



**NOVA OCTOBER KICK OFF
12 & Younger Meet
October 5-6, 2019
SANCTION NO. VS-20-06**

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-20-06.• USA Swimming, Inc., Virginia Swimming, Inc. NOVA Swimming, and NOVA Aquatics 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:	NOVA Aquatics Center, 12207 Gayton Road, Richmond, VA 23238, Phone: (804) 754-3401
FACILITY:	<ul style="list-style-type: none">• 10-lane 25-yard pool, pool depth is 4.5 feet deep in lane 1 sloping to 7 feet in lane 10 with Kieffer Wave eater lanes, Daktronics Automatic Timing System.• 10 lanes will be used for competition with 2 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: novabusinessoffice@novaswim.org Phone: (804) 750-1183
ELIGIBILITY:	<ul style="list-style-type: none">• Open to all Virginia Swimming athletes 12 years old and younger registered prior to the first day of the meet.• No on-deck Virginia Swimming athlete registration will be permitted.• Swimmers with two "BB" times at any distance (in any course) in two different strokes where IM is counted as the fifth stroke can swim any event offered in the BB+ session.• Swimmers not qualified for the BB+ session can swim any event offered in the B/C session• 2017-2020 NAG times are in effect• Age on October 5, 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 and younger swimmers will swim in Saturday and Sunday mid-day sessions.• All 9-12-year-old BB+ swimmers will swim on Saturday and Sunday morning.• All 9-12-year-old B & C swimmers will swim on Saturday and Sunday afternoon.• All events will be timed finals
WARM-UP:	<ul style="list-style-type: none">• Morning sessions: Warm-ups not before 8:00 am; competition starts not before 9:00 am.• Mid-day sessions: Warm-ups not before 11:15 am; competition starts not before 12:15 pm• Afternoon sessions: Warm-ups not before 1:30 pm; competition starts not before 2:30 pm.• Lane assignment and warm-up times for individual clubs will be posted on the NOVA website no later than Tuesday, October 1, 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, FRIDAY, SEPTEMBER 27, 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, or on a VSI master entry sheet.• 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.• "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.

	<ul style="list-style-type: none"> Swimmers may enter a maximum of <i>3 individual events each day</i>. When entering 11-12-year-old events, please pay close attention to the possibility of back to back events. Swimmers must be prepared to swim back to back without a break. Please refer to the order of events to see when the breaks are planned/defined. 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: 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. No additional heats will be added. Deck entries must be submitted to the Administrative Official on the provided forms.
FEES:	<p>Individual events: \$5.50 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 OF VA AQUATICS. Mail payment to: NOVA Aquatics 12207 Gayton Road Richmond, VA 23238 Payment must be received by Wednesday, October 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"> Individual events: Ribbons will be awarded for first through eighth place <ul style="list-style-type: none"> 8 & under individual events will be given separate awards for 6 & U, 7 year old, and 8 year old age groups. 12 & under individual events will be given separate awards for 10 &U and 11-12 age groups. Heat winner ribbons will be awarded for all 10 & under individual events.
SEEDING:	<ul style="list-style-type: none"> All events will be pre-seeded, except 500 Free (Event #91-#92, #129-#130 500 Free), which will be deck seeded. Event # 91-#92, #129-#130 (12&U 500 Free) 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. 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 Prevention Policy, will apply. 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 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 (officials' coordinator) no later than Saturday, September 28, 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"> • Heat sheets will be available for purchase • Bleacher seating for 280 • Hospitality room will be open to coaches and certified officials. • The Virginia Swim Shop will be open for swimming accessories and shopping. • Please inform swimmers and parents that spectator deck space may be extremely tight. • Any help in reducing the number of spectators and their carry-in possessions would be greatly appreciated. • Swim bags should be placed under the seats. • 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.
DIRECTIONS:	<ul style="list-style-type: none"> • SOUTH – 95 North to 64 West to the Gaskins Road South exit. Follow Gaskins Road south to Ridgefield Parkway (3rd light); turn right. Proceed on Ridgefield until you intersect with Gayton Road (4th light); turn left. NOVA Aquatics Center less than ½ mile on left. • NORTH – 95 South to 64 West to the Gaskins Road South exit. Follow directions above. • WEST – 64 East to the Short Pump/Broad Street 250 West exit. Follow Broad Street (250 West) to Pump Road. Take a left at the light. Follow Pump Road to Ridgefield Parkway (3rd light); take a right. Follow Ridgefield Parkway to Gayton Road (2 lights); take a left on Gayton Road. NOVA Aquatics Center less than ½ mile on left. • SOUTHSIDE – Take Chippenham Parkway North which will turn into Parham Road. Follow Parham Road to Quioccasin/Gayton Road (Regency Mall on left); take a left at the light. Proceed for 4-5 miles. NOVA Aquatics Center will be on your right.
HOTELS:	<ul style="list-style-type: none"> • Comfort Suites (804) 217-9200 4051 Innslake Drive Glen Allen, Virginia • Hampton Inn – Richmond West (804) 747-7777 10800 W. Broad Street Glen Allen, Virginia

