



**2020 NOVA LC Winter
Invitational
JANUARY 18-20, 2020
SANCTION NO. VS-20-65**



SANCTION:	<ul style="list-style-type: none">• Held under the sanction of USA Swimming/Virginia Swimming, Inc. Sanction No. VS-20-65• USA Swimming, Inc., Virginia Swimming, Inc., NOVA of Virginia Aquatics and Collegiate School 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.
LOCATION:	Collegiate School Aquatic Center, 5050 Ridgedale Parkway, Richmond, VA 23234
FACILITY:	<ul style="list-style-type: none">• The Collegiate School Aquatic Center provides 2 indoor pools and supporting amenities including hospitality, a swim shop, classroom and wireless internet.• 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.• Indoor 6 lane, 25 yard pool for continuous warm-up, cool-down.• Non-Turbulent Lane Markers in both pools• Omega Starting Blocks, CTS6 with automatic and semi-automatic timing, backup Dolphin wireless stopwatches.• Spectator seating for 700 plus.• 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:	Lori Hopewell Phone: (804) 750-1183 Email: novabusinessoffice@novaswim.org
ELIGIBILITY:	<ul style="list-style-type: none">• Open to all NOVA, NCAP, QUEST, MACHINE, MOR, SEVA, STAT, PHOENIX-NE, SOFLO and YORK YMCA athletes 13 year old & over who are registered before the first day of the competition.• Swimmers 15 years old & over must have two 15-18 AA times. Swimmers may then compete in any event regardless of time standard.• Swimmers 13-14 years old must have two A times in two different strokes with IM events counting as a stroke. Swimmers may then compete in any event regardless of time standard.• 2017-2020 NAG time standards are in effect.• No on deck athlete registration will be permitted.• The qualifying period for this meet is January 1, 2019 through January 18, 2020.• Age on January 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">• Individual events EXCEPT for Events 25 & 26 (800 M Freestyle) will be swum as trials and finals.• Finals Sessions: The top 32 qualifiers in the trials of each event will compete in each day's final session in the following order: D-Final (13-14 only Bonus Heat), C-Final (all age Bonus Heat), B-Final (all age Consolation Heat), and A-Final (all age Championship Final Heat).
WARM-UPS:	<ul style="list-style-type: none">• Saturday, Sunday, Monday prelims sessions: Warm-ups 6:30-8:20 am; competition starts at 8:30am.<ul style="list-style-type: none">○ 6:30 – 7:50 am: All lanes designated for general warm-up○ 7:50 – 8:20 am: Lanes 1 and 8 designated for pace; Lanes 2 and 7 designated for sprint; Lanes 3 through 6 and all other lanes will remain general.

	<ul style="list-style-type: none"> • Finals sessions on Saturday & Sunday: Warm-ups at 4:30 – 5:35 pm; competition starts at 5:45 pm. <ul style="list-style-type: none"> ○ 4:30 – 5:15 pm: All lanes designated for general warm-up ○ 5:15 – 5:35 pm: Lanes 1 and 8 designated for pace; Lanes 2 and 7 designated for sprint; Lanes 3 through 6 and all other lanes will remain general. • Finals session Monday: Warm-ups at 3:30 – 4:20 pm; competition starts at 4:30 pm. <ul style="list-style-type: none"> ○ 3:30 – 3:55 pm: All lanes designated for general warm-up ○ 3:55 – 4:20 pm: Lanes 1 and 8 designated for pace; Lanes 2 and 7 designated for sprint; Lanes 3 through 6 and all other lanes will remain general. • There will be specific lanes designated for PACE ONLY in the warm-up/cool down lanes. • Meet Referee has the right to change lane assignments based on the needs of the swimmers.
ENTRIES:	<p>DEADLINE FOR THE RECEIPT OF ENTRIES IS 9:00 PM, THURSDAY, JANUARY 9, 2020.</p> <ul style="list-style-type: none"> • Entries must be submitted in long course meters times using Hy-Tek Team Manager and Commlink-2 software. • Teams must submit entries 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. • Swimmers may enter a maximum of 7 events and no more than 3 per session. • Entries will be processed in the order received and accepted to the greatest extent possible. • Email entries to: novaswim@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: \$10.00 Swimmer surcharge: \$2.50 per person (entered in the meet in any capacity)</p> <ul style="list-style-type: none"> • Checks should be sent to: NOVA Aquatics 12207 Gayton Road Richmond, Virginia 23238 • The total fees for all entries, including any late entry fees, must be paid by Wed. January 15, 2020. Payment for events entered at the meet must be made to Meet Director at the time of the request. Failure to pay entry fees by this deadline could result in teams being barred from the meet. • All fees must be paid in full in order for the entries to be considered compete.
SEEDING:	<ul style="list-style-type: none"> ○ All Long Course Meters times will be seeded first, followed by Short Course Meters, then Short Course Yards. ○ The scratch procedures listed in current USA Swimming Rules and Regulations, Article 207.11.6 A-E will apply with the following modifications: <ul style="list-style-type: none"> ○ Scratches from Individual Events: Will be co-located at the Positive Check-in Table ○ Scratches for Saturday's events are due by 8:00am Saturday. ○ Scratches for Sunday's events are due by 6:15 pm, Saturday. ○ Scratches for Monday's events are due by 6:15 pm, Sunday. ○ SCRATCHES FROM FINALS can only be made directly with the Administrative Referee. All other Scratches/Positive Check-in shall be made at the Scratch box which shall be located at the Positive check in table then at the Clerk of Course table. ○ Swimmers failing to scratch events which if swum would put them in violation of either the 3 event per day or the 7 events for the meet, will not be permitted to swim the event or events. <ul style="list-style-type: none"> ○ The events to be eliminated will be counted in strict numerical sequence as listed in the meet invitation. ○ No other penalty will be applied. ○ The scratch rule regarding finals will apply to all 4 evening heats D 13-14 Final / C, B, & A all age Finals.

