
	<p style="text-align: center;">CENTRAL DISTRICT 12 & UNDER CHAMPIONSHIP February 15-17, 2013 SANCTION NO. VS-13-54</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-13-54 USA Swimming, Inc., Virginia Swimming, Inc., 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. 	
LOCATION:	NOVA Aquatics Center, 12207 Gayton Road, Richmond, VA 23238, Phone: (804) 754-3401	
FACILITY:	<ul style="list-style-type: none"> 10-lane, 25-yard pool, 4.5 feet deep in lane 1 sloping to 7.5 feet in lane 10 with Kiefer Wave eater lanes, Daktronics Automatic Timing System 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. 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. 	
MEET DIRECTOR:	Name: Lori Hopewell Email: dltahopewell@comcast.net Phone: (804) 869-6908	
ELIGIBILITY:	<ul style="list-style-type: none"> Open to all Virginia Swimming registered athletes 12 years old and younger prior to the first day of the meet in the Central District which includes BAC, DC, NOVA, PSDN, QSTS, RACE, VACS and YGR No on deck Virginia Swimming athlete registration will be permitted The qualifying period for this meet is January 1, 2012 through February 14, 2013 8 & Younger swimmers may participate regardless of classification in 8 & under events only. 8 & Younger swimmers competing in the 100 Fly, 100 Back, 100 Breast, 200 Free, 200 IM, 500 Free, or 10&U Relays may not have a VSI Age Group Championship qualifying time in those events. Swimmers 9 to 12 years of age may compete in any individual event or relay leg in which they do not have a VSI Age Group Championship qualifying time. 10 and 12 year-old swimmers aging up from February 15 to March 7, 2013 with times too fast to qualify for this championship will be allowed to compete under the following conditions: <ul style="list-style-type: none"> 10 or 12 year old swimmers who do not qualify for an event in their new age group at Age Group Championships may enter the event in this meet. 10 and 12 year old swimmers aging up between championships will be seeded correctly by time, however, will swim exhibition only and will not be eligible to receive an award. Age on February 15, 2013 will determine age for the entire meet. 	
DISABILITY SWIMMERS:	<ul style="list-style-type: none"> Athletes with a disability are welcomed 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:	<ul style="list-style-type: none"> All events will be timed finals. 9-10 year old swimmers will swim in the morning session each day. 8 & under swimmers will swim in the mid-day session each day. 11-12 year old swimmers will swim in the afternoon session each day. 	
WARM-UP:	<ul style="list-style-type: none"> Morning sessions: Warm-ups start 8:00 am; Competition starts at 9:00 am Midday sessions: Warm-up start not before 12:00 pm; Competition starts not before 1:00 pm Afternoon sessions: Warm-ups start not before 3:00 pm; Competition begins not before 4:00 pm Lane assignment and warm-up times for individual clubs will be posted on the NOVA website no later than Wednesday, February 13, 2013, and will also be emailed to the contact person of the 	

	<p>participating clubs.</p> <ul style="list-style-type: none"> If a session runs late, subsequent session warm-ups will begin immediately after the previous session ends.
ENTRIES:	<p>DEADLINE FOR THE RECEIPT OF ENTRIES IS TUESDAY, FEBRUARY 5, 2013</p> <ul style="list-style-type: none"> Entries must be submitted in Short Course Yards times using Hy-Tek Team Manager and Commlink-2 software, or on a VSI master entry sheet which is available at the VSI website www.virginiawimming.org. Teams submit entries via e-mail. A Team Manager printout of entries must be included on the VSI meet summary sheet (available at VSI website, www.virginiawimming.org) with the name, email address, and phone number of the person to contact in case of questions must accompany the entries, regardless of how they are submitted. “No Time” (NT) entries will be accepted. Coach Times will not be allowed. Swimmers may enter a maximum of <i>9 individual events for the meet, no more than 5 per day and 1 relay event per day.</i> Relay teams must be designated A, B, C, etc., if more than one per club is entered per event. Relay entry times must be slower than the combined “AG Championship” times for the corresponding relay. See the “slower than” relay times chart on page 4. Entries will be processed in the order received. The Meet Director reserves the right to limit entries in any events, if necessary, to prevent too lengthy a session. This may include combining heats and events, which actions could require reseeding. Email entries to: novaswim@novaswim.org Late entries will be accepted. If received prior to the printing of the heat sheet, the swimmer will be seeded into the event; if after, he/she will go in the slowest heat in an empty lane. If needed, a heat will be added.
FEES:	<p>Individual Events: \$3.75 Relay Events: \$13.00 Swimmer Fee: \$2.50 per person (entered in the meet in any capacity)</p> <p>Late Fees: In addition to the regular entry fee, a fee of \$10 per event prior to the first day of the meet and \$25 per event on or after the first day of the meet will be charged for any entry received after the entry deadline.</p> <ul style="list-style-type: none"> Checks should be made payable to: NOVA OF VA AQUATICS. Mail payment to: Scott Campbell 12207 Gayton Road Richmond, VA 23238 Payment must be received by Tuesday, February 12, 2013 for all entries. Failure to pay entry fees by this deadline will result in teams being barred from the meet. Swimmers will be permitted to enter the meet as unattached providing they pay the appropriate entry fees. IMPORTANT: 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.
AWARDS:	<ul style="list-style-type: none"> Individual events will be scored and awarded medals for first through eighth place for swimmers with BB+ entry times. Individual events will be scored awarded medals first through eighth place for swimmers with B and below entry times. Relay events will be awarded medals for first through fourth place and ribbons for fifth through eighth place. Team Awards will be given. Teams placing first through sixth will receive a plaque. Scoring will be as follows: <ul style="list-style-type: none"> Individual: 9-7-6-5-4-3-2-1 Relays: 18-14-12-10-8-6-4-2 All events will be scored to 8 places. Only the top two relay entries per team may score.
SEEDING:	<ul style="list-style-type: none"> All events, except the 10 & under 500 Free, 11-12 500 Free, and 11-12 400 IM, will be pre-seeded.

