



**NOVA**  
**LC Kick Off**  
**April 26 - 28, 2024**  
**SANCTION NO. VS-24-86**

**Hosted by:**  
  
 NOVA of Virginia Aquatics

<b>SANCTION:</b>	<ul style="list-style-type: none"> <li>Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: <b>VS-24-86</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>50 Meter</b> competition course.</li> <li>The meet host will ensure that the competition course meets the required dimensions as specified in 103.3 USA Swimming Rules and Regulations.</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>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.</li> </ul>
<b>MEET DIRECTOR:</b>	Name: Lori Hopewell Email: novabusinessoffice@novaswim.org Phone: (804) 754-3401x2
<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>2021-2024 NAG times are in effect</li> <li>No on-deck USA Swimming athlete registration will be permitted.</li> <li>Age on April 26, 2024 will determine age for the entire meet.</li> </ul>
<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>ATHLETES WITH A SERIOUS MEDICAL CONDITION:</b>	<ul style="list-style-type: none"> <li>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.</li> <li>This provision does not apply to medical conditions that are not life-threatening while swimming, including injuries that limit range of motion.</li> <li>The swimmer/coach shall provide a Personal Assistant(s) as needed.</li> </ul>

<b>FORMAT:</b>	<ul style="list-style-type: none"> <li>Distance events on Friday will be Open.</li> <li>All 9-12 year old swimmers will swim in Saturday and Sunday morning sessions.</li> <li>All 8 &amp; younger swimmers will swim in Saturday mid-day session.</li> <li>All 13 &amp; Older swimmers will swim in Saturday and Sunday afternoon sessions.</li> <li>All events will be timed finals.</li> <li>The Meet Director and Meet Referee reserve the right to utilize chase starts in any session dependent upon the number of entries received. This will be communicated to all coaches/teams when other communications are sent out but not later than Tuesday, April 23, 2024.</li> </ul>
<b>WARM-UP:</b>	<ul style="list-style-type: none"> <li>Friday session: Warm-ups not before 3:30 pm; competition starts not before 4:30 pm</li> <li>Saturday &amp; Sunday Morning sessions: Warm-ups not before 7:00 am; competition starts not before 8:00 am.</li> <li>Saturday Mid-day session: Warm-ups not before 11:00 am; competition starts not before 12:00 pm</li> <li>Saturday Afternoon session: Warm-ups not before 2:00 pm; competition starts not before 3:00 pm.</li> <li>Sunday Afternoon session: Warm-ups not before 12:00 pm; competition starts not before 1:00 pm.</li> <li>Lane assignment and warm-up times for individual clubs will be posted on the NOVA website no later than Tuesday, April 23, 2024, and will also be emailed to the contact person of the participating clubs.</li> <li>If a session runs late, subsequent session warm-ups will begin immediately after the previous session ends.</li> </ul>
<b>ENTRIES:</b>	<p><b>DEADLINE FOR THE RECEIPT OF ENTRIES IS 9:00PM, TUESDAY, APRIL 16, 2024.</b></p> <ul style="list-style-type: none"> <li>Entries must be submitted using Commlink-2 software-</li> <li>Teams must submit entries via e-mail</li> <li>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.</li> <li>Swimmers may enter a maximum of <i>7 individual events, with no more than 1 individual event Friday and no more than 3 individual events per day.</i></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.</li> <li>Email entries to: <a href="mailto:novabusinessoffice@novaswim.org">novabusinessoffice@novaswim.org</a></li> </ul>
<b>FEES:</b>	<p>Individual Event Entry Fee: \$12.00 Swimmer Surcharge per person: \$2.50</p>
<b>SEEDING:</b>	<ul style="list-style-type: none"> <li>Events 1 &amp; 2 (Open 400 IM), 3 &amp; 4 (Open 400 Free) and 65 &amp; 66 (13 &amp; Over 800 Free) will require positive check-in.</li> <li>Positive check-in will close 30 minutes prior to the session start times.</li> <li>All other events will be pre-seeded.</li> <li>All events will be swim slowest to fastest.</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 olds and 8 year olds age groups.</li> <li>12 &amp; Under individual events will be given separate awards 11-12, 9-10 and 8 &amp; Under age groups</li> <li>13 &amp; Older individual will not be given awards.</li> <li>Open events will be given separate awards for 8 &amp; Under, 9-10 and 11-12 age groups.</li> </ul> </li> </ul>
<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 Prevention Policy will apply.</li> </ul>

