



**NOVA RETURN
Intra-Squad Meet
July 18-19, 2020
SANCTION NO. VS-20-106C**

Hosted by:

NOVA of Virginia Aquatics

We have taken enhanced health and safety measures for all attending this event. However, we cannot guarantee that you will not become infected with COVID-19. You must follow all posted instructions while visiting NOVA of Virginia Aquatics. An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. According to the Centers for Disease Control and Prevention, senior citizens and individuals with underlying medical conditions are especially vulnerable. By attending this meet, you acknowledge the contagious nature of COVID-19 and voluntarily assume all risks related to exposure of COVID-19.

SANCTION:	<ul style="list-style-type: none"> • Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: VS-20-106C • USA Swimming, Inc., Virginia Swimming, Inc., NOVA and NOVA Aquatic 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. • An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. According to the Centers for Disease Control and Prevention, senior citizens and individuals with underlying medical conditions are especially vulnerable. • USA Swimming, Inc., Virginia Swimming, Inc. and NOVA of Virginia Aquatics cannot prevent you (or your children) from becoming exposed to, contracting or spreading COVID-19 while participating in USA Swimming/Virginia Swimming sanctioned events. Therefore, if you choose to participate in a USA Swimming/Virginia Swimming sanctioned event, you may be exposing yourself to and/or increasing your risk of contracting or spreading COVID-19. • BY ATTENDING OR PARTICIPATING IN THIS COMPETITION, YOU VOLUNTARILY ASSUME ALL RISKS ASSOCIATED WITH EXPOSURE TO COVID-19 AND FOREVER RELEASE AND HOLD HARMLESS USA SWIMIING, VIRGINIA SWIMMING AND NOVA OF VIRGINIA AQUATICS AND EACH OF THEIR OFFICERS, DIRECTORS, AGENTS, EMPLOYEES OR OTHER REPRESENTATIVES FROM ANY AND ALL LIABILITY OR CLAIMS FOR PERSONAL INJURIES, DEATH, DISEASE OR PROPERTY LOSSES, OR ANY OTHER LOSS INCLUDING BUT NOT LIMITED TO CLAIMS OF NEGLIGENCE AND GIVE UP ANY CLAIMS YOU MAY HAVE TO SEEK DAMAGES, WHETHER KNOWN OR UNKNOWN, FORESEEN OR UNFORESEEN IN CONNECTION WITH EXPOSURE, INFECTION AND/OR SPREAD OF COVID-19 RELATED TO PARTICIPATION IN THIS COMPETITION.
LOCATION:	NOVA Aquatics Center, 12207 Gayton Road, Richmond, VA 23238, Phone: (804) 750-1183
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 System • 10 lanes will be used for competition with 10 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: novaswim@novaswim.org Phone: (804) 750-1183
ELIGIBILITY:	<ul style="list-style-type: none"> • Open to all athletes on NOVA of Virginia Aquatics who are registered with USA Swimming 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 July 18, 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.

	<ul style="list-style-type: none"> All 15 & Over swimmers will swim in Sessions 1,5,6 and 10. All 13-14 swimmers will swim in Sessions 2,5,7 and 10 All 11-12 swimmers will swim in Sessions 3 and 8. All 10 & Under swimmers will swim in Sessions 4 and 9.
WARM-UP:	<ul style="list-style-type: none"> Sessions 1 & 6: Warm-ups at 7:00am; competition starts at 8:00am Subsequent Sessions each day: Warm-up and competition start times will be announced after entries have been received to allow for 15 minutes of disinfection and cleaning between sessions. Warm ups will be assigned by pool and lane and will be limited to 6 swimmers per lane, providing 10 feet of social distance in the lanes when practicable. <ul style="list-style-type: none"> NOVA's Phase 3 Practice entry procedures will be used to facilitate main warm-up for athletes. No parents will be allowed in the facility during meet warm-up periods.
ENTRIES:	<p>DEADLINE FOR THE RECEIPT OF ENTRIES IS 11:00 AM, FRIDAY, JULY 10, 2020.</p> <ul style="list-style-type: none"> 13 & O Swimmers: Potentially may enter <i>a maximum of 8 events, no more than 4 events each day.</i> 12 & U Swimmers: Potentially may enter <i>a maximum of 6 events, no more than 3 events per session.</i> The meet will be set up to initially limit all athletes to 2 events per session, no more than 3 per day for 13 & O. Once timelines for overall duration of each day are received, an additional event per session may be permitted in all sessions except #5 & #10. Entries will be processed in the order received and accepted to the greatest extent possible without exceeding the 4-hour/session timeline limit. NO DECK ENTRIES WILL BE ACCEPTED (Per USA Swimming Return to Competition Guidelines)
FEES:	<ul style="list-style-type: none"> Individual events: \$0.00
SEEDING:	<ul style="list-style-type: none"> All events will be pre-seeded
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
COVID-19 RULES:	<ul style="list-style-type: none"> All individuals entering the facility will be expected to answer Virginia Department of Health screening questions to include temperature screening. <ul style="list-style-type: none"> Coaches will send, via email or other means, these questions the day before competition for the swimmers in their group(s). The day of competition, an emailed response indicating NO must be received for each swimmer, each day of competition. All non-athletes entering the facility for the first time each day at designated entrances will be presented the questions at an attended station. If answer is NO, individual will be given a wrist band that must be shown to re-enter without additional screenings. Please consult the Facility Map for all Covid-19 logistics all participants must adhere to. Athletes must arrive in their RACING suits. Locker rooms will remain closed. Coaches, officials and spectators must wear masks at all times. Swimmers will be staged by heat assignment at the following locations utilizing Socially Distance markings before each swim. These locations will be monitored with the flow of traffic heading towards the hallway and Pool 1 – Competition Pool <ul style="list-style-type: none"> Pool 2 Designated Swimmer Entrance 2 locations on Pool 2 deck 1 location on Pool 1 deck along Lane 1 Behind the Blocks – against the wall. They will reach this stage as the prior heat is in the water. Once each heat has finished swimming, swimmers WILL NOT exit Pool 1 at the start end. Each swimmer, remaining in their assigned lane, will swim a 25 easy, exit Pool 1 at the turn end to exit the facility at the designated Exit. <ul style="list-style-type: none"> Swimmers waiting behind the blocks will then move forward