	<ul style="list-style-type: none"> • All swimmers should report directly to the blocks. • Positive check-in for the 10 & Under 500 free, 11-12 500 free and 11-12 400 IM will close 15 minutes prior to the end of warm-ups for the session in which the events will be swum. Positive check-in rosters will be located at the Recorder's desk. • SWIMMERS FAILING TO POSITIVELY CHECK-IN WILL NOT BE ALLOWED TO SWIM THE EVENT.
PENALTIES:	<ul style="list-style-type: none"> • Penalties for entries using fraudulent and/or non-verifiable entry times: <ul style="list-style-type: none"> ○ Swimmer shall be marked as exhibition for the event entered illegally and the event shall be re-scored and awarded. ○ Club may be fined \$100 for each offense, and a record of such offenses shall be kept and published as part of the official meet results. ○ Clubs entering swimmers not legally registered with USA Swimming by the first day of the meet may be fined \$100 per swimmer in each event so entered. ○ 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. • A \$50 fine will be levied against any swimmer who positively checks-in and declares their intent to swim for a distance event and does not show up to compete.
RULES:	<ul style="list-style-type: none"> • The current USA Swimming Rules and Regulations will apply. • All swimmers participating in the meet must be dive certified. <ul style="list-style-type: none"> ○ Swimmers unaccompanied by a USA-S coach must be certified by a USA-S coach as proficient in performing a racing start or must start each race from within the water. ○ Ensuring compliance is the responsibility of the swimmer or the swimmer's legal guardian. • The overhead start procedure will be used for the afternoon sessions, and may be used for the morning sessions at the discretion of the Referee. • 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>. • Except where venue facilities require otherwise, changing into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and is strongly discouraged. • 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 <ul style="list-style-type: none"> ○ Coaches who have valid USA Swimming credentials but who 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.
OFFICIALS:	<p>Meet Referee: Glenn West Email: glenn.west@verizon.net Phone: (804) 261-3671</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 Laura Razzolini, Email: lrazzolini@vcu.edu no later than Tuesday, February 12, 2013. • 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:	<ul style="list-style-type: none"> • Swimmers supply their own timers and lap counters for the 500 Freestyle. • Clubs may be required to provide timers in proportion to the number of swimmers they have entered in each session. • The number of timers required per club and their lane assignments will be posted on the (host team website) no later than Tuesday, February 12, 2013, and will also be emailed to the contact person of each of the individual clubs. • These assignments will also be posted throughout the venue.
GENERAL:	<ul style="list-style-type: none"> • Heat sheets will be available for purchase • Bleacher seating for 280 • Hospitality room will be open to coaches and certified officials.

