

	NOVA LC Winter Invitational January 14-16, 2023 SANCTION NO. VS-23-55	Hosted by:  NOVA of Virginia Aquatics
SANCTION:	- Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: VS-23-55 - 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.	
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 competition course has not been certified in accordance with current <i>USA Swimming Rules and Regulations</i>, Article 104.2.2C (4). - 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 13 years and older USA Swimming athletes meeting the qualifications below from NOVA, NCAP, MOR, PHX Swimming, PSDN, MACH, TIDE, MSA and QSTS registered before the first day of the meet. Additional teams may be allowed with permission of the Meet Director and NOVA Head Coach. - Athletes participating in the AM Prelims Sessions require 1 15-16 AAA time. - Athletes participating in the Mid-day Timed Finals Sessions: 13-14 requires 2 A times; 15 & Over requires 2 15-16 A times. - All Athletes entered in the meet are eligible to swim the 800 M Free - Athletes will participate in either AM Prelims or Mid-Day timed finals, not a combination of both. 2021-2024 NAG times are in effect - No on-deck USA Swimming athlete registration will be permitted. - Age on January 14, 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:	- Sessions 1, 3, 4, 6, 7, & 10: Individual events will be swum as trials and finals. Finals Sessions: The top 24 qualifiers in the trials of each event will compete in each day's final session in the following order: C-Final (all age Bonus Heat), B-Finals (all age Consolation Heat), and A-Final (all age Championship Final Heat). - Sessions 2, 5 & 9: Individual events will be swum as timed finals. - Session 8: 800 M Free will be swum as timed finals.	

WARM-UP:	- Prelim / Finals Sessions: - Saturday, Sunday & Monday Preliminary Sessions: Warm-up not before 6:00am; Competition starts not before 8:00am. - Saturday & Sunday Finals Sessions: Warm-up not before 4:00pm; Competition starts not before 5:00pm - Monday Finals Session: Warm-up not before 3:30pm; start not before 4:30pm. - Timed Finals Sessions: - Saturday, Sunday & Monday Timed Finals Sessions: Warm-up not before 11:00am; Competition starts not before 12:00pm. 800 M Free Session: 15min General Warm-Up will begin immediately following conclusion of Monday Prelims; Competition starts 5 mins after conclusion of warm-up.
ENTRIES:	DEADLINE FOR THE RECEIPT OF ENTRIES IS 9:00PM, TUESDAY, JANUARY 3, 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>7 individual events, with no more than 3 individual events per day.</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 January 8, 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 to all 3 evening heats C, B, & A all age Finals. - The 400 M Individual Medley and the 400 M Freestyle will be swum as trials and finals. - In trials, the four fastest women's heats will be swum first followed by the four fastest men's heats. These heats will be swum slowest to fastest. - The remaining heats in trials will be swum fastest to slowest, alternating women and men. - Positive check-in: - Positive check-in for the 800 M Freestyle is due by 8:30 am, Monday All 800 M Free swimmers MUST positively check-in to be seeded - The 800 M Freestyle will be swum fastest to slowest as a timed final event, the two fastest women's heats will be swum first followed by the two fastest men's heats. These heats will be swum slowest to fastest. The remaining heats will be swum fastest to slowest, alternating women and men. - The event seeding will be distributed following the close of the positive check-ins.
AWARDS	No awards will be distributed.
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 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. • 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: Bob Rustin Email: brustin55@gmail.com Phone: • 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 January 8, 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 and counters for Events 25 and 26 (800 M Freestyle).
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

Saturday, January 14, 2023

Prelims: Warm-up 6:00am / Competition: 8:00am

Finals: Warm-up 4:00pm / Competition 5:00pm

(All times are not before)

Saturday Prelims / Finals (Sessions 1 & 3)		
Girls	Events	Boys
1	200 M FREESTYLE	2
3	100 M BREASTSTROKE	4
5	100 M BUTTERFLY	6
7	400 M INDIVIDUAL MEDLEY	8

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

(All times are not before)

Saturday Timed Finals (Session 2)		
Girls	Events	Boys
9	200 M FREESTYLE	10
11	100 M BREASTSTROKE	12
13	100 M BUTTERFLY	14
15	400 M INDIVIDUAL MEDLEY	16

Sunday, January 15, 2023

Prelims: Warm-up 6:00am / Competition: 8:00am

Finals: Warm-up 4:00pm / Competition 5:00pm

(All times are not before)

Sunday Prelims / Finals (Sessions 4 & 6)		
Girls	Events	Boys
17	200 M BUTTERFLY	18
19	50 M FREESTYLE	20
21	200 M BREASTSTROKE	22
23	100 M BACKSTROKE	24
25	400 M FREESTYLE	26

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

(All times are not before)

Sunday Timed Finals (Session 5)		
Girls	Events	Boys
27	200 M BUTTERFLY	28
29	50 M FREESTYLE	30
31	200 M BREASTSTROKE	32
33	100 M BACKSTROKE	34
35	400 M FREESTYLE	36

Monday, January 16, 2023

Prelims: Warm-up 6:00am / Competition: 8:00am

Finals: Warm-up 3:30pm / Competition 4:30pm

(All times are not before)

Monday Prelims / Finals (Sessions 7 & 10)		
Girls	Events	Boys
37	200 M BACKSTROKE	38
39	100 M FREESTYLE	40
41	200 M INDIVIDUAL MEDLEY	42

800 M Free Warm up: 15 min General WU @ conclusion of Monday Preliminary Session
Competition: 20 mins after conclusion of Monday Prelims Session

Monday Distance (Session 8)		
Girls	Events	Boys
43	800 M FREESTYLE	44

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

(All times are not before)

Monday Timed Finals (Session 9)		
Girls	Events	Boys
45	200 M BACKSTROKE	46
47	100 M FREESTYLE	48
49	200 M INDIVIDUAL MEDLEY	50