



NOVA
Senior Classic Invitational
October 28-30, 2022
SANCTION NO. VS-23-18

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-23-18 - 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. 804-754-3401.
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 in a 25 yard competition pool. - 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.
MEET DIRECTOR:	Name: Lori Hopewell Email: novabusinessoffice@novaswim.org Phone: (804) 754-3401

ELIGIBILITY:	• Open to all USA Swimming athletes 13 & O from NOVA, NCAP, Machine, MOR, Quest and Allstar Aquatics registered before the first day of the meet. Additional teams may be allowed with permission of the meet director. • Swimmers must have 13-14 "A" times or faster in each event entered. All teams may add swimmers otherwise not eligible at the coaches' discretion. • 2021-2024 NAG times are in effect • No on-deck USA Swimming athlete registration will be permitted. • Age on October 28, 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 events will be timed finals. • 10-minute breaks will be added after events #8 (100 Fly) and #18 (100 Back).
WARM-UP:	• Friday session: Warm-ups 4:00pm; Competition starts 5:00pm. • Saturday & Sunday morning sessions: General warm-up starts at 6:45 am; Competition starts: 8:30 am • Saturday afternoon session: General warm-up starts not before 3:00 pm; competition starts not before 5:00 pm • Sunday distance session: The pool will be open for 10 minutes of open warm-up immediately following the finish of the morning session, with the distance session competition starting 5 minutes thereafter.
ENTRIES:	DEADLINE FOR THE RECEIPT OF ENTRIES IS 9:00PM, TUESDAY, OCTOBER 18, 2022. • Entries must be submitted in short course yard times using Commlink-2 software- • Teams must submit entries via e-mail • A printout of entries must be included with the name of the person to contact in case of questions must accompany the entries, regardless of how they are submitted. • Swimmers may enter a maximum of <i>7 individual events, with no more than 4 individual events per day.</i> • Entries will be processed in the order received and <u>accepted to</u> the greatest extent possible as mandated by current Commonwealth of Virginia guidelines. • Email entries to: novabusinessoffice@novaswim.org
FEES:	Individual Event Entry Fee: \$8.00 Swimmer Surcharge per person: \$2.50
SEEDING:	• All events will be pre-seeded, except 400 IM (Events 9,10) and 500,1000,1650 FR (Events 19,20,1,2,27&28) which will be deck seeded. • The 400 IM (Events 9,10) and 500,1000,1650 FR (Events 19,20,1,2,27&28) will require a positive check-in to be seeded. • Positive check-in will close 30 minutes prior to the start of the session. • SWIMMERS FAILING TO POSITIVELY CHECK-IN WILL NOT BE SEEDED. • The 400IM (Events 9,10) and 500,1000,1650 FR (Events 19,20,1,2,27&28) will be run alternating girls/boys fastest to slowest.
AWARDS	• No awards will be distributed.
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: Bryan Wallin Email: thewallin5@comcast.net Phone: 804-389-2438 • 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 October 23, 2022 • Official's 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 (Event nos. 1,2,19,20,27&28). • 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

Friday, October 28, 2022
Warm up 4:00pm, Start 5:00pm

Evening Session		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
1	13 & O 1000 Y Free	2

Saturday, October 29, 2022
Warm up 6:45am, Start 8:30am

AM Session		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
3	13 & O 100 Y Breast	4
5	13 & O 200 Y Free	6
7	13 & O 100 Y Fly	8
	10 minute break	
9	13 & O 400 Y IM	10

Saturday, October 29, 2022
Warm up not before 3:00pm, Start not before 5:00pm

PM Session		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
11	13 & O 200 Y Fly	12
13	13 & O 50 Y Free	14
15	13 & O 200 Y Breast	16
17	13 & O 100 Y Back	18
	10 minute break	
19	13 & O 500 Y Free	20

Sunday, October 30, 2022
Warm up 6:45am, Start 8:30am

AM Session		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
21	13 & O 200 Y Back	22
23	13 & O 100 Y Free	24
25	13 & O 200 Y IM	26
Distance Session – 15 minutes after Event 26 concludes		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
27	13 & O 1650 Y Free	28