



**NOVA LONG COURSE
WINTER INVITATIONAL**
January 17-19, 2026
SANCTION NO. VS-26-067

Hosted by:



NOVA of Virginia Aquatics

SANCTION:	<ul style="list-style-type: none">• Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: VS-26-067• USA Swimming, Inc., Virginia Swimming, Inc., NOVA and NOVA Aquatics Center-Regency 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 - Regency, 100 NOVA Way, Richmond, VA 23238. 804-754-3401 x2.
FACILITY:	<ul style="list-style-type: none">• The NOVA Aquatic Center – Regency offers three pools and supporting amenities.• Competition Pool:<ul style="list-style-type: none">◦ 20 25 yard lanes x 8 50 meter lanes◦ Competition lanes are minimum or 8' wide in 25 yard course and 8' 2" in 50 meter course.◦ Uniform 6' 7" depth throughout◦ Overflow Gutters◦ Competitor non turbulent 6" lane lines• Warm-Up Pools:<ul style="list-style-type: none">◦ Lanes will be available for warm-up/warm-down at all times.◦ Each pool: 3 25 yard lanes◦ Warm-up lanes are minimum 6' wide◦ Uniform 4' 6" depth throughout• CTS7 timing system will be used.• All sessions will be run in a 50 Meter competition course.• The meet host will ensure that the competition course meets the required dimensions as specified in 103.3 USA Swimming Rules and Regulations.• Meets at the NOVA Aquatic Center – Regency will be fully staffed with American Red Cross certified Lifeguards at all times. There are also 2 AEDs on site as well first aid supplies located at several locations in the Facility. The Lifeguard Office has a full first aid kit as well as ice. The closest EMT is located at Henrico Fire Station #9 which is 1.1 miles away.• In order to provide parents/guardians who are outside of the facility the ability to view their athletes' events, this meet may be video streamed following all MAAPP guidelines. By attending or participating in this competition, you acknowledge and grant permission to be included in the video-streaming.
MEET DIRECTOR:	Name: Lori Hopewell Email: novabusinessoffice@novaswim.org Phone: (804) 754-3401 x2
ELIGIBILITY:	<ul style="list-style-type: none">• Open to all 13 and older USA Swimming athletes meeting the qualifications below from NOVA, NCAP, MOR, MACH, PSDN, TIDE, MSA, RSA, RAYS, CGBD, BASS and QSTS registered before the first day of the meet. Additional teams may be allowed with permission of the Meet Director.• 2024-2028 NAG times are in effect.• Athletes participating in the Prelims/Finals Sessions require one 15-16 AAA time with the following exceptions:<ul style="list-style-type: none">◦ Athletes swimming events 7&8 (400 Individual Medley) and 29&30 (400 Freestyle) require a 15-16 AAA time (SCY or LCM) in order to be eligible for entry.• Athletes participating in the Mid-day Timed Finals Sessions: 13-14 require two A times; 15 & Over require two 15-16 A times.• All Athletes entered are eligible to swim Session 8 (800 M Free).• Athletes will participate in either Prelims (Sessions 1,4,7) or Mid-Day timed finals (Sessions 2&5), not both.• No on deck USA Swimming registration will be permitted.• All 18 & over athletes must have completed the appropriate Athlete Protection Training (APT) prior to the first day of competition. Athletes whose 18th birthday occurs during competition must complete the APT prior to that date.

