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|  | <p style="text-align: center;">NOVA 9 & Under Short Course Summer Slam May 10, 2025 SANCTION NO. VS-25-94</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-25-94 USA Swimming, Inc., Virginia Swimming, Inc., NOVA and NOVA Aquatics Center-Gayton 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. In applying for this sanction, the Host, NOVA, agrees to comply and to enforce all health and safety mandates and guidelines of USA Swimming, Virginia Swimming, the Commonwealth of Virginia and SwimRVA. | |
| LOCATION: | NOVA Aquatic Center – Gayton, 12207 Gayton Road, Richmond, VA 23238. Phone 804-754-3401x2. | |
| FACILITY: | <ul style="list-style-type: none"> The NOVA Aquatic Center – Gayton offers two pools and supporting amenities. 10-lane, 25-yard pool, 4.5 feet deep in lane 1 sloping to 7 feet in lane 10 with Kiefer Wave eater lanes, Daktronics Automatic Timing System 10 lanes will be used for competition with 10 warm-up/warm-down lanes available at all times in the adjacent pool located at the NOVA facility. Lane configurations for competition will be determined upon receipt of entries. Lanes will be available for warm-up/warm-down at all times. The meet host will ensure that the competition course meets the required dimensions as specified in 103.3 USA Swimming Rules and Regulations. (USA-S Rule change.) Meets at the NOVA Aquatic Center – Gayton 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 station has a full first aid kit as well as ice. The closest EMT is located at Henrico Fire Station #13 which is 1.6 miles away. 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) 754-3401x2 | |
| ELIGIBILITY: | <ul style="list-style-type: none"> Open to all 9 & under athletes registered with USA Swimming before the first day of the meet. Swimmers may compete in any event in which they have a 10 & Under B/C time. No on deck Virginia Swimming athlete registration will be permitted. 2024-2028 NAG motivational time standards are in effect. Age on May 10, 2025 will determine age for the entire meet. | |
| DISABILITY SWIMMERS: | <ul style="list-style-type: none"> 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 Disability Accommodation Form. | |
| ATHLETE WITH 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"> All swimmers will swim in the Saturday session. All events will be timed finals. | |
| WARM-UP: | <ul style="list-style-type: none"> Warm up not before 11:00am; competition starts not before 12:00pm. | |

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| | <ul style="list-style-type: none"> Lane assignment and warm-up times for individual clubs will be posted on the NOVA website no later than Tuesday, May 6, 2025, and will also be emailed to the contact person of the participating clubs. |
| ENTRIES: | <p>DEADLINE FOR THE RECEIPT OF ENTRIES IS 9:00PM, TUESDAY, APRIL 29, 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 e-mail "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>3 individual events</i>. Entries will be processed in the order received and accepted to the greatest extent possible without exceeding the 4-hour/session timeline limit or the limits as mandated by current Commonwealth of Virginia guidelines. Email entries to: novabusinessoffice@novaswim.org Deck entries for athletes already entered in the meet will be accepted if open lanes are available without reseeding the event. No heats will be added. |
| FEES: | <p>Individual Event Entry Fee: \$4.50 Swimmer Surcharge per person: \$2.50</p> |
| SEEDING: | <ul style="list-style-type: none"> All events will be pre-seeded |
| 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 events will be given separate awards for 6 & Under, 7 year olds and 8 year olds age groups. 9 & Under individual events will be given separate awards 9, and 8 & Under age groups |
| 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 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. |

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| | <ul style="list-style-type: none"> 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: Glenn West Email: glenn.west@verizon.net Phone: 804-261-3671</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: emilyfagan@comcast.net no later than Sunday May 4, 2025. Officials meetings will be held in the hospitality area one hour prior to the start of the meet. |
| 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"> NOVA will provide timers. |
| 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 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, smoking or alcohol is permitted in the pool area. |
| PARKING: | <ul style="list-style-type: none"> Ample parking is available at NOVA Aquatic Center – Regency. |

ORDER OF EVENTS

Saturday, May 10, 2025
Warm up not before 11:00am,
Start not before 12:00pm

| <u>Girls</u> | <u>Events</u> | <u>Boys</u> |
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| 1 | 9 & Under 100 Individual Medley | 2 |
| 3 | 9 & Under 50 Freestyle | 4 |
| 5 | 8 & Under 25 Freestyle | 6 |
| 7 | 9 & Under 50 Backstroke | 8 |
| 9 | 8 & Under 25 Backstroke | 10 |
| 11 | 9 & Under 50 Breaststroke | 12 |
| 13 | 8 & Under 25 Breaststroke | 14 |
| 15 | 9 & Under 50 Butterfly | 16 |
| 17 | 8 & Under 25 Butterfly | 18 |
| 19 | 9 & Under 100 Freestyle | 20 |