

	2025 TAC v NOVA Dual Meet October 10-12, 2025 SANCTION NO. VS-26-004	Hosted by: 
SANCTION:	- Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: VS-26-004 - USA Swimming, Inc., Virginia Swimming, Inc., NOVA Aquatic Center – Regency 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. - All sessions will be run in a 25 yard competition course. - Meet Director reserves the right to utilize two courses once entries are received. Teams will be notified no later than Monday September 29, 2025 if two courses will be used. - Lanes will be available for warm-up/warm-down at all times. - 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 including 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:	Lori Hopewell Email: novabusinessoffice@novaswim.org Phone: 804-754-3401x2	
ELIGIBILITY:	- Open to all 13 & Over USA Swimming athletes from NOVA and Triangle Aquatic Club registered before the first day of the meet.. 2024-2028 NAG times are in effect. - Age on October 10, 2025 will determine age for the entire meet. - No on deck USA Swimming registration (including APT) will be permitted.	
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 using the Disability Accommodation Form.	

ATHLETES WITH A SERIOUS MEDICAL CONDITION:	- 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:	- This is a 13 & Over Dual Meet. - Friday & Sunday (1 session per day): - Mixture of Prelims / Finals events and Timed Final events within each session. Top 16 Finalists in select events will compete in the finals after the last timed final event. - Saturday: 2 Timed Final sessions
ENTRIES:	DEADLINE FOR THE RECEIPT OF ENTRIES IS 8:00PM TUESDAY, SEPTEMBER 30, 2025 - Conforming and non-conforming times will be used for entry – Short Course Yards then Long Course Meters then Short Course Meters. Non-conforming times will be seeded following all conforming times. - Entries must be submitted using Commlink-2 software. - Teams submit entries via email. - A printout of entries must be included with the name, email address, and phone number 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>3 events per session</i>. - The Meet Director reserves the right to combine heats and events, which may require reseeding. "No Time" (NT) entries will be accepted. - 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:	Individual Events: \$10.00 Swimmer Fee: \$2.50 per person (entered in the meet in any capacity) Checks should be made payable to: NOVA of Virginia Aquatics
SEEDING:	- The conforming time standard for this meet is short course yards. Swimmers will be seeded and swim slowest to fastest <i>with the exception of the top 2 heats of each event</i>. - The second fastest heat will have the 5th-8th seeded NOVA and 5th-8th seeded TAC swimmers. - The fastest heat of each event will have the top 4 seeded NOVA and top 4 seeded TAC swimmers. - For these top 2 heats only: NOVA will use ODD lanes and TAC will use EVEN lanes for a true dual meet format. - All events will be pre-seeded. - There is no positive check in for this meet.
WARM-UP:	- Friday PM not earlier than 3:30pm warm up, not earlier than 5:00 pm meet start - Saturday AM not earlier than 8:00am warm up, not earlier than 9:30 am meet start - Saturday PM not earlier than 4:00pm warm up, not earlier than 5:30 pm meet start - Sunday AM not earlier than 8:00am warm up, not earlier than 9:30 am meet start - Lane assignment and warm-up times for individual clubs will be posted on the NOVA website no later than Monday, October 6, 2025, and will also be emailed to the contact person of the participating clubs. - If any session runs long, warm-ups for the following session will begin immediately following the conclusion of the previous session.
AWARDS:	- No awards will be given for this meet - This meet will be scored. Top 16 in each event will score points as follows: 20, 17, 16, 15, 14, 13, 12, 11, 9, 7, 6, 5, 4, 3, 2, 1

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 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 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 initially announced as qualifying for an event in finals who fails scratch from the event and fails to compete in the event at finals will be barred from competing in any additional events in that session. Additionally, the athlete will be barred from competing in his/her next individual event in a subsequent session. Alternates will be announced along with final qualifiers but shall not be penalized if unavailable to compete in the finals. Rule 207.11.6.E 1-3, Exceptions for Failure to Compete, will be followed. • Any swimmer entered in the meet must be certified by a USA-S 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 or the swimmer's legal guardian to ensure compliance with the 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>. • In accordance with VSI best practices, all swimmers should shower before entering the pool. • 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. • 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: Matt Banks Email: mbanks03@gmail.com Phone: 336-408-5734 • 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 Chairpersons should submit the names and session availability of certified officials to Emily Fagan at mailto:escfagan@gmail.com no later than Sunday October 5, 2025. • There will be an official's meeting in Hospitality one hour prior to the start of each session. • There will be a coaches meeting 15 min prior to the meet start on Friday, October 10, 2025.
SAFETY:	MEET SAFETY OFFICER: Drew Hirth Email: coachdrew@novaswim.org Phone: 804-754-3401x2 Virginia Swimming Meet Safety Procedures will be in effect.

TIMERS:	- If NOVA does not provide all timers, teams will be notified no later than Monday October 6, 2025, of lane timer assignments. - The head timer may assign specific lanes prior to each session.
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, tobacco products, or alcohol permitted in the facility.
HOTEL:	- 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://app.eventpipe.com/event/41a1c043-f85d-44cb-9716-8c63f3836acf/book/
PARKING:	Ample parking is available at NOVA Aquatic Center – Regency

NOVA / TAC DUAL MEET
ORDER OF EVENTS

Friday October 10, 2025: Session 1
Warm-Up: Not earlier than 3:30 pm
Meet Start: Not earlier than 5:00 pm

GIRLS	EVENT	BOYS
1	13-14 50 Free (Prelims)	2
3	15&O 50 Free (Prelims)	4
5	13-14 50 Back (Prelims)	6
7	15&O 50 Back (Prelims)	8
9	13-14 400 IM	10
11	15&O 500 Free	12
1	13-14 50 Free (Finals top 16)	2
3	15&O 50 Free (Finals top 16)	4
5	13-14 50 Back (finals top 16)	6
7	15&O 50 Back (finals top 16)	8

Saturday October 11, 2025: Session 2
Warm-Up: Not earlier than 8:00 am
Meet Start: Not earlier than 9:30 am

GIRLS	EVENT	BOYS
13	13-14 100 Breast	14
15	15&O 100 Breast	16
17	13-14 200 Free	18
19	15&O 200 Free	20
21	13-14 100 Fly	22
23	15&O Fly	24
25	13-14 500 Free	26
27	15&O 100 IM	28

Saturday October 11, 2025: Session 3

Warm-Up: Not earlier than 4:00 pm

Meet Start: Not earlier than 5:30 pm

GIRLS	EVENT	BOYS
29	15&O 200 Fly	30
31	13-14 200 Fly	32
33	15&O 200 Breast	34
35	13-14 200 Breast	36
37	15&O 100 Back	38
39	13-14 Back	40
41	15&O 400 IM	42
43	13-14 100 IM	44

Sunday October 12, 2025: Session 4

Warm-Up: Not earlier than 8:00 am

Meet Start: Not earlier than 9:30 am

GIRLS	EVENT	BOYS
45	13-14 50 Fly (Prelims)	46
47	15&O 50 Fly (Prelims)	48
49	13-14 50 Breast (Prelims)	50
51	15&O 50 Breast (Prelims)	52
53	13-14 200 Back	54
55	15&O 200 Back	56
57	13-14 100 Free	58
59	15&O 100 Free	60
61	13-14 200 IM	62
63	15&O 200 IM	64
45	13-14 50 Fly (Finals top 16)	46
47	15&O 50 Fly (Finals top 16)	48
49	13-14 50 Breast (Finals top 16)	50
51	15&O 50 Breast (Finals top 16)	52