



**NOVA October
12 & Under Kick Off
October 1-2, 2022
SANCTION NO. VS-23-07**

Hosted by:
NOVA
SWIMMING
NOVA of Virginia Aquatics

We have taken enhanced health and safety measures for all attending this event. However, we cannot guarantee that you will not become infected with COVID-19. You must follow all posted instructions while visiting NOVA of Virginia Aquatics. An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. According to the Centers for Disease Control and Prevention, senior citizens and individuals with underlying medical conditions are especially vulnerable. By attending this meet, you acknowledge the contagious nature of COVID-19 and voluntarily assume all risks related to exposure of COVID-19.

SANCTION:	• Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: VS-23-07 • 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. • An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. According to the Centers for Disease Control and Prevention, senior citizens and individuals with underlying medical conditions are especially vulnerable. • USA Swimming, Inc., Virginia Swimming, Inc. and NOVA of Virginia Aquatics cannot prevent you (or your children) from becoming exposed to, contracting or spreading COVID-19 while participating in USA Swimming/Virginia Swimming sanctioned events. Therefore, if you choose to participate in a USA Swimming/Virginia Swimming sanctioned event, you may be exposing yourself to and/or increasing your risk of contracting or spreading COVID-19. • BY ATTENDING OR PARTICIPATING IN THIS COMPETITION, YOU VOLUNTARILY ASSUME ALL RISKS ASSOCIATED WITH EXPOSURE TO COVID-19 AND FOREVER RELEASE AND HOLD HARMLESS USA SWIMMING, VIRGINIA SWIMMING AND NOVA OF VIRGINIA AQUATICS AND EACH OF THEIR OFFICERS, DIRECTORS, AGENTS, EMPLOYEES OR OTHER REPRESENTATIVES FROM ANY AND ALL LIABILITY OR CLAIMS FOR PERSONAL INJURIES, DEATH, DISEASE OR PROPERTY LOSSES, OR ANY OTHER LOSS INCLUDING BUT NOT LIMITED TO CLAIMS OF NEGLIGENCE AND GIVE UP ANY CLAIMS YOU MAY HAVE TO SEEK DAMAGES, WHETHER KNOWN OR UNKNOWN, FORESEEN OR UNFORESEEN IN CONNECTION THEREWITH.
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 8' wide in 25 yard course and 8'2" in 50 meter course. ○ All sessions will be run a 25 yard competition pool set for 10 lanes ○ Uniform 6'7" depth throughout ○ Overflow Gutters ○ Competitor non turbulent 6" lane lines • Warm-Up Pools: ○ Each pool: 3 25 yard lanes ○ Warm-up lanes are minimum 6' wide ○ Uniform 4'6" depth throughout • Daktronics timing system will be used. • Lane configurations for competition will be determined upon receipt of entries. Lanes will be available for warm-up/warm-down at all times. • 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. • 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.

MEET DIRECTOR:	Name: Lori Hopewell Email: novabusinessoffice@novaswim.org Phone: (804) 754-3401x2
ELIGIBILITY:	- Open to all 12 & Under USA Swimming athletes registered before the first day of the meet. - Swimmers with two "BB" times or faster at any distance (in any course) in two different strokes where IM is counted as the fifth stroke can swim any event offered in the BB+ session. - Swimmers not qualified for the BB+ session can swim any event offered in the B/C session - No on deck Virginia Swimming athlete registration will be permitted. 2021-2024 NAG motivational time standards are in effect. - Age on Oct. 1, 2022 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.
FORMAT:	- All 8 and younger swimmers will swim on Saturday and Sunday mid-day sessions. - All 9-12-year-old BB+ swimmers will swim on Saturday and Sunday morning. - All 9-12-year-old B & C swimmers will swim on Saturday and Sunday afternoon. - Lane configuration for competition will be determined upon receipt of entries. - All events will be timed.
WARM-UP:	- Morning sessions: Warm-ups not before 8:00 am; competition starts not before 9:00 am. - Mid-day sessions: Warm-ups not before 11:15 am; competition starts not before 12:15 pm - Afternoon sessions: Warm-ups not before 1:30 pm; competition starts not before 2:30 pm. - Lane assignment and warm-up times for individual clubs will be posted on the NOVA website no later than Tuesday, September 27, 2022, and will also be emailed to the contact person of the participating clubs. - If morning or mid-day sessions run long, warm-ups for the following session will begin immediately following the conclusion of the previous session. (Or if you want to allow for a break, you can change immediately).
ENTRIES:	DEADLINE FOR THE RECEIPT OF ENTRIES IS 9:00PM, TUESDAY, SEPTEMBER 20, 2022. - 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 each day</i>. When entering 11-12-year-old 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. Please refer to the order of events to see when the breaks are planned/defined. - Entries will be processed in the order received and <u>accepted to</u> 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:	Individual Event Entry Fee: \$8.00 Swimmer Surcharge per person: \$2.50
SEEDING:	- All events will be pre-seeded except for Events 91-92 and 129-130 (500 Free) - Event # 91-#92, #129-#130 (12&U 500 Free) will require a 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:	- 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 Protection Policy, will govern this meet. • All applicable 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 the MAAPP policy 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. • 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: Glenn West Email: glenn.west@verizon.net Phone: (804) 261-3671 • 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 September 25, 2022 • Officials meetings will be held in the hospitality area one hour prior to the start of the meet.
SAFETY:	Virginia Swimming Meet Safety Procedures will be in effect.
TIMERS:	• Swimmers must provide their own timers and counters for distance events. • The head timer will assign specific lanes prior to each session.
GENERAL:	• The Virginia Swim Shop will be open for swimming accessories and shopping. • Heat Sheets will not be printed however will be provided 2 ways. ○ Meet Mobile ○ PDF versions will be posted on the NOVA website. • No glass containers, smoking or alcohol is permitted in the pool area.
PARKING:	• Ample parking is available at NOVA Aquatic Center - Regency