**NOVA OCTOBER KICK OFF 12 & YOUNGER MEET
ORDER OF EVENTS**

Saturday, October 5, 2019

Morning BB+ Session

Warm-up: 8:00 am; Start: 9:00 am
(Times are not earlier than)

<u>Girls</u>	<u>Events</u>	<u>Boys</u>
1	9-10 200 Freestyle	2
3	11-12 200 Freestyle	4
5	9-10 100 Individual Medley	6
7	11-12 100 Individual Medley	8
9	9-10 50 Freestyle	10
11	11-12 50 Backstroke	12
13	11-12 200 Backstroke	14
15	9-10 100 Backstroke	16
17	11-12 100 Breaststroke	18
19	9-10 50 Breaststroke	20
21	11-12 50 Butterfly	22
23	11-12 200 Butterfly	24
25	9-10 100 Butterfly	26
27	11-12 50 Freestyle	28

Mid-day Session

Warm-up: 11:15 am; Start: 12:15 pm
(Times are not earlier than)

<u>Girls</u>	<u>Events</u>	<u>Boys</u>
29	8 & Under 100 Individual Medley	30
31	8 & Under 25 Freestyle	32
33	8 & Under 50 Backstroke	34
5 minute break		
35	8 & Under 100 Backstroke	36
37	8 & Under 25 Breaststroke	38
39	8 & Under 50 Butterfly	40

Afternoon B/C Session

Warm-up: 1:30 pm; Start: 2:30 pm
(Times are not earlier than)

<u>Girls</u>	<u>Events</u>	<u>Boys</u>
41	9-10 200 Freestyle	42
43	11-12 200 Freestyle	44
45	9-10 100 Individual Medley	46
47	11-12 100 Individual Medley	48
49	9-10 50 Freestyle	50
51	11-12 50 Backstroke	52
53	11-12 200 Backstroke	54
55	9-10 100 Backstroke	56
57	11-12 100 Breaststroke	58
59	9-10 50 Breaststroke	60
61	11-12 50 Butterfly	62
63	11-12 200 Butterfly	64
65	9-10 100 Butterfly	66
67	11-12 50 Freestyle	68

Sunday, October 6, 2019

Morning BB+ Session

Warm-up: 8:00 am; Start: 9:00 am
(Times are not earlier than)

<u>Girls</u>	<u>Events</u>	<u>Boys</u>
69	11-12 200 Individual Medley	70
71	9-10 200 Individual Medley	72
73	11-12 100 Freestyle	74
75	9-10 100 Freestyle	76
77	11-12 100 Backstroke	78
79	9-10 50 Backstroke	80
81	11-12 50 Breaststroke	82
83	11-12 200 Breaststroke	84
85	9-10 100 Breaststroke	86
87	11-12 100 Butterfly	88
89	9-10 50 Butterfly	90
5 minute break		
91	12 & Under 500 Freestyle	92

Mid-day Session

Warm-up: 11:15 am; Start: 12:15 pm
(Times are not earlier than)

<u>Girls</u>	<u>Events</u>	<u>Boys</u>
93	8 & Under 50 Freestyle	94
95	8 & Under 100 Freestyle	96
97	8 & Under 25 Butterfly	98
5 minute break		
99	8 & Under 100 Butterfly	100
101	8 & Under 50 Breaststroke	102
103	8 & Under 100 Breaststroke	104
105	8 & Under 25 Backstroke	106

Afternoon B/C Session

Warm-up: 1:30 pm; Start: 2:30 pm
(Times are not earlier than)

<u>Girls</u>	<u>Events</u>	<u>Boys</u>
107	11-12 200 Individual Medley	108
109	9-10 200 Individual Medley	110
111	11-12 100 Freestyle	112
113	9-10 100 Freestyle	114
115	11-12 100 Backstroke	116
117	9-10 50 Backstroke	118
119	11-12 50 Breaststroke	120
121	11-12 200 Breaststroke	122
123	9-10 100 Breaststroke	124
125	11-12 100 Butterfly	126
127	9-10 50 Butterfly	128
5 minute break		
129	12 & Under 500 Freestyle	130