
	<p style="text-align: center;">NOVA Long Course Firecracker Classic June 26 – 29, 2025 SANCTION NO. VS-25-105</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-25-105 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. 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. 	
LOCATION:	NOVA Aquatics Center - Regency, 100 NOVA Way, Richmond, VA 23229. 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 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"> Each pool: 3 25 yard lanes Warm-up lanes are minimum 6' wide Uniform 4'6" depth throughout Daktronics timing system will be used. Lanes will be available for warm-up/warm-down at all times. The pool will be configured for Long Course Meters. The meet host will ensure that the competition course meets the required dimensions as specified in 103.3 USA Swimming Rules and Regulations. 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 including ice. The closest EMT is located at Henrico Fire Station #9 which is 1.1 miles away. 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 permission to be included in the video-streaming. 	
MEET DIRECTOR:	Name: Lori Hopewell Email: novabusinessoffice@novaswim.org Phone: (804) 754-3401 x2	
ELIGIBILITY:	<ul style="list-style-type: none"> Open to all USA Swimming athletes registered before the first day of the meet. 2024-2028 NAG times are in effect. No on-deck USA Swimming athlete registration will be permitted. Age on June 26, 2025 will determine age for the entire meet. 	
DISABILITY SWIMMERS:	<ul style="list-style-type: none"> 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. 	
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. 	

	<ul style="list-style-type: none"> 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 sessions will be swum as timed finals. The meet referee, in consultation with the Meet Directors, reserves the right to utilize chase starts. If chase starts are used, odd numbered heats will start from the West Course, even numbered heats from the East Course; all 50s will start from the East course. Teams will be notified no later than Tuesday June 24, 2025 if chase starts will be used.
WARM-UP:	<ul style="list-style-type: none"> Thursday Distance Session: Warm-Up: 3:30pm; Competition: 4:30pm Friday, Saturday and Sunday 13 & Over Sessions: Warm-up not before 7:00am; Competition not before 8:00am. Friday, Saturday & Sunday 12 & Under Sessions: Warm-up not before 12:00pm; Competition not before 1:00pm
ENTRIES:	<p>DEADLINE FOR THE RECEIPT OF ENTRIES IS 9:00PM, TUESDAY, JUNE 17, 2025.</p> <ul style="list-style-type: none"> Entries must be submitted using Commlink-2 software- Teams must submit entries via e-mail. A printout of entries must be included with the name of the person to contact in case of questions must accompany the entries, regardless of how they are submitted. Swimmers may enter a maximum of 10 individual events, with no more than 3 individual events per day Entries will be processed in the order received and accepted to the greatest extent without exceeding the 4-hour/session timeline limit. Email entries to: novabusinessoffice@novaswim.org
FEES:	<p>Individual Event Entry Fee: \$12.00 Swimmer Surcharge per person: \$2.50</p>
SEEDING:	<ul style="list-style-type: none"> All Long Course Meter times will be seeded first, followed by Short Course Meter, then Short Course Yard times. At the discretion of the meet referee, a swimmer who positively checks-in for a distance event and does not show up to compete will not be able to swim his/her next event. Positive Check-In: <ul style="list-style-type: none"> Positive Check-In will be required for the following events: Events 1 & 2 (12 & Over 1500 M Freestyle), 9 & 10 (13 & Over 800 M Freestyle), 19 & 20 (11-12 800 M Freestyle), 27 & 28 (13 & Over 400 M Individual Medley), 39 & 40 (12 & Under 400 M Freestyle), 49 & 50 (13 & Over 400 M Freestyle), and 59 & 60 (12 & Under 400 M Individual Medley). Positive Check in for the above listed events will close 30 mins prior to the start of each respective session in which the events will be swum. All swimmers MUST positively check-in to be seeded. The event seedings for positive check in events will be distributed following the close of the positive check-ins.
AWARDS	<ul style="list-style-type: none"> Individual events: Ribbons will be awarded for first through eighth place for all 12 & Under events. No awards will be given for 13 & Over events. <ul style="list-style-type: none"> 12 & Under individual events will be given separate awards for 11-12, 9-10 & 8 & Under
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