RULES:	<ul style="list-style-type: none"> • Swimmers need to be actively warming up, in the heat staging process, racing or cooling down while in the facility. If a swimmer is not actively engaged in the competition process, they will not be allowed to remain in the facility. • Athletes and families are to remain outside the pool and must maintain proper social distancing. Participants and family members not adhering to this standard will be asked to leave the premises immediately. Participants asked to leave will not be allowed to race. • Athletes are encouraged to bring footwear into the facility. • There will be no spectator seating. There will a “watch and go” section in Pool 1 along Lane 10. Spectators will enter the facility at the designated entry, watch their swimmer’s heat, and flow in one direction to the Spectator Exit. • Restroom facilities are for EMERGENCY USE ONLY for all. Restroom access will also be controlled with a designated entrance, one flow of direction and designated exit. Disinfecting products will be available at the doors and must be used on any touched surface by each user. • 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. • 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 proficient in performing a racing start or must start each race from within the water. When unaccompanied by a USAS member coach, the swimmer or the swimmer’s legal guardian must ensure compliance with this requirement. • 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 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 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: Bryan Wallin Email: thewallin5@comcast.net Phone: (804) 389-2438</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 July 12, 2020 • 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 must provide their own timers and counters for distance events. This person must be a family member from the same household. • The head timer will assign specific lanes prior to each session. • All timers must wear a face mask.
GENERAL:	<ul style="list-style-type: none"> • The Virginia Swim Shop will be open for swimming accessories and shopping. • Heat Sheets will not be printed however will be provided 2 ways. <ul style="list-style-type: none"> ○ Meet Mobile ○ PDF versions will be emailed and or posted on the NOVA website. • 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.

ORDER OF EVENTS

Saturday July 18, 2020			Sunday July 19, 2020		
Girls	Session 1 (15 & Older) Warm Up 7:00am; Start 8:00am	Boys	Girls	Session 6 (15 & Older) Warm Up 7:00am; Start 8:00am	Boys
1	200 Freestyle	2	47	100 Freestyle	48
3	100 Backstroke	4	49	200 Backstroke	50
5	100 Breaststroke	6	51	200 Breaststroke	52
7	200 Butterfly	8	53	500 Freestyle	54
9	50 Freestyle	10	55	100 Butterfly	56
			57	200 IM	58
	Session 2 (13-14)			Session 7 (13-14)	
11	200 Freestyle	12	59	100 Freestyle	60
13	100 Backstroke	14	61	200 Backstroke	62
15	100 Breaststroke	16	63	200 Breaststroke	64
17	200 Butterfly	18	65	500 Freestyle	66
19	50 Freestyle	20	67	100 Butterfly	68
			69	200 IM	70
	Session 3 (11-12)			Session 8 (11-12)	
21	200 Freestyle	22	71	100 Freestyle	72
23	100 Backstroke	24	73	50 Backstroke	74
25	100 Breaststroke	26	75	200 Backstroke	76
27	50 Butterfly	28	77	50 Breaststroke	78
29	200 Butterfly	30	79	200 Breaststroke	80
31	50 Freestyle	32	81	100 Butterfly	82
33	100 IM	34	83	200 IM	84
	Session 4 (10 – Under)			Session 9 (10 & Under)	
35	100 Freestyle	36	85	50 Freestyle	86
37	50 Backstroke	38	87	100 Backstroke	88
39	50 Breaststroke	40	89	100 Breaststroke	90
41	100 Butterfly	42	91	200 Freestyle	92
43	200 IM	44	93	50 Butterfly	94
			95	100 IM	96
	Session 5 (13 & O)			Session 10 (13 & O)	
45	1000 Freestyle	46	97	400 IM	98