	<ul style="list-style-type: none"> <li>• 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.</li> <li>• 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.</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) anytime athletes, coaches, officials and/or spectators are present without written USA Swimming approval.</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 not permitted.</li> <li>• 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.</li> <li>• In accordance with VSI Best Practices, swimmers should shower before entering the pool.</li> <li>• 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.</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: Name: Greg Owens</b>  <b>Email: <a href="mailto:rgregowens@gmail.com">rgregowens@gmail.com</a></b>  <b>Phone: 804-337-1935</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:escfagan@gmail.com">escfagan@gmail.com</a> no later than Sunday April 21, 2024.</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: Drew Hirth</b>  <b>Email: <a href="mailto:coachdrew@novaswim.org">coachdrew@novaswim.org</a></b>  <b>Phone: 804-754-3401x2</b></p> <p>Virginia Swimming Meet Safety Procedures will be in effect.</p>
<b>TIMERS:</b>	<ul style="list-style-type: none"> <li>• Swimmers will be required to provide their own timers and counters for Events 1 &amp; 2 (Open 400 IM), 3 &amp; 4 (Open 400 Free) and 65 &amp; 66 (13 &amp; Over 800 Free).</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>	<p>Ample parking is available at NOVA Aquatic Center - Regency</p>

# ORDER OF EVENTS

**FRIDAY, APRIL 26, 2024**

<b>Evening Session</b>		
<b>Warm-up: not before 3:30pm; Start: not before 4:30pm</b>		
<b><u>Girls</u></b>	<b><u>Events</u></b>	<b><u>Boys</u></b>
1	Open 400 Individual Medley	2
3	Open 400 Freestyle	4

**SATURDAY, APRIL 27, 2024**

**SUNDAY, APRIL 28, 2024**

<b>Morning Session</b>		
<b>9-12 Year Olds</b>		
<b>Warm-up: not before 7:00am; Start: not before 8:00am</b>		
<b><u>Girls</u></b>	<b><u>Events</u></b>	<b><u>Boys</u></b>
5	9-12 200 M Freestyle	6
7	9-12 100 M Butterfly	8
9	9-12 50 M Freestyle	10
11	9-12 200 M Backstroke	12
13	9-12 100 M Breaststroke	14
15	9-12 50 M Backstroke	16

  

<b>Mid-Day Session</b>		
<b>8 &amp; Under</b>		
<b>Warm-up: not before 11:00am; Start: not before 12:00pm</b>		
<b><u>Girls</u></b>	<b><u>Events</u></b>	<b><u>Boys</u></b>
17	8 & Under 50 M Freestyle	18
19	8 & Under 100 M Backstroke	20
21	8 & Under 50 M Breaststroke	22
23	8 & Under 100 M Freestyle	24
25	8 & Under 50 M Backstroke	26
27	8 & Under 100 M Breaststroke	28
29	8 & Under 50 M Butterfly	30

  

<b>Afternoon Session</b>		
<b>13 &amp; Older</b>		
<b>Warm-up: not before 2:00pm; Start: not before 3:00pm</b>		
<b><u>Girls</u></b>	<b><u>Events</u></b>	<b><u>Boys</u></b>
31	13 & Older 200 M Butterfly	32
33	13 & Older 50 M Freestyle	34
35	13 & Older 200 M Backstroke	36
37	13 & Older 200 M Individual Medley	38
39	13 & Older 100 M Breaststroke	40

<b>Morning Session</b>		
<b>9-12 Year Olds</b>		
<b>Warm-up: not before 7:00am; Start: not before 8:00am</b>		
<b><u>Girls</u></b>	<b><u>Events</u></b>	<b><u>Boys</u></b>
41	9-12 200 M Butterfly	42
43	9-12 100 M Backstroke	44
45	9-12 50 M Butterfly	46
47	9-12 200 M Breaststroke	48
49	9-12 100 M Freestyle	50
51	9-12 50 M Breaststroke	52
53	9-12 200 M Individual Medley	54

  

<b>Afternoon Session</b>		
<b>13 &amp; Older</b>		
<b>Warm-up: not before 12:00 pm; Start: not before 1:00pm</b>		
<b><u>Girls</u></b>	<b><u>Events</u></b>	<b><u>Boys</u></b>
55	13 & Older 200 M Freestyle	56
57	13 & Older 200 M Breaststroke	58
59	13 & Older 100 M Backstroke	60
61	13 & Older 100 M. Butterfly	62
63	13 & Older 100 M Freestyle	64
65	13 & Older 800 M Freestyle	66