



**NOVA October  
Halloween Haunt  
October 20-22, 2023  
SANCTION NO. VS-24-12**

**Hosted by:**  
  
NOVA of Virginia Aquatics

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| <b>SANCTION:</b>      | <ul style="list-style-type: none"> <li>● Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: <b>VS-24-12</b></li> <li>● 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.</li> <li>● In applying for this sanction, the Host, NOVA of Virginia Aquatics, agrees to comply and to enforce all health and safety mandates and guidelines of USA Swimming, Virginia Swimming, the Commonwealth of Virginia and County of Henrico.</li> </ul>   |
| <b>LOCATION:</b>      | NOVA Aquatics Center - Regency, 100 NOVA Way, Richmond, VA 23238. 804-754-3401x2.   |
| <b>FACILITY:</b>      | <ul style="list-style-type: none"> <li>● The NOVA Aquatic Center – Regency offers three pools and supporting amenities.</li> <li>● Competition Pool: <ul style="list-style-type: none"> <li>○ 20 25 yard lanes x 8 50 meter lanes</li> <li>○ Competition lanes are minimum or 8’ wide in 25 yard course and 8’2” in 50 meter course.</li> <li>○ Uniform 6’7” depth throughout</li> <li>○ Overflow Gutters</li> <li>○ Competitor non turbulent 6” lane lines</li> </ul> </li> <li>● Warm-Up Pools: <ul style="list-style-type: none"> <li>○ Lanes will be available for warm-up/warm-down at all times.</li> <li>○ Each pool: 3 25 yard lanes</li> <li>○ Warm-up lanes are minimum 6’ wide</li> <li>○ Uniform 4’6” depth throughout</li> </ul> </li> <li>● Daktronics timing system will be used.</li> <li>● All sessions will be run a <b>25 yard</b> 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.</li> <li>● Meet Director reserves the right to utilize two courses once entries are received. Teams will be notified no later than Monday October 16, 2023 if two courses will be used.</li> <li>● 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.</li> <li>● 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.</li> <li>● 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.</li> </ul> |
| <b>MEET DIRECTOR:</b> | <p>Name: Lori Hopewell<br/> Email: novabusinessoffice@novaswim.org<br/> Phone: (804) 754-3401x2</p>   |
| <b>ELIGIBILITY:</b>   | <ul style="list-style-type: none"> <li>● Open to all USA Swimming athletes registered before the first day of the meet.</li> <li>● Swimmers 8 years and younger may participate regardless of classification in any 8 &amp; Under events.</li> <li>● Swimmers 9-12 years old may compete in any event in which they have a “BB”, “B” or “C” time.</li> <li>● Swimmers 9-12 years old may not compete in any event in which they have an “A” time standard or higher, in SCY, SCM or LCM.</li> <li>● Swimmers 13-18 years old may compete in any event regardless of time standard classification.</li> <li>● No on deck Virginia Swimming athlete registration will be permitted.</li> <li>● 2021-2024 NAG motivational time standards are in effect.</li> <li>● Age on Oct. 20, 2023 will determine age for the entire meet.</li> </ul>  |

