
	<p style="text-align: center;">NOVA SHORT COURSE SEND-OFF March 22-23, 2025 SANCTION NO. VS-25-74</p>		<p style="text-align: center;">Hosted by:  NOVA of Virginia Aquatics</p>
SANCTION:	<ul style="list-style-type: none"> • Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: VS-25-74 • 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:	<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 • Daktronics 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, March 17, 2025 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 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. • 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 Virginia Swimming athlete registration will be permitted. • 2024-2028 NAG motivational time standards are in effect. • Age on March 22, 2025 will determine age for the entire meet. 		

DISABILITY SWIMMERS:	<ul style="list-style-type: none"> 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.
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 12 & Under swimmers will swim in the morning sessions. All 13 & 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 11, 2025</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 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:	<p>Individual Events: \$10.00 Relay Events: \$15.00 Swimmer Fee: \$2.50 per person (entered in the meet in any capacity)</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, March 18, 2025 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"> 12 & Under Warm-ups not before 7:00am; competition starts not before 8:00am. 13 & Older 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 17, 2025 and will also be emailed to the contact person of the participating clubs.
SEEDING:	<ul style="list-style-type: none"> All events will be pre-seeded. Swimmers should report directly to the block for their events.
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. 11 & Under events will be given separate awards 11-12, 9-10 and 8&U 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. • 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: Matt Banks Email: mbanks03@gmail.com Phone: 336-408-5734</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 March 18, 2025. • Officials' meetings will be held in the hospitality room one hour prior to the start of the meet.
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"> • 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 17, 2025 and will also be emailed to the contact person of each of the individual clubs. • These assignments will also be posted throughout the venue.

	<ul style="list-style-type: none"> • Athletes entered in events 37 & 38 (400 IM) and 77 & 78 (500 Free) will need to provide timers and counters.
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, smoking or alcohol is permitted on NOVA property.
PARKING:	<ul style="list-style-type: none"> • Ample parking is available at NOVA Aquatic Center – Regency

NOVA SHORT COURSE SEND-OFF

ORDER OF EVENTS

Saturday, March 22, 2025

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

Sunday, March 23, 2025

Morning Session Warm-up: 7:00 am; Start: 8:00 am (Times not earlier than)			Afternoon Session Warm-up: 12:00 pm; Start: 1:00 pm (Times not earlier than)		
<u>Girls</u>		<u>Boys</u>	<u>Girls</u>	<u>Events</u>	<u>Boys</u>
39	12 & U 200 Freestyle	40	63	13 & Older 50 Butterfly	64
41	8 & U 100 Individual Medley	42	65	13 & Older 200 Butterfly	66
43	9-12 100 Individual Medley	44	67	13 & Older 100 Freestyle	68
45	8 & U 25 Breaststroke	46	69	13 & Older 50 Backstroke	70
47	9-12 50 Breaststroke	48	71	13 & Older 200 Backstroke	72
49	8 & U 50 Butterfly	50	73	13 & Older 100 Breaststroke	74
51	11-12 200 Butterfly	52	75	13 & Older 200 Individual Medley	76
53	9-12 50 Butterfly	54	77	13 & Older 500 Freestyle	78
55	8 & U 25 Backstroke	56			
57	12 & Under 100 Backstroke	58			
59	8 & Under 100 Freestyle	60			
61	9-12 100 Freestyle	62			