	<ul style="list-style-type: none"> • The Virginia Swim Shop will be open for swimming accessories and shopping. • Please inform swimmers and parents that spectator deck space may be extremely tight. • Any help in reducing the number of spectators and their carry-in possessions is appreciated. • Swim bags should be placed under the seats. • No glass containers, smoking or alcohol is permitted in the pool area.
PARKING:	PLEASE DO NOT PARK AT THE APARTMENT BUILDINGS ACROSS THE STREET OR THE SHOPPING CENTER NEXT TO NOVA. The NOVA Aquatics Center has parking available.
DIRECTIONS:	<ul style="list-style-type: none"> • SOUTH – 95 North to 64 West to the Gaskins Road South exit. Follow Gaskins Road south to Ridgefield Parkway (3rd light); turn right. Proceed on Ridgefield until you intersect with Gayton Road (4th light); turn left. NOVA Aquatics Center less than ½ mile on left. • NORTH – 95 South to 64 East to the Gaskins Road South exit. Follow directions above. • WEST – 64 East to the Short Pump/Broad Street 250 West exit. Follow Broad Street (250 West) to Pump Road. Take a left at the light. Follow Pump Road to Ridgefield Parkway (3rd light); take a right. Follow Ridgefield Parkway to Gayton Road (2 lights); take a left on Gayton Road. NOVA Aquatics Center less than ½ mile on left. • SOUTHSIDE – 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.

RELAY “SLOWER THAN TIMES” CHART

Age Group	Gender	Free	Medley
8&U	Girls	No Standard	No Standard
	Boys	No Standard	No Standard
9-10	Girls	2:05.16	2:25.06
	Boys	2:02.36	2:23.06
11-12	Girls	1:51.56 (200) 4:02.36 (400)	2:07.56
	Boys	1:51.56 (200) 4:00.36 (400)	2:08.46

2013 Districts Short Course 12&Under Championships

Friday February 15, 2013

Morning Session 9-10 Year Olds Warm-Up: 8:00 am Start 9:00 am		
<u>G</u>	<u>Events</u>	<u>B</u>
1	9-10 200 Free	2
3	9-10 100 Breast	4
5	9-10 50 Fly	6
7	9-10 100 IM	8
9	10&U 200 Medley Relay	10

Mid-day Session 8&Under Warm-Up 12:00 pm Start 1:00 pm		
<u>G</u>	<u>Events</u>	<u>B</u>
11	8&U 100 Free	12
13	8&U 50 Breast	14
15	8&U 100 Back	16
17	8&U 25 Fly	18
19	8&U 100 IM	20
21	8&U 100 Medley Relay	22

Afternoon Session 11-12 Year Olds Warm-Up not before 3:00 pm Start 4:00 pm		
<u>G</u>	<u>Events</u>	<u>B</u>
23	11-12 200 Free	24
25	11-12 50 Fly	26
27	11-12 200 Back	28
29	11-12 100 IM	30
31	11-12 100 Breast	32
33	400 Free Relay	34

Saturday February 16, 2013

Morning Session 9-10 Year Olds Warm-Up: 8:00 am Start 9:00 am		
<u>G</u>	<u>Events</u>	<u>B</u>
35	9-10 100 Back	36
37	9-10 50 Breast	38
39	9-10 50 Free	40
41	9-10 200 IM	42
43	10&U 200 Free Relay	44

Mid-day Session 8&Under Warm-Up not before 12:00 pm Start 1:00 pm		
<u>G</u>	<u>Events</u>	<u>B</u>
45	8&U 50 Back	46
47	8&U 100 Fly	48
49	8&U 25 Breast	50
51	8&U 50 Free	52
53	8&U 200 IM	54
55	8&U 100 Free Relay	56

Afternoon Session 11-12 Year Olds Warm-Up not before 3:00 pm Start 4:00 pm		
<u>G</u>	<u>Events</u>	<u>B</u>
57	11-12 100 Back	58
59	11-12 50 Breast	60
61	11-12 200 Fly	62
63	11-12 50 Free	64
65	11-12 200 IM	66
67	11-12 200 Free Relay	68
69	11-12 500 Free	70

Sunday February 17, 2013

Morning Session 9-10 Year Olds Warm-Up: 8:00 am Start 9:00 am		
<u>G</u>	<u>Events</u>	<u>B</u>
71	9-10 100 Free	72
73	9-10 50 Back	74
75	9-10 100 Fly	76
77	10&U 500 Free	78

Mid-day Session 8&Under Warm-Up not before 12:00 pm Start 1:00 pm		
<u>G</u>	<u>Events</u>	<u>B</u>
79	8&U 25 Free	80
81	8&U 100 Breast	82
83	8&U 25 Back	84
85	8&U 50 Fly	86
87	8&U 200 Free	88

Afternoon Session 11-12 Year Olds Warm-Up not before 3:00 pm Start 4:00 pm		
<u>G</u>	<u>Events</u>	<u>B</u>
89	11-12 100 Fly	90
91	11-12 50 Back	92
93	11-12 200 Breast	94
95	11-12 100 Free	96
97	11-12 200 Med Relay	98
99	11-12 400 IM	100