



**NOVA**  
**New Year's Kick Off**  
**January 19-21, 2024**  
**SANCTION NO. VS-24-56**

**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-24-56</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. 804-754-3401 x2.
<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, January 15 2024 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 meet host will ensure that the competition course meets the required dimensions as specified in 103.3 USA Swimming Rules and Regulations.</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 permissions to be included in the video-streaming.</li> </ul>
<b>MEET DIRECTOR:</b>	Name: Lori Hopewell Email: novabusinessoffice@novaswim.org Phone: (804) 754-3401 x2
<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>• Friday Distance Session: No time standard entry restrictions – open to all athletes.</li> <li>• Saturday and Sunday Sessions:             <ul style="list-style-type: none"> <li>○ Swimmers 8 years old and younger may participate regardless of classification in 8&amp;U events and the 12&amp;U 500 freestyle</li> <li>○ Swimmers 9-18 years old may compete in any event and relay strokes in which they have a “BB”, “B” or “C” Time.</li> </ul> </li> <li>• No on deck Virginia Swimming athlete registration will be permitted.</li> <li>• 2021-2024 NAG motivational time standards are in effect.</li> <li>• Age on January 19, 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>FORMAT:</b>	<ul style="list-style-type: none"> <li>Friday Session: All Ages</li> <li>Saturday and Sunday Mid Day Sessions: 8 &amp; younger swimmers</li> <li>Saturday and Sunday AM Sessions: All 9-10 year olds and the 11-12 boy swimmers.</li> <li>Saturday and Sunday PM Sessions: 11-12 girls and all 13-18 year old swimmers.</li> <li>All events will be timed finals.</li> <li>5 minute breaks will be inserted throughout the 8 &amp; under mid-day sessions. See order of events page for specific break details.</li> </ul>
<b>WARM-UP:</b>	<ul style="list-style-type: none"> <li>Friday session: Warm-ups 4:15 pm; competition starts 5:15 pm</li> <li>Morning session: Warm-ups not before 7:00 am; competition starts not before 8:00 am.</li> <li>Mid-day session: Warm-ups not before 11:00 am; competition starts not before 12:00 pm</li> <li>Afternoon session: Warm-ups not before 2:00 pm; competition starts not before 3:00 pm.</li> <li>Lane assignment and warm-up times for individual clubs will be posted on the NOVA website no later than Monday, January 15, 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 9:00 PM, TUESDAY, JANUARY 9, 2024.</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 must 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>"No Time" (NT) entries will be accepted for events in which a swimmer does not have a time of record. All entry times must have been achieved in USA Swimming sanctioned, approved, or observed competition.</li> <li>Swimmers may enter a maximum of <i>1 individual event on Friday. Swimmers may enter a maximum of 3 individual events and 1 relay event on both Saturday and Sunday.</i></li> <li><b>When entering events, please pay close attention to the possibility of back to back events. Swimmers must be prepared to swim back to back without a break.</b></li> <li>Relay teams must be designated A, B, C, etc., if more than one per club is entered per event.</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 limit or the limits as mandated by current Commonwealth of Virginia guidelines.</li> <li>Email entries to: <a href="mailto:novaswim@novaswim.org">novaswim@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 Event Entry Fee: \$8.00  Relay Event Entry Fee: \$13.00  Swimmer Surcharge per person: \$2.50</p>
<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 old and 8 year old 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>13-18 events will not be awarded.</li> </ul> </li> <li>Relay events: Ribbons will be awarded for first through fourth place.</li> </ul>
<b>SEEDING:</b>	<ul style="list-style-type: none"> <li>All events will be pre-seeded, except 1-2 (11-18 400 IM), 3-4 (12&amp;U 500 Free), 5-6 (11-18 1650 Free) and 151-152 (13-18 500 Free) which will be deck seeded and require positive check in.</li> </ul>

	<ul style="list-style-type: none"> <li>• Positive check-in will close 30 minutes prior to the start of the session.</li> <li>• Swimmers should report directly to the block for their events.</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 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: Ben Ackerly</b>  <b>Email: <a href="mailto:benjamin.ackerly@gmail.com">benjamin.ackerly@gmail.com</a></b>  <b>Phone: 804-869-4535</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, January 14, 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 must provide their own timers for Events 1-2 (11-18 400 IM) and timers and counters for Events 3-4 (12&amp;U 500 Free), 5-6: (11-18 1650 Free) &amp; 151-152 (13-18 500 Free).</li> <li>• The head timer may assign specific lanes prior to each session.</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 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> </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>

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**ORDER OF EVENTS**  
**FRIDAY, JANUARY 19, 2024**

<b>Evening Session</b> <b>Warm-up: 4:15 pm; Start: 5:15 pm</b>		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
1	11-18 400 Individual Medley	2
3	12 & Under 500 Freestyle	4
5	11-18 1650 Freestyle	6

