

	NOVA Distance Tune Up January 21, 2023 SANCTION NO. VS-23-61	Hosted by:  NOVA of Virginia Aquatics
SANCTION:	- Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: VS-23-61 . - 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 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: - Each pool: 3 25 yard lanes - Warm-up lanes are minimum 6'wide - Uniform 4'6" depth throughout - Daktronics timing system will be used. - Lane configurations for competition will be determined upon receipt of entries. Lanes will be available for warm-up/warm-down at all times. - The competition course has not been certified in accordance with current <i>USA Swimming Rules and Regulations</i>, Article 104.2.2C (4). - In order to provide parents/guardians/spectators 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 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, 11 & older, registered before the first day of the meet. - No on deck Virginia Swimming athlete registration will be permitted. - Age on January 21, 2023 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:	All events will be timed finals.	
WARM-UP:	Open warm-up not before 3:30 pm; Competition starts not before 4:30 pm.	
ENTRIES:	DEADLINE FOR THE RECEIPT OF ENTRIES IS 9:00PM, TUESDAY, JANUARY 10, 2023. - 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</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	
FEES:	Individual Event Entry Fee: \$8.00	

	Swimmer Surcharge per person: \$2.50
AWARDS:	No awards will be given for this meet.
SEEDING:	- The events will be swum fastest to slowest, alternating the 1000 Free and 400 IM. - Swimmers should report directly to the block for their events. - All events require a positive check-in to swim. - Positive check-in will close 30 minutes prior to the start of the session.
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 Protection Policy, will govern this meet. - 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, 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: Anne Van Lenten Email: westgrace98@gmail.com Phone: (804) 564-6070 - 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 January 15, 2023. - 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:	Swimmers will be required to provide their own counters and timers.
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 facility.

PARKING:	• Ample parking is available at NOVA Aquatic Center - Regency
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ORDER OF EVENTS

Saturday, January 21, 2023 Warm up: not before 3:30 pm; Start: not before 4:30 pm		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
1	11 & Over 1000 Freestyle	2
3	11 & Over 400 Individual Medley	4