

	NOVA LC Firecracker Face Off June 29 – July 2, 2023 SANCTION NO. VS-23-104	Hosted by:  NOVA of Virginia Aquatics
SANCTION:	- Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: VS-23-104 - 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 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. - Lanes will be available for warm-up/warm-down at all times. - The pool will be configured for long course. - The competition course has not been certified in accordance with current <i>USA Swimming Rules and Regulations</i>, Article 104.2.2C (4). - 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:	- Open to all USA Swimming athletes registered before the first day of the meet. 2021-2024 NAG times are in effect. - No on-deck USA Swimming athlete registration will be permitted. - Swimmers may compete in any individual event in which they have a time that is slower than the Virginia Swimming Age Group or Senior Championship qualifying times in respective age groups. - Age on June 29, 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:	- Thursday Distance Sessions 1 & 2: Individual events will be swum as timed finals. 12 & Under athletes may only swim in Session 1 or 2, but not both. 13 & Over Sessions: Individual events will be swum as trials and finals.	

	○ All athletes will swim a combined preliminary session in the morning sessions. ○ Top 16 13-14 swimmers and the top 16 15&O swimmers from preliminary events will swim the final session each day. ● 12 & Under Sessions: Individual events will be swum as timed finals.
WARM-UP:	● Thursday: ○ Session 1: Warm-Up: 11:00am; Competition: 12:00pm ○ Session 2: Warm-Up: not before 1:30pm; Competition: not before 2:30pm ● Friday, Saturday and Sunday 13 & O Preliminary Sessions: Warm-up not before 7:00am; Competition not before 8:00am. ● Friday, Saturday & Sunday 12 & U Timed Final Sessions: Warm-up not before 12:00pm; Competition not before 1:00pm ● Friday, Saturday & Sunday 13 & O Finals Sessions: Warm-up not before 4:30pm; Competition not before 5:30pm
ENTRIES:	DEADLINE FOR THE RECEIPT OF ENTRIES IS 9:00PM, TUESDAY, JUNE 20, 2023. ● 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 <i>10 individual events, with no more than 3 individual events per day with the exception of no more than 1 event per day for Session 2 (Friday 12 & U Distance)</i>. ● Entries will be processed in the order received and <u>accepted to</u> the greatest extent without exceeding the 4-hour/session timeline limit. ● The meet referee, in consultation with the Meet Directors, reserves the right to utilize chase starts in Preliminary Sessions. 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 Sunday June 25, 2023 if chase starts will be used. ● Email entries to: novabusinessoffice@novaswim.org
FEES:	Individual Event Entry Fee: \$12.00 Swimmer Surcharge per person: \$2.50
SEEDING:	● All Long Course Meter times will be seeded first, followed by Short Course Meter, then Short Course Yard times. ● The scratch rule regarding finals, Sections 207.11.6 D & E only will apply. ● All Thursday Distance events will be swum fastest to slowest, alternating women and men. ● The 13 & Over 400 M IM and 400 M Free will be timed final events and will be swum fastest to slowest, alternating women and men. ● Positive check-in: ○ Positive check-in for the 13 & O 800 M Freestyle is due by 11:30am Thursday. ○ Positive check in for the 12 & Under 400 M Free & 400 M IM is due by 2:00pm Thursday. ○ Positive check in for the 13 & O 400 M IM is due by 7:30am Friday. ○ Positive check in for the 13 & O 400 M Free is due by 7:30am Saturday. ○ 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	● Individual events: Ribbons will be awarded for first through eighth place ○ 12 & Under individual events will be given separate awards for 11-12, 9-10 & 8 & Under
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 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. - 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. - 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:	Meet Referee: Name: Jonathan Fauth Email: jefauth@gmail.com Phone: 804-316-8318 - 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 June 25, 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 timers for Events 1-2 (13 & O 800 Free), 3-4 (12 & U 400 Free), 5-6 (12 & U 400 IM), 13-14 (13 & O 400 IM) and 29-30 (13 & O 400 Free). - Swimmers will be required to provide their own counters for Distance Freestyle events. - Timer assignments will be sent out to attending Teams by Tuesday, June 27, 2023.
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 facility
PARKING:	Ample parking is available at NOVA Aquatic Center - Regency

ORDER OF EVENTS

Thursday, June 29, 2023

Warm-up: 11:00am / Competition: 12:00pm

(All times are not before)

Session 1		
Girls	Events	Boys
1	Open 800 M FREESTYLE	2

Warm-up: 1:30pm / Competition 2:30pm

(All times are not before)

Session 2		
Girls	Events	Boys
3	12& U 400 M FREESTYLE	4
5	12 & U 400 M INDIVIDUAL MEDLEY	6

Friday, June 30, 2023

Prelims: Warm-up 7:00am / Competition: 8:00am

Finals: Warm-up 4:30pm / Competition 5:30pm

(All times are not before)

Friday Prelims / Finals (Sessions 3 & 5)		
Girls	Events	Boys
7	13 & O 200 M FREESTYLE	8
9	13 & O 100 M BREASTSTROKE	10
11	13 & O 200 M BUTTERFLY	12
13	13 & O 400 M INDIVIDUAL MEDLEY*	14

* Timed Final Event

Timed Finals: Warm-up 12:00pm / Competition: 1:00pm

(All times are not before)

Friday Timed Finals (Session 4)		
Girls	Events	Boys
15	11-12 200 M BACKSTROKE	16
17	12 & U 50 M BREASTSTROKE	18
19	12 & U 100 M FREESTYLE	20
21	12 & U 100 M BUTTERFLY	22

Saturday, July 1, 2023

Prelims: Warm-up 7:00am / Competition: 8:00am

Finals: Warm-up 4:30pm / Competition 5:30pm

(All times are not before)

Saturday Prelims / Finals (Sessions 6 & 8)		
Girls	Events	Boys
23	13 & O 50 M FREESTYLE	24
25	13 & O 200 M BREASTSTROKE	26
27	13 & O 100 M BACKSTROKE	28
29	13 & O 400 M FREESTYLE*	30

* Timed Final Event

Timed Finals: Warm-up 12:00pm / Competition: 1:00pm

(All times are not before)

Saturday Timed Finals (Session 7)		
Girls	Events	Boys
31	11-12 200 M BUTTERLY	32
33	12 & U 50 M FREESTYLE	34
35	12 & U 100 M BREASTSTROKE	36
37	12 & U 50 M BACKSTROKE	38
39	12 & U 200 M INDIVIDUAL MEDLEY	40

Sunday, July 2, 2023

Prelims: Warm-up 7:00am / Competition: 8:00am

Finals: Warm-up 4:30pm / Competition 5:30pm

(All times are not before)

Sunday Prelims / Finals (Sessions 9 & 11)		
Girls	Events	Boys
41	13 & O 200 M BACKSTROKE	42
43	13 & O 100 M FREESTYLE	44
45	13 & O 200 M INDIVIDUAL MEDLEY	46
47	13 & O 100 M BUTTERFLY	48

Timed Finals: Warm-up 12:00pm / Competition: 1:00pm

(All times are not before)

Sunday Timed Finals (Session 10)		
Girls	Events	Boys
49	11-12 200 M BREASTSTROKE	50
51	12 & U 100 M BACKSTROKE	52
53	12 & U 200 M FREESTYLE	54
55	12 & U 50 BUTTERFLY	56