



**NOVA DECEMBER DIP  
B/C Mini Meet  
December 6 – 8, 2019  
SANCTION NO. VS-20-41**

Hosted by:  
**NOVA**  
SWIMMING  
NOVA of Virginia Aquatics

<b>SANCTION:</b>	<ul style="list-style-type: none"><li>Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: <b>VS-20-41</b> .</li><li>USA Swimming, Inc., Virginia Swimming, Inc., NOVA and NOVA Aquatics Center 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.</li></ul>
<b>LOCATION:</b>	NOVA Aquatics Center, 12207 Gayton Road, Richmond, VA 23238, Phone: (804) 754-3401
<b>FACILITY:</b>	<ul style="list-style-type: none"><li>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</li><li>10 lanes will be used for competition with 2 warm-up/warm-down lanes available at all times in the adjacent pool located at the NOVA facility.</li><li>The competition course has been certified in accordance with current <i>USA Swimming Rules and Regulations</i>, Article 104.2.2C (4). The copy of such certification is on file with USA Swimming.</li></ul>
<b>MEET DIRECTOR:</b>	Name: Lori Hopewell Email: novabusinessoffice@novaswim.org Phone: (804) 750-1183
<b>ELIGIBILITY:</b>	<ul style="list-style-type: none"><li>Open to all Virginia Swimming athletes registered before the first day of the meet.</li><li>No on deck Virginia Swimming athlete registration will be permitted.</li><li>Swimmers may compete in any event in which they have time that is slower than a “BB” time</li><li>Swimmers 8 &amp; Under may participate regardless of classification in 8 &amp; Under events.</li><li>2017-2020 NAG times are in effect</li><li>Age on December 6, 2019 will determine age for the entire meet.</li></ul>
<b>DISABILITY SWIMMERS:</b>	<ul style="list-style-type: none"><li>Athletes with a disability are welcome and shall provide advance notice of desired accommodations to the Meet Director.</li><li>The athlete (or the athlete's coach) is also responsible for notifying the session referee of any disability prior to the competition.</li></ul>
<b>FORMAT:</b>	<ul style="list-style-type: none"><li>Distance events on Friday evening for all swimmers.</li><li>All 10 &amp; Under swimmers will swim in the morning sessions.</li><li>All 11 – 18 year old swimmers will swim in the afternoon sessions.</li><li>Sunday Distance Session (Event # 87-88: 11&amp;O 500 Free) will start 15 minutes after the conclusion of the afternoon session.</li><li>All events will be timed finals.</li></ul>
<b>WARM-UP:</b>	<ul style="list-style-type: none"><li>Friday session: Warm-ups not before 4:15 pm; competition starts not before 5:15 pm</li><li>Morning session: Warm-ups not before 7:00 am; competition starts not before 8:00 am.</li><li>Afternoon session: Warm-ups not before 12:00 pm; competition starts not before 1:00 pm.</li><li>Distance session (Sunday afternoon): The pool will be open for 10 minutes of open warm-ups immediately following the finish of the afternoon session with the distance session competition starting 5 minutes thereafter.</li><li>Lane assignment and warm-up times for individual clubs will be posted on the NOVA website no later than Monday, December 2, 2019, and will also be emailed to the contact person of the participating clubs.</li><li>If the morning session runs late, afternoon warm-ups will begin immediately after the morning session ends.</li></ul>
<b>ENTRIES:</b>	<b>DEADLINE FOR THE RECEIPT OF ENTRIES IS 9:00 PM, WEDNESDAY, NOVEMBER 27, 2019.</b> <ul style="list-style-type: none"><li>Entries must be submitted in short course yard times using Hy-Tek Team Manager and Commlink-2 software.</li><li>Teams must submit entries via e-mail.</li><li>A Team Manager printout of entries must be included or the meet checklist/summary sheet with</li></ul>

