
	<p style="text-align: center;"><b>CENTRAL DISTRICT 13 &amp; OVER CHAMPIONSHIP</b>  <b>February 28 – March 2, 2025</b>  <b>SANCTION NO. VS-25-69</b></p>	<p style="text-align: center;"><b>Hosted by:</b>  </p>
<b>SANCTION:</b>	<ul style="list-style-type: none"> <li>Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: <b>VS-25-69</b>.</li> <li>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.</li> <li>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.</li> </ul>	
<b>LOCATION:</b>	NOVA Aquatic Center - Regency, 100 NOVA Way, Richmond, VA 23229. Phone 804-754-3401x2	
<b>FACILITY:</b>	<ul style="list-style-type: none"> <li>The NOVA Aquatic Center – Regency offers three pools and supporting amenities.</li> <li>Competition Pool: <ul style="list-style-type: none"> <li>20 25 yard lanes x 8 50 meter lanes</li> <li>Competition lanes are minimum 8' wide in 25 yard course and 8'2" in 50 meter course.</li> <li>Uniform 6'7" depth throughout</li> <li>Overflow Gutters</li> <li>Competitor non turbulent 6" lane lines</li> </ul> </li> <li>Warm-Up Pools: <ul style="list-style-type: none"> <li>Each pool: 3 25 yard lanes</li> <li>Warm-up lanes are minimum 6' wide</li> <li>Uniform 4'6" depth throughout</li> </ul> </li> <li>Daktronics timing system will be used.</li> <li>Lane configurations for competition will be determined upon receipt of entries. Lanes will be available for warm-up/warm-down at all times.</li> <li>The meet host will ensure that the competition course meets the required dimensions as specified in 103.3 USA Swimming Rules and Regulations.</li> <li>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.</li> <li>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.</li> </ul>	
<b>MEET DIRECTOR:</b>	Lori Hopewell Email: novabusinessoffice@novaswim.org Phone: 804-754-3401x2	
<b>ELIGIBILITY:</b>	<ul style="list-style-type: none"> <li>Open to all Virginia Swimming registered athletes in Central Region registered prior to the first day of the meet. Teams in the Central Region are: DC, HNVR, NOVA, PSDN, QSTS, RCR, and SRVA</li> <li>Unattached athletes in the same geographical district are also eligible to attend.</li> <li>The qualifying period for this meet is November 1, 2023 through February 28, 2025.</li> <li>No on deck Virginia Swimming athlete registration will be permitted.</li> <li>Swimmers in the 13-14 age group may compete in any individual event or relay leg in which they have a time that is slower than the age group championship qualifying time except the 400 IM, 500 free, and the 1000 free.</li> <li>15 and older swimmers may compete in any individual event or relay leg in which they have a time that is slower than the Senior Champs qualifying time except the 400 IM, 500 free, and the 1000 free.</li> </ul>	

