



**NOVA DECEMBER DIP
B/C Mini Meet
December 2 – 4, 2022
SANCTION NO. VS-23-38**

Hosted by:
NOVA
SWIMMING
NOVA of Virginia Aquatics

SANCTION:	- Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: VS-23-38 - 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. - An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. According to the Centers for Disease Control and Prevention, senior citizens and individuals with underlying medical conditions are especially vulnerable. - USA Swimming, Inc., Virginia Swimming, Inc., NOVA of Virginia Aquatics, and NOVA Aquatic Center - Regency cannot prevent you (or your children) from becoming exposed to, contracting or spreading COVID-19 while participating in USA Swimming/Virginia Swimming sanctioned events. Therefore, if you choose to participate in a USA Swimming/Virginia Swimming sanctioned event, you may be exposing yourself to and/or increasing your risk of contracting or spreading COVID-19. - BY ATTENDING OR PARTICIPATING IN THIS COMPETITION, YOU VOLUNTARILY ASSUME ALL RISKS ASSOCIATED WITH EXPOSURE TO COVID-19 AND FOREVER RELEASE AND HOLD HARMLESS USA SWIMMING, VIRGINIA SWIMMING AND NOVA OF VIRGINIA AQUATICS AND EACH OF THEIR OFFICERS, DIRECTORS, AGENTS, EMPLOYEES OR OTHER REPRESENTATIVES FROM ANY AND ALL LIABILITY OR CLAIMS FOR PERSONAL INJURIES, DEATH, DISEASE OR PROPERTY LOSSES, OR ANY OTHER LOSS INCLUDING BUT NOT LIMITED TO CLAIMS OF NEGLIGENCE AND GIVE UP ANY CLAIMS YOU MAY HAVE TO SEEK DAMAGES, WHETHER KNOWN OR UNKNOWN, FORESEEN OR UNFORESEEN IN CONNECTION THEREWITH.
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. - All sessions will be run in a 25 yard competition pool. Course will be set in either 6, 8 or 10 lanes. - 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. - 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 MAAPS 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 Email: novabusinessoffice@novaswim.org Phone: (804) 754-3401x2.
ELIGIBILITY:	- 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 have 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 2, 2022 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.
FORMAT:	- 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. - Lane configurations for competition will be determined upon receipt of entries. Lanes will be available for warm-up/warm-down at all times. Specific competition configuration details will be posted on the NOVA website no later than Monday November 28, 2022, and will also be emailed to the contact person of the participating clubs.
WARM-UP:	- 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 86 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 28, 2022, 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:	DEADLINE FOR THE RECEIPT OF ENTRIES IS 9:00PM, TUESDAY, NOVEMBER 22, 2022. - 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>3 individual events each day</i>. Please pay close attention to the possibility of back-to-back events. Swimmers must be prepared to swim back-to-back without a break. Please refer to the order of events to see when the breaks are planned/defined. - 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 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:	Individual Event Entry Fee: \$8.00 Swimmer Surcharge per person: \$2.50 - 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 28, 2022 for all entries. Failure to pay entry fees by this deadline could result in teams being barred from the meet. IMPORTANT: If payment is sent via Express Mail/FedEx/Airborne/UPS/etc., please ensure that a signature is NOT required for delivery. as this will delay the receipt of your entries.

SEEDING:	- 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 #87-88 (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. Swimmers should report directly to the block for their events.
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. 11-18 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:	- 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 applicable 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 the MAAPP policy 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 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 valid USA Swimming credentials but are unable to provide them upon request will be issued temporary credentials by the meet director. 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: emilyfagan@comcast.net no later than Sunday November 27, 2022 - Officials' meetings will be held in the hospitality area one hour prior to the start of the meet.

SAFETY:	Virginia Swimming Meet Safety Procedures will be in effect.
TIMERS:	• NOVA will provide timers for all sessions. • The head timer will assign specific lanes prior to each session. • Swimmers must provide counters for Events 1-2: 10&U 500 Free, 5-6: 11-18 1000 Free & 87-88: 11-18 500 Free
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 2 ways. ○ Meet Mobile ○ PDF versions will be posted on the NOVA website. • No glass containers, smoking or alcohol is permitted in the pool area.
PARKING:	• Ample parking is available at NOVA Aquatic Center - Regency

ORDER OF EVENTS

Friday, December 2, 2022

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 3, 2022

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	9-10 50 Freestyle	8
9	8 & Under 50 Breaststroke	10
11	10 & Under 100 Breaststroke	12
13	8 & Under 25 Butterfly	14
15	10 & Under 100 Butterfly	16
17	8 & Under 50 Backstroke	18
19	9-10 50 Backstroke	20
21	8 & Under 25 Freestyle	22
23	10 & U 200 Individual Medley	24

Afternoon Session Warm-up: 12:00 am; Start: 1:00 pm (Times not earlier than)		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
25	11-12 50 Freestyle	26
27	13-18 50 Freestyle	28
29	11-12 100 Butterfly	30
31	13-18 100 Butterfly	32
33	11-12 50 Backstroke	34
35	11-18 200 Backstroke	36
37	11-12 100 Breaststroke	38
39	13-18 100 Breaststroke	40
41	11-12 100 Individual Medley	42
43	13-18 200 Freestyle	44
45	11-12 200 Freestyle	46

Sunday, December 4, 2022

Morning Session Warm-up: 7:00 am; Start: 8:00 am (Times not earlier than)		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
47	10 & Under 200 Freestyle	48
49	8 & Under 100 Freestyle	50
51	10 & U 100 Individual Medley	52
53	8 & Under 25 Breaststroke	54
55	9-10 50 Breaststroke	56
57	8 & Under 25 Backstroke	58
59	10 & Under 100 Backstroke	60
61	10 & Under 50 Butterfly	62
63	9-10 100 Freestyle	64
65	8 & Under 50 Freestyle	66

Afternoon Session Warm-up: 12:00 pm; Start: 1:00 pm (Times not earlier than)		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
67	11-12 200 Individual Medley	68
69	13-18 200 Individual Medley	70
71	11-12 100 Freestyle	72
73	13-18 100 Freestyle	74
75	11-12 50 Butterfly	76
77	11-18 200 Butterfly	78
79	11-12 100 Backstroke	80
81	13-18 100 Backstroke	82
83	11-12 50 Breaststroke	84
85	11-18 200 Breaststroke	86
	15 minute break	
87	11-18 500 Freestyle	88