

	NOVA DECEMBER DIP December 5 - 7, 2025 SANCTION NO. VS-26-049	Hosted by:  NOVA of Virginia Aquatics
SANCTION:	- Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: VS-26-049 - 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. 804-754-3401 x2.	
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: three 25 yard lanes - Warm-up lanes are minimum 6’ wide - Uniform 4’ 6” depth throughout - Colorado Gen7 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 December 1, 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. - No on deck USA Swimming registration 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. 2024-2028 NAG motivational time standards are in effect. 8 & Under swimmers may participate in any eligible event regardless of 10 & Under time standard classification. 9-12 year old swimmers may compete in any event in which they are slower than a “BB” time. 13 & Older swimmers may compete in any event regardless of time standard classification. - Age on December 5, 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 <u>Disability Accommodation Form</u>.
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:	- Distance events on Friday evening for all swimmers. - All 10 & Under swimmers will swim in the morning sessions. - All 11 & Older swimmers will swim in the afternoon sessions. - All events will be timed finals.
WARM-UP:	- Friday session: Warm-ups not before 4:15 pm; competition starts not before 5:15 pm - Morning sessions: Warm-ups not before 7:00 am; competition starts not before 8:00 am. - Afternoon sessions: 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 immediately following the conclusion of event 114 (13&O 200 Breaststroke); Event 115 will start 5 minutes thereafter. - Lane assignment and warm-up times for individual clubs will be posted on the NOVA website no later than Monday, December 1, 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 25, 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>1 individual event on Friday and up to 4 individual events and 1 relay event on both Saturday and Sunday.</i> - Relay teams must be designated A, B, C, etc., if more than one per club is entered per event. - Entries will be processed in the order received and <u>accepted to</u> 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 Relay Entry Fees: \$15.00 Swimmer Surcharge per person: \$2.50 (entered in the meet in any capacity) Checks should be made payable to: NOVA OF VA AQUATICS.
SEEDING:	- All events will be pre-seeded with the exception of Events 1-2 (10 & U 500 Freestyle), 3-4 (11 & Older 400 IM), 5-6 (11 & Older 1000 Freestyle) and 115-116 (11 & Older 500 Freestyle). - Events 1-2 (10 & U 500 Freestyle), 3-4 (11 & Older 400 IM), 5-6 (11 & Older 1000 Freestyle) and 115-116 (11 & Older 500 Freestyle) 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:	- 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 olds and 8 year old age groups. 10 & Under individual events will be given separate awards 9-10 and 8 & Under age groups. 11& Older events will be given separate awards to 11-12 swimmers only. 13 & Older swimmers 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 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 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, 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:	Meet Referee: Glenn West Email: glenn.west@verizon.net Phone: 804-261-3671 ● 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: escfagan@gmail.com no later than Sunday November 30, 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: 804-754-3401 x6 Virginia Swimming Meet Safety Procedures will be in effect.
TIMERS:	● Swimmers must provide counters and timers for 1-2 (10 & Under 500 Freestyle), 3-4 (11 & Older 400 IM), 5-6 (11 & Older 1000 Freestyle) and 115-116 (11 & Older 500 Freestyle). ● The head timer may assign specific lanes prior to each session. ● If NOVA does not provide all timers, teams will be notified no later than Monday, December 1, 2025, of lane timer assignments.
GENERAL:	● The Virginia Swim Shop will be open for swimming accessories and shopping. ● Heat Sheets will not be printed however electronic versions will be provided in 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://app.eventpipe.com/event/41a1c043-f85d-44cb-9716-8c63f3836acf/book/
PARKING:	• Ample parking is available at NOVA Aquatic Center - Regency

**NOVA DECEMBER DIP
ORDER OF EVENTS**

Friday, December 5, 2025					
Evening Session (Times not earlier than) Warm-up: 4:15 pm; Start: 5:15 pm					
	Girls	Events	Boys		
	1	10 & Under 500 Freestyle	2		
	3	11&O 400 Individual Medley	4		
	5	11&O 1000 Freestyle	6		

Saturday, December 6, 2025

Morning Session Warm-up: 7:00 am; Start: 8:00 am (Times not earlier than)			Afternoon Session Warm-up: 12:00 am; Start: 1:00 pm (Times not earlier than)		
Girls	Events	Boys	Girls	Events	Boys
7	8 & Under 100 Medley Relay	8	29	11-12 200 Medley Relay	30
9	9-10 200 Medley Relay	10	31	13&O 200 Medley Relay	32
	10 minute break			10 minute break	
11	9-10 50 Freestyle	12	33	11-12 50 Freestyle	34
13	8 & Under 50 Breaststroke	14	35	13&O 50 Freestyle	36
15	10 & Under 100 Breaststroke	16	37	11-12 100 Butterfly	38
17	8 & Under 25 Butterfly	18	39	13&O 100 Butterfly	40
19	10 & Under 100 Butterfly	20	41	11-12 50 Backstroke	42
21	8 & Under 50 Backstroke	22	43	13&O 50 Backstroke	44
23	9-10 50 Backstroke	24	45	11-12 200 Backstroke	46
25	8 & Under 25 Freestyle	26	47	13&O 200 Backstroke	48
27	10 & U 200 Individual Medley	28	49	11-12 100 Breaststroke	50
			51	13&O 100 Breaststroke	52
			53	11-12 100 Individual Medley	54
			55	13&O 200 Freestyle	56
			57	11-12 200 Freestyle	58

Sunday, December 8, 2025

Morning Session Warm-up: 7:00 am; Start: 8:00 am (Times not earlier than)			Afternoon Session Warm-up: 12:00 pm; Start: 1:00 pm (Times not earlier than)		
Girls	Events	Boys	Girls	Events	Boys
59	9-10 200 Freestyle Relay	60	83	11-12 200 Freestyle Relay	84
61	8 & Under 100 Freestyle Relay	62	85	13&O 200 Freestyle Relay	86
	10 minute break			10 minute break	
63	10 & Under 200 Freestyle	64	87	11-12 200 Individual Medley	88
65	8 & Under 100 Freestyle	66	89	13&O 200 Individual Medley	90
67	10 & U 100 Individual Medley	68	91	11-12 100 Freestyle	92
69	8 & Under 25 Breaststroke	70	93	13&O 100 Freestyle	94
71	9-10 50 Breaststroke	72	95	11-12 50 Butterfly	96
73	8 & Under 25 Backstroke	74	97	13&O 50 Butterfly	98
75	10 & Under 100 Backstroke	76	99	11-12 200 Butterfly	100
77	10 & Under 50 Butterfly	78	101	13&O 200 Butterfly	102
79	9-10 100 Freestyle	80	103	11-12 100 Backstroke	104
81	8 & Under 50 Freestyle	82	105	13&O 100 Backstroke	106
			107	11-12 50 Breaststroke	108
			109	13&O 50 Breaststroke	110
			111	11-12 200 Breaststroke	112
			113	13&O 200 Breaststroke	114
				15 minute break	
			115	11&O 500 Freestyle	116