



**NOVA South
Feedin' Frenzy
November 2-3, 2019
SANCTION NO. VS-20-22**



| | |
|-----------------------------|---|
| SANCTION: | <ul style="list-style-type: none">• Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: VS-20-22• USA Swimming, Inc., Virginia Swimming, Inc., CSAC, NOVA of Virginia Aquatics, NOVA South, and Waterworth Swimming LLC 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 Virginia 23234; 804-271-8271 |
| FACILITY: | <ul style="list-style-type: none">• The 50-meter competition pool with bulkhead offers two 25 yard competition pools 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 swum wall to bulkhead.• 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.• The CSAC provides 2 indoor pools and supporting amenities including hospitality, a swim shop, classroom and wireless internet.• Spectator seating for 700 plus.• The competition course has been certified in accordance with current USA Swimming Rules |
| MEET DIRECTOR: | Name: Lauren Waterworth Email: LaurenWaterworth11@gmail.com Phone: 804-955-8572 |
| ELIGIBILITY: | <ul style="list-style-type: none">• Open to all USA swimming athletes registered prior to the first day of the meet.• No on deck Virginia Swimming athlete registration will be permitted.• Swimmers 8 years old and younger may participate regardless of classification in any 8 & Under events.• 2017-2020 NAG times are in effect• Age on November 2, 2019 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 8 & younger swimmers will swim in the Saturday and Sunday mid-day session.• All 9-12 year old swimmers will swim on Saturday and Sunday morning session.• All 13-18 year old swimmers will swim on Saturday and Sunday afternoon session.• There may be 5 minute breaks added to the 8+under sessions• All events will be timed finals.• Based on the number of entries received, the meet director reserves the right to utilize two 25 yd courses. |
| WARM-UP: | <ul style="list-style-type: none">• Morning session: Warm-ups not before 7:00 am; competition starts not before 8:30 am.• Mid-day session: Warm-ups not before 12:00 pm; competition starts not before 12:30 pm• Afternoon session: Warm-ups not before 2:00 pm; competition starts not before 3:00 pm.• Lane assignment and warm-up times for individual clubs will be posted on the NOVASouth website http://www.novasouthswim.org no later than Monday, October 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: | DEADLINE FOR THE RECEIPT OF ENTRIES IS 9:00 PM, THURSDAY, OCTOBER 24, 2019. <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 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. |

| | |
|-------------------|--|
| | <ul style="list-style-type: none"> • “No Time” (NT) entries will be accepted for events in which a swimmer does not have a time of record. All entry times must have been achieved in USA Swimming sanctioned, approved, or observed competition. • Swimmers may enter a maximum of 5 <i>individual events per day on Saturday and Sunday</i>. • Entries will be processed in the order received and accepted to the greatest extent possible without exceeding the 4-hour/session timeline limit for 12 and under events. • Email entries to: LaurenWaterworth11@gmail.com • 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 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 South Swimming • Mail payment to: Lauren Waterworth 4603 Melody Court N Chesterfield VA 23234 • Payment must be received by November 2, 2019 for all entries. Failure to pay entry fees by this deadline could result in teams being barred from the meet. • IMPORTANT: 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 receipt of your entries. |
| AWARDS: | <ul style="list-style-type: none"> • Heat winner awards |
| SEEDING: | <ul style="list-style-type: none"> • All events will be pre-seeded • Swimmers should report directly to the block for their events. |
| 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 Protection Policy will govern this meet. • 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. • 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: Glenn West Email: glenn.west@verizon.net Phone: 804-261-3671</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, October 27, 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 will be required to provide timers. Lane assignments for individual clubs will be posted on the NOVA South website http://www.novasouthswim.org no later than Monday, October 28, 2019, and will also be emailed to the contact person of the participating clubs. ● All swimmers in the 400 free will provide their own counters and timers |
| GENERAL: | <ul style="list-style-type: none"> ● Hospitality & Concessions will be provided during the Meet. ● Heat Sheets will be sold in the Concessions area. ● The Tri & Swim shop will be open in the Entrance lobby. |
| FACILITY RULES: | <ul style="list-style-type: none"> ● No glass containers of any kind are permitted in the Facility. ● Lawn/Deck Chairs are not permitted in the grandstand. ● No spectators/parents will be allowed on the deck unless working the meet. ● No smoking is allowed anywhere on the Aquatic Center campus. ● Doors are not to be propped open and the front door is the only entry/exit door from the facility |
| PARKING: | <ul style="list-style-type: none"> ● 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 South meet staff will not be tolerated and will be asked to leave the facility. ● Overflow Parking is available directly behind the venue in the old Martin's Grocery Store Lot. |
| DIRECTIONS: | <ul style="list-style-type: none"> ● Go to the following link on the Virginia swimming website: http://virginiaswimming.org/Meets/Meet%20Directions/CSAC.htm |

