



CENTRAL DISTRICT SHORT COURSE 12 & U CHAMPIONSHIP
February 13-15, 2026
SANCTION NO. VS-26-084

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-26-084 .• USA Swimming, Inc., Virginia Swimming, Inc., NOVA Aquatic Center, 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 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">◦ Each pool: 3 25 yard lanes◦ Warm-up lanes are minimum 6' wide◦ Uniform 4'6" depth throughout• Colorado Gen7 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 consideration 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, February 9, 2026 if two courses will be used.• 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 with 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:	<ul style="list-style-type: none">• Open to all Virginia Swimming athletes 12 & under registered prior to the first day of the meet in the Central District which includes DC, HNVR, NOVA, PSDN, QSTS, RCR, and SRVA.• Unattached athletes in the same geographical district are also eligible to attend.• Athletes with a disability may participate in any event at this meet even if they have achieved the USA Swimming Parallel time standard acceptable for entry into Age Group Champs.• 8 & under athletes may participate in any age appropriate event regardless of classification.• No on deck USA Swimming athlete registration will be permitted.• The qualifying period for this meet is November 1, 2024, through February 12, 2026.• Athletes may compete in any individual event or relay leg in which they have a time that is slower than a VSI Age Group Championship qualifying time.

	<ul style="list-style-type: none"> • Athletes may compete in any individual event or relay leg in which they have a VSI Age Group Championship bonus qualifying time. • 10 and 12 year-old swimmers aging up from February 13 through March 12, 2026 with times too fast to qualify for this championship will be allowed to compete in an event at this meet under the following conditions: <ul style="list-style-type: none"> ◦ The swimmer does not qualify for the event in his/her new age group at Age Group Champs. ◦ The swimmer will be seeded correctly by time but will swim Exhibition only and will not be eligible to receive an award or compete in the finals session. • Age on February 13, 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"> • <u>Individual Events:</u> <ul style="list-style-type: none"> ◦ 11-12 year old swimmers will swim prelim/finals in all individual events except the 400 IM and the 500 Free which will be swum as timed finals. The top 16 swimmers in the 11-12 age group from prelims will come back to compete in finals, except for the 200 Fly, 200 Back, and 200 Breast where only the top 8 swimmers will compete in finals. ◦ 9-10 year-old swimmers will swim prelim/finals in all individual events except the 200 IM and 500 Free which will be contested as timed finals. The top 8 swimmers in the 9-10 age group from prelims will come back to compete in finals. The fastest heat of the 200 IM will be swum in finals. ◦ 8 & under events will be swum as timed finals in a single course in the mid-day sessions on Saturday and Sunday <i>with the exception of the 10 & Under 500 Free which is contested during Friday Preliminaries</i>. 8 & under athletes are not eligible for finals. • <u>Relays</u> <ul style="list-style-type: none"> ◦ 11-12 400 Free Relays: All heats of the 11-12 400 Free Relay will be swum at the conclusion of Friday Preliminary Session. ◦ 9-10 & 11-12 200 Free & 200 Medley Relays: The top 8 seeded 9-10 & 11-12 200 Free and 200 Medley Relays will compete at the start of Finals Sessions Saturday and Sunday. All remaining heats of the 11-12 and 9-10 200 Free and 200 Medley Relays will be swum during preliminary sessions. ◦ 8 & Under 100 Free & 100 Medley Relays: All heats will be timed finals and compete during 8 & Under Timed Final Sessions. • There will be 5 minute breaks in all sessions either before or after relay events. 8 & Under sessions will have Awards Breaks where the top 8 relays and individual event winners will be awarded medals. Consult Order of Events or timeline report for further Break details. • Ready Room: A Ready Room will be used at this Championship prior to each "A" final heat. Each Swimmer in the "A" Final (Final heat) should report to the Ready Room 10 minutes preceding the event and participate in the "A" Final parade. <ul style="list-style-type: none"> ◦ "A" Final swimmers will be presented with music and their names will be announced prior to the start of the race. ◦ "B" Final heats will report directly to their assigned lane.
ENTRIES:	<p>DEADLINE FOR THE RECEIPT OF ENTRIES IS TUESDAY, FEBRUARY 3, 2026</p> <ul style="list-style-type: none"> • Entries must be submitted in Short Course Yards times using Commlink-2 software. • Teams submit entries via e-mail.

