

	2025 Mid-Atlantic Age Group Championship Showdown November 7-9, 2025 SANCTION NO. VS-26-034	Hosted by:  NOVA of Virginia Aquatics
SANCTION:	• Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: VS-26-034 • USA Swimming, Inc., Virginia Swimming, Inc. NOVA Aquatics Center-Regency and NOVA 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 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: ○ 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 in a 25 yard competition course. Competition lane configuration will be set in either 6, 8 or 10 lanes. This will be determined by timeline consideration upon receipt of entries and will be communicated to the contact person of participating clubs. • Meet Director reserves the right to utilize two courses once entries are received. Teams will be notified no later than Monday November 3, 2025 if two courses will be used. • 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. • The meet host will ensure that the competition course meets the required dimensions as specified in 103.3 USA Swimming Rules and Regulations. • In order to provide parents/guardians who are outside of the facility with 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:	• Open to all USA Swimming athletes ages 14 & Under from NOVA, NCAP, LIAC and Jersey Wahoos registered before the first day of the meet. • All 18 & over athletes must have completed the appropriate Athlete Protection Training (APT) prior to the first day of competition. Athletes whose 18th birthday occurs during competition must complete the APT prior to that date. • 2024-2028 NAG times are in effect. • No deck USA Swimming athlete registration will be permitted. • Age on November 7, 2025 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 using the Disability Accommodation Form.	
ATHLETES WITH A	• 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	

SERIOUS MEDICAL CONDITION	requested accommodations. Early notice (e.g., concurrent with the meet entry) is encouraged to allow for any needed planning or logistical support. • 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:	• 25-yard course of up to 10 lanes will be used. • All events will be timed finals. • Crescendo Freestyle Relay will be swum in the following order: 9 year-old 50 Freestyle, 11 year-old 50 Freestyle, 13 year-old 50 Freestyle, 14 year-old 50 Freestyle, 12 year-old 50 Freestyle, 10 year-old 50 Freestyle. Please create an aggregate time for seeding purposes.
WARM-UP:	• Friday session: Warm-ups not before 2:00 pm; Competition starts not before 3:00 pm • Saturday #1: Warm-ups not before 8:30 am; Competition starts not before 9:30 am • Saturday #2: Warm-ups not before 2:30 pm; Competition starts not before 3:30 pm • Sunday session: Warm-ups not before 7:30 am; Competition starts not before 8:30 am • Lane assignment and warm-up times for individual clubs will be posted on the NOVA website no later than Monday, November 3, 2025, and will also be emailed to the contact person of the participating clubs.
ENTRIES:	DEADLINE FOR THE RECEIPT OF ENTRIES IS 9:00 PM, TUESDAY, OCTOBER 28, 2025. • Entries must be submitted in short course yard times using Commlink-2 software. • Teams submit entries via e-mail • A printout of entries must be included or the meet checklist/summary sheet with the name of the person to contact in case of questions must accompany the entries, regardless of how they are submitted. • All entry times must have been achieved in USA Swimming sanctioned, approved, or observed competition. • Teams may enter a maximum of 4 swimmers per event, except where noted in the event schedule • Swimmers may enter <i>a maximum of 6 events total, but no more than 2 per session</i>. • Teams may enter a maximum of 2 relay teams per relay event. • If a team cannot fill an event with 4 single age swimmers, athletes within the USA Swimming Motivational Time Standard defined age groups may be permitted to fill open single age entry slots. These swimmers will not count towards scoring. Contact the meet director to request this option. • Entries will be processed in the order received and accepted to the greatest extent possible without exceeding the 4-hour/session timeline. • Email entries to: Lori Hopewell, novabusinessoffice@novaswim.org • Deck entries will be accepted in the order received for swimmers already entered in the meet, to the extent that open lanes are available. Deck entries must be submitted to the Administrative Official on the provided form.
FEES:	Individual events: \$12.00; Relay events \$15.00 Swimmer surcharge: \$2.50 per person (entered in the meet in any capacity) • Checks should be made payable to: NOVA OF VA AQUATICS. • Mail payment to: NOVA of Virginia Aquatics 12207 Gayton Road Richmond, VA 23238 • Payment must be received by October 29, 2025 for all entries. Payment must be included with all mailed entries. Failure to pay entry fees by this deadline could result in teams being barred from the meet. IMPORTANT: If entries are sent via Express Mail/FedEx/Airborne/UPS/etc., please ensure that a signature is NOT required for delivery.
AWARDS:	• Individual Events: Medals will be awarded for first (1st) through third (3rd). Ribbons will be awarded fourth (4th) through eighth (8th) place for individual age groups • Relay Events: Awards will be presented to first (1st) through third (3rd) place for each event.
SEEDING:	• All events will be pre-seeded, except for the 500 Free, 1000 Free, and 400 IM which will require positive check in • Check in deadlines will be shared with teams no later than Wednesday October 29, 2025

	● SWIMMERS FAILING TO POSITIVELY CHECK-IN WILL NOT BE SEEDING IN THE EVENT. ● Athletes who positively check in but fail to swim the event will be barred from all competition for the remainder of the session (both individual and relay events)
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 govern this meet. ● 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 a 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:	Meet Referee: Matt Banks Email: mbanks03@gmail.com Phone: 336-408-5734 ● 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 October 26, 2025. ● Officials' meetings will be held in the hospitality area one hour prior to the start of the meet.
SAFETY:	Meet Safety Officer NAME: Drew Hirth needs to attend workshop EMAIL: coachdrew@novaswim.org PHONE: 804-754-3401x2 Virginia Swimming Meet Safety Procedures will be in effect.
TIMERS:	● Clubs may be required to provide timers and, if needed, will be notified by Monday, Oct. 27, 2025 ● The head timer may assign specific lanes prior to each session. ● Swimmers must provide their own timers and counters for the 1000 Free.
GENERAL:	● Swimmer/Spectator Conduct: Each club is responsible for supervising the conduct of its swimmers / spectators. ● Heat Sheets will not be printed however electronic versions will be provided 2 ways. ○ Meet Mobile

