



**NOVA January Distance Tune-Up**  
**January 31, 2020**  
**SANCTION NO. VS-20-83**

Hosted by:  
**NOVA**  
SWIMMING  
NOVA of Virginia Aquatics

<b>SANCTION:</b>	<ul style="list-style-type: none"><li>Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: <b>VS-20-83</b>.</li><li>USA Swimming, Inc., Virginia Swimming, Inc., 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.</li></ul>
<b>LOCATION:</b>	NOVA Aquatics Center, 12207 Gayton Road, Richmond, VA 23238, Phone: (804) 754-3401
<b>FACILITY:</b>	<ul style="list-style-type: none"><li>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</li><li>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.</li><li>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.</li></ul>
<b>MEET DIRECTOR:</b>	Name: Lori Hopewell Email: <a href="mailto:novabusinessoffice@novaswim.org">novabusinessoffice@novaswim.org</a> Phone: (804) 750-1173
<b>ELIGIBILITY:</b>	<ul style="list-style-type: none"><li>Open to all Virginia Swimming athletes, 11 &amp; older, registered before the first day of the meet.</li><li>No on deck Virginia Swimming athlete registration will be permitted.</li><li>Age on January 31, 2020 will determine age for the entire meet.</li></ul>
<b>DISABILITY SWIMMERS:</b>	<ul style="list-style-type: none"><li>Athletes with a disability are welcome and shall provide advance notice of desired accommodations to the Meet Director.</li><li>The athlete (or the athlete's coach) is also responsible for notifying the session referee of any disability prior to the competition.</li></ul>
<b>FORMAT:</b>	<ul style="list-style-type: none"><li>All events will be timed finals.</li></ul>
<b>WARM-UP:</b>	<ul style="list-style-type: none"><li>Open warm-up 4:15 pm; Competition starts 5:15 pm</li></ul>
<b>ENTRIES:</b>	<p><b>DEADLINE FOR THE RECEIPT OF ENTRIES IS 9:00 PM, THURSDAY, JANUARY 23, 2020.</b></p> <ul style="list-style-type: none"><li>Entries must be submitted in short course yard times using Hy-Tek Team Manager and Commlink-2 software.</li><li>Teams must submit entries via e-mail</li><li>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.</li><li>Swimmers may enter a maximum of <i>1 individual event</i>.</li><li>Entries will be processed in the order received and <b>accepted to</b> the greatest extent possible without exceeding the 4-hour/session timeline limit.</li><li>Email entries to: <a href="mailto:novaswim@novaswim.org">novaswim@novaswim.org</a></li><li>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.</li></ul>
<b>FEES:</b>	Individual events: \$5.50 Swimmer surcharge: \$2.50 per person (entered in the meet in any capacity) <ul style="list-style-type: none"><li>Checks should be made payable to: NOVA OF VA AQUATICS.</li><li>Mail payment to: NOVA of Virginia Aquatics 12207 Gayton Road Richmond, VA 23238</li><li>Payment must be received by January 25, 2017 for all entries. Failure to pay entry fees by this deadline could result in teams being barred from the meet.</li><li><b>IMPORTANT:</b> If payment is sent via Express Mail/FedEx/Airborne/UPS/etc., please ensure that a</li></ul>

