
	<p style="text-align: center;">Freedom Splash May 16-18, 2025 SANCTION NO. VS-25-92</p>	<p style="text-align: center;">Hosted by </p>
SANCTION:	<ul style="list-style-type: none"> Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: VS-25-92 USA Swimming, Inc., Virginia Swimming, Inc., NOVA, NOVA South Swimming 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. In applying for this sanction, the Host, NOVA South, 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. 	
LOCATION:	NOVA Aquatics Center - Regency, 100 NOVA Way, Richmond, VA 23238. 804-754-3401.	
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 Competition will take place in the 50 meter course. Warm-Up Pools: <ul style="list-style-type: none"> Each pool: 3 25 yard lanes Warm-up lanes are minimum 6' wide Uniform 4'6" depth throughout Daktronics timing system will be used. 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. 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. 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:	Lauren Waterworth NOVASouthSwim@gmail.com 804-955-8572	
ELIGIBILITY:	<ul style="list-style-type: none"> Open to all USA Swimming athletes registered before the first day of the meet. 2025-2028 NAG times are in effect. Age on May 16, 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 using the <u>Disability Accommodation Form</u>. 	
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"> • All 400 Frees and 400 IMs will be swum in the Friday afternoon session. • All 9-12 year old swimmers will swim in the Saturday and Sunday morning session. • All 8 & under events will be on Saturday during a midday session • 13 & Older swimmers will swim during Saturday and Sunday afternoon sessions. • The 1500 will be swum as a Sunday afternoon distance session for 13+overs • All events will be timed finals. • Depending on the number of entries, chase starts may be used. Teams will be informed if chase starts will be utilized NLT Monday, May 12, 2025. • Once entries have been received, breaks may be added between events for the 8 & under session depending on the timeline.
WARM-UP:	<ul style="list-style-type: none"> • Friday: Warm-ups not before 3:30 PM; competition starts not before 4:30 PM. • Saturday and Sunday Morning sessions: Warm-ups not before 6:30 AM; competition starts not before 8:00 AM. • 8 & Under Saturday Midday session: Warm-ups no earlier than 11:00 AM; competition starts no earlier than 12:00 PM. • Saturday Afternoon session: Warm-ups no earlier than 1:30 PM; competition starts no earlier than 2:30 PM. • Sunday afternoon session: Warm-ups no earlier than 11:00 PM; competition starts no earlier than 12:00 PM. • Sunday distance session will start immediately after a 15 minute break from the 13& over session • Lane assignment and warm-up times for individual clubs will be posted on the NOVA South website (www.novasouthswim.org) no later than Monday, May 12, 2025 and will also be emailed to the contact person of the participating clubs on this same date. • If the morning session runs late, warm-ups for the following sessions will begin immediately after the previous session ends.
ENTRIES:	<p>DEADLINE FOR THE RECEIPT OF ENTRIES IS Tuesday, MAY 6, 2025.</p> <p>Entries must be submitted in long course meters times using Commlink-2 software.</p> <ul style="list-style-type: none"> • Teams submit entries via email. • 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. • Coach Time (CT) and "No Time" (NT) entries will be accepted for events in which a swimmer does not have a time of record. CT must be slower than an "A" time. All entry times other than CT must have been achieved in USA Swimming sanctioned, approved, or observed competition. • Swimmers may enter a maximum of 1 individual event Friday night, 4 individual event(s) per day Saturday and Sunday plus 1 event in the Sunday distance session. If a swimmer exceeds the maximum entries, the last event, in numerical order, will be dropped. • Entries will be processed in the order received and accepted to the greatest extent possible without exceeding the 4-hour/session timeline limit for the 12& under sessions. • Email entries to: Lauren Waterworth NOVASouthSwim@gmail.com • Deck entries will be accepted in the order received for swimmers who have already entered in the meet, to the extent that open lanes are available. No additional heats will be added. Deck entries must be submitted to the Administrative Official on the forms provided.
FEES:	<p>Individual events: \$12.00</p> <p>Swimmer surcharge: \$2.50 per person (entered in the meet in any capacity)</p> <ul style="list-style-type: none"> • Checks should be made payable to: NOVA South Swimming • Mail payment to: Lauren Waterworth 11661 Sinker Creek Drive Chester, VA 23836 • Payment must be received by May 16, 2025 for all entries. Failure to pay entry fees by this deadline could result in teams being barred from the meet. • IMPORTANT: If payment is sent via Express Mail/FedEx/Airborne/UPS/etc., please ensure that a signature is NOT required for delivery.

