
	<p style="text-align: center;">NOVA New Year's Kick Off January 9-11, 2026 SANCTION NO. VS-26-066</p>	<p style="text-align: center;">Hosted by:  NOVA of Virginia Aquatics</p>
SANCTION:	<ul style="list-style-type: none"> Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: VS-26-066 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. 804-754-3401 x2.	
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 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 CTS7 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, January 5, 2026 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 permissions to be included in the video-streaming. 	
MEET DIRECTOR:	Name: Lori Hopewell Email: novabusinessoffice@novaswim.org Phone: (804) 754-3401 x2	
ELIGIBILITY:	<ul style="list-style-type: none"> Open to all USA Swimming athletes registered before the first day of the meet. 2024-2028 NAG motivational time standards are in effect. Friday Distance Session: No time standard entry restrictions – open to all athletes. Saturday and Sunday Sessions: Swimmers 8 years old and younger may participate regardless of classification in 8&U events and the 12&U 500 freestyle. Swimmers 9-18 years old may compete in any event and relay strokes in which they have a "BB", "B" or "C" Time. No on deck USA Swimming registration will be permitted. 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. Age on January 9, 2026 will determine age for the entire meet. 	
DISABILITY	<ul style="list-style-type: none"> Athletes with a disability are welcome and shall provide advance notice of desired accommodations 	

SWIMMERS:	<p>to the Meet Director.</p> <ul style="list-style-type: none"> 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 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. 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"> Distance events on Friday evening for all swimmers. Saturday and Sunday AM Sessions: All 9-12 year old swimmers. Saturday and Sunday Mid-Day Sessions: 8 & Under swimmers Saturday and Sunday PM Sessions: 13 & Older swimmers. All events will be timed finals. 5 minute breaks will be added throughout the 8 & under Mid-Day sessions. See order of events page for specific break details. Additional breaks may be added for timeline consideration upon receipt of entries. Final break placement will be reflected in the Meet Timeline that will distributed to participating teams no later than Monday January 5, 2026.
WARM-UP:	<ul style="list-style-type: none"> Friday session: Warm-ups 4:15 pm; competition starts 5:15 pm Morning session: Warm-ups not before 7:00 am; competition starts not before 8:00 am. Mid-day session: Warm-ups not before 11:00 am; competition starts not before 12:00 pm Afternoon session: Warm-ups not before 2:00 pm; competition starts not before 3:00 pm. Lane assignment and warm-up times for individual clubs will be posted on the NOVA website no later than Monday, January 5, 2026, and will also be emailed to the contact person of the participating clubs. If any session runs long, warm-ups for the following session will begin immediately following the conclusion of the previous session.
ENTRIES:	<p>DEADLINE FOR THE RECEIPT OF ENTRIES IS 9:00 PM, MONDAY DECEMBER 29th, 2025.</p> <ul style="list-style-type: none"> Entries must be submitted in short course yard times using Commlink-2 software. Teams must submit entries via email. A printout of entries with the name of the person to contact in case of questions must accompany the entries. "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. 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> Relay teams must be designated A, B, C, etc., if more than one per club is entered per event. Entries will be processed in the order received and accepted to the greatest extent possible without exceeding the 4-hour/session timeline limit. Email entries to: novaswim@novaswim.org Deck entries will be accepted if open lanes are available without reseeding the event. No heats will be added.
FEES:	<p>Individual Event Entry Fee: \$10.00 Relay Event Entry Fee: \$15.00 Swimmer Surcharge per person: \$2.50 (entered in the meet in any capacity) Checks should be made payable to: NOVA OF VA AQUATICS.</p>
AWARDS:	<ul style="list-style-type: none"> Individual events: Ribbons will be awarded for first through eighth place <ul style="list-style-type: none"> 8 & Under individual events will be given separate awards for 6 & Under, 7 year old, and 8 year old age groups. 12 & Under individual events will be given separate awards 11-12, 9-10 and 8 & Under age groups 13-18 events will not be awarded.

	<ul style="list-style-type: none"> 12 & Under Relay events: Ribbons will be awarded for first through fourth place.
SEEDING:	<ul style="list-style-type: none"> All events will be pre-seeded, except 11 & O 400 IM, 12 & U 500 Free, 11 & O 1000 Free and 13 & O 500 Free. Events 11 & O 400 IM, 12 & U 500 Free, 11 & O 1000 Free and 13 & O 500 Free will be deck seeded and require positive check in. Positive check-in will close 30 minutes prior to the start of the session. SWIMMERS FAILING TO POSITIVELY CHECK-IN WILL NOT BE SEEDED.
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 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:	<p>Meet Referee: Greg Owens Email: rgregowens@gmail.com Phone: 804-337-1935</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: escfagan@gmail.com no later than Sunday, January 4, 2026. There will be an official's meeting in Hospitality one hour prior to the start of each session.
SAFETY:	<p>MEET SAFETY OFFICER: Drew Hirth Email: coachdrew@novaswim.org Phone: 804-754-3401x2</p> <p>Virginia Swimming Meet Safety Procedures will be in effect.</p>
TIMERS:	<ul style="list-style-type: none"> Swimmers must provide their own timers for 11&O 400 IM and timers and counters for 12&U 500 Free, 11&O 1000 Free, & 13&O 500 Free. The head timer may assign specific lanes prior to each session.