	○ PDF versions will be posted on the NOVA website. ● Team Areas: Team seating will be available in the pool area. ● Spectator seating: Bleacher and chair seating will be available for spectators. ● First Aid: There will be a first aid station on the premises. ● Hospitality: NOVA will operate a hospitality room for all coaches and officials during the meet. ● No glass containers, smoking or alcohol is permitted in the pool area.
HOTELS:	Through our travel partner 288 Travel we have secured rates at properties near the NOVA Aquatic Center - Regency facility. Use the link below to view hotels and rates, and book both individual reservations and group blocks. Please contact Julie Farney at novatransport@novaswim.org if you have any questions or trouble navigating the link. https://presto.eventpipe.com/event/a74c0f1c-15d7-43cd-b169-415e073f44b7
PARKING:	● Ample parking is available at NOVA Aquatic Center – Regency.

2025 Mid-Atlantic Age Group Championship Showdown ORDER OF EVENTS

Friday November 7, 2025

Warm-up: 2:00 pm; Start: 3:00 pm (Times not earlier than)		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
1	13-14 400 Medley Relay	2
3	11-12 400 Medley Relay	4
5	10&U 400 Medley Relay	6
	10 minute break	
7	12 yr old 100 IM	8
9	11 yr old 100 IM	10
11	10 yr old 100 IM	12
13	9&U 100 IM	14
15	14 yr old 50 Freestyle	16
17	13 yr old 50 Freestyle	18
19	12 yr old 50 Freestyle	20
21	11 yr old 50 Freestyle	22
23	10 yr old 50 Freestyle	24
25	9&U 50 Freestyle	26
27	14 yr old 100 Butterfly	28
29	13 yr old 100 Butterfly	30
31	12 yr old 100 Butterfly	32
33	11 yr old 100 Butterfly	34
35	10 yr old 100 Butterfly	36
37	9&U 100 Butterfly	38
39	14 yr old 200 Breaststroke	40
41	13 yr old 200 Breaststroke	42
43	11-12 200 Breaststroke#	44
	10 min break	
45	11-14 1000 Freestyle*	46

Saturday Morning November 8, 2025

Warm-up: 8:30 am; Start: 9:30 am (Times not earlier than)		
Girls	Event	Boys
47	9-14 Crescendo Relay	48
	5 minute break	
49	11-12 200 Butterfly#	50
51	13 yr old 200 Butterfly	52
53	14 yr old 200 Butterfly	54
55	9&U 50 Backstroke	56
57	10 yr old 50 Backstroke	58
59	11 yr old 50 Backstroke	60
61	12 yr old 50 Backstroke	62
63	14 yr old 100 Freestyle	64
65	13 yr old 100 Freestyle	66
67	12 yr old 100 Freestyle	68
69	11 yr old 100 Freestyle	70
71	10 yr old 100 Freestyle	72
73	9&U 100 Freestyle	74
75	14 yr old 200 IM	76
77	13 yr old 200 IM	78
79	12 yr old 200 IM	80
81	11 yr old 200 IM	82
83	10&U 200 IM#	84
	5 minute break	
85	13-14 200 Medley Relay	86
87	11-12 200 Medley Relay	88
89	10&U 200 Medley Relay	90

Saturday Afternoon November 8, 2025

Warm-up: 2:30 pm ; Start: 3:30 pm (Times not earlier than)		
Girls	Event	Boys
91	13-14 400 Free Relay	92
93	11-12 400 Free Relay	94
95	10&U 400 Free Relay	96
	5 min break	
97	14 yr old 200 Backstroke	98
99	13 yr old 200 Backstroke	100
101	11-12 200 Backstroke#	102
103	9&U 100 Breaststroke	104
105	10 yr old 100 Breaststroke	106
107	11 yr old 100 Breaststroke	108
109	12 yr old 100 Breaststroke	110
111	13 yr old 100 Breaststroke	112
113	14 yr old 100 Breaststroke	114
115	9&U 50 Butterfly	116
117	10 yr old 50 Butterfly	118
119	11 yr old 50 Butterfly	120
121	12 yr old 50 Butterfly	122
123	13-14 500 Freestyle#	124
125	10&U 500 Freestyle#	126
127	11-12 500 Freestyle#	128

Sunday November 6, 2025

Warm-up: 7:30 am ; Start: 8:30 am (Times not earlier than)		
Girls	Event	Boys
129	13-14 200 Free Relay	130
131	11-12 200 Free Relay	132
133	10&U 200 Free Relay	134
	5 min break	
135	14 yr old 100 Backstroke	136
137	13 yr old 100 Backstroke	138
139	12 yr old 100 Backstroke	140
141	11 yr old 100 Backstroke	142
143	10 yr old 100 Backstroke	144
145	9&U 100 Backstroke	146
147	13-14 400 IM#	148
149	12 yr old 50 Breaststroke	150
151	11 yr old 50 Breaststroke	152
153	10 yr old 50 Breaststroke	154
155	9&U 50 Breaststroke	156
157	14 yr old 200 Freestyle	158
159	13 yr old 200 Freestyle	160
161	12 yr old 200 Freestyle	162
163	11 yr old 200 Freestyle	164
165	10 yr old 200 Freestyle	166
167	9&U 200 Freestyle	169

note these events are not single age - 4 total swimmers

* 2 total swimmers per team (no single age entry)