	<ul style="list-style-type: none"> Age on January 17, 2026 will determine age for the entire meet.
ATHLETES WITH A DISABILITY:	<ul style="list-style-type: none"> Athletes with a disability are welcome and shall provide advance notice of desired accommodations/modifications 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 using the Disability Accommodation Form.
ATHLETES WITH A SERIOUS MEDICAL CONDITION:	<ul style="list-style-type: none"> The swimmer (or the swimmer's coach) is responsible for notifying the Meet Referee, prior to the competition, of the medical condition that is potentially life-threatening while swimming and of any requested accommodations. Early notice (e.g., concurrent with the meet entry) is encouraged to allow for any needed planning or logistical support. This provision does not apply to medical conditions that are not life-threatening while swimming, including injuries that limit range of motion. The swimmer/coach shall provide a Personal Assistant(s) as needed.
FORMAT:	<ul style="list-style-type: none"> Sessions 1, 4, & 7: Individual events will be swum as prelims and finals. <ul style="list-style-type: none"> Finals Sessions: The top 24 qualifiers in the trials of each event will compete in each day's final session in the following order: C-Final (all age Bonus Heat), B-Finals (all age Consolation Heat), and A-Final (all age Championship Final Heat). Sessions 2 & 5: Individual events will be swum as timed finals. Session 8: 800 M Free will be swum as timed finals. Meet Director reserves the right to utilize Chase Starts once entries are received. Teams will be notified no later than Monday, January 12, 2026 if Chase Starts will be used.
WARM-UP:	<ul style="list-style-type: none"> Prelim / Finals Sessions: <ul style="list-style-type: none"> Saturday, Sunday & Monday Preliminary Sessions: Warm-up not before 6:00am; Competition starts not before 8:00am. Saturday & Sunday Finals Sessions: Warm-up not before 4:00pm; Competition starts not before 5:00pm Monday Finals Session: Warm-up not before 3:00pm; start not before 4:00pm Timed Finals Sessions: <ul style="list-style-type: none"> Saturday & Sunday Timed Finals Sessions: Warm-up not before 11:00am; Competition starts not before 12:00pm. 800 M Free Session: <ul style="list-style-type: none"> 15min General Warm-Up will begin immediately following the conclusion of Monday Prelims; Competition starts 5 mins after the conclusion of warm-up.
ENTRIES:	<p>DEADLINE FOR THE RECEIPT OF ENTRIES IS 9:00PM, TUESDAY, JANUARY 6, 2026.</p> <ul style="list-style-type: none"> Entries must be submitted using Commlink-2 software. Teams must submit entries via email. A printout of entries must be included 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 <i>7 individual events, with no more than 3 individual events per day.</i> Entries will be processed in the order received and <u>accepted to</u> the greatest extent without exceeding the 4-hour/session timeline limit. Email entries to: novabusinessoffice@novaswim.org Deck entries will be accepted if open lanes are available without reseeding the event. No heats will be added.
FEES:	<p>Individual Event Entry Fee: \$12.00 Swimmer Surcharge per person: \$2.50 Checks should be made payable to: NOVA of Virginia Aquatics</p>
SEEDING:	<ul style="list-style-type: none"> All Long Course Meter times will be seeded first, followed by Short Course Meter, then Short Course Yard times. The scratch rule regarding finals, Sections 207.11.6 D & E(1-3) only, will apply to all 3 evening heats C, B, & A Finals. 400 Individual Medley & 400 Free Seeding: <ul style="list-style-type: none"> All 400 M Free & IM swimmers MUST positively check in to be seeded. Positive check-in for the 400 IM is due by 8:30 am, Saturday January 17, 2026 Positive check-in for the 400 Free is due by 8:30 am, Sunday January 18, 2026

	<ul style="list-style-type: none"> ○ Event seeding will be distributed following the close of positive check-in. ○ Events 7 & 8 (400 IM) and 29 & 30 (400 Free) will be swum as prelims and finals. In prelims, 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 prelims will be swum fastest to slowest, alternating women and men. ○ Events 19 & 20 (400IM) and 41 & 42 (400 Free) will be swum as timed finals. Events will be seeded slowest to fastest, in the event order listed with no alternating heats or events. ● 800 Free will be swum as a timed final event. <ul style="list-style-type: none"> ○ All 800 M Free swimmers MUST positively check-in to be seeded. ○ Positive check-in for the 800 Free is due by 8:30 am, Monday January 19, 2026 ○ The two fastest women's heats will be swum first followed by the two fastest men's heats, 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.
AWARDS	<ul style="list-style-type: none"> ● No awards will be distributed.
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 govern this meet. ● All 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 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 a 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 best practices, all swimmers should shower before entering the pool. ● An 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: Laura Razzolini Email: novahours@gmail.com Phone: 804-868-9095</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 escfagan@gmail.com no later than Sunday January 11, 2026.