	<p>the name of the person to contact in case of questions must accompany the entries, regardless of how they are submitted.</p> <ul style="list-style-type: none"> <li>• “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.</li> <li>• Swimmers may enter a maximum of <i>1 individual event on Friday. Swimmers may enter a maximum of 3 individual events per day on Saturday and Sunday.</i></li> <li>• Entries will be processed in the order received and <b>accepted to</b> the greatest extent possible without exceeding the 4-hour/day timeline limit.</li> <li>• Email entries to: <a href="mailto:novaswim@novaswim.org">novaswim@novaswim.org</a></li> <li>• Deck entries will be accepted in the order received for swimmers already entered in the meet, to the extent that open lanes are available. Deck entries must be submitted to the Administrative Official on the provided form.</li> </ul>
<b>FEES:</b>	<p><b>Individual events: \$5.50</b>  <b>Swimmer surcharge: \$2.50 per person</b> (entered in the meet in any capacity)</p> <ul style="list-style-type: none"> <li>• Checks should be made payable to: NOVA OF VA AQUATICS.</li> <li>• Mail payment to: NOVA of Virginia Aquatics  12207 Gayton Road  Richmond, VA 23238</li> <li>• Payment must be received by November 27, 2019 for all entries. Failure to pay entry fees by this deadline could result in teams being barred from the meet.</li> <li>• <b>IMPORTANT:</b> If payment is sent via Express Mail/FedEx/Airborne/UPS/etc., please ensure that a signature is NOT required for delivery as this will delay the receipt of your entries.</li> </ul>
<b>AWARDS:</b>	<ul style="list-style-type: none"> <li>• Individual events: Ribbons will be awarded for first through eighth place <ul style="list-style-type: none"> <li>○ 8 &amp; Under individual events will be given separate awards for 6 &amp; Under, 7 year olds and 8 year old age groups.</li> <li>○ 10 &amp; Under individual events will be given separate awards 9-10 and 8 &amp; Under age groups.</li> <li>○ 11-18 events will be given separate awards 11-12, 13-14 and 15-18 age groups.</li> <li>○ 13-18 individual events will be given separate awards for 13-14 and 15-18 age groups</li> </ul> </li> </ul>
<b>SEEDING:</b>	<ul style="list-style-type: none"> <li>• All events will be pre-seeded with the exception of events #1-2 (10 &amp; U 500 Freestyle), #3-4 (11-18 400 IM), # 5-6 (11-18 1000 Freestyle) and #87-88 (11-18 500 Freestyle) which will be deck seeded.</li> <li>• Event #1-2 (10 &amp; U 500 Freestyle), #3-4 (11-18 400 IM), #5-6 (11-18 1000 Freestyle) and #87-88 (11-18 500 Freestyle) will require a positive check-in to swim.</li> <li>• Positive check-in will close 30 minutes prior to the start of the session.</li> <li>• <b>SWIMMERS FAILING TO POSITIVELY CHECK-IN WILL NOT BE SEEDED.</b></li> <li>• Swimmers should report directly to the block for their events.</li> </ul>
<b>PENALTIES:</b>	<ul style="list-style-type: none"> <li>• 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"> <li>• Entries using fraudulent or non-verifiable times.</li> <li>• Athlete competed in the incorrect age group.</li> <li>• Athlete is not registered with USA Swimming prior to the first day of the meet.</li> </ul> </li> <li>• 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.</li> <li>• Any event in which an athlete participated illegally will be rescored and re-awarded.</li> </ul>
<b>RULES:</b>	<ul style="list-style-type: none"> <li>• The current USA Swimming Rules and Regulations, including the Minor Athlete Abuse Prevention Policy will apply.</li> <li>• 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.</li> <li>• 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,</li> </ul>

