



**NOVA DECEMBER DIP
B/C Mini Meet
December 1 – 3, 2023
SANCTION NO. VS-24-39**

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-24-39 • 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 an 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. 804-754-3401 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 November 27, 2023 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 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 Virginia Swimming athletes registered before the first day of the meet. • No on deck Virginia Swimming athlete registration will be permitted. • Swimmers 8 & Under may participate in any eligible event regardless of 10 & Under time standard classification. • Swimmers 9-12 years old may compete in any event in which they are slower than a “BB” time. • Swimmers 13-18 years old may compete in any event regardless of time standard classification. • 2021-2024 NAG motivational time standards are in effect. • Age on December 1, 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.

	<ul style="list-style-type: none"> 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"> Distance events on Friday evening for all swimmers. All 10 & Under swimmers will swim in the morning sessions. All 11 – 18 year old swimmers will swim in the afternoon sessions. All events will be timed finals.
WARM-UP:	<ul style="list-style-type: none"> Friday session: Warm-ups not before 4:15 pm; competition starts not before 5:15 pm Morning session: Warm-ups not before 7:00 am; competition starts not before 8:00 am. Afternoon session: Warm-ups not before 12:00 pm; competition starts not before 1:00 pm. The Competition Course will open for a 10 minute warm-up following the conclusion of event 102 (11-18 200 Breaststroke) followed by a 5 minute break to clear the course. Lane assignment and warm-up times for individual clubs will be posted on the NOVA website no later than Monday, November 27, 2023, 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.
ENTRIES:	<p>DEADLINE FOR THE RECEIPT OF ENTRIES IS 9:00PM, TUESDAY, NOVEMBER 21, 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>1 individual event on Friday and 4 individual events on Saturday and Sunday.</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 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 Relay Entry Fees: \$13.00 Swimmer Surcharge per person: \$2.50 (entered in the meet in any capacity)</p> <ul style="list-style-type: none"> Checks should be made payable to: NOVA OF VA AQUATICS. Mail payment to: NOVA of Virginia Aquatics 12207 Gayton Road Richmond, VA 23238 Payment must be received by November 27, 2023 for all entries. Failure to pay entry fees by this deadline could result in teams being barred from the meet. <p>IMPORTANT: If payment is sent via Express Mail/FedEx/Airborne/UPS/etc., please ensure that a signature is NOT required for delivery.</p>
SEEDING:	<ul style="list-style-type: none"> All events will be pre-seeded with the exception of events #1-2 (10 & U 500 Freestyle), #3-4 (11-18 400 IM), #5-6 (11-18 1000 Freestyle) and #103-104 (11-18 500 Freestyle) which will require a positive check in to swim. 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 olds and 8 year old age groups. 10 & Under individual events will be given separate awards 9-10 and 8 & Under age groups. 11-18 events will be given separate awards 11-12, 13-14 and 15-18 age groups. 13-18 individual events will be given separate awards for 13-14 and 15-18 age groups.
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 apply. ● 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, 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 Virginia Swimming 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: 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. ● 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: emilyfagan@comcast.net no later than Sunday November 26, 2023. ● 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: 804-754-3401 x6</p> <p>Virginia Swimming Meet Safety Procedures will be in effect.</p>
TIMERS:	<ul style="list-style-type: none"> ● NOVA will provide timers for all sessions. ● Swimmers must provide counters and timers for 1-2 (10 & U 500 Freestyle), 3-4 (11-18 400 IM), 5-6 (11-18 1000 Freestyle) and 103-104 (11-18 500 Freestyle).
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:

- Ample parking is available at NOVA Aquatic Center - Regency

ORDER OF EVENTS

Friday, December 1, 2023

Evening Session (Times not earlier than)		
Warm-up: 4:15 pm; Start: 5:15 pm		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
1	10 & Under 500 Freestyle	2
3	11-18 400 Individual Medley	4
5	11-18 1000 Freestyle	6

Saturday, December 2, 2023

Morning Session		
Warm-up: 7:00 am; Start: 8:00 am		
(Times not earlier than)		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
7	8 & Under 100 Medley Relay	8
9	9-10 200 Medley Relay	10
	10 minute break	
11	9-10 50 Freestyle	12
13	8 & Under 50 Breaststroke	14
15	10 & Under 100 Breaststroke	16
17	8 & Under 25 Butterfly	18
19	10 & Under 100 Butterfly	20
21	8 & Under 50 Backstroke	22
23	9-10 50 Backstroke	24
25	8 & Under 25 Freestyle	26
27	10 & U 200 Individual Medley	28

Afternoon Session		
Warm-up: 12:00 am; Start: 1:00 pm		
(Times not earlier than)		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
29	13-18 200 Medley Relay	30
31	11-12 200 Medley Relay	32
	10 minute break	
33	11-12 50 Freestyle	34
35	13-18 50 Freestyle	36
37	11-12 100 Butterfly	38
39	13-18 100 Butterfly	40
41	11-12 50 Backstroke	42
43	11-18 200 Backstroke	44
45	11-12 100 Breaststroke	46
47	13-18 100 Breaststroke	48
49	11-12 100 Individual Medley	50
51	13-18 200 Freestyle	52
53	11-12 200 Freestyle	54

Sunday, December 3, 2023

Morning Session		
Warm-up: 7:00 am; Start: 8:00 am		
(Times not earlier than)		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
55	9-10 200 Freestyle Relay	56
57	8 & Under 100 Freestyle Relay	58
	10 minute break	
59	10 & Under 200 Freestyle	60
61	8 & Under 100 Freestyle	62
63	10 & U 100 Individual Medley	64
65	8 & Under 25 Breaststroke	66
67	9-10 50 Breaststroke	68
69	8 & Under 25 Backstroke	70
71	10 & Under 100 Backstroke	72
73	10 & Under 50 Butterfly	74
75	9-10 100 Freestyle	76
77	8 & Under 50 Freestyle	78

Afternoon Session		
Warm-up: 12:00 pm; Start: 1:00 pm		
(Times not earlier than)		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
79	13-18 200 Freestyle Relay	80
81	11-12 200 Freestyle Relay	82
	10 minute break	
83	11-12 200 Individual Medley	84
85	13-18 200 Individual Medley	86
87	11-12 100 Freestyle	88
89	13-18 100 Freestyle	90
91	11-12 50 Butterfly	92
93	11-18 200 Butterfly	94
95	11-12 100 Backstroke	96
97	13-18 100 Backstroke	98
99	11-12 50 Breaststroke	100
101	11-18 200 Breaststroke	102
	15 minute break	
103	11-18 500 Freestyle	104