**SATURDAY, JANUARY 20, 2024**

**SUNDAY, JANUARY 21, 2024**

<b>Morning Session</b> <b>9-10 Year Olds + 11-12 Boys</b> <b>Warm-up: 7:00 am; Start: 8:00 am</b> (Times are not earlier than)		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
7	9-10 200 Freestyle Relay	8
-	11-12 200 Freestyle Relay	10
11	9-10 50 Freestyle	12
-	11-12 100 Freestyle	14
15	9-10 100 Butterfly	16
-	11-12 50 Butterfly	18
-	11-12 200 Butterfly	20
21	9-10 100 Individual Medley	22
-	11-12 200 Individual Medley	24
25	9-10 50 Breaststroke	26
-	11-12 50 Breaststroke	28
-	11-12 200 Breaststroke	30
31	9-10 100 Backstroke	32
-	11-12 100 Backstroke	34
35	9-10 200 Freestyle	36

<b>Morning Session</b> <b>9-10 Year Olds + 11-12 Boys</b> <b>Warm-up: 7:00 am; Start: 8:00 am</b> (Times are not earlier than)		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
-	11-12 200 Medley Relay	82
83	9-10 200 Medley Relay	84
-	11-12 200 Freestyle	86
87	9-10 100 Freestyle	88
-	11-12 100 Butterfly	90
91	9-10 50 Butterfly	92
-	11-12 100 Individual Medley	94
95	9-10 200 Individual Medley	96
-	11-12 100 Breaststroke	98
99	9-10 100 Breaststroke	100
-	11-12 50 Backstroke	102
-	11-12 200 Backstroke	104
105	9-10 50 Backstroke	106
-	11-12 50 Freestyle	108

<b>Mid-Day Session</b> <b>8 &amp; Under Swimmers</b> <b>Warm-up: 11:00 pm; Start: 12:00 pm</b> (Times are not earlier than)		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
37	8 & Under 100 Freestyle Relay	38
-	5 minute break	-
39	8 & Under 25 Freestyle	40
41	8 & Under 50 Butterfly	42
43	8 & Under 100 Butterfly	44
-	5 minute break	-
45	8 & under 100 Individual Medley	46
47	8 & Under 25 Breaststroke	48
49	8 & 50 Backstroke	50
51	8 & Under 100 Backstroke	52

<b>Mid-Day Session</b> <b>8 &amp; Under Swimmers</b> <b>Warm-up: 11:00 pm; Start: 12:00 pm</b> (Times are not earlier than)		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
109	8 & Under 100 Medley Relay	110
-	5 minute break	-
111	8 & Under 50 Freestyle	112
113	8 & Under 25 Butterfly	114
115	8 & Under 50 Breaststroke	116
-	5 minute break	-
117	8 & Under 100 Breaststroke	118
119	8 & Under 25 Backstroke	120
121	8 & Under 100 Freestyle	122

<b>Afternoon Session</b> <b>13-18 Year Olds + 11-12 Girls</b> <b>Warm-up: 2:00 pm; Start: 3:00 pm</b> (Times are not earlier than)		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
53	11-12 200 Freestyle Relay	-
55	13-18 200 Freestyle Relay	56
57	11-12 100 Freestyle	-
59	13-18 100 Freestyle	60
61	11-12 50 Butterfly	-
63	11-12 200 Butterfly	-
65	13-18 200 Butterfly	66
67	11-12 200 Individual Medley	-
69	13-18 200 Individual Medley	70
71	11-12 50 Breaststroke	-
73	11-12 200 Breaststroke	-
75	13-18 200 Breaststroke	76
77	11-12 100 Backstroke	-
79	13-18 100 Backstroke	80

<b>Afternoon Session</b> <b>13-18 Year Olds + 11-12 Girls</b> <b>Warm-up: 2:00 pm; Start: 3:00 pm</b> (Times are not earlier than)		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
123	11-12 200 Medley Relay	-
125	13-18 200 Medley Relay	126
127	11-12 200 Freestyle	-
129	13-18 200 Freestyle	130
131	11-12 100 Butterfly	-
133	13-18 100 Butterfly	134
135	11-12 100 Individual Medley	-
137	13-18 100 Breaststroke	138
139	11-12 100 Breaststroke	-
141	13-18 200 Backstroke	142
143	11-12 50 Backstroke	-
145	11-12 200 Backstroke	-
147	13-18 50 Freestyle	148
149	11-12 50 Freestyle	-
151	13-18 500 Freestyle	152

**NOTE: Event numbers 9,13,17,19,23,27,29,33,54,58,62,64,68,72,74,78,81,85,89,93,97,101,103, 107,124,128,132,136,140,144,146 and 150 are intentionally not used.**

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