



**NOVA October
Halloween Haunt
October 21-23, 2022
SANCTION NO. VS-23-25**

Hosted by:
NOVA
SWIMMING
NOVA of Virginia Aquatics

We have taken enhanced health and safety measures for all attending this event. However, we cannot guarantee that you will not become infected with COVID-19. You must follow all posted instructions while visiting NOVA of Virginia Aquatics. 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. By attending this meet, you acknowledge the contagious nature of COVID-19 and voluntarily assume all risks related to exposure of COVID-19.

SANCTION:	- Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: VS-23-25 - 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. and NOVA of Virginia Aquatics 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. 804-754-3401x2.
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 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. - Meet will be swum in 25 yd course. 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 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:	- Open to all USA Swimming athletes registered before the first day of the meet. - Swimmers 8 years and younger may participate regardless of classification in any 8 & Under events. - Swimmers 9-12 years old may compete in any event in which they have a "BB", "B" or "C" time. - Swimmers 13-18 years old may compete in any event regardless of time standard classification. - No on deck Virginia Swimming athlete registration will be permitted. 2021-2024 NAG motivational time standards are in effect. - Age on Oct. 21, 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:	- The 500 FREE will be swum Friday evening for 9-18 year old swimmers. - All 8 and younger swimmers will swim on Saturday and Sunday mid-day sessions. - All 9-10 year old swimmers and the 11-12 Boys swim Saturday and Sunday morning sessions. - The 11-12 Girls and all 13-18 year old swimmers will swim on Saturday and Sunday afternoon sessions. - There will be a 5 minute break between Events 37 and 38 (8 & Under 100 Free Relay) and 41 and 42 (8 & Under 100 IM) 105 and 106 (8 & Under 100 Medley Relay) and 109 and 110 (8 & Under 50 Breaststroke). Event numbers: 7,13,17,19,23,27,29,33,50,54,58,60,64,68,70,74,79,81,85,89,93,97,99,103,120,122,126,130,134,138,140 and 144 are intentionally not used. - Lane configuration for competition will be determined upon receipt of entries. - All events will be timed finals.
WARM-UP:	- Friday session: Warm-ups 4:00 pm; competition starts 5:15 pm - Morning sessions: Warm-ups not before 8:00 am; competition starts not before 9:00 am. - Mid-day sessions: Warm-ups not before 11:00 am; competition starts not before 12:00 pm - Afternoon sessions: Warm-ups not before 1:15 pm; competition starts not before 2:15 pm. - Lane assignment and warm-up times for individual clubs will be posted on the NOVA website no later than Monday, October 17, 2022, and will also be emailed to the contact person of the participating clubs. - If morning or mid-day sessions run long, warm-ups for the following session will begin following the conclusion of the previous session.
ENTRIES:	DEADLINE FOR THE RECEIPT OF ENTRIES IS 9:00PM, MONDAY, OCTOBER 10, 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>. When entering 11-12-year-old events, 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

SEEDING:	• All events will be pre-seeded except for Events 1 and 2 (13-18 500 FR) ,3 and 4 (9-12 500 FR) and 5 and 6 (13-18 400 IM) • Events 1 and 2 (13-18 500 FR), 3 and 4 (9-12 500 FR) and 5 and 6 (13-18 400 IM) 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 old and 8 year old age groups. ○ 12 & Under individual events will be given separate awards 11-12, 9-10 and 8 & Under age groups ○ 13-18 individual events will be given separate awards for 13-14 and 15-18 age groups - Relay events: Ribbons will be awarded for first through fourth place.
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: Ben Ackerly Email: Benjamin.ackerly@gmail.com Phone: (804) 869-4535 • 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 October 16, 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:	• Swimmers must provide their own timers and counters for 1 and 2 (13-18 500 FR) ,3 and 4 (9-12 500 FR) and 5 and 6 (13-18 400 IM). • The head timer will assign specific lanes prior to each session.
GENERAL:	• The Virginia Swim Shop will be open for swimming accessories and shopping. • Heat Sheets will not be printed however 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

NOVA HALLOWEEN HAUNT BB/B/C MEET

ORDER OF EVENTS

Friday, October 21, 2022

Evening Session Warm-up: 4:00 pm; Start: 5:15 pm		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
1	13-18 500 Freestyle	2
3	9-12 500 Freestyle	4
5	13-18 400 Individual Medley	6