	<ul style="list-style-type: none"> • A printout of entries with the name of the person to contact in case of questions must accompany the entries. • Coach Time (CT) and “No Time” (NT) entries will be accepted for events in which a swimmer does not have a time of record. CT must be slower than an “A” time. • All entry times other than CT must have been achieved in USA Swimming sanctioned, approved, or observed competition including Block Party meets. • If a relay seed time cannot be created using the times of 4 swimmers entered in the meet, enter the relay with a NT. • 9-10 and 11-12 year old athletes may enter a maximum of 8 individual events for the meet, no more than 3 per day and 1 relay event per day. • 8 & Under swimmers may enter a maximum of 9 individual events, no more than 1 individual event Friday (10 & Under 500 Free) and 4 individual events and 1 relay event on Saturday and Sunday. • Relay teams must be designated A, B, C, etc., if more than one per club is entered per event. Relay entry times must be slower than the combined “AG Championship” times for the corresponding relay. See the “slower than” relay times chart on page 5. • The Meet Director reserves the right to combine heats and events, which may require reseeding. • Email entries to: novabusinessoffice@novaswim.org • Late entries will be accepted. If received prior to the publishing of the heat sheet, the swimmer will be seeded into the event; if after, he/she will go in the slowest heat in an empty lane. If needed, a heat will be added.
FEES:	<p>Individual Events: \$12.00 Relay Events: \$15.00 Swimmer Fee: \$2.50 per person (entered in the meet in any capacity)</p> <p>Late Fees: In addition to the regular entry fee, a fee of \$10 per event prior to the first day of the meet and \$25 per event on or after the first day of the meet will be charged for any entry received after the entry deadline.</p> <ul style="list-style-type: none"> • 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, February 10, 2026 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:	<ul style="list-style-type: none"> • Morning / Preliminary 9-12 Sessions: Warm-ups start not before 7:00am; Competition starts not before 8:00am • Midday / Preliminary 8 & Under Sessions: Warm-up start not before 11:00am; Competition starts not before 12:00pm • Finals 9-12 Sessions: Warm-ups: 5:00pm Competition: 6:00pm • Lane assignments and warm-up times for individual clubs will be posted on the NOVA website no later than Monday, February 9, 2026 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:	<ul style="list-style-type: none"> • All events, except the 10&U 500 Free, 11-12 500 Free, and 11-12 400 IM, will be pre-seeded. • All swimmers should report directly to the blocks for all preliminary and “B” Final events. • Positive check-in for the 10&U 500 Free, 11-12 500 Free and 11-12 400 IM will close 30 minutes prior to the session in which the events will be swum. • Positive check-in rosters will be located at the Administrative Official’s desk. • SWIMMERS FAILING TO POSITIVELY CHECK-IN WILL NOT BE SEEDED.

	<ul style="list-style-type: none"> A swimmer who positively checks-in for a distance event and does not show up to compete will not be able to swim his/her next event.
AWARDS:	<ul style="list-style-type: none"> Individual events will be scored and awarded medals for first through third place, and ribbons fourth through sixteenth place. Relay events will be awarded medals for first through third place and ribbons for fourth through eighth place. The 10 & Under 500 Free will be awarded and scored separately for 8 & Under and 9-10 age groups. Team Awards will be given. Teams placing first through third will receive a plaque. Scoring will be as follows: <ul style="list-style-type: none"> All events will be scored to 16 places. Individual: 20-17-16-15-14-13-12-11 - 9-7-6-5-4-3-2-1 Relays: 40-34-32-30-28-26-24-22-18-14-12-10-8-6-4-2 Only the top two relay entries per team may score.
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 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. 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. 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:	<p>Meet Referee: Glenn West Email: glenn.west@verizon.net Phone: 804-687-1184</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 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 escfagan@gmail.com no later than Tuesday, February 3, 2026. • Officials meetings will be held in the hospitality room one hour prior to the start of each session. • General meeting for coaches and key officials may be held in the hospitality room 30 minutes prior to the start of the meet.
SAFETY:	<p>MEET SAFETY OFFICER: Drew Hirth Email: coachdrew@novaswim.org Phone: 804-754-3401x2</p> <p>Virginia Swimming Meet Safety Procedures will be in effect.</p>
TIMERS:	<ul style="list-style-type: none"> • Swimmers supply their own timers and lap counters for the 500 Freestyle • 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 XXXXXX website no later than Monday, February 9, 2026 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:	<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 is permitted on NOVA property. • 2nd Floor Mezzanine seating will be available for all Spectators. • Swimmers, coaches, officials and volunteers are allowed on the 1st floor pool deck. No spectators will be permitted on the deck.
PARKING:	<ul style="list-style-type: none"> • Ample parking is available at NOVA Aquatic Center – Regency. Spectators are encouraged to park on the 2nd floor parking deck for direct access.