	signature is NOT required for delivery.
<b>AWARDS:</b>	<ul style="list-style-type: none"> <li>Individual events: Ribbons will be awarded for first through eighth place <ul style="list-style-type: none"> <li>11 &amp; Over individual events will be given separate awards for 11-12, 13-14 &amp; 15 &amp; Over age groups.</li> </ul> </li> </ul>
<b>SEEDING:</b>	<ul style="list-style-type: none"> <li>Swimmers should report directly to the block for their events.</li> <li>All events require a positive check-in to swim.</li> <li>Positive check-in will close 30 minutes prior to the start of the session.</li> </ul>
<b>PENALTIES:</b>	<ul style="list-style-type: none"> <li><b>A fine of up to \$100 per event may be assessed for any illegal participation in the meet. Illegal participation is defined as</b> <ul style="list-style-type: none"> <li><b>Entries using fraudulent or non-verifiable times.</b></li> <li><b>Athlete competed in the incorrect age group.</b></li> <li><b>Athlete is not registered with USA Swimming prior to the first day of the meet.</b></li> </ul> </li> <li>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.</li> <li>Any event in which an athlete participated illegally will be rescored and re-awarded.</li> </ul>
<b>RULES:</b>	<ul style="list-style-type: none"> <li>The current USA Swimming Rules and Regulations, including the Minor Athlete Abuse Protection Policy, will govern this meet.</li> <li>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.</li> <li>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.</li> <li>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.</li> <li>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.</li> <li>Changing, in whole or in part, into or out of swimsuit when wearing just one suit in an area other than a locker room, bathroom, or other space designated for changing is PROHIBITED.</li> <li>In accordance with VSI Best Practices, swimmers should shower before entering the pool.</li> <li>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.</li> <li>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.</li> </ul>
<b>OFFICIALS:</b>	<p><b>Meet Referee: Rich Owen</b>  <b>Email: Rowen128@gmail.com</b>  <b>Phone: 540-470-8709</b></p> <ul style="list-style-type: none"> <li>Officials will be needed for all positions and all sessions for this meet.</li> <li>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: <a href="mailto:emilyfagan@comcast.net">emilyfagan@comcast.net</a> no later than Sunday, January 26, 2020.</li> <li>Officials meetings will be held in the hospitality area one hour prior to the start of the meet.</li> </ul>
<b>SAFETY:</b>	Virginia Swimming Meet Safety Procedures will be in effect.
<b>TIMERS:</b>	<ul style="list-style-type: none"> <li>Swimmers will be required to provide their own counters and may be required to provide their own timers.</li> <li>The head timer will assign specific lanes prior to each session.</li> </ul>

<b>GENERAL:</b>	<ul style="list-style-type: none"> <li>• Heat sheets will be available for purchase</li> <li>• Bleacher seating for 280</li> <li>• Hospitality room will be open to coaches and certified officials.</li> <li>• The Virginia Swim Shop will be open for swimming accessories and shopping.</li> <li>• Please inform swimmers and parents that spectator deck space may be extremely tight.</li> <li>• Any help in reducing the number of spectators and their carry-in possessions would be greatly appreciated.</li> <li>• Swim bags should be placed under the seats.</li> <li>• No glass containers, smoking or alcohol is permitted in the pool area.</li> </ul>		
<b>PARKING:</b>	<b>PLEASE DO NOT PARK AT THE APARTMENT BUILDINGS ACROSS THE STREET OR THE SHOPPING CENTER NEXT TO NOVA.</b> The NOVA Aquatics Center has parking available.		
<b>DIRECTIONS:</b>	<ul style="list-style-type: none"> <li>• <b>SOUTH:</b> 95 North to 64 West to the Gaskins Road South exit. Follow Gaskins Road south to Ridgefield Parkway (3<sup>rd</sup> light); turn right. Proceed on Ridgefield until you intersect with Gayton Road (4<sup>th</sup> light); turn left. NOVA Aquatics Center less than ½ mile on left.</li> <li>• <b>NORTH:</b> 95 South to 64 East to the Gaskins Road South exit. Follow directions above.</li> <li>• <b>WEST:</b> 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 (3<sup>rd</sup> 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.</li> <li>• <b>SOUTHSIDE:</b> 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.</li> </ul>		
<b>HOTELS:</b>	<table border="0"> <tr> <td>Courtyard by Marriott-Northwest (804) 205-6875 3950 Westerre Parkway Richmond, VA 23233</td> <td>Hampton Inn-Richmond West (804) 747-7777 10800 W. Broad Street Richmond, VA 23233</td> </tr> </table>	Courtyard by Marriott-Northwest (804) 205-6875 3950 Westerre Parkway Richmond, VA 23233	Hampton Inn-Richmond West (804) 747-7777 10800 W. Broad Street Richmond, VA 23233
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## ORDER OF EVENTS

<b>Friday, January 31, 2020</b>		
<b>Evening Session</b>		
<b>Warm up: not before 4:15 pm; Start: not before 5:15 pm</b>		
<b><u>Girls</u></b>	<b><u>Events</u></b>	<b><u>Boys</u></b>
1	11 & Over 400 Individual Medley	2
3	11 & Over 1000 Freestyle	4