



NOVA
LC Senior Classic & Time Trial
May 31-June 2, 2024
SANCTION NO. VS-24-78
TIME TRIAL SANCTION NO. VS-24-78TT

Hosted by:

 NOVA of Virginia Aquatics

SANCTION:	<ul style="list-style-type: none"> Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: VS-24-78 and VS-24-78TT. 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:	<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 or 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"> Lanes will be available for warm-up/warm-down at all times. Each pool: 3 25 yard lanes Warm-up lanes are minimum 6’ wide Uniform 4’6” depth throughout Daktronics timing system will be used. All sessions will be run a 50 Meter competition course. 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 as well as 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) 754-3401x2
ELIGIBILITY:	<ul style="list-style-type: none"> Open to all USA Swimming athletes 13 & O registered before the first day of the meet. Swimmers must have 13-14 “A” times or faster in each event entered. 2021-2024 NAG times are in effect. No on-deck USA Swimming athlete registration will be permitted. Age on May 31, 2024 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 events will be timed finals. 10 minute breaks will be added after events #8 (100 Fly) and #18 (100 Back). The Meet Director reserves the right to go to Chase Starts if need be to get the sessions under 4 hours. Teams will be notified NLT Sunday May 26, 2024 if chase starts will be used.
WARM-UP:	<ul style="list-style-type: none"> Friday session: Warm-ups 4:00pm; Competition starts 5:00pm. Saturday & Sunday morning sessions: General warm-up starts not earlier than at 6:30 am; Competition starts not earlier than: 8:00 am Saturday afternoon session: General warm-up starts not earlier than 3:00 pm; competition starts not earlier than 5:00 pm Sunday distance session: The pool will be open for 10 minutes of open warm-up immediately following the finish of the morning session, with the distance session competition starting 5 minutes thereafter.
ENTRIES:	<p>DEADLINE FOR THE RECEIPT OF ENTRIES IS 9:00PM, TUESDAY, MAY 21, 2024.</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, regardless of how they are submitted. Swimmers may enter a maximum of <i>7 individual events, with no more than 4 individual events per day.</i> Entries will be processed in the order received and accepted to the greatest extent possible as mandated by current Commonwealth of Virginia guidelines. Email entries to: novabusinessoffice@novaswim.org
FEES:	<p>Individual Event Entry Fee: \$12.00 Time Trial Entry Fee: \$20.00 Swimmer Surcharge per person: \$2.50</p>
SEEDING:	<ul style="list-style-type: none"> All events will be pre-seeded, except 400 IM (Events 9,10) and 400,800,1500 FR (Events 19,20,1,2,27&28) which will be deck seeded. Positive check in is required for deck seeded events. Positive check-in will close 30 minutes prior to the start of the session. SWIMMERS FAILING TO POSITIVELY CHECK-IN WILL NOT BE SEEDED. The 400IM (Events 9,10) and 400,800,1500 FR (Events 19,20,1,2,27&28) will be run alternating girls/boys fastest to slowest.
AWARDS	<ul style="list-style-type: none"> No awards will be distributed.
TIME TRIALS	<ul style="list-style-type: none"> All time trial participants must be within :01 second per 50 of summer juniors qualifying times. Time trials will be held on Sunday, June 2 in the order of the meet. Warm ups not before 12:00pm; Time Trial not before 1:00pm. Athletes may enter no more than 2 Time Trial events. On-deck entries will be taken and close at 10:00 am on Sunday June 2. Swimmers must provide their USA Swimming ID no. Time Trials entries will also be accepted via email, providing a Time Trial events file. Time Trial participants must provide their own timers.
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 Protection Policy, will govern this meet.

	<ul style="list-style-type: none"> • 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. • 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:	<p>Meet Referee: Bryan Wallin Email: thewallin5@comcast.net Phone: 804-389-2438</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: emilyfagan@comcast.net no later than Sunday May 26, 2024. • 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 Virginia Swimming Meet Safety Procedures will be in effect.</p>
TIMERS:	<ul style="list-style-type: none"> • Swimmers must provide their own timers and counters for the 800 and 1500 FR and timers for any time trials entered. • The head timer will assign specific lanes prior to each session.
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 pool area.
PARKING:	Ample parking is available at NOVA Aquatic Center - Regency

Friday, May 31, 2024
Warm up 4:00pm, Start 5:00pm

Evening Session		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
1	13 & O 800 M Free	2

Saturday, June 1, 2024
Warm up: not before 6:30am; Start: not before 8:00am

AM Session		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
3	13 & O 100 M Breast	4
5	13 & O 200 M Free	6
7	13 & O 100 M Fly	8
	10 minute break	
9	13 & O 400 M IM	10

Saturday, June 1, 2024
Warm up: not before 3:00pm, Start: not before 5:00pm

PM Session		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
11	13 & O 200 M Fly	12
13	13 & O 50 M Free	14
15	13 & O 200 M Breast	16
17	13 & O 100 M Back	18
	10 minute break	
19	13 & O 400 M Free	20

Sunday, June 2, 2024
Warm up: not before 6:30am, Start: not before 8:00am

AM Session		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
21	13 & O 200 M Back	22
23	13 & O 100 M Free	24
25	13 & O 200 M IM	26
Distance Session – 20 minutes after Event 26 concludes		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
27	13 & O 1500 M Free	28