AWARDS:	<ul style="list-style-type: none"> No awards will be provided.
SEEDING:	<ul style="list-style-type: none"> Positive check in for Friday: Events #1 (400 free), Event 2 (400 IM) due by 4:00 PM Friday Positive check in for Sunday distance event: Event 53 (1500) due by 3 PM Sunday All other events will be pre-seeded Events #1, 2, and 53 will be mixed gender events. All events except the 1500 will swim slowest to fastest.
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: Tom Green Email: TomGreen4709@gmail.com Phone: 804-586-5434</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, May 11, 2025. Officials' meetings will be held in the hospitality area one hour prior to the start of the meet.
SAFETY:	<p>Meet Safety Officer: Natalie Zoldork Email: n.zoldork@gmail.com</p> <ul style="list-style-type: none"> VSI Safety and Warm-up procedures will be in effect. Use of training equipment other than snorkels is not permitted during warm-ups. <p>Virginia Swimming Meet Safety Procedures will be in effect.</p>
TIMERS:	<ul style="list-style-type: none"> Clubs may be required to provide timers in proportion to the number of swimmers they have entered in each session.

	<ul style="list-style-type: none"> • The number of timers required per club and their lane assignments will be posted on the NOVA South website (www.novasouthswim.org) no later than Monday, May 12, 2025, and will also be emailed to the contact person of each of the individual clubs. • Timers must be provided by swimmers for events #1 (400 Free), Event 2 (400 IM), and Event 53 (1500).
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

Freedom Splash, May 16-18, 2025

ORDER OF EVENTS

Friday Afternoon

Session #1 Friday Warm ups: No earlier than 3:30 PM; Start no earlier 4:30 PM		
Mixed	<u>Events</u>	
1	9 & O 400 M Free	
2	9 & O 400 M IM	

Session #2 Saturday Morning Warm ups: No earlier than 6:30 AM; Start no earlier 8:00 AM		
Morning Session		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
3	9-12 200m Free	4
5	9-12 50m Breast	6
7	9-12 100m Fly	8
9	9-12 50m Back	10
11	9-12 100m Free	12

Session #3 Saturday Mid-day Session 8 and Unders Warm-ups no earlier than 11:00 AM; Start no earlier than 12:00 PM		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
13	8 & Under 100m Free	14
15	8 & Under 50m Fly	16
17	8 & Under 50m Back	18
19	8 & Under 50m Breast	20
21	8 & Under 50m Free	22

Girls	Session #4 Saturday Afternoon Warm ups no earlier than 1:30 PM; Start no earlier than 2:30 PM	Boys
23	13 & Over 100m Free	24
25	13 & Over 100m Fly	26
27	13 & Over 50m Breast	28
29	13 & Over 100m Back	30
31	13 & Over 200m IM	32

Session #5 Sunday Morning Warm ups: no earlier than 6:30 AM; Start 8:00 AM		
Morning Session		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
33	9-12 100m Breast	34
35	9-12 200m IM	36
37	9-12 50m Free	38
39	9-12 100m Back	40
41	9-12 50m Fly	42
Session #6 Sunday Afternoon Session Warm-ups no earlier than 11:00 AM; Start no earlier than 12:00 PM		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
43	13 & Over 200m Back	44
45	13 & Over 100m Breast	46
47	13 & Over 50m Fly	48
49	13 & Over 200m Free	50
51	13 & Over 50m Free	52

Mixed	Session #7 Sunday Distance	
53	13 & Over 1500 m Free	