



**2023 Mid-Atlantic Age Group  
Championship Showdown  
November 3-5, 2023  
SANCTION NO. VS-24-23**

**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-24-23</b></li> <li>USA Swimming, Inc., Virginia Swimming, Inc. 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.</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 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>25 yard</b> 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.</li> <li>Meet Director reserves the right to utilize two courses once entries are received. Teams will be notified no later than Monday October 30, 2023 if two courses will be used.</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>The competition course has been certified in accordance with current <i>USA Swimming Rules and Regulations</i>, Article 104.2.2C (4). A copy of the certification is on file with USA Swimming.</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 ages 14 &amp; Under from NOVA, NCAP, LIAC and TIDE registered before the first day of the meet.</li> <li>2021-2024 NAG times are in effect.</li> <li>No deck USA Swimming athlete registration will be permitted.</li> <li>Age on November 3, 2023 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>FORMAT:</b>	<ul style="list-style-type: none"> <li>An 8-lane 25-yard course will be used.</li> </ul>

	<ul style="list-style-type: none"> <li>All events will be timed finals.</li> <li>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.</li> </ul>
<b>WARM-UP:</b>	<ul style="list-style-type: none"> <li>Friday session: Warm-ups not before 1:00pm; Competition starts not before 2:00pm</li> <li>Saturday session: Warm-ups not before 1:00pm; Competition starts not before 2:00pm</li> <li>Sunday session: Warm-ups not before 9:00am; Competition starts not before 10:00am</li> <li>Lane assignment and warm-up times for individual clubs will be posted on the NOVA website no later than Monday, Oct. 30, 2023, and will also be emailed to the contact person of the participating clubs.</li> </ul>
<b>ENTRIES:</b>	<p><b>DEADLINE FOR THE RECEIPT OF ENTRIES IS 9:00 PM, TUESDAY, OCTOBER 24, 2023.</b></p> <ul style="list-style-type: none"> <li>Entries must be submitted in short course yard times using Commlink-2 software.</li> <li>Teams submit entries via e-mail</li> <li>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.</li> <li>All entry times must have been achieved in USA Swimming sanctioned, approved, or observed competition.</li> <li>Teams may enter a maximum of 4 swimmers per event.</li> <li>Swimmers may enter <i>a maximum of 6 events total, but no more than 2 per session.</i></li> <li>Teams may enter a maximum of 2 relay teams per relay event.</li> <li>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.</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: Lori Hopewell, <a href="mailto:novabusinessoffice@novaswim.org">novabusinessoffice@novaswim.org</a></li> <li>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.</li> </ul>
<b>FEES:</b>	<p>Individual events: \$8.00; Relay events \$13.00 Swimmer surcharge: \$2.50 per person (entered in the meet in any capacity)</p> <ul style="list-style-type: none"> <li>Checks should be made payable to: NOVA OF VA AQUATICS.</li> <li>Mail payment to: NOVA of Virginia Aquatics 12207 Gayton Road Richmond, VA 23238</li> <li>Payment must be received by October 30, 2023 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.</li> </ul> <p>IMPORTANT: If entries are sent via Express Mail/FedEx/Airborne/UPS/etc., please ensure that a signature is NOT required for delivery.</p>
<b>AWARDS:</b>	<ul style="list-style-type: none"> <li>Individual Events: Medals will be awarded for first (1st) through third (3<sup>rd</sup>). Ribbons will be awarded fourth (4<sup>th</sup>) through eighth (8th) place for individual age groups 9&amp;Under through 14.</li> <li>Relay Events: Awards will be presented to first (1st) through third (3rd) place for each event.</li> </ul>
<b>SEEDING:</b>	<ul style="list-style-type: none"> <li>All events will be pre-seeded, except for Events 7-12 (10&amp;U, 11-12 &amp; 13-14 500 Free), 47&amp;48 (11-14 1000 Free) and 163-166 (11-12 &amp; 13-14 400 IM) which will be deck seeded.</li> <li>Events 7-12 (10&amp;U, 11-12 &amp; 13-14 500 Free), 47&amp;48 (11-14 1000 Free) and 163-166 (11-12 &amp; 13-14 400 IM) will require a positive check-in.</li> <li>Positive check-in will close 30 minutes prior to the start of the session.</li> <li><b>SWIMMERS FAILING TO POSITIVELY CHECK-IN WILL NOT BE SEEDED IN THE EVENT.</b></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> </ul> </li> </ul>

	<ul style="list-style-type: none"> <li>○ Athlete is not registered with USA Swimming prior to the first day of the meet.</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 Protection Policy, will govern this meet.</li> <li>● 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.</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) any time athletes, coaches, officials and/or spectators are present without written USA Swimming approval.</li> <li>● 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.</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 <u>not permitted</u>.</li> <li>● 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.</li> <li>● In accordance with VSI best practices, all swimmers should shower before entering the pool.</li> <li>● 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.</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: Matt Banks</b>  <b>Email: <a href="mailto:mbanks03@gmail.com">mbanks03@gmail.com</a></b>  <b>Phone: (336) 408-5734</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:emilyfagan@comcast.net">emilyfagan@comcast.net</a> no later than Sunday October 29, 2023.</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</b>  NAME: Drew Hirth  EMAIL: <a href="mailto:coachdrew@novaswim.org">coachdrew@novaswim.org</a>  PHONE: 804-754-3401x2  Virginia Swimming Meet Safety Procedures will be in effect.</p>
<b>TIMERS:</b>	<ul style="list-style-type: none"> <li>● Clubs may be required to provide timers and, if needed, will be notified by Monday, Oct. 30, 2023</li> <li>● The head timer may assign specific lanes prior to each session.</li> <li>● Swimmers must provide their own timers and counters for the 1000 Free.</li> </ul>
<b>GENERAL:</b>	<ul style="list-style-type: none"> <li>● Swimmer/Spectator Conduct: Each club is responsible for supervising the conduct of its swimmers / spectators.</li> <li>● Heat Sheets will not be printed however electronic versions 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>● Team Areas: Team seating will be available in the pool area.</li> <li>● Spectator seating: Bleacher and chair seating will be available for spectators.</li> <li>● First Aid: There will be a first aid station on the premises.</li> <li>● Hospitality: NOVA will operate a hospitality room for all coaches and officials during the meet.</li> </ul>