	<ul style="list-style-type: none"> <li>Swimmers in the 13-14 age group must have at least a 13-14 "B" time to qualify to enter the 400 IM, the 500 free, or the 1000 free. The time for either event entered must be slower than the age group championship time.</li> <li>15 and older swimmers must have at least a 15-16 "B" time to qualify to enter the 400 IM, the 500 free, or the 1000 free. The time for either event entered must be slower than the senior championship qualifying time.</li> <li>2024-2028 NAG time standards are in effect.</li> <li>Age on February 28, 2025 will determine age for the entire meet.</li> <li>14 year old swimmers aging up from February 28 to March 12, 2025 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"> <li>the swimmer does not have a Senior Champs qualifying time in the event.</li> <li>the swimmer will be seeded correctly by time however will swim exhibition only and will not be eligible to receive an award or compete in the Finals session.</li> </ul> </li> </ul>
<b>DISABILITY SWIMMERS:</b>	<ul style="list-style-type: none"> <li>Athletes with a disability are welcome and shall provide advance notice of desired accommodations to the Meet Director.</li> <li>The athlete (or the athlete's coach) is also responsible for notifying the session referee of any disability prior to the competition using the <a href="#">Disability Accommodation Form</a>.</li> </ul>
<b>ATHLETES WITH A SERIOUS MEDICAL CONDITION:</b>	<ul style="list-style-type: none"> <li>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.</li> <li>This provision does not apply to medical conditions that are not life-threatening while swimming, including injuries that limit range of motion.</li> <li>The swimmer/coach shall provide a Personal Assistant(s) as needed.</li> </ul>
<b>FORMAT:</b>	<ul style="list-style-type: none"> <li>All athletes will swim a combined preliminary session in the morning session.</li> <li>Top 16 13-14 swimmers and the top 16 15&amp;O swimmers from preliminary events will swim the final session each day.</li> <li>The 1000 freestyle will be a timed final event with the top heat swimming in finals, regardless of age. All remaining heats will swim during the preliminary session.</li> <li>All relay events will be timed finals and will be conducted during the preliminary sessions.</li> <li>Two 8-lane competition courses may be used during preliminary sessions at the discretion of the meet referee. Finals will be contested in a single 8-lane pool. Breaks may be added at the discretion of the Meet Director and Referee if 2 courses are used.</li> <li>"A" Final swimmers will be presented with music and their names will be announced prior to the start of the race. 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 one event prior to their scheduled event and participate in the "A" Final parade.</li> <li>"B" Final heats will report directly to their assigned lane.</li> </ul>
<b>ENTRIES:</b>	<p><b>DEADLINE FOR THE RECEIPT OF ENTRIES IS TUESDAY, FEBRUARY 18, 2025</b></p> <ul style="list-style-type: none"> <li>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.</li> <li>Entries must be submitted using Commlink-2 software.</li> <li>Teams submit entries via email.</li> <li>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.</li> <li>Swimmers may enter a maximum of 8 individual events, no more than 3 individual and one relay per day.</li> <li>Relay teams must be designated A, B, or C, if more than one per club is entered per event. Teams may submit three (3) relays per event.</li> <li>If a relay seed time cannot be created using the times of 4 swimmers entered in the meet, enter the relay as a NT.</li> <li>The Meet Director reserves the right to combine heats and events, which may require reseeding.</li> </ul>

	<ul style="list-style-type: none"> <li>• “No Time” (NT) entries will be accepted <b>except</b> in the 400 medley, 500 free, and 1000 free, where a swimmers must have achieved a minimum of a “B” time in their respective age groups.</li> <li>• Coach Times (CT) will <b>not</b> be accepted for any event. All entry times must have been achieved in a sanctioned, approved, or observed meet.</li> <li>• Email entries to: novabusinessoffice@novaswim.org</li> <li>• <b>Late entries will be accepted.</b> If received prior to the printing of the heat sheet, the swimmer will be seeded into the event; if after, they will go in the slowest heat in an empty lane. If needed, a heat will be added.</li> </ul>
<b>FEES:</b>	<p><b>Individual Events: \$10.00</b></p> <p><b>Relay Events: \$15.00</b></p> <p><b>Swimmer Fee: \$2.50 per person</b> (entered in the meet in any capacity)</p> <ul style="list-style-type: none"> <li>• <b>Late Fees:</b> In addition to the regular entry fee, a fee of <b>\$10</b> per event prior to the first day of the meet and <b>\$25</b> per event on or after the first day of the meet will be charged for any entry received after the entry deadline.</li> <li>• <b>Checks should be made payable to: NOVA of Virginia Aquatics</b></li> <li>• Mail payment to: NOVA of Virginia Aquatics 100 NOVA Way Richmond, Va 23229</li> <li>• Payment must be received by Tuesday, February 25, 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.</li> <li>• <b>IMPORTANT:</b> If payment is sent via Express Mail/FedEx/Airborne/UPS/etc., please ensure that a signature is NOT required for delivery.</li> </ul>
<b>SEEDING:</b>	<ul style="list-style-type: none"> <li>• The 400 IM, 500 free, and 1000 free will require a positive check-in to be seeded. All other events will be pre-seeded.</li> <li>• Positive check-in will close at 9:00 AM, Friday for event #11 and 12 (400 individual medley).</li> <li>• Positive check-in will close at 9:00 AM, Saturday for event #25 and 26 (500 free).</li> <li>• Positive check-in will close at 9:00 AM, Sunday for event #37 and 38 (1000 free).</li> <li>• <b>SWIMMERS FAILING TO POSITIVELY CHECK-IN WILL NOT BE SEEDED.</b></li> <li>• <b>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.</b></li> <li>• The 400 IM and the 500 free will be swum in preliminaries with the four fastest heats of girls swimming first, slow to fast, followed by the four fastest heats of boys, swimming slow to fast. The remaining heats will be swum fast to slow, alternating girls and boys.</li> <li>• The 1000 free will be swum fastest to slowest, and alternating heats of girls and boys. <ul style="list-style-type: none"> <li>○ <b>Any athlete entered in the 1000 free will be asked to indicate a preference for swimming with preliminaries or with finals. The preliminaries/finals preference must be declared by the appropriate positive check-in deadline</b></li> <li>○ <b>The fastest 8 swimmers who wish to swim during the evening finals will swim during the evening finals.</b></li> </ul> </li> </ul>
<b>WARM-UP:</b>	<ul style="list-style-type: none"> <li>• Preliminary sessions: Warm-ups not before 6:30 AM; competition starts not before 8:00 AM. There will be 30 minute warm-up sessions with a 15 minute session for specific warm-ups.</li> <li>• Finals sessions: Warm-ups not before 4:30 PM; competition starts not before 5:30 PM</li> <li>• 1000 free (Sunday): The pool will open for 15 minutes of open warm-ups immediately following the finish of the 200 IM, with the 1000 free starting 5 minutes thereafter. <ul style="list-style-type: none"> <li>○ The approximate start time for the 1000 Free will be posted on the NOVA website no later than Monday, February 24, 2025 and will also be emailed to the contact person of the participating clubs.</li> <li>○ The distance sessions will start no earlier than the estimated times.</li> </ul> </li> <li>• Lane assignment and warm-up times for individual clubs will be posted on the NOVA website no later than Monday, February 24, 2025, and will also be emailed to the contact person of the participating clubs.</li> </ul>
<b>AWARDS:</b>	<ul style="list-style-type: none"> <li>• Individual events will be scored and awarded first through eighth place for 13-14 and 15 &amp; over age groups. Medals will be awarded for first through third place, ribbons for fourth through eighth place.</li> </ul>