	<p>understand that compliance with MAAPP is a condition of participation in the conduct of this competition.</p> <ul style="list-style-type: none"> Any swimmer entered in the meet must be certified by a USAS member coach as being proficient in performing a racing start or must start each race from within the water. When unaccompanied by a member coach, the swimmer or the swimmer's legal guardian must ensure compliance with this requirement. At the discretion of the meet referee, any swimmer initially announced as qualifying for an event in finals who fails to scratch from and compete in the event in finals will be barred from competing in any additional events in that session. Additionally, the athlete will be barred from competing in his/her next individual event in a subsequent session. Alternates will be announced along with finals qualifiers but shall not be penalized if unavailable to compete in finals. Rule 207.11.6.E1-3, Exception for Failure to Compete, will be followed. 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) anytime athletes, coaches, officials, and/or spectators are present without written USA Swimming approval. 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 not permitted. Changing, in whole or in part, into or out of swimsuits 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. Any 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:	<p>Meet Referee: Name: Jonathan Fauth Email: jefauth@gmail.com Phone: 804-316-8318</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, June 22, 2025. Officials' meetings will be held in the hospitality area one hour prior to the start of the meet.
SAFETY:	<p>Meet Safety Officer: Drew Hirth Email: coachdrew@novaswim.org Phone: 804-754-3401x2</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 timers for Events 1 & 2 (12 & Over 1500 M Freestyle), 9 & 10 (13 & Over 800 M Freestyle), 19 & 20 (11-12 800 M Freestyle), 27 & 28 (13 & Over 400 M Individual Medley), 39 & 40 (12 & Under 400 M Freestyle), 49 & 50 (13 & Over 400 M Freestyle), and 59 & 60 (12 & Under 400 M Individual Medley). Swimmers will be required to provide their own counters for Distance Freestyle events. Timer assignments will be sent out to attending Teams by Sunday, June 22, 2025.
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 will be provided 2 ways. <ul style="list-style-type: none"> 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

ORDER OF EVENTS

Thursday June 26, 2025

Thursday Distance Warm-up 3:30pm / Competition: 4:30pm		
Girls	Events	Boys
1	11 & Over 1500 Freestyle	2

Friday June 27, 2025

Friday 13 & Over Warm-up 7:00am / Competition: 8:00am (All times are not before)		
Girls	Events	Boys
3	13 & Over 200 M Freestyle	4
5	13 & Over 100 M Breaststroke	6
7	13 & Over 200 M Butterfly	8
9	13 & Over 800 M Freestyle	10

Friday 12 & Under Warm-up 12:00pm / Competition: 1:00pm (All times are not before)		
Girls	Events	Boys
11	11-12 200 M Backstroke	12
13	12 & Under 50 M Breaststroke	14
15	12 & Under 100 M Freestyle	16
17	12 & Under 100 M Butterfly	18
19	11-12 800 M Freestyle	20

Saturday June 28, 2025

Saturday 13 & Over Warm-up 7:00am / Competition: 8:00am (All times are not before)		
Girls	Events	Boys
21	13 & Over 50 M Freestyle	22
23	13 & Over 200 M Breaststroke	24
25	13 & Over 100 M Backstroke	26
27	13 & Over 400 M Individual Medley	28

Saturday 12 & Under Warm-up 12:00pm / Competition: 1:00pm (All times are not before)		
Girls	Events	Boys
29	11-12 200 M Butterfly	30
31	12 & Under 50 M Freestyle	32
33	12 & Under 100 M Breaststroke	34
35	12 & Under 50 M Backstroke	36
37	12 & Under 200 M Individual Medley	38
39	12 & Under 400 Freestyle	40

Sunday June 29, 2025

Sunday 13 & Over Warm-up 7:00am / Competition: 8:00am (All times are not before)		
Girls	Events	Boys
41	13 & Over 200 M Backstroke	42
43	13 & Over 100 M Freestyle	44
45	13 & Over 200 M Individual Medley	46
47	13 & Over 100 M Butterfly	48
49	13 & Over 400 Freestyle	50

Sunday 12 & Under Warm-up 12:00pm / Competition: 1:00pm (All times are not before)		
Girls	Events	Boys
51	11-12 200 M Breaststroke	52
53	12 & Under 100 M Backstroke	54
55	12 & Under 200 M Freestyle	56
57	12 & Under 50 Butterfly	58
59	11-12 400 Individual Medley	60