	<ul style="list-style-type: none"> • The 400 M Individual Medley and the 400 M Freestyle will be swum as trials and finals. <ul style="list-style-type: none"> ◦ In trials, the four fastest women’s heats will be swum first followed by the four fastest men’s heats. These heats will be swum slowest to fastest. ◦ The remaining heats in trials will be swum fastest to slowest, alternating women and men. • Positive check-in: <ul style="list-style-type: none"> ◦ Positive check-in for the 800 M Freestyle is due by 8:30 am, Monday ◦ All 800 Free swimmers MUST positively check-in to be seeded • The 800 M Freestyle will be swum fastest to slowest as a timed final event, the two fastest women’s heats will be swum first followed by the two fastest men’s heats. These heats will be swum slowest to fastest. The remaining heats will be swum fastest to slowest, alternating women and men. • The event seeding will be distributed following the close of the positive check-ins.
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 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 Prevention Policy will apply. • 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, 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, 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. • 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 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 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, January 12, 2020. • Officials meetings will be held in a room off the front lobby one hour prior to the start of the meet.

	<ul style="list-style-type: none"> This meet is approved as an Officials Qualifying Meet for N2 certification/recertification. Officials (including non-VSI officials) desiring to be evaluated must request evaluation on the Application to Officiate.
SAFETY:	<ul style="list-style-type: none"> VSI Meet Safety and Warm-up procedures will be in effect. Swimmer snorkels are permitted.
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. Swimmers in the 800 Free will be required to provide their own timers and counters. <p>The number of timers required per club and their lane assignments will be posted on the NOVA website on January 13, 2020 and will also be emailed to the contact person of each of the individual clubs.</p>
GENERAL:	<ul style="list-style-type: none"> Hospitality will be available for coaches and officials. Meet Program: A Meet book with time standards, team information, coupons and advertisements for local establishments will be available for \$10.00. The Meet book will also contain coupons for a copy of each Trials and Finals program. Photography: 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. Meet Event Apparel: A vendor will be on site selling meet t-shirt and sweatshirts. There is a vendor on site for other swim equipment such as goggles and swim suits. Lost and Found: Check with the front desk for lost and found items.
FACULTY RULES:	<ul style="list-style-type: none"> 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. All Air Flow in take Vents on deck are not to be blocked by chairs, benches, spectators or towels! CSAC strongly encourages Swimmers to take a shower before entering the swim pool. Toilets for swimmers are located in the locker-rooms off the main hallway to the pool. Spectators may not sit in the aisles and may not reserve blocks of seats. No glass containers of any kind are allowed in the facility. No lawn/deck chairs allowed in the grandstand. Objects are not to be passed over the grandstand railing. No smoking on the campus. Shoes are suggested to be worn in all areas outside the pool deck including locker rooms. Doors are not to be propped open (HVAC). The front door is the only entry/exit door for the facility. Young children must be supervised by an adult. No tape of any kind is to be used inside to hang signs, banners or decorations. NOVA or VSI is not responsible for any lost or stolen items. No unauthorized persons are permitted to use the audio and video equipment. All rules and regulations of CSAC shall remain in effect and be followed. 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. Clubs are responsible for keeping their areas of the deck clean. Bags will be provided in which to gather trash.
FACULTY RULES:	<ul style="list-style-type: none"> No balloons! Each club is responsible for supervising the conduct of their swimmers. No shaving at the venue is permitted. On deck bathrooms are reserved for coaches and officials.
DIRECTIONS	<ul style="list-style-type: none"> Go to the following link on the Virginia swimming website: http://virginiawimming.org/vsi/Meet/VenueDirections/CSAC.htm

PARKING:

- Parking at the facility is available to patrons of the pool associated with the meets, employees, coaches and officials.
- There will be a drop off area designated.
- Please follow the guidance of the parking attendants.
- No parking on the grass around CSAC or in Ukrop Park.
- Failure to adhere to the parking attendants' directions could result in your vehicle being towed.
- 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.
- Overflow Parking is available directly behind the venue in the Martin's Grocery Store Lot.

ORDER OF EVENTS

Saturday, January 18, 2020

Prelims Warm up 6:30 am, Start 8:30 am

Finals Warm up 4:30 pm, Start 5:45 pm

AM Session		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
1	200 M FREE	2
3	100 M BREAST	4
5	100 M FLY	6
7	400 M IND MEDLEY	8

Sunday, January 19, 2020

Prelims Warm up 6:30am, Start 8:30am

Finals Warm up 4:30 pm, Start 5:45 pm

AM Session		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
9	200 M FLY	10
11	50 M FREE	12
13	200 M BREAST	14
15	100 M BACK	16
17	400 M FREE	18

Monday, January 20, 2020

Prelims Warm up 6:30am, Start 8:30am

Finals Warm up 3:30 pm, Start 4:30 pm

AM Session		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
19	200 M BACK	20
21	100 M Free	22
23	200 M IND MEDLEY	24

Monday, January 20, 2020

**Warm up tbd based on prelims
timeline**

Distance Session		
25	800 M FREE	26