
	<p style="text-align: center;">NOVA Senior Classic Invitational November 1-3, 2024 SANCTION NO. VS-25-27</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-25-27 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. In applying for this sanction, the Host, NOVA of Virginia Aquatics, 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. 804-754-3401x2.		
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 Daktronics timing system will be used. All sessions will be run a 25 yard competition course. Competition lane configuration will be set in either 6, 8 or 10 lanes, will be determined due to 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 October 21, 2024 if two courses will be used. 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:	Name: Lori Hopewell Email: novabusinessoffice@novaswim.org Phone: (804) 754-3401x2		
ELIGIBILITY:	<ul style="list-style-type: none"> Open to all 13 & Over USA Swimming athletes from NOVA, NCAP, Machine, PSDN 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. 2024-2028 NAG times are in effect. No on-deck USA Swimming athlete registration will be permitted. Age on November 1, 2024 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 to the Meet Director. 		

SWIMMERS:	<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.
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 events will be timed finals. 10 minute breaks will be added after events 8 (100 Fly) and 18 (100 Back).
WARM-UP:	<ul style="list-style-type: none"> 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 competition course will be open for 10 minutes of open warm-up immediately following the finish of the morning session; competition will start 5 minutes thereafter.
ENTRIES:	<p>DEADLINE FOR THE RECEIPT OF ENTRIES IS 9:00PM, TUESDAY, OCTOBER 22, 2024.</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. A printout of entries must accompany the entries along with the name of the person to contact in case of questions, 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:	<p>Individual Event Entry Fee: \$10.00 Swimmer Surcharge per person: \$2.50</p>
SEEDING:	<ul style="list-style-type: none"> All events will be pre-seeded, except for Events 1&2 (1000 Free), 9&10 (400 IM), 19&20 (500 Free) and 27&28 (1650 Free) which will be deck seeded. Events 1&2 (1000 Free), 9&10 (400 IM), 19&20 (500 Free) and 27&28 (1650 Free) will require a positive check-in to be seeded. Positive check-in will close 30 minutes prior to the start of the session for Events 1&2 (1000 Free), 9&10 (400 IM), 19&20 (500 Free) and 27&28 (1650 Free). SWIMMERS FAILING TO POSITIVELY CHECK-IN WILL NOT BE SEEDED. Events 1&2 (1000 Free), 9&10 (400 IM), 19&20 (500 Free) and 27&28 (1650 Free) will be seeded to run alternating girls/boys and fastest to slowest.
AWARDS	<ul style="list-style-type: none"> No awards will be distributed.
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.
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 policy is a condition of participation in the conduct of this competition.

	<ul style="list-style-type: none"> • 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:	<p>MEET REFEREE: Bryan Wallin Email: thewallin5@comcast.net Phone: (804) 389-2438</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 October 27, 2024. • 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"> • Swimmers must provide their own timers and counters for Events 1&2 (1000 Free), 9&10 (400 IM), 19&20 (500 Free) and 27&28 (1650 Free) • The head timer may assign specific lanes prior to each session. Teams will be notified NLT Monday, October 28, 2024 if they need to provide timers other events.
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:	Ample parking is available at NOVA Aquatic Center - Regency

Friday, November 1, 2024
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, November 2, 2024
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, November 2, 2024
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, November 3, 2024
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. (10 min Open Warm-up)		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
27	13 & O 1650 Y Free	28