**NOVA OCTOBER KICK OFF 12 & YOUNGER MEET
ORDER OF EVENTS**

Saturday, October 1, 2022

Morning BB+ Session

Warm-up: 8:00 am; Start: 9:00 am

(Times are not earlier than)

<u>Girls</u>	<u>Events</u>	<u>Boys</u>
1	9-10 200 Freestyle	2
3	11-12 200 Freestyle	4
5	9-10 100 Individual Medley	6
7	11-12 100 Individual Medley	8
9	9-10 50 Freestyle	10
11	11-12 50 Backstroke	12
13	11-12 200 Backstroke	14
15	9-10 100 Backstroke	16
17	11-12 100 Breaststroke	18
19	9-10 50 Breaststroke	20
21	11-12 50 Butterfly	22
23	11-12 200 Butterfly	24
25	9-10 100 Butterfly	26
27	11-12 50 Freestyle	28

Mid-day Session

Warm-up: 11:15 am; Start: 12:15 pm

(Times are not earlier than)

<u>Girls</u>	<u>Events</u>	<u>Boys</u>
29	8 & Under 100 Individual Medley	30
31	8 & Under 25 Freestyle	32
33	8 & Under 50 Backstroke	34
	5 minute break	
35	8 & Under 100 Backstroke	36
37	8 & Under 25 Breaststroke	38
39	8 & Under 50 Butterfly	40

Afternoon B/C Session

Warm-up: 1:30 pm; Start: 2:30 pm

(Times are not earlier than)

<u>Girls</u>	<u>Events</u>	<u>Boys</u>
41	9-10 200 Freestyle	42
43	11-12 200 Freestyle	44
45	9-10 100 Individual Medley	46
47	11-12 100 Individual Medley	48
49	9-10 50 Freestyle	50
51	11-12 50 Backstroke	52
53	11-12 200 Backstroke	54
55	9-10 100 Backstroke	56
57	11-12 100 Breaststroke	58
59	9-10 50 Breaststroke	60
61	11-12 50 Butterfly	62
63	11-12 200 Butterfly	64
65	9-10 100 Butterfly	66
67	11-12 50 Freestyle	68

Sunday, October 2, 2022

Morning BB+ Session

Warm-up: 8:00 am; Start: 9:00 am

(Times are not earlier than)

<u>Girls</u>	<u>Events</u>	<u>Boys</u>
69	11-12 200 Individual Medley	70
71	9-10 200 Individual Medley	72
73	11-12 100 Freestyle	74
75	9-10 100 Freestyle	76
77	11-12 100 Backstroke	78
79	9-10 50 Backstroke	80
81	11-12 50 Breaststroke	82
83	11-12 200 Breaststroke	84
85	9-10 100 Breaststroke	86
87	11-12 100 Butterfly	88
89	9-10 50 Butterfly	90
	5 minute break	
91	12 & Under 500 Freestyle	92

Mid-day Session

Warm-up: 11:15 am; Start: 12:15 pm

(Times are not earlier than)

<u>Girls</u>	<u>Events</u>	<u>Boys</u>
93	8 & Under 50 Freestyle	94
95	8 & Under 100 Freestyle	96
97	8 & Under 25 Butterfly	98
	5 minute break	
99	8 & Under 100 Butterfly	100
101	8 & Under 50 Breaststroke	102
103	8 & Under 100 Breaststroke	104
105	8 & Under 25 Backstroke	106

Afternoon B/C Session

Warm-up: 1:30 pm; Start: 2:30 pm

(Times are not earlier than)

<u>Girls</u>	<u>Events</u>	<u>Boys</u>
107	11-12 200 Individual Medley	108
109	9-10 200 Individual Medley	110
111	11-12 100 Freestyle	112
113	9-10 100 Freestyle	114
115	11-12 100 Backstroke	116
117	9-10 50 Backstroke	118
119	11-12 50 Breaststroke	120
121	11-12 200 Breaststroke	122
123	9-10 100 Breaststroke	124
125	11-12 100 Butterfly	126
127	9-10 50 Butterfly	128
	5 minute break	
129	12 & Under 500 Freestyle	130