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| <b>DISABILITY SWIMMERS:</b> | <ul style="list-style-type: none"> <li>• Athletes with a disability are welcome and shall provide advance notice of desired accommodations to the Meet Director.</li> <li>• The athlete (or the athlete's coach) is also responsible for notifying the session referee of any disability prior to the competition.</li> </ul>  |
| <b>FORMAT:</b>              | <ul style="list-style-type: none"> <li>• The 500 Free will be swum Friday evening for 9-18 year old swimmers.</li> <li>• All 8 and younger swimmers will swim on Saturday and Sunday mid-day sessions.</li> <li>• All 9-10 year old swimmers and the 11-12 Boys will swim Saturday and Sunday morning sessions.</li> <li>• The 11-12 Girls and all 13-18 year old swimmers will swim on Saturday and Sunday afternoon sessions.</li> <li>• There will be a 5 minute break between Events 37 and 38 (8 &amp; Under 100 Free Relay), 41 and 42 (8 &amp; Under 100 IM), 105 and 106 (8 &amp; Under 100 Medley Relay), and 109 and 110 (8 &amp; Under 50 Breaststroke).</li> <li>• <b>Event numbers: 13,17,19,23,27,29,33,50,54,58,60,64,68,70,74,81,85,89,93,97,99,103,122,126,130,134,138,140 and 144 are intentionally not used.</b></li> <li>• All events will be timed finals.</li> </ul>   |
| <b>WARM-UP:</b>             | <ul style="list-style-type: none"> <li>• Friday session: Warm-ups 4:00 pm; competition starts 5:15 pm</li> <li>• Morning sessions: Warm-ups not before 7:00 am; competition starts not before 8:00 am.</li> <li>• Mid-day sessions: Warm-ups not before 11:00 am; competition starts not before 12:00 pm</li> <li>• Afternoon sessions: Warm-ups not before 1:15 pm; competition starts not before 2:15 pm.</li> <li>• Lane assignment and warm-up times for individual clubs will be posted on the NOVA website no later than Monday, October 16, 2023, and will also be emailed to the contact person of the participating clubs.</li> <li>• If morning or mid-day sessions run long, warm-ups for the following session will begin following the conclusion of the previous session.</li> </ul>   |
| <b>ENTRIES:</b>             | <p><b>DEADLINE FOR THE RECEIPT OF ENTRIES IS 9:00PM, TUESDAY, OCTOBER 10, 2023.</b></p> <ul style="list-style-type: none"> <li>• Entries must be submitted in short course yard times using Commlink-2 software-</li> <li>• Teams must submit entries via e-mail</li> <li>• "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.</li> <li>• Swimmers may enter a maximum of 3 <i>individual events each day</i>.</li> <li>• <b>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.</b></li> <li>• Entries will be processed in the order received and <b>accepted to</b> the greatest extent possible without exceeding the 4-hour/session timeline limit or the limits as mandated by current Commonwealth of Virginia guidelines.</li> <li>• Email entries to: <a href="mailto:novabusinessoffice@novaswim.org">novabusinessoffice@novaswim.org</a></li> <li>• 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.</li> </ul> |
| <b>FEES:</b>                | <p>Individual Event Entry Fee: \$8.00<br/> Relay Event Entry Fee: \$13.00<br/> Swimmer Surcharge per person: \$2.50</p>  |
| <b>SEEDING:</b>             | <ul style="list-style-type: none"> <li>• All events will be pre-seeded except for Events 1&amp;2 (13-18 500 Free), 3&amp;4 (9-12 500 Free), and 5&amp;6 (13-18 400 IM)</li> <li>• Events 1&amp;2 (13-18 500 Free), 3&amp;4 (9-12 500 Free) and 5&amp;6 (13-18 400 IM) will require a positive check-in.</li> <li>• Positive check-in will close 30 minutes prior to the start of the session.</li> <li>• <b>SWIMMERS FAILING TO POSITIVELY CHECK-IN WILL NOT BE SEEDED.</b></li> </ul>   |
| <b>AWARDS</b>               | <ul style="list-style-type: none"> <li>• Individual events: Ribbons will be awarded for first through eighth place <ul style="list-style-type: none"> <li>○ 8 &amp; Under individual events will be given separate awards for 6 &amp; Under, 7 year old and 8 year old age groups.</li> <li>○ 9-12 year old individual events will be given separate awards 11-12 &amp; 9-10.</li> <li>○ Relay events: Ribbons will be awarded for first through fourth place.</li> </ul> </li> </ul>  |