	<ul style="list-style-type: none"> <li>Relay events will be awarded medals for first through third place and ribbons for fourth through eighth place.</li> <li>Team awards will be given, first through third place.</li> <li>Scoring will be as follows: <ul style="list-style-type: none"> <li><b>Individual:</b> Finals - 20-17-16-15-14-13-12-11; Consolations - 9-7-6-5-4-3-2-1.</li> <li><b>Relay:</b> Finals - 40-34-32-30-28-26-24-22-18-14-12-10-8-6-4-2.</li> <li><b>Only the top two relays for one team may score in an event.</b></li> </ul> </li> </ul>
<b>PENALTIES:</b>	<ul style="list-style-type: none"> <li>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"> <li>Entries using fraudulent or non-verifiable times.</li> <li>Athlete competed in the incorrect age group.</li> <li>Athlete is not registered with USA Swimming prior to the first day of the meet.</li> </ul> </li> <li>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.</li> <li>Any event in which an athlete participated illegally will be rescored and re-awarded.</li> </ul>
<b>RULES:</b>	<ul style="list-style-type: none"> <li>The current USA Swimming Rules and Regulations, including the Minor Athlete Abuse Prevention Policy, will govern this meet.</li> <li>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.</li> <li>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.</li> <li><b>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.</b></li> <li>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.</li> <li>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>.</li> <li>In accordance with VSI best practices, all swimmers should shower before entering the pool.</li> <li>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.</li> <li>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.</li> <li>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.</li> </ul>
<b>OFFICIALS:</b>	<p><b>MEET REFEREE: Anne Van Lenten</b>  <b>Email:</b> westgrace98@gmail.com  <b>Phone: 804-564-6070</b></p> <ul style="list-style-type: none"> <li>Officials will be needed for all positions and all sessions for this meet.</li> <li>Training for Officials will be offered in accordance with Training Guidelines and Initial Certification, Virginia Swimming Officials Handbook.</li> <li>Team Officials Chairpersons should submit the names and session availability of certified officials to Emily Fagan at <a href="mailto:escfagan@gmail.com">mailto:escfagan@gmail.com</a> no later than Tuesday, February 18, 2025.</li> <li>There will be an official's meeting in hospitality one hour prior to the start of each session.</li> </ul>