	<p>officials and/or spectators are present without written USA Swimming approval</p> <ul style="list-style-type: none"> <li>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.</li> <li>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>.</li> <li>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.</li> <li>In accordance with VSI Best Practices, swimmers should shower before entering the pool.</li> <li>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</li> <li>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 valid USA Swimming credentials but are unable to provide them upon request will be issued temporary credentials by the meet director. Coaches with expired or non-current credentials will be required to leave the deck area.</li> </ul>
<b>OFFICIALS:</b>	<p><b>Meet Referee: Glenn West</b>  <b>Email: <a href="mailto:glenn.west@verizon.net">glenn.west@verizon.net</a></b>  <b>Phone: 804-261-3671</b></p> <ul style="list-style-type: none"> <li>Officials will be needed for all positions and all sessions for this meet.</li> <li>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: <a href="mailto:emilyfagan@comcast.net">emilyfagan@comcast.net</a> no later than Sunday, November 30, 2019.</li> <li>Officials meetings will be held in the hospitality area one hour prior to the start of the meet.</li> </ul>
<b>SAFETY:</b>	Virginia Swimming Meet Safety Procedures will be in effect.
<b>TIMERS:</b>	<ul style="list-style-type: none"> <li>Clubs may be required to provide timers.</li> <li>The head timer will assign specific lanes prior to each session.</li> </ul>
<b>GENERAL:</b>	<ul style="list-style-type: none"> <li>Heat sheets will be available for purchase</li> <li>Bleacher seating for 280</li> <li>Hospitality room will be open to coaches and working officials.</li> <li>The Virginia Swim Shop will be open for swimming accessories and shopping.</li> <li>Please inform swimmers and parents that spectator deck space may be extremely tight.</li> <li>Any help in reducing the number of spectators and their carry-in possessions would be greatly appreciated.</li> <li>Swim bags should be placed under the seats.</li> <li>No glass containers, smoking or alcohol is permitted in the pool area.</li> </ul>
<b>PARKING:</b>	<b>PLEASE DO NOT PARK AT THE APARTMENT BUILDINGS ACROSS THE STREET OR THE SHOPPING CENTER NEXT TO NOVA.</b> The NOVA Aquatics Center has parking available.
<b>DIRECTIONS:</b>	<ul style="list-style-type: none"> <li><b>SOUTH</b> – 95 North to 64 West to the Gaskins Road South exit. Follow Gaskins Road south to Ridgefield Parkway (2<sup>nd</sup> light); turn right. Proceed on Ridgefield until you intersect with Gayton Road (6<sup>th</sup> light); turn left. NOVA Aquatics Center less than ½ mile on left.</li> <li><b>NORTH</b> – 95 South to 64 East to the Gaskins Road South exit. Follow directions above.</li> <li><b>WEST</b> – 64 East to the Short Pump/Broad Street 250 West exit. Follow Broad Street (250 West) to John Rolfe Pkwy. Take a left at the light. Follow John Rolfe Pkwy to Ridgefield Parkway (4<sup>th</sup> light); take a right. Follow Ridgefield Parkway to Gayton Road (4<sup>th</sup> light); take a left on Gayton Road. NOVA Aquatics Center less than ½ mile on left.</li> <li><b>SOUTHSIDE</b> – Take Chippenham Parkway North which will turn into Parham Road. Follow Parham Road to Quioccasin/Gayton Road (Regency Mall on left); take a left at the light. Proceed for 4-5 miles. NOVA Aquatics Center will be on your right.</li> </ul>



ORDER OF EVENTS

Friday, December 6, 2019

Evening Session (Times not earlier than) Warm-up: 4:15 pm; Start: 5:15 pm		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
1	10 & Under 500 Freestyle	2
3	11-18 400 Individual Medley	4
5	11-18 1000 Freestyle	6

Saturday, December 7, 2019

Morning Session Warm-up: 7:00 am; Start: 8:00 am (Times not earlier than)		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
7	9-10 50 Freestyle	8
9	8 & Under 50 Breaststroke	10
11	10 & Under 100 Breaststroke	12
13	8 & Under 25 Butterfly	14
15	10 & Under 100 Butterfly	16
17	8 & Under 50 Backstroke	18
19	9-10 50 Backstroke	20
21	8 & Under 25 Freestyle	22
23	10 & U 200 Individual Medley	24

Afternoon Session Warm-up: 12:00 am; Start: 1:00 pm (Times not earlier than)		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
25	11-12 50 Freestyle	26
27	13-18 50 Freestyle	28
29	11-12 100 Butterfly	30
31	13-18 100 Butterfly	32
33	11-12 50 Backstroke	34
35	11-18 200 Backstroke	36
37	11-12 100 Breaststroke	38
39	13-18 100 Breaststroke	40
41	11-12 100 Individual Medley	42
43	13-18 200 Freestyle	44
45	11-12 200 Freestyle	46

Sunday, December 8, 2019

Morning Session Warm-up: 7:00 am; Start: 8:00 am (Times not earlier than)		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
47	10 & Under 200 Freestyle	48
49	8 & Under 100 Freestyle	50
51	10 & U 100 Individual Medley	52
53	8 & Under 25 Breaststroke	54
55	9-10 50 Breaststroke	56
57	8 & Under 25 Backstroke	58
59	10 & Under 100 Backstroke	60
61	10 & Under 50 Butterfly	62
63	9-10 100 Freestyle	64
65	8 & Under 50 Freestyle	66

Afternoon Session Warm-up: 12:00 pm; Start: 1:00 pm (Times not earlier than)		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
67	11-12 200 Individual Medley	68
69	13-18 200 Individual Medley	70
71	11-12 100 Freestyle	72
73	13-18 100 Freestyle	74
75	11-12 50 Butterfly	76
77	11-18 200 Butterfly	78
79	11-12 100 Backstroke	80
81	13-18 100 Backstroke	82
83	11-12 50 Breaststroke	84
85	11-18 200 Breaststroke	86

Distance Session (15 Minute Break)		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
87	11-18 500 Freestyle	88