Saturday, October 22, 2021

Sunday, October 23, 2021

Morning Session 9-10 Year Olds + 11-12 Boys Warm-up: 8:00 am; Start: 9:00 am (Times are not earlier than)		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
7	9-10 200 Freestyle Relay	8
	11-12 200 Freestyle Relay	10
11	9-10 50 Freestyle	12
-	11-12 100 Freestyle	14
15	9-10 100 Butterfly	16
-	11-12 50 Butterfly	18
-	11-12 200 Butterfly	20
21	9-10 100 Individual Medley	22
-	11-12 200 Individual Medley	24
25	9-10 50 Breaststroke	26
-	11-12 50 Breaststroke	28
-	11-12 200 Breaststroke	30
31	9-10 100 Backstroke	32
-	11-12 100 Backstroke	34
35	9-10 200 Freestyle	36
Mid-Day Session 8 & Under Swimmers Warm-up: 11:00 am; Start: 12:00 pm (Time are not earlier than)		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
37	8 & Under 100 Freestyle relay	38
	5 minute break	
39	8 & Under 25 Freestyle	40
41	8 & Under 100 Individual Medley	42
	5 minute break	
43	8 & Under 25 Breaststroke	44
45	8 & Under 50 Backstroke	46
47	8 & Under 50 Butterfly	48
Afternoon Session 13-18 Year Olds + 11-12 Girls Warm-up: 1:15 pm; Start: 2:15 pm (Times are not earlier than)		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
49	11-12 200 Freestyle Relay	-
51	13-18 200 Freestyle Relay	52
53	11-12 100 Freestyle	-
55	13-18 100 Freestyle	56
57	11-12 50 Butterfly	-
59	11-12 200 Butterfly	-
61	13-18 200 Butterfly	62
63	11-12 200 Individual Medley	-
65	13-18 200 Individual Medley	66
67	11-12 50 Breaststroke	-
69	11-12 200 Breaststroke	-
71	13-18 200 Breaststroke	72
73	11-12 100 Backstroke	-
75	13-18 100 Backstroke	76

Morning Session 9-10 Year Olds + 11-12 Boys Warm-up: 8:00 am; Start: 9:00 am (Times are not earlier than)		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
-	11-12 200 Medley Relay	78
79	9-10 200 Medley Relay	80
-	11-12 200 Freestyle	82
83	9-10 100 Freestyle	84
-	11-12 100 Butterfly	86
87	9-10 50 Butterfly	88
-	11-12 100 Individual Medley	90
91	9-10 200 Individual Medley	92
-	11-12 100 Breaststroke	94
95	9-10 100 Breaststroke	96
-	11-12 50 Backstroke	98
-	11-12 200 Backstroke	100
101	9-10 50 Backstroke	102
-	11-12 50 Freestyle	104
Mid-Day Session 8 & Under Swimmers Warm-up: 11:00 am; Start: 12:00 pm (Times are not earlier than)		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
105	8 & Under 100 Medley Relay	106
	5 minute break	
107	8 & Under 50 Freestyle	108
109	8 & Under 50 Breaststroke	110
	5 minute break	
111	8 & Under 25 Backstroke	112
113	8 & Under 100 Freestyle	114
115	8 & Under 25 Butterfly	116
Afternoon Session 13-18 Year Olds + 11-12 Girls Warm-up: 1:15 pm; Start: 2:15 pm (Times are not earlier than)		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
117	11-12 200 Medley Relay	-
119	13-18 200 Medley Relay	120
121	11-12 200 Freestyle	-
123	13-18 200 Freestyle	124
125	11-12 100 Butterfly	-
127	13-18 100 Butterfly	128
129	11-12 100 Individual Medley	-
131	13-18 100 Breaststroke	132
133	11-12 100 Breaststroke	-
135	13-18 200 Backstroke	136
137	11-12 50 Backstroke	-
139	11-12 200 Backstroke	-
141	13-18 50 Freestyle	142
143	11-12 50 Freestyle	-

NOTE: Event numbers: 9,13,17,19,23,27,29,33,50,54,58,60,64,68,74,77,81,85,89,93,97,99,103,118,122,126,130,134,138,140 and 144 are intentionally not used.