	<ul style="list-style-type: none"> • There will be an official's meeting in Hospitality one hour prior to the start of each session. • Application is being made to have this meet designated as an Officials Qualifying Meet for N3 certification/re-certification. Officials (including non-VSI officials) desiring to be evaluated must request evaluation on the Application to Officiate.
SAFETY:	Meet Safety Officer: Drew Hirth Email: coachdrew@novaswim.org Phone: 804-754-3401x2 <ul style="list-style-type: none"> • Virginia Swimming Meet Safety Procedures will be in effect.
TIMERS:	<ul style="list-style-type: none"> • Swimmers will be required to provide their own timers and counters for Events 49&50 (800 m Free). • If NOVA does not provide all timers, teams will be notified no later than Monday, January 12, 2026 of lane timer assignments. • The head timer may assign specific lanes prior to each session..
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 posted on the NOVA website. • No glass containers, tobacco products, or alcohol permitted in the facility.
HOTELS:	Through our travel partner 288 Travel we have secured rates at properties near the NOVA Aquatic Center - Regency. Use the link below to view hotels and rates, and book both individual reservations and group blocks. Please contact Julie Farney at novatravel@novaswim.org if you have any questions or trouble navigating the link. https://presto.eventpipe.com/event/cf6938a9-0abd-4588-a1e6-678c4ce03ea2
PARKING:	Ample parking is available at NOVA Aquatic Center – Regency

NOVA LONG COURSE WINTER INVITATIONAL ORDER OF EVENTS

Saturday, January 17, 2026

Prelims: Warm-up 6:00am / Competition: 8:00am

Finals: Warm-up 4:00pm / Competition 5:00pm

(All times are not before)

Saturday Prelims / Finals (Sessions 1 & 3)		
Girls	Events	Boys
1	200 M FREESTYLE	2
3	100 M BREASTSTROKE	4
5	100 M BUTTERFLY	6
7	400 M INDIVIDUAL MEDLEY	8

Timed Finals: Warm-up 11:00am / Competition: 12:00pm

(All times are not before)

Saturday Timed Finals (Session 2)		
Girls	Events	Boys
9	100 M FREESTYLE	10
11	200 M BACKSTROKE	12
13	100 M BREASTSTROKE	14
15	200 M FREESTYLE	16
17	100 M BUTTERFLY	18
19	400 M INDIVIDUAL MEDLEY	20

Sunday, January 18, 2026

Prelims: Warm-up 6:00am / Competition: 8:00am

Finals: Warm-up 4:00pm / Competition 5:00pm

(All times are not before)

Sunday Prelims / Finals (Sessions 4 & 6)		
Girls	Events	Boys
21	200 M BUTTERFLY	22
23	50 M FREESTYLE	24
25	200 M BREASTSTROKE	26
27	100 M BACKSTROKE	28
29	400 M FREESTYLE	30

Timed Finals: Warm-up 11:00am / Competition: 12:00pm

(All times are not before)

Sunday Timed Finals (Session 5)		
Girls	Events	Boys
31	200 M BUTTERFLY	32
33	50 M FREESTYLE	34
35	200 M BREASTSTROKE	36
37	100 M BACKSTROKE	38
39	200 M INDIVIDUAL MEDLEY	40
41	400 M FREESTYLE	42

Monday, January 19, 2026

Prelims: Warm-up 6:00am / Competition: 8:00am

Finals: Warm-up 3:00pm / Competition 4:00pm

(All times are not before)

Monday Prelims / Finals (Sessions 7 & 9)		
Girls	Events	Boys
43	200 M BACKSTROKE	44
45	100 M FREESTYLE	46
47	200 M INDIVIDUAL MEDLEY	48

800 M Free Warm up: 15 min General WU at conclusion of Monday Preliminary Session

Competition: 20 mins after conclusion of Monday Prelims Session

Monday Distance (Session 8)		
Girls	Events	Boys
49	800 M FREESTYLE	50