NOVA South-ORDER OF EVENTS

Saturday, November 2, 2019

| Morning Session 9-12 Year Old Swimmers Warm-up: 7:00 am; Start: 8:30 am (Times are not earlier than) | | |
|--|---------------------------------|-------------|
| <u>Girls</u> | <u>Events</u> | <u>Boys</u> |
| 1 | 9-12 50 Butterfly | 2 |
| 3 | 9-12 100 Backstroke | 4 |
| 5 | 9-12 50 Breaststroke | 6 |
| 7 | 9-12 200 Freestyle | 8 |
| 9 | 9-12 100 Individual Medley | 10 |
| Mid-Day Session 8 & Under Swimmers Warm-up: 12:00 pm; Start: 12:30 pm (Time are not earlier than) | | |
| <u>Girls</u> | <u>Events</u> | <u>Boys</u> |
| 11 | 8 & Under 50 Backstroke | 12 |
| 13 | 8 & Under 25 Butterfly | 14 |
| 15 | 8 & Under 100 Freestyle | 16 |
| 17 | 8 & Under 25 Breaststroke | 18 |
| 19 | 8 & Under 50 Freestyle | 20 |
| Afternoon Session 13 & Over Warm-up: 2:00 pm; Start: 3:00 pm (Times are not earlier than) | | |
| <u>Girls</u> | <u>Events</u> | <u>Boys</u> |
| 21 | 13 & Over 100 Freestyle | 22 |
| 23 | 13 & Over 50 Butterfly | 24 |
| 25 | 13 & Over 100 Backstroke | 26 |
| 27 | 13 & Over 200 Breaststroke | 28 |
| 29 | 13 & Over 50 Freestyle | 30 |
| 31 | 13 & Over 200 Individual Medley | 32 |

Sunday, November 3, 2019

| Morning Session 9-12 Year Old Swimmers Warm-up: 7:00 am; Start: 8:30 am (Times are not earlier than) | | |
|--|---------------------------------|-------------|
| <u>Girls</u> | <u>Events</u> | <u>Boys</u> |
| 33 | 9-12 100 Butterfly | 34 |
| 35 | 9-12 50 Backstroke | 36 |
| 37 | 9-12 100 Breaststroke | 38 |
| 39 | 9-12 100 Freestyle | 40 |
| 41 | 11-12 200 Individual Medley | 42 |
| 43 | 9-12 50 Freestyle | 44 |
| Mid-Day Session 8 & Under Swimmers Warm-up: 12:00 pm; Start: 12:30 pm (Times are not earlier than) | | |
| <u>Girls</u> | <u>Events</u> | <u>Boys</u> |
| 45 | 8 & Under 25 Freestyle | 46 |
| 47 | 8 & Under 50 Butterfly | 48 |
| 49 | 8 & Under 25 Backstroke | 50 |
| 51 | 8 & Under 100 Individual Medley | 52 |
| 53 | 8 & Under 50 Breaststroke | 54 |
| Afternoon Session 13 & Over Warm-up: 2:00 pm; Start: 3:00 pm (Times are not earlier than) | | |
| <u>Girls</u> | <u>Events</u> | <u>Boys</u> |
| 55 | 13 & Over 100 Butterfly | 56 |
| 57 | 13 & Over 200 Backstroke | 58 |
| 59 | 13 & Over 100 Breaststroke | 60 |
| 61 | 13 & Over 200 Freestyle | 62 |
| 63 | 13 & Over 100 Individual Medley | 64 |
| 65 | 13 & Over 500 Freestyle | 66 |