	9 year old 100 Freestyle	148
149	10 year old 100 Freestyle	150
151	13 year old 200 Breaststroke	152
153	14 year old 200 Breaststroke	154
155	11 year old 200 Breaststroke	156
157	12 year old 200 Breaststroke	158
159	9 year old 50 Breaststroke	160
161	10 year old 50 Breaststroke	162
163	13 year old 100 Butterfly	164
165	14 year old 100 Butterfly	166
167	11 year old 100 Butterfly	168
169	12 year old 100 Butterfly	170
171	9 year old 100 Butterfly	172
173	10 year old 100 Butterfly	174
175	13-14 400 IM	176
177	11-12 400 IM	178