
	<p align="center">CENTRAL DISTRICT 9-12 CHAMPIONSHIP February 14 - 16, 2025 SANCTION NO. VS-25-64</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-25-64. 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. 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: 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: 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, February 5, 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 Phone: 804-754-3401x2 Email: novabusinessoffice@novaswim.org		
ELIGIBILITY:	<ul style="list-style-type: none"> Open to all Virginia Swimming registered athletes 9 - 12 years old by the first day of the meet in the Central District which includes DC, HNVR, NOVA, PSDN, QSTS, RCR, and SRVA. 8 & U Virginia Swimming registered athletes in the Central District may enter the 10 & U 500 Free. Unattached athletes in the same geographical district are also eligible to attend. No on deck Virginia Swimming athlete registration will be permitted. The qualifying period for this meet is November 1, 2023, through February 13, 2025. 		

	<ul style="list-style-type: none"> Athletes may compete in any individual event or relay leg in which they do NOT have a VSI Age Group Championship qualifying time. 10 and 12 year-old swimmers aging up from February 14 to March 13, 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"> 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 14, 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"> 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 with the exception of 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. 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. All heats of the 11-12 year old 400 Free Relay will be swum during the Friday preliminary session. All heats of the 11-12 and 9-10 year old 200 Free and 200 Medley Relays will be swum during the Finals sessions. There will be a 5 minute break at the conclusion of relays swum in Finals before the start of individual events on Saturday and Sunday.
ENTRIES:	<p>DEADLINE FOR THE RECEIPT OF ENTRIES IS TUESDAY, FEBRUARY 4, 2025</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. 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 for individual and relay events. 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 3 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. 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.

	<ul style="list-style-type: none"> 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: \$10.00 Relay Events: \$15.00 Swimmer Fee: \$2.50 per person (entered in the meet in any capacity) 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 11, 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"> 11-12 Preliminary Morning Sessions: <ul style="list-style-type: none"> Warm-up starts not before 7:00 am; Competition starts not before 8:00 am 9-10 Preliminary Afternoon Sessions <ul style="list-style-type: none"> Friday: Warm-ups start not before 11:00 am; Competition starts not before 12:00 pm Saturday: Warm-ups start not before 11:30 am; Competition starts not before 12:30 pm Sunday: Warm-ups start not before 11:00 am; Competition starts not before 12:00 pm Finals: General Warm-Up: 5:00 – 5:50pm; Meet Starts: 6:00pm Lane assignments and warm-up times for individual clubs will be posted on the NOVA website no later than Monday, February 10, 2025 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 9-10 500 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 9-10 500 free, 11-12 500 free and 11-12 400 IM will close 15 minutes prior to the end of warm-ups for 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. 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. Total team points will be combined with scores from 8 & Under Central District Championships. 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: 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, February 4, 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:	<p>MEET SAFETY OFFICER: Drew Hirth Email: coachdrew@novaswim.org Phone: 804-754-3401x2 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 and timers for the 400 IM. • 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, February 10, 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 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.

RELAY “SLOWER THAN TIMES” CHART

Age Group	Gender	Free	Medley
9-10	Girls	2:05.16	2:25.56
	Boys	2:03.96	2:23.86
11-12	Girls	1:49.96 (200) 4:01.96 (400)	2:05.56
	Boys	1:49.96 (200) 4:00.76 (400)	2:06.66

2025 Central District Short Course 9 – 12 Championships

Friday February 14, 2025

Preliminary Session 11-12 Year Olds Warm-Up: not before 7:00 am Start: not before 8:00 am		
G		B
1	11-12 200 Free	2
3	11-12 50 Fly	4
5	11-12 200 Back	6
7	11-12 100 Breast	8
9	11-12 100 IM	10
11	11-12 400 Free Relay	12

Preliminary Session 9-10 Year Olds Warm-Up not before 11:00 am Start not before 12:00 pm		
G		B
13	9-10 200 Free	14
15	9-10 50 Fly	16
17	9-10 100 Breast	18
19	9-10 100 IM	20

Finals Session 9-12 Year Olds Warm-Up not before 5:00 pm Start not before 6:00 pm		
G		B
1	11-12 200 Free	2
13	* 9-10 200 Free	14
3	11-12 50 Fly	4
15	*9-10 50 Fly	16
5	*11-12 200 Back	6
17	*9-10 100 Breast	18
7	11-12 100 Breast	8
19	*9-10 100 IM	20
9	11-12 100 IM	10
*Top 8 Only		

Saturday February 15, 2025

Preliminary Session 11-12 Year Olds Warm-Up not before 7:00 am Start not before 8:00 am		
G		B
23	11-12 100 Back	24
25	11-12 50 Breast	26
27	11-12 200 Fly	28
29	11-12 50 Free	30
31	11-12 200 IM	32
33	11-12 500 Free (TF)*	34

Preliminary Session 9-10 Year Olds Warm-Up not before 11:30 pm Start not before 12:30 pm		
G		B
37	9-10 100 Back	38
39	9-10 50 Breast	40
41	9-10 50 Free	42
43	**9-10 200 IM	44
**Timed Final Event w/ Top 8 Swimming in Finals		

Finals Session 9-12 Year Olds Warm-Up not before 5:00 pm Start not before 6:00 pm		
G		B
21	11-12 200 Free Relay	22
35	9-10 200 Free Relay	36
5-minute break		
23	11-12 100 Back	24
37	*9-10 100 Back	38
25	11-12 50 Breast	26
39	*9-10 50 Breast	40
27	*11-12 200 Fly	28
41	*9-10 50 Free	42
29	11-12 50 Free	30
43	**9-10 200 IM	44
31	11-12 200 IM	32
*Top 8 Only **Timed Final Event w/ Top 8 Swimming in Finals		

*Athletes must provide timers
and counters

Sunday February 16, 2025

Preliminary Session 11-12 Year Olds Warm-Up not before 7:00 am Start not before 8:00 am		
G		B
47	11-12 100 Fly	48
49	11-12 50 Back	50
51	11-12 200 Breast	52
53	11-12 100 Free	54
55	11-12 400 IM (TF)*	56

Preliminary Session 9-10 Year Olds Warm-Up not before 11:00 am Start not before 12:00 pm		
G		B
59	9-10 100 Fly	60
61	9-10 50 Back	62
63	9-10 100 Free	64
65	10 & U 500 Free (TF)	66

Finals Session 9-12 Year Olds Warm-Up not before 5:00 pm Start not before 6:00 pm		
G		B
45	11-12 200 Medley Relay	46
57	9-10 200 Medley Relay	58
5-minute break		
47	11-12 100 Fly	48
59	*9-10 100 Fly	60
49	11-12 50 Back	50
61	*9-10 50 Back	62
51	*11-12 200 Breast	52
63	*9-10 100 Free	64
53	11-12 100 Free	54
*Top 8 Only		

*Athletes must provide timers

