

	NOVA Cranberry Contender November 22-23, 2025 SANCTION NO. VS-26-038		Hosted by:  NOVA of Virginia Aquatics
SANCTION:	• Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: VS-26-038 • 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.		
LOCATION:	NOVA Aquatics Center - Regency, 100 NOVA Way, Richmond, VA 23238. 804-754-3401x2.		
FACILITY:	• 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 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: ○ 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 November 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 with 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) 754-3401x2		
ELIGIBILITY:	• Open to all USA Swimming athletes registered before the first day of the meet. • 2024-2028 NAG motivational time standards are in effect • No on deck USA Swimming registration (including APT) will be permitted. • All 18 & over athletes must have completed the appropriate Athlete Protection Training (APT) prior to the first day of competition. Athletes whose 18th birthday occurs during competition must complete the APT prior to that date. • Age on November 22, 2025 will determine age for the entire meet.		
DISABILITY SWIMMERS:	• 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	- 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:	- All 10 & Under swimmers will swim in the Saturday and Sunday morning sessions. - All 11 & Over swimmers will swim in the Saturday and Sunday afternoon sessions. - All events will be timed finals.
WARM-UP:	- Morning sessions: Warm-ups not before 7:00 am; competition starts not before 8:00 am. - Afternoon sessions: Warm-ups not before 11:00 am; competition starts not before 12:00 pm. - Lane assignment and warm-up times for individual clubs will be posted on the NOVA website no later than Tuesday, November 18, 2025, and will also be emailed to the contact person of the participating clubs. - If any session runs long, warm-ups for the following session will begin immediately following the conclusion of the previous session.
ENTRIES:	DEADLINE FOR THE RECEIPT OF ENTRIES IS 9:00PM, TUESDAY, NOVEMBER 11, 2025. - 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>4 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 will be accepted if open lanes are available without reseeding the event. No heats will be added.
FEES:	Individual Event Entry Fee: \$10.00 Swimmer Surcharge per person: \$2.50 Checks should be made payable to: NOVA of Virginia Aquatics
SEEDING:	- All events will be pre-seeded except for distance events which will require a positive check in. - Positive check-in will close 30 minutes prior to the distance sessions. SWIMMERS FAILING TO POSITIVELY CHECK-IN WILL NOT BE SEEDED.
AWARDS	- Individual events: Ribbons will be awarded for first through eighth place 8 & Under individual events will be given separate awards for 6 & Under, 7 year old and 8 year old age groups. 9-10 year old individual events and 11-12 events will be given awards 11 & Over Events will give separate awards to 11-12 athletes 13 & Over Athletes will not receive awards.
PENALTIES:	- A fine of up to \$100 per event may be assessed for any illegal participation in the meet. Illegal participation is defined as - 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:	• 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:	Meet Referee: Matt Banks Email: mbanks03@gmail.com Phone: 336-408-5734 • 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: mailto:escfagan@gmail.com no later than Sunday, November 16, 2025. • There will be an official's meeting in Hospitality one hour prior to the start of each session.
SAFETY:	Meet Safety Officer: Drew Hirth Email: coachdrew@novaswim.org Phone: 804-754-3401x2 Virginia Swimming Meet Safety Procedures will be in effect.
TIMERS:	• Swimmers must provide their own timers and counters for Distance events • If NOVA does not provide all timers, teams will be notified no later than Monday, November 17, 2025, of lane timer assignments. • The head timer may assign specific lanes prior to each session.
GENERAL:	• The Virginia Swim Shop will be open for swimming accessories and shopping. • Heat Sheets will not be printed however will be provided 2 ways. ○ Meet Mobile ○ PDF versions will be posted on the NOVA website. • No glass containers, tobacco products, or alcohol permitted in the facility.
HOTELS:	Through our travel partner 288 Travel we have secured rates at properties near the NOVA Aquatic Center - Regency. Use the link below to view hotels and rates, and book both individual reservations and group blocks. Please contact Julie Farney at novatravel@novaswim.org if you have any questions or trouble navigating the link. https://forms.cloud.microsoft/r/aLk0aNX9jm
PARKING:	• Ample parking is available at NOVA Aquatic Center - Regency

**NOVA CRANBERRY CONTENDER
ORDER OF EVENTS**

Saturday, November 22, 2025

Morning Session 10 & Under Warm-up: 7:00 am; Start: 8:00 am (Times are not earlier than)		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
1	8 & Under 50 Freestyle	2
3	9-10 50 Butterfly	4
5	8 & Under 25 Butterfly	6
7	9-10 100 Backstroke	8
9	8 & Under 25 Backstroke	10
11	9-10 50 Breaststroke	12
13	8 & Under 50 Breaststroke	14
15	9-10 200 Freestyle	16
17	8 & Under 100 IM	18
19	9-10 100 IM	20

Sunday, November 23, 2025

Morning Session 10 & Under Warm-up: 7:00 am; Start: 8:00 am (Times are not earlier than)		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
51	9-10 50 Freestyle	52
53	8 & Under 25 Freestyle	54
55	9-10 100 Butterfly	56
57	8 & Under 50 Butterfly	58
59	9-10 50 Backstroke	60
61	8 & Under 25 Breaststroke	62
63	9-10 100 Breaststroke	64
65	8 & Under 50 Backstroke	66
67	9-10 100 Freestyle	68
69	8 & Under 100 Freestyle	70
	9-10 200 IM	

Afternoon Session 11 & Over Warm-up: 11:00 am; Start: 12:00 pm (Times are not earlier than)		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
21	11-12 100 Freestyle	22
23	13 & Over 100 Freestyle	24
25	11-12 200 Butterfly	26
27	13 & Over 200 Butterfly	28
29	11-12 50 Butterfly	30
31	13 & Over 50 Butterfly	32
33	11-12 100 Backstroke	34
35	13 & Over 100 Backstroke	36
37	11-12 200 Breaststroke	38
39	13 & Over 200 Breaststroke	40
41	11-12 50 Breaststroke	42
43	13 & Over 50 Breaststroke	44
45	11-12 200 IM	46
47	13 & Over 200 IM	48
	15 minute break	
49	11 & Over 500 Freestyle	50

Afternoon Session 11 & Over Warm-up: 11:00 am; Start: 12:00 pm (Times are not earlier than)		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
71	11-12 100 IM	72
73	13 & Over 50 Freestyle	74
75	11-12 50 Freestyle	76
77	13 & Over 100 Butterfly	78
79	11-12 100 Butterfly	80
81	13 & Over 200 Backstroke	82
83	11-12 200 Backstroke	84
85	13 & Over 50 Backstroke	86
87	11-12 50 Backstroke	88
89	13 & Over 100 Breaststroke	90
91	11-12 100 Breaststroke	92
93	13 & Over 200 Freestyle	94
95	11-12 200 Freestyle	96
	15 minute break	
97	11 & Over 400 IM	98