
	<p align="center">CENTRAL DISTRICT 8 & Y CHAMPIONSHIP February 8-9, 2025 SANCTION NO. VS-25-60</p>		<p 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-25-60 USA Swimming, Inc., Virginia Swimming, Inc., and NOVA of Virginia Aquatics, Inc. 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, Inc. agrees to comply and to enforce all health and safety mandates and guidelines of USA Swimming, Virginia Swimming, the Commonwealth of Virginia and Henrico County, Virginia. 		
LOCATION:	NOVA Aquatics Center - Regency, 100 NOVA Way, Richmond, VA 23238. 804-754-3401 x2.		
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 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 3, 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 Email: novabusinessoffice@novaswim.org Phone: (804) 754-3401 x2		
ELIGIBILITY:	<ul style="list-style-type: none"> Open to all Virginia Swimming registered athletes 8 years old and younger 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. No on deck Virginia Swimming athlete registration will be permitted. Athletes may compete in any event offered regardless of classification. Age on February 8, 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. 		

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 events will be timed finals.
ENTRIES:	<p>DEADLINE FOR THE RECEIPT OF ENTRIES IS TUESDAY, January 28, 2025.</p> <p>Entries must be submitted in Short Course Yards times using Commlink-2 software.</p> <ul style="list-style-type: none"> Teams submit entries via e-mail. 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. "No Time" (NT) entries will be accepted. Coach Times (CT) are not allowed for any event. All entry times must have been achieved in a sanctioned, approved, or observed meet. If a relay seed time cannot be created using the times of 4 swimmers entered in the meet, enter the relay with a NT. Swimmers may enter a maximum of 8 individual events for the meet, no more than 4 per day and 1 relay event per day. Relay teams must be designated A, B, C, etc., if more than one per club is entered per event. 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 printing 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: \$8.00 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, Inc. Mail payment to: NOVA Aquatics 100 NOVA Way Richmon, VA 23229 <p>Payment must be received by Tuesday, February 4, 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.</p> <ul style="list-style-type: none"> IMPORTANT: If payment is sent via Express Mail/FedEx/Airborne/UPS/etc., please ensure that a signature is NOT required for delivery.
SEEDING:	<ul style="list-style-type: none"> All events will be pre-seeded. All swimmers should report directly to the blocks.
WARM-UP:	<ul style="list-style-type: none"> Warm-ups start not earlier than 7:30 am; Competition starts not earlier than 8:30 am. Lane assignments and warm-up times for individual clubs will be posted on the NOVA website no later than Tuesday, February 4, 2025 and will also be emailed to the contact person of the participating clubs.
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.

	<ul style="list-style-type: none"> • Team Awards will be given. Total team points will be combined with scores from 9 - 12 Central District Championships. Teams placing first through third will receive a plaque. • All events will be scored to 16 places • Scoring will be as follows: <ul style="list-style-type: none"> ○ Individual Events: 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.
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. • 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 swimmers 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.
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.
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, Email: escfagan@gmail.com later than Tuesday, January 28, 2025. • Officials' meetings will be held in the hospitality area one hour prior to the start of the meet. • General meeting for coaches and key officials may be held in the hospitality area 30 minutes prior to the start of the meet.
SAFETY:	MEET SAFETY OFFICER: Drew Hirth

	<p>Email: coachdrew@novaswim.org</p> <p>Phone: 804-754-3401x2</p> <p>Virginia Swimming Meet Safety Procedures will be in effect.</p>
TIMERS:	<ul style="list-style-type: none"> • Clubs will 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 Tuesday, February 4, 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.
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 electronic versions 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. • Spectator seating: Bleacher and chair seating will be available for spectators. • First Aid: There will be a first aid station on the premises. • Hospitality: NOVA will operate a hospitality room for all coaches and officials during the meet.
PARKING:	<ul style="list-style-type: none"> • Ample parking is available at NOVA Aquatic Center - Regency

2025 Central District 8 & U Championships Order of Events

Saturday February 8, 2025

**Warm up not earlier than 7:30 am; Competition not earlier than 8:30 am
(Additional breaks for awards will be reflected in Meet Timelines upon receipt of entries)**

Girls		Boys
1	100 Medley Relay	2
	5 minute break	
3	50 Breaststroke	4
5	100 Freestyle	6
7	25 Butterfly	8
9	100 Individual Medley	10
11	25 Freestyle	12
13	50 Butterfly	14
15	200 Freestyle	16
17	100 Backstroke	18

Sunday February 9, 2025

**Warm up not earlier than 7:30 am; Competition not earlier than 8:30 am
(Additional breaks for awards will be reflected in Meet Timelines upon receipt of entries)**

Girls		Boys
19	100 Freestyle Relay	20
	5 minute break	
21	25 Breaststroke	22
23	50 Freestyle	24
25	100 Butterfly	26
27	25 Backstroke	28
29	100 Breaststroke	30
31	200 Individual Medley	32
33	50 Backstroke	34