RELAY “SLOWER THAN TIMES” CHART

Age Group	Gender	Free	Medley
9-10	Girls	2:05.16	2:25.06
	Boys	2:03.96	2:23.56
11-12	Girls	1:49.96 (200) 4:01.96 (400)	2:05.56
	Boys	1:49.96 (200) 4:00.76 (400)	2:05.86

2026 Central District Short Course 12 & Under Championships

Friday February 13, 2026								
9-12 Preliminary Session + 10 & Under 500 Free			No 8 & Under Session			9-12 Finals Session		
Warm-Up: Not Before 7:00am Start: Not Before 8:00am						Warm-Up: 5:00pm Start: 6:00pm		
G	Event	B	G			G	Event	B
1	11-12 200 Free	2				1	11-12 200 Free	2
3	9-10 200 Free*	4				3	9-10 200 Free	4
5	11-12 50 Fly	6				5	11-12 50 Fly	6
7	9-10 50 Fly*	8				7	9-10 50 Fly	8
9	11-12 200 Back*	10				9	11-12 200 Back	10
11	9-10 100 Breast*	12				11	9-10 100 Breast	12
13	11-12 100 Breast	14				13	11-12 100 Breast	14
15	9-10 100 IM*	16				15	9-10 100 IM	16
17	11-12 100 IM	18				17	11-12 100 IM	18
19	10 & Under 500 Free**	20						
21	11-12 400 Free Relay**	22						

* Top 8 swim in Finals
** Timed Final Event

Saturday February 14, 2026								
9-12 Preliminary Session			8 & Under Timed Final Session			9-12 Finals Session		
Warm-Up: Not Before 7:00am Start: Not Before 8:00am			Warm-Up: Not Before 12:00pm Start: Not Before 1:00pm			Warm-Up: 5:00pm Start: 6:00pm		
G	Event	B	G	Event	B	G	Event	B
23	11-12 200 Free Relay***	24	47	100 Free Relay	48	23	11-12 200 Free Relay***	24
25	9-10 200 Free Relay***	26		5 Minute Break		25	9-10 200 Free Relay***	26
	5 Minute Break		49	50 Breast	50		5 Minute Break	
27	11-12 100 Back	28	51	100 Free	52	27	11-12 100 Back	28
29	9-10 100 Back*	30	53	25 Fly	54	29	9-10 100 Back	30
31	11-12 50 Breast	32		20 Min Awards Break		31	11-12 50 Breast	32
33	9-10 50 Breast*	34	55	100 IM	56	33	9-10 50 Breast	34
35	11-12 200 Fly*	36	57	25 Free	58	35	11-12 200 Fly	36
37	9-10 50 Free*	38	59	50 Fly	60	37	9-10 50 Free	38
39	11-12 50 Free	40		20 Min Awards Break		39	11-12 50 Free	40
41	9-10 200 IM***	42	61	200 Free	62	41	9-10 200 IM***	42
43	11-12 200 IM	44	63	100 Back	64	43	11-12 200 IM	44
	5 Minute Break			Final Awards				
45	11-12 500 Free**	46						

* Top 8 swim in Finals
** Timed Final Event
*** Timed Final Event w/ Top 8 Seeded Swimmers / Relays swimming in Finals

Sunday February 15, 2026

9-12 Preliminary Session			8 & Under Timed Final Session			9-12 Finals Session		
Warm-Up: Not Before 7:00am Start: Not Before 8:00am			Warm-Up: Not Before 12:00pm Start: Not Before 1:00pm			Warm-Up: 5:00pm Start: 6:00pm		
G	Event	B	G	Event	B	G	Event	B
65	11-12 200 Medley Relay***	66	85	100 Medley Relay	86	65	11-12 200 Medley Relay***	66
67	9-10 200 Free Relay***	68		5 Minute Break		67	9-10 200 Free Relay***	68
	5 Minute Break		87	25 Breast	88		5 Minute Break	
69	11-12 100 Fly	70	89	50 Free	90	69	11-12 100 Fly	70
71	9-10 100 Fly*	72		20 Minute Awards Break		71	9-10 100 Fly	72
73	11-12 50 Back	74	91	100 Fly	92	73	11-12 50 Back	74
75	9-10 50 Back*	76	93	25 Back	94	75	9-10 50 Back	76
77	11-12 200 Breast*	78	95	100 Breast	96	77	11-12 200 Breast	78
79	9-10 100 Free*	80		20 Minute Awards Break		79	9-10 100 Free	80
81	11-12 100 Free	82	97	200 IM	98	81	11-12 100 Free	82
	5 Minute Break		99	50 Back	100			
83	11-12 400 IM**	84		Final Awards				

* Top 8 swim in Finals

** Timed Final Event

*** Timed Final Event w/ Top 8 Seeded
Swimmers / Relays swimming in Finals