



NOVA SHORT COURSE SEND-OFF

March 21-22, 2026
SANCTION NO. VS-26-090

Hosted by:



SANCTION:	<ul style="list-style-type: none">Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: VS-26-090USA 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.
LOCATION:	NOVA Aquatic Center - Regency, 100 NOVA Way, Richmond, VA 23229. Phone 804-754-3401x2.
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 lanesCompetition lanes are minimum or 8' wide in 25 yard course and 8'2" in 50 meter course.Uniform 6'7" depth throughoutOverflow GuttersCompetitor non turbulent 6" lane linesWarm-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 lanesWarm-up lanes are minimum 6' wideUniform 4'6" depth throughoutCTS7 timing system will be used.All sessions will be run in a 25 yard competition course. Competition lane configuration will be set in either 6, 8 or 10 lanes. This will be determined by timeline considerations upon receipt of entries and will be communicated to the contact person of participating clubs.Meet Director reserves the right to utilize two courses once entries are received. Teams will be notified no later than Monday, March 16, 2026 if two courses will be used.Meets at the NOVA Aquatic Center – Regency will be fully staffed with American Red Cross certified Lifeguards at all times. There are also 4 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.The meet host will ensure that the competition course meets the required dimensions as specified in 103.3 USA Swimming Rules and Regulations.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 permissions to be included in the video-streaming.
MEET DIRECTOR:	Name: Lori Hopewell Phone: 804-754-3401 x2 Email: novabusinessoffice@novaswim.org
ELIGIBILITY:	<ul style="list-style-type: none">Open to all USA Swimming athletes registered before the first day of the meet.No on deck USA Swimming registration (including APT) 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.2024-2028 NAG motivational time standards are in effect.Age on March 21, 2026 will determine age for the entire meet.
ATHLETES WITH A	<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.

DISABILITY	<ul style="list-style-type: none"> 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.
ATHLETE 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"> All 10 & Under swimmers will swim in the morning sessions. All 11 & Older swimmers will swim in the afternoon sessions. All events will be timed finals.
ENTRIES:	<p>DEADLINE FOR THE RECEIPT OF ENTRIES IS 9:00PM, TUESDAY MARCH 10, 2026</p> <ul style="list-style-type: none"> 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>. 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: 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 Events: \$10.00 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</p>
WARM-UP:	<ul style="list-style-type: none"> Morning Sessions: Warm-ups not before 8:00 am; competition starts not before 9:00 am. Afternoon Sessions: Warm-ups not before 12:00 pm; competition starts not before 1:00 pm. Lane assignment and warm-up times for individual clubs will be posted on the NOVA website no later than Monday March 16, 2026 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.
SEEDING:	<ul style="list-style-type: none"> All events will be pre-seeded EXCEPT 400 IM and 500 Free which will be positive check-in events. Positive check in will close at the start of the session in which the event is to be swum.
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 & 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. No Awards will be given for 13 & O 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 govern this meet.

	<ul style="list-style-type: none"> • 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 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: Name: Greg Owens Email: rgregowens@gmail.com Phone: 804-337-1935</p> <ul style="list-style-type: none"> • 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 chairs should submit the names and session availability of certified officials, as well as the names and session availability of trainees to Emily Fagan at escfagan@gmail.com no later than Tuesday March 17, 2026. • There will be an official's meeting in Hospitality one hour prior to the start of each session.
SAFETY:	<p>MEET SAFETY OFFICER: Drew Hirth Email: coachdrew@novaswim.org Phone: 804-754-3401 x6</p> <p>Virginia Swimming Meet Safety Procedures will be in effect.</p>
TIMERS:	<ul style="list-style-type: none"> • The head timer may assign specific lanes prior to each session. • If NOVA does not provide all timers, teams will be notified no later than Monday March 16, 2026, of lane timer assignments.
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:	<p>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.</p> <ul style="list-style-type: none"> • https://app.eventpipe.com/event/41a1c043-f85d-44cb-9716-8c63f3836acf/book/
PARKING:	<ul style="list-style-type: none"> • Ample parking is available at NOVA Aquatic Center – Regency

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ORDER OF EVENTS

Saturday, March 21, 2026

Morning Session			Afternoon Session		
Warm-up: 8:00 am; Start: 9:00 am			Warm-up: 12:00 pm; Start: 1:00 pm		
(Times not earlier than)			(Times not earlier than)		
Girls		Boys	Girls	Events	Boys
1	8 & U 50 Freestyle	2	21	11-12 100 IM	22
3	9-10 50 Freestyle	4	23	13 & Older 50 Breaststroke	24
5	8 & U 50 Breaststroke	6	25	11-12 50 Breaststroke	26
7	10 & U 100 Breaststroke	8	27	13 & Older 200 Breaststroke	28
9	8 & U 25 Butterfly	10	29	11-12 200 Breaststroke	30
11	10 & U 100 Butterfly	12	31	13 & Older 100 Backstroke	32
13	8 & U 50 Backstroke	14	33	11-12 100 Backstroke	34
15	9-10 50 Backstroke	16	35	13 & Older 50 Freestyle	36
17	8 & U 25 Freestyle	18	37	11-12 50 Freestyle	38
19	10 & U 200 IM	20	39	13 & Older 200 Freestyle	40
			41	11-12 200 Freestyle	42
			43	13 & Older 100 Butterfly	44
			45	11-12 100 Butterfly	46
			47	13 & Older 400 IM	48

Sunday, March 22, 2026

Morning Session			Afternoon Session		
Warm-up: 8:00 am; Start: 9:00 am			Warm-up: 12:00 pm; Start: 1:00 pm		
(Times not earlier than)			(Times not earlier than)		
Girls		Boys	Girls	Events	Boys
49	10 & U 200 Freestyle	50	71	13 & Older 50 Butterfly	72
51	8 & U 100 IM	52	73	11-12 50 Butterfly	74
53	9-10 100 IM	54	75	13 & Older 200 Butterfly	76
55	8 & U 25 Breaststroke	56	77	11-12 200 Butterfly	78
57	9-10 50 Breaststroke	58	79	13 & Older 100 Freestyle	80
59	8 & U 50 Butterfly	60	81	11-12 100 Freestyle	82
61	9-10 50 Butterfly	62	83	13 & Older 50 Backstroke	84
63	8 & U 25 Backstroke	64	85	11-12 50 Backstroke	86
65	10 & U 100 Backstroke	66	87	13 & Older 200 Backstroke	88
67	8 & U 100 Freestyle	68	89	11-12 200 Backstroke	90
69	9-10 100 Freestyle	70	91	13 & Older 100 Breaststroke	92
			93	11-12 100 Breaststroke	94
			95	13 & Older 200 IM	96
			97	11-12 200 IM	98
			99	13 & Older 500 Freestyle	100