



**NOVA Cranberry Contender
Intersquad Meet
November 11-12, 2023
SANCTION NO. VS-24-51**

Hosted by:

NOVA of Virginia Aquatics

SANCTION:	<ul style="list-style-type: none">• Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: VS-24-51• 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 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.• 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 competition course has been certified in accordance with current <i>USA Swimming Rules and Regulations</i>, Article 104.2.2C (4). A copy of the certification is on file with USA Swimming.• 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) 754-3401x2
ELIGIBILITY:	<ul style="list-style-type: none">• Open to all NOVA 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 Nov. 11, 2023 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.
FORMAT:	<ul style="list-style-type: none">• All swimmers will swim in the Saturday and Sunday morning 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.

	<ul style="list-style-type: none"> • Lane assignment and warm-up will be posted on the NOVA website no later than Tuesday, November 7, 2023.
ENTRIES:	<p>DEADLINE FOR THE RECEIPT OF ENTRIES IS 9:00PM, TUESDAY, OCTOBER 31, 2023.</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>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 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: \$8.00 Swimmer Surcharge per person: \$2.50</p>
SEEDING:	<ul style="list-style-type: none"> • All events will be pre-seeded except for Events 23 and 24 (11-12 400 IM), 35 and 36 (13&O 500 Free), and 71 and 72 (13&O 400 IM) • Events 23 and 24 (11-12 400 IM), 35 & 36 (13&O 500 Free), and 71 & 72 (13&O 400 IM) will require a positive check-in. • Positive check-in will close 30 minutes prior to the start of the session. • SWIMMERS FAILING TO POSITIVELY CHECK-IN WILL NOT BE SEEDED.
AWARDS	<ul style="list-style-type: none"> • Individual events: Ribbons will be awarded for first through eighth place <ul style="list-style-type: none"> ○ 8 & Under individual events will be given separate awards for 6 & Under, 7 year old and 8 year old age groups. ○ 9-12 year old individual events will be given separate awards 11-12 & 9-10. ○ 13 & Over Events will not be awarded.
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 Protection 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 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

	<p>competition on a subsequent day, but only with a release authorization signed by a licensed healthcare provider.</p> <ul style="list-style-type: none"> ● 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: Ben Ackerly Email: benjamin.ackerly@gmail.com Phone: 804-869-4535</p> <ul style="list-style-type: none"> ● Officials will be needed for all positions and all sessions for this meet. ● 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: 804-754-3401x2</p> <p>Virginia Swimming Meet Safety Procedures will be in effect.</p>
TIMERS:	<ul style="list-style-type: none"> ● Swimmers must provide their own timers and counters for Events 37-38 (500 Free) ● 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 CRANBERRY CONTENDER
INTERSQUAD MEET
ORDER OF EVENTS**

Saturday, November 11, 2023		
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>
1	9-12 200 Breaststroke	2
25	13 & Over 100 Freestyle	26
3	8 & Under 50 Freestyle	4
5	9-12 50 Butterfly	6
7	8 & Under 25 Butterfly	8
27	13 & Over 200 Butterfly	28
9	9-12 100 Backstroke	10
11	8 & Under 25 Backstroke	12
29	13 & Over 100 Backstroke	30
13	9-12 50 Breaststroke	14
15	8 & Under 50 Breaststroke	16
31	13 & Over 50 Breaststroke	32
17	9-12 200 Freestyle	18
19	8 & Under 100 Individual Medley	20
21	9-12 100 Individual Medley	22
33	13 & Over 200 Individual Medley	34
23	11-12 400 Individual Medley	24
35	13 & Over 500 Freestyle	36
Sunday, November 12, 2023		
Afternoon Session		
13 & Over		
Warm-up: 12:00 pm; Start: 1:00 pm		
(Times are not earlier than)		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
65	13 & Over 200 Backstroke	66
37	9-12 200 Backstroke	38
39	8 & Under 25 Freestyle	40
41	9-12 100 Butterfly	42
63	13 & Over 100 Butterfly	64
43	8 & Under 50 Butterfly	44
45	9-12 50 Backstroke	46
67	13 & Over 100 Breaststroke	68
47	8 & Under 25 Breaststroke	48
49	9-12 100 Breaststroke	50
51	8 & Under 50 Backstroke	52
61	13 & Over 50 Freestyle	62
53	9-12 100 Freestyle	54
55	8 & Under 100 Freestyle	56
69	13 & Over 200 Freestyle	70
57	9-12 200 Individual Medley	58
59	9-12 50 Freestyle	60
71	13 & Over 400 Individual Medley	72