	<ul style="list-style-type: none"> <li>No glass containers, smoking or alcohol is permitted in the pool area.</li> </ul>
<b>PARKING:</b>	<ul style="list-style-type: none"> <li>Ample parking is available at NOVA Aquatic Center – Regency.</li> </ul>

**2023 Mid-Atlantic Age Group  
Championship Showdown  
ORDER OF EVENTS**

**Friday November 3, 2023**

<b>Warm-up: 1:00 pm; Start: 2:00 pm</b> (Times not earlier than)		
<b><u>Girls</u></b>	<b><u>Events</u></b>	<b><u>Boys</u></b>
1	10&Under 400 Medley Relay	2
3	11-12 400 Medley Relay	4
5	13-14 400 Medley Relay	6
	<b>10 minute break</b>	
7	10&Under 500 Freestyle *	8
9	11-12 500 Freestyle*	10
11	13-14 500 Freestyle*	12
13	11 year old 100 Individual Medley	14
15	12 year old 100 Individual Medley	16
17	13 year old 200 Backstroke	18
19	14 year old 200 Backstroke	20
21	11 year old 200 Backstroke	22
23	12 year old 200 Backstroke	24
25	9 & under 50 Backstroke	26
27	10 year old 50 Backstroke	28
29	13 year old 100 Breaststroke	30
31	14 year old 100 Breaststroke	32
33	11 year old 100 Breaststroke	34
35	12 year old 100 Breaststroke	36
37	9 & under 100 Breaststroke	38
39	10 year old 100 Breaststroke	40
	<b>5 minute break</b>	
41	13-14 200 Freestyle Relay	42
43	11-12 200 Freestyle Relay	44
45	10&Under 200 Freestyle Relay	46
	<b>20 minute warm up</b>	
47	11-14 1000 Freestyle*	48

## Saturday November 4, 2023

<b>Warm-up: 1:00pm; Start: 2:00pm</b>		
(Times not earlier than)		
<b>Girls</b>	<b>Event</b>	<b>Boys</b>
49	10&Under 400 Freestyle Relay	50
51	11-12 400 Freestyle Relay	52
53	13-14 400 Freestyle Relay	54
<b>5 minute break</b>		
55	11 year old 50 Butterfly	56
57	12 year old 50 Butterfly	58
59	13 year old 100 Backstroke	60
61	14 year old 100 Backstroke	62
63	11 year old 100 Backstroke	64
65	12 year old 100 Backstroke	66
67	9 & under 100 Backstroke	68
69	10 year old 100 Backstroke	70
71	13 year old 200 Individual Medley	72
73	14year old 200 Individual Medley	74
75	11 year old 200 Individual Medley	76
77	12 year old 200 Individual Medley	78
79	9 & under 200 Individual Medley	80
81	10 year old 200 Individual Medley	82
83	13 year old 100 Freestyle	84
85	14 year old 100 Freestyle	86
87	11 year old 100 Freestyle	88
89	12 year old 100 Freestyle	90
91	9 & under 50 Freestyle	92
93	10 year old 50 Freestyle	94
95	13 year old 200 Butterfly	96
97	14 year old 200 Butterfly	98
99	11 year old 200 Butterfly	100
101	12 year old 200 Butterfly	102
103	9 & under 100 Butterfly	104
105	10 year old 100 Butterfly	106
107	11 year old 50 Breaststroke	108
109	12 year old 50 Breaststroke	110
<b>5 minute break</b>		
111	10&Under 200 Medley Relay	112
113	11-12 200 Medley Relay	114
115	13-14 Medley Relay	116

## Sunday November 5, 2023

<b>Warm-up: 9:00am; Start: 10:00am</b>		
(Times not earlier than)		
<b>Girls</b>	<b>Event</b>	<b>Boys</b>
117	9-14 Crescendo Relay	118
<b>5 minute break</b>		
119	9 & under 100 Individual Medley	120
121	10 year old 100 Individual Medley	122
123	11 year old 50 Backstroke	124
125	12 year old 50 Backstroke	126
127	13 year old 50 Freestyle	128
129	14 year old 50 Freestyle	130
131	11 year old 50 Freestyle	132
133	12 year old 50 Freestyle	134
135	9 & under 100 Freestyle	136
137	10 year old 100 Freestyle	138
139	13 year old 200 Breaststroke	140
141	14 year old 200 Breaststroke	142
143	11 year old 200 Breaststroke	144
145	12 year old 200 Breaststroke	146
147	9 & under 50 Breaststroke	148
149	10 year old 50 Breaststroke	150
151	13 year old 100 Butterfly	152
153	14 year old 100 Butterfly	154
155	11 year old 100 Butterfly	156
157	12 year old 100 Butterfly	158
159	9 & under 50 Butterfly	160
161	10 year old 50 Butterfly	162
163	13-14 400 Individual Medley*	164
165	11-12 400 Individual Medley*	166
167	13 year old 200 Freestyle	168
169	14 year old 200 Freestyle	170
171	11 year old 200 Freestyle	172
173	12 year old 200 Freestyle	174
175	9 & under 200 Freestyle	176
177	10 year old 200 Freestyle	178

**\*4 total swimmers per team (no single age entry)**