
	<p style="text-align: center;">NOVA Distance Tune Up January 23, 2026 SANCTION NO. VS-26-068</p>		<p style="text-align: center;">Hosted by:  NOVA of Virginia Aquatics</p>
SANCTION:	<ul style="list-style-type: none"> Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: VS-26-068 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:	<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 CTS7 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 January 19, 2026 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 4 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:	<ul style="list-style-type: none"> Open to all 11 & Older USA Swimming athletes, registered before the first day of the meet. No on deck USA Swimming registration (including APT) 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. 2025-2028 NAG times are in effect. Age on January 23, 2026 will determine age for the entire meet. 		
ATHLETES WITH A DISABILITY:	<ul style="list-style-type: none"> Athletes with a disability are welcome and shall provide advance notice of desired accommodations/modifications 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 Disability Accommodation Form. 		

ATHLETES WITH A SERIOUS MEDICAL CONDITION:	<ul style="list-style-type: none"> 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:	<ul style="list-style-type: none"> All events will be timed finals.
WARM-UP:	<ul style="list-style-type: none"> Open warm-up not before 4:15 pm; Competition starts not before 5:15 pm.
ENTRIES:	<p>DEADLINE FOR THE RECEIPT OF ENTRIES IS 9:00PM, TUESDAY, JANUARY 13, 2026.</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 email "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 <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:	<p>Individual Event Entry Fee: \$10.00 Swimmer Fee per person: \$2.50 Checks should be made payable to: NOVA of Virginia Aquatics</p>
AWARDS:	No awards will be given for this meet.
SEEDING:	<ul style="list-style-type: none"> The events will be swum fastest to slowest, alternating girls and boys. Positive check-in will close 30 minutes prior to the start of the session. SWIMMERS FAILING TO POSITIVELY CHECK-IN WILL NOT BE SEEDED.
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 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

	<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 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: Anne Van Lenten Email: westgrace88@gmail.com Phone: (804) 564-6070</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: escfagan@gmail.com no later than Sunday January 11, 2026. There will be an official's meeting in Hospitality one hour prior to the start of each session.
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"> Swimmers will be required to provide their own counters and timers for this meet.
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 pool deck. No glass containers, tobacco products, or alcohol permitted in the facility.
HOTELS:	<p>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.</p> <p>· https://app.eventpipe.com/event/41a1c043-f85d-44cb-9716-8c63f3836acf/book/</p>
PARKING:	<ul style="list-style-type: none"> Ample parking is available at NOVA Aquatic Center - Regency

DISTANCE TUNE UP ORDER OF EVENTS

Friday, January 23, 2026 Warm up: not before 4:15 pm Meet Start: not before 5:15 pm		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
1	11 & Over 400 Individual Medley	2
3	11 & Over 1650 Freestyle	4