	<ul style="list-style-type: none"> <li>There will be coaches meeting at 7:45 am on Friday February 28, 2025.</li> </ul>
<b>SAFETY:</b>	<b>MEET SAFETY OFFICER: Drew Hirth</b> <b>Email: coachdrew@novaswim.org</b> <b>Phone: 804-754-3401x2</b> Virginia Swimming Meet Safety Procedures will be in effect.
<b>TIMERS:</b>	<ul style="list-style-type: none"> <li>Clubs will be required to provide timers in proportion to the number of swimmers they have entered in each session.</li> <li>The number of timers required per club and their lane assignments will be posted on the NOVA website no later than Monday, February 24, 2025 and will also be emailed to the contact person of each of the individual clubs.</li> <li>Swimmers competing in the 400 medley, 500 free, and 1000 free <b>are responsible for providing their own timers.</b> Swimmers competing in the 1000 free and 500 free are responsible for providing their own lap counters.</li> </ul>
<b>GENERAL:</b>	<ul style="list-style-type: none"> <li>The Virginia Swim Shop will be open for swimming accessories and shopping.</li> <li>Heat Sheets will not be printed however will be provided 2 ways.             <ul style="list-style-type: none"> <li>Meet Mobile</li> <li>PDF versions will be posted on the NOVA website.</li> </ul> </li> <li>No glass containers, smoking or alcohol is permitted on NOVA property. Ample parking is available at NOV Aquatic Center – Regency</li> </ul>
<b>PARKING:</b>	<ul style="list-style-type: none"> <li>Ample parking is available at NOVA Aquatic Center – Regency</li> </ul>

#### RELAY “SLOWER THAN TIMES” CHART

Age Group	Gender	Free		Medley
13-14	Girls	1:43.56 (200)	3:43.16 (400)	4:13.46
	Boys	1:37.96 (200)	3:31.96 (400)	4:01.16
13 & Over	Girls	1:41.16 (200)	3:39.16 (400)	4:06.46
	Boys	1:31.16 (200)	3:17.96 (400)	3:42.86

# 2025 Central District 13 & Older Championship

## ORDER OF EVENTS

**Friday, February 28, 2025**

<b>Morning Prelims</b> <b>Warm-ups: not before 6:30 AM;</b> <b>Start: not before 8:00 AM</b>		
<u><b>Girls</b></u>	<u><b>Events</b></u>	<u><b>Boys</b></u>
1	13 & Over 100 Breast	2
3	13 & Over 200 Free	4
5	13 & Over 100 Fly	6
7	13-14 400 Free Relay	8
9	13 & Over 400 Free Relay	10
11	13 & Older 400 IM	12

<b>Evening Finals</b> <b>Warm-ups: 4:30 PM; Start: 5:30 PM</b>		
<u><b>Girls</b></u>	<u><b>Events</b></u>	<u><b>Boys</b></u>
1	13 & Over 100 Breast	2
3	13 & Over 200 Free	4
5	13 & Over 100 Fly	6
11	13 & Over 400 IM	12

**Saturday, March 1, 2024**

<b>Morning Prelims</b> <b>Warm-ups: not before 6:30 AM;</b> <b>Start: not before 8:00 AM</b>		
<u><b>Girls</b></u>	<u><b>Events</b></u>	<u><b>Boys</b></u>
13	13 & Over 200 Fly	14
15	13 & Over 50 Free	16
17	13 & Over 200 Breast	18
19	13 & Over 100 Back	20
21	13-14 400 Medley Relay	22
23	13 & Over 400 Medley Relay	24
25	13 & Over 500 Free	26

<b>Evening Finals</b> <b>Warm-ups: 4:30 PM; Start: 5:30 PM</b>		
<u><b>Girls</b></u>	<u><b>Events</b></u>	<u><b>Boys</b></u>
13	13 & Over 200 Fly	14
15	13 & Over 50 Free	16
17	13 & Over 200 Breast	18
19	13 & Over 100 Back	20
25	13 & Over 500 Free	26

**Sunday, March 2, 2025**

<b>Morning Prelims</b> <b>Warm-ups: not before 6:30 AM;</b> <b>Start: not before 8:00 AM</b>		
<u><b>Girls</b></u>	<u><b>Events</b></u>	<u><b>Boys</b></u>
27	13 & Over 200 Back	28
29	13 & Over 100 Free	30
31	13 & Over 200 IM	32
33	13-14 200 Free Relay	34
35	13 & Over 200 Free Relay	36
37	13 & Over 1000 Free (*)	38

<b>Evening Finals</b> <b>Warm-ups: 4:30 PM; Start: 5:30 PM</b>		
<u><b>Girls</b></u>	<u><b>Events</b></u>	<u><b>Boys</b></u>
37	13 & Over 1000 Free (*)	38
27	13 & Over 200 Back	28
29	13 & Over 100 Free	30
31	13 & Over 200 IM	32

(\*) Timed Final Event – final heat to swim at Finals session