

	NOVA SHORT COURSE SEND-OFF March 25-26, 2023 SANCTION NO. VS-23-82		Hosted by:  NOVA of Virginia Aquatics
SANCTION:	- Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: VS-23-82. - USA Swimming, Inc., Virginia Swimming, Inc., and NOVA of Virginia Aquatics 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. - In applying for this sanction, the Host, NOVA of Virginia Aquatics, agrees to comply and to enforce all health and safety mandates and guidelines of USA Swimming, Virginia Swimming, the Commonwealth of Virginia and County of Henrico.		
LOCATION:	NOVA Aquatic Center - Regency, 100 NOVA Way, Richmond, VA 23229. Phone 804-754-3401x2.		
FACILITY:	- The NOVA Aquatic Center – Regency offers three pools and supporting amenities. - Competition Pool: 20 25 yard lanes x 8 50 meter lanes - Competition lanes are minimum 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: - Each pool: 3 25 yard lanes - Warm-up lanes are minimum 6' wide - Uniform 4'6" depth throughout - Daktronics timing system will be used. - Lane configurations for competition will be determined upon receipt of entries. Lanes will be available for warm-up/warm-down at all times. - The competition course has been certified in accordance with current <i>USA Swimming Rules and Regulations</i>, Article 104.2.2C (4). A copy of the certification is on file with USA Swimming. - 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 Phone: 804-754-3401x2 Email: novabusinessoffice@novaswim.org		
ELIGIBILITY:	- Open to all USA Swimming athletes registered before the first day of the meet. - No on deck Virginia Swimming athlete registration will be permitted. 2021-2024 NAG motivational time standards are in effect. - Age on March 25, 2023 will determine age for the entire meet.		
DISABILITY SWIMMERS:	- 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:	- All 12 & Under swimmers will swim in the morning sessions. - All events will be timed finals.		
ENTRIES:	DEADLINE FOR THE RECEIPT OF ENTRIES IS 9:00PM, TUESDAY, MARCH 14, 2023		

	• Entries must be submitted in short course yard times using Commlink-2 software- • Teams must submit entries via e-mail • “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 <i>3 individual events each day</i>. • 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 or the limits as mandated by current Commonwealth of Virginia guidelines. • Email entries to: novabusinessoffice@novaswim.org • Deck entries for athletes already entered in the meet will be accepted if open lanes are available without reseeding the event. No heats will be added.
FEES:	Individual Events: \$8.00 Relay Events: \$15.00 Swimmer Fee: \$2.50 per person (entered in the meet in any capacity) • Checks should be made payable to: NOVA of Virginia Aquatics • Mail payment to: NOVA of Virginia Aquatics 100 NOVA Way Richmond, VA 23229 • Payment must be received by Tuesday, March 21, 2023 for all entries. Failure to pay entry fees by this deadline may result in teams being barred from the meet. Swimmers will be permitted to enter the meet as unattached providing they pay the appropriate entry fees. • IMPORTANT: If payment is sent via Express Mail/FedEx/Airborne/UPS/etc., please ensure that a signature is NOT required for delivery.
WARM-UP:	• Morning sessions: Warm-ups 9:00 am; competition starts not before 10:00 am. • Lane assignment and warm-up times for individual clubs will be posted on the NOVA website no later than Monday March 20, 2023 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.
SEEDING:	• All events will be pre-seeded. • Swimmers should report directly to the block for their events.
AWARDS:	• Individual events: Ribbons will be awarded for first through eighth place ○ 8 & Under individual events will be given separate awards for 6 & Under, 7 year olds and 8 year old age groups. ○ 10 & Under individual events will be given separate awards 9-10 and 8 & Under age groups. ○ 11 & Under events will be given separate awards 11-12, 9-10 and 8&U age groups.
PENALTIES:	• A fine of up to \$100 per event may be assessed for any illegal participation in the meet. Illegal participation is defined as ○ 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:	• The current USA Swimming Rules and Regulations, including the Minor Athlete Abuse Protection 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 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, it is the responsibility of the swimmer's legal guardian to 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 <u>not permitted</u>. - Changing, in whole or in part, into or out of 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 athletes 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:	Meet Referee: Name: Jonathan Fauth Email: jefauth@gmail.com Phone: 804-316-8318 - Officials will be needed for all positions and all sessions for this meet. - Training for Officials will be offered in accordance with Training Guidelines and Initial Certification, Virginia Swimming Officials Handbook - Team officials chair should submit the names and session availability of certified officials, as well as the names and session availability of trainees to Emily Fagan at emilyfagan@comcast.net no later than Tuesday March 21, 2023. - Officials' meetings will be held in the hospitality room one hour prior to the start of the meet..
SAFETY:	Virginia Swimming Meet Safety Procedures will be in effect.
TIMERS:	- Clubs may be required to provide timers in proportion to the number of swimmers they have entered in each session. - The number of timers required per club and their lane assignments will be posted on the NOVA website no later than Monday, March 20, 2023 and will also be emailed to the contact person of each of the individual clubs. - These assignments will also be posted throughout the venue.
GENERAL:	- The Virginia Swim Shop will be open for swimming accessories and shopping. - Heat Sheets will not be printed however will be provided 2 ways. - Meet Mobile - PDF versions will be posted on the NOVA website. - No glass containers, smoking or alcohol is permitted on NOVA property.
PARKING:	Ample parking is available at NOV Aquatic Center – Regency

NOVA SHORT COURSE SEND-OFF

ORDER OF EVENTS

Saturday March 25
9:00am WU / not before 10:00am Meet Start

1	11-12 Mixed 200 Free Relay	-
2	9-10 Mixed 200 Free Relay	-
Girls		Boys
3	8 & U 100 Free Relay	4
	5 Min Break	
5	9-12 50 Free	6
7	8 & U 50 Free	8
9	12 & U 100 Breast	10
11	8 & U 50 Breast	12
13	11-12 200 Breast	14
15	8 & U 25 Fly	16
17	12 & U 100 Fly	18
19	11-12 200 Back	20
21	8 & U 50 Back	22
23	9-12 50 Back	24
25	8 & U 25 Free	26
27	12 & U 200 IM	28

Sunday March 26
9:00am WU / Not before 10:00am Meet Start

29	11-12 Mixed 200 Medley Relay	-
30	9-10 Mixed 200 Medley Relay	-
Girls		Boys
31	8 & U 100 Medley Relay	32
	5 Min Break	
33	12 & U 200 Free	34
35	8 & U 100 IM	36
37	9-12 100 IM	38
39	8 & U 25 Breast	40
41	9-12 50 Breast	42
43	8 & U 50 Fly	44
45	11-12 200 Fly	46
47	9-12 50 Fly	48
49	8 & U 25 Back	50
51	12 & U 100 Back	52
53	8 & U 100 Free	54
55	9-12 100 Free	56