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| <b>PENALTIES:</b> | <ul style="list-style-type: none"> <li>● 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"> <li>○ Entries using fraudulent or non-verifiable times.</li> <li>○ Athlete competed in the incorrect age group.</li> <li>○ Athlete is not registered with USA Swimming prior to the first day of the meet.</li> </ul> </li> <li>● 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.</li> <li>● Any event in which an athlete participated illegally will be rescored and re-awarded</li> </ul>   |
| <b>RULES:</b>     | <ul style="list-style-type: none"> <li>● The current USA Swimming Rules and Regulations, including the Minor Athlete Abuse Protection Policy, will govern this meet.</li> <li>● 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.</li> <li>● 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.</li> <li>● 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.</li> <li>● 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>.</li> <li>● 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.</li> <li>● In accordance with VSI best practices, all swimmers should shower before entering the pool.</li> <li>● 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.</li> <li>● 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.</li> </ul> |
| <b>OFFICIALS:</b> | <p><b>Meet Referee: Rich Owen</b><br/> <b>Email: rowen128@gmail.com</b><br/> <b>Phone: (540) 470-8709</b></p> <ul style="list-style-type: none"> <li>● Officials will be needed for all positions and all sessions for this meet.</li> <li>● 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: <a href="mailto:emilyfagan@comcast.net">emilyfagan@comcast.net</a> no later than Sunday October 15, 2023.</li> <li>● Officials meetings will be held in the hospitality area one hour prior to the start of the meet.</li> </ul>  |
| <b>SAFETY:</b>    | <p><b>Meet Safety Officer</b><br/> NAME: Drew Hirth<br/> EMAIL: <a href="mailto:coachdrew@novaswim.org">coachdrew@novaswim.org</a><br/> PHONE: 804-754-3401x2<br/> Virginia Swimming Meet Safety Procedures will be in effect.</p>   |
| <b>TIMERS:</b>    | <ul style="list-style-type: none"> <li>● Swimmers must provide their own timers and counters for 1&amp;2 (13-18 500 FR), 3&amp;4 (9-12 500 FR) and 5&amp;6 (13-18 400 IM).</li> <li>● The head timer may assign specific lanes prior to each session.</li> </ul>   |
| <b>GENERAL:</b>   | <ul style="list-style-type: none"> <li>● The Virginia Swim Shop will be open for swimming accessories and shopping.</li> <li>● Heat Sheets will not be printed however will be provided 2 ways. <ul style="list-style-type: none"> <li>○ Meet Mobile</li> <li>○ PDF versions will be posted on the NOVA website.</li> </ul> </li> <li>● No glass containers, smoking or alcohol is permitted in the pool area.</li> </ul>  |
| <b>PARKING:</b>   | <ul style="list-style-type: none"> <li>● Ample parking is available at NOVA Aquatic Center - Regency</li> </ul>  |

# NOVA HALLOWEEN HAUNT

## ORDER OF EVENTS

**Friday, October 20, 2023**

| Evening Session<br>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 21, 2023**

**Sunday, October 22, 2023**

| Morning Session<br>9-10 Year Olds + 11-12 Boys<br>Warm-up: 7:00 am; Start: 8:00 am<br>(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<br>8 & Under Swimmers<br>Warm-up: 11:00 am; Start: 12:00 pm<br>(Time are not earlier than)             |   |             |
| <u>Girls</u>   | <u>Events</u>                                     | <u>Boys</u> |
| 37   | 8 & Under 100 Freestyle relay<br>5 minute break   | 38          |
| 39   | 8 & Under 25 Freestyle                            | 40          |
| 41   | 8 & Under 100 Individual Medley<br>5 minute break | 42          |
| 43   | 8 & Under 25 Breaststroke                         | 44          |
| 45   | 8 & Under 50 Backstroke                           | 46          |
| 47   | 8 & Under 50 Butterfly                            | 48          |
| Afternoon Session<br>13-18 Year Olds + 11-12 Girls<br>Warm-up: 1:15 pm; Start: 2:15 pm<br>(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<br>9-10 Year Olds + 11-12 Boys<br>Warm-up: 7:00 am; Start: 8:00 am<br>(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<br>8 & Under Swimmers<br>Warm-up: 11:00 am; Start: 12:00 pm<br>(Times are not earlier than)            |  |             |
| <u>Girls</u>   | <u>Events</u>                                | <u>Boys</u> |
| 105  | 8 & Under 100 Medley Relay<br>5 minute break | 106         |
| 107  | 8 & Under 50 Freestyle                       | 108         |
| 109  | 8 & Under 50 Breaststroke<br>5 minute break  | 110         |
| 111  | 8 & Under 25 Backstroke                      | 112         |
| 113  | 8 & Under 100 Freestyle                      | 114         |
| 115  | 8 & Under 25 Butterfly                       | 116         |
| Afternoon Session<br>13-18 Year Olds + 11-12 Girls<br>Warm-up: 1:15 pm; Start: 2:15 pm<br>(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.**

