
	<p style="text-align: center;">NOVA October 12 & Under Kick Off October 5-6, 2024 SANCTION NO. VS-25-10</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-25-10. USA Swimming, Inc., Virginia Swimming, Inc., NOVA and NOVA Aquatics Center-Regency 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 Aquatics Center - Regency, 100 NOVA Way, Richmond, VA 23238. 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 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 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 September 30, 2024 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 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 Email: novabusinessoffice@novaswim.org Phone: (804) 754-3401x2	
ELIGIBILITY:	<ul style="list-style-type: none"> Open to all 12 & Under 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 Oct. 5, 2024 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. 	

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"> All 9-12-year-old swimmers will swim on Saturday and Sunday morning sessions. All 8 and younger swimmers will swim on Saturday and Sunday mid-day sessions. All events will be timed finals.
WARM-UP:	<ul style="list-style-type: none"> Morning sessions: Warm-ups not before 8:00 am; competition starts not before 9:00 am. Mid-day 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 Tuesday, October 1, 2024, and will also be emailed to the contact person of the participating clubs. If morning sessions run long, warm-ups for the following session will begin immediately following the conclusion of the previous session.
ENTRIES:	<p>DEADLINE FOR THE RECEIPT OF ENTRIES IS 9:00PM, TUESDAY, SEPTEMBER 24, 2024.</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>. When entering 11-12-year-old events, 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 <u>accepted to</u> 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:	<p>Individual Event Entry Fee: \$10.00 Swimmer Surcharge per person: \$2.50 per athlete (entered in the meet in any capacity)</p>
SEEDING:	<ul style="list-style-type: none"> All events will be pre-seeded
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 applicable 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 the MAAPP policy 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

	<p>USAS member coach, the swimmer or the swimmer's legal guardian must ensure compliance with this requirement.</p> <ul style="list-style-type: none"> • 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: Glenn West Email: glenn.west@verizon.net Phone: (804) 261-3671</p> <ul style="list-style-type: none"> • Officials will be needed for all positions and all sessions for this meet. • Team Officials Chairpersons should submit the names and session availability of certified officials, as well as the names and session availability of trainees to Emily Fagan, Email: escfagan@gmail.com no later than Sunday September 29, 2024. • Officials meetings will be held in the hospitality area 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>
AWARDS	<ul style="list-style-type: none"> • No awards will be given.
TIMERS:	<ul style="list-style-type: none"> • The head timer may assign specific lanes prior to each session.
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 in the pool area.
PARKING:	<ul style="list-style-type: none"> • Ample parking is available at NOVA Aquatic Center - Regency

**NOVA OCTOBER KICK OFF 12 & YOUNGER MEET
ORDER OF EVENTS**

Saturday, October 5, 2024			Sunday, October 6, 2024		
Morning Session Warm-up: 8:00 am; Start: 9:00 am (Times are not earlier than)			Morning Session Warm-up: 8:00 am; Start: 9:00 am (Times are not earlier than)		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>	<u>Girls</u>	<u>Events</u>	<u>Boys</u>
1	9-10 200 Freestyle	2	37	11-12 200 Individual Medley	38
3	11-12 200 Freestyle	4	39	9-10 200 Individual Medley	40
5	9-10 100 Individual Medley	6	41	11-12 100 Freestyle	42
7	11-12 100 Individual Medley	8	43	9-10 100 Freestyle	44
9	9-10 50 Freestyle	10	45	11-12 100 Backstroke	46
11	11-12 50 Backstroke	12	47	9-10 50 Backstroke	48
13	11-12 200 Backstroke	14	49	11-12 50 Breaststroke	50
15	9-10 100 Backstroke	16	51	11-12 200 Breaststroke	52
17	11-12 100 Breaststroke	18	53	9-10 100 Breaststroke	54
19	9-10 50 Breaststroke	20	55	11-12 100 Butterfly	56
21	11-12 50 Butterfly	22	57	9-10 50 Butterfly	58
23	9-10 100 Butterfly	24	59	11-12 50 Freestyle	60
Mid-day Session Warm-up: 12:00 pm; Start: 1:00 pm (Times are not earlier than)			Mid-day Session Warm-up: 12:00 pm; Start: 1:00 pm (Times are not earlier than)		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>	<u>Girls</u>	<u>Events</u>	<u>Boys</u>
25	8 & Under 100 Individual Medley	26	61	8 & Under 50 Freestyle	62
27	8 & Under 25 Freestyle	28	63	8 & Under 100 Freestyle	64
29	8 & Under 50 Backstroke	30	65	8 & Under 25 Butterfly	66
	5 minute break			5 minute break	
31	8 & Under 100 Backstroke	32	67	8 & Under 100 Butterfly	68
33	8 & Under 25 Breaststroke	34	69	8 & Under 50 Breaststroke	70
35	8 & Under 50 Butterfly	36	71	8 & Under 100 Breaststroke	72
			73	8 & Under 25 Backstroke	74