	<ul style="list-style-type: none"> • If NOVA does not provide all timers, teams will be notified no later than Monday, January 5, 2026, of lane timer assignments.
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 electronic versions 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, tobacco products, or alcohol permitted in the facility.
HOTEL:	<ul style="list-style-type: none"> • Through our travel partner 288 Travel we have secured rates at properties near the NOVA Aquatic Center - Regency. Use the link below to view hotels and rates, and book both individual reservations and group blocks. Please contact Julie Farney at novatravel@novaswim.org if you have any questions or trouble navigating the link. • https://forms.cloud.microsoft/r/aLk0aNX9jm
PARKING:	<ul style="list-style-type: none"> • Ample parking is available at NOVA Aquatic Center - Regency

**NOVA NEW YEAR'S KICK OFF
ORDER OF EVENTS**

FRIDAY, JANUARY 9, 2026						
Evening Session Warm-up: 4:15 pm; Start: 5:15 pm						
	Girls	Events	Boys			
	1	11&O 400 Individual Medley	2			
	3	12 & Under 500 Freestyle	4			
	5	11&O 1000 Freestyle	6			
SATURDAY, JANUARY 10, 2026				SUNDAY, JANUARY 11, 2026		
Morning Session 9-12 Year Olds Warm-up: 7:00 am; Start: 8:00 am (Times are not earlier than)				Morning Session 9-12 Year Olds Warm-up: 7:00 am; Start: 8:00 am (Times are not earlier than)		
Girls	Events	Boys		Girls	Events	Boys
7	9-10 200 Freestyle Relay	8		83	11-12 200 Medley Relay	84
9	11-12 200 Freestyle Relay	10		85	9-10 200 Medley Relay	86
11	9-10 50 Freestyle	12		87	11-12 200 Freestyle	88
13	11-12 100 Freestyle	14		89	9-10 100 Freestyle	90
15	9-10 100 Butterfly	16		91	11-12 100 Butterfly	92
17	11-12 50 Butterfly	18		93	9-10 50 Butterfly	94
19	11-12 200 Butterfly	20		95	11-12 100 Individual Medley	96
21	9-10 100 Individual Medley	22		97	9-10 200 Individual Medley	98
23	11-12 200 Individual Medley	24		99	11-12 100 Breaststroke	100
25	9-10 50 Breaststroke	26		101	9-10 100 Breaststroke	102
27	11-12 50 Breaststroke	28		103	11-12 50 Backstroke	104
29	11-12 200 Breaststroke	30		105	11-12 200 Backstroke	106
31	9-10 100 Backstroke	32		107	9-10 50 Backstroke	108
33	11-12 100 Backstroke	34		109	11-12 50 Freestyle	110
35	9-10 200 Freestyle	36				
Mid-Day Session 8 & Under Swimmers Warm-up: 11:00 pm; Start: 12:00 pm (Times are not earlier than)				Mid-Day Session 8 & Under Swimmers Warm-up: 11:00 pm; Start: 12:00 pm (Times are not earlier than)		
Girls	Events	Boys		Girls	Events	Boys
37	8 & Under 25 Freestyle	38		111	8 & Under 50 Freestyle	112
39	8 & Under 50 Butterfly	40		113	8 & Under 25 Butterfly	114
41	8 & Under 100 Butterfly	42		115	8 & Under 50 Breaststroke	116
	5 minute break				5 minute break	
43	8 & under 100 Individual Medley	44		117	8 & Under 100 Breaststroke	118
45	8 & Under 25 Breaststroke	46		119	8 & Under 25 Backstroke	120
47	8 & 50 Backstroke	48		121	8 & Under 100 Freestyle	122
49	8 & Under 100 Backstroke	50				
Afternoon Session 13 & Older Warm-up: 2:00 pm; Start: 3:00 pm (Times are not earlier than)				Afternoon Session 13 & Older Warm-up: 2:00 pm; Start: 3:00 pm (Times are not earlier than)		
Girls	Events	Boys		Girls	Events	Boys
51	13-14 200 Freestyle Relay	52		123	13-14 200 Medley Relay	124
53	15&O 200 Freestyle Relay	54		125	15&O 200 Medley Relay	126
55	13-14 100 Freestyle	56		127	13-14 200 Freestyle	128
57	15&O 100 Freestyle	58		129	15&O 200 Freestyle	130
59	13-14 50 Butterfly	60		131	13-14 100 Butterfly	132
61	15&O 50 Butterfly	62		133	15&O 100 Butterfly	134
63	13-14 200 Butterfly	64		135	13-14 100 Breaststroke	136
65	15&O 200 Butterfly	66		137	15&O 100 Breaststroke	138
67	13-14 200 Individual Medley	68		139	13-14 50 Backstroke	140
69	15&O 200 Individual Medley	70		141	15&O 50 Backstroke	142
71	13-14 50 Breaststroke	72		143	13-14 200 Backstroke	144
73	15&O 50 Breaststroke	74		145	15&O 200 Backstroke	146
75	13-14 200 Breaststroke	76		147	13-14 50 Freestyle	148
77	15&O 200 Breaststroke	78		149	15&O 50 Freestyle	150
79	13-14 100 Backstroke	80		151	13-14 500 Freestyle	152
81	15&O 100 Backstroke	82		153	15&O 500 Freestyle	154