



AMENDED #2
NOVA JANUARY
Central District B/C Meet
January 6-8, 2006
SANCTION NO. VS-06-27

Hosted by:
NOVA
AQUATICS
of Virginia

SANCTION:	Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: VS-06-27
LOCATION:	NOVA Aquatics Center, 12207 Gayton Road, Richmond, VA 23238, (804) 754-3401
FACILITY:	10-lane 25-yard pool with Kieffer Wave eater lanes, Daktronics Automatic Timing System. 8 lanes will be used for competition with 2 warm-up/warm-down lanes.
MEET DIRECTORS:	Julie Litz Phone: (804) 550-2341 (work) Email: jlitz@mail2.vcu.edu Ellen Walk Phone: (804) 289-8770 (work) Email: ewalk@richmond.edu
ELIGIBILITY:	<ul style="list-style-type: none">• Open to all USA Swimming/VSI registered swimmers in the Central District. Teams in the Central District are: BAC, DC, NOVA, PSDN, RACE, SQST, and VACS• All swimmers participating in this meet must be registered by the first day of the meet.• No on deck registration will be permitted.• 8 & Younger swimmers may participate regardless of classification.• Swimmers 9-18 years old may compete in any event and relay strokes in which they have a "B" or "C" Time.• 2005-2008 NAG top 16 based times are in effect.• Age on January 6, 2006 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">• Distance events for all age groups Friday evening.• The 200 Back, 200 Fly and the 200 Breast stroke will be open to 10 yr olds that have an 11-12 BB time in the 100 yard distance of the same stroke.• All 9-10 year olds and 11-12 BOYS will swim Saturday and Sunday mornings. (Event #9, 13, 17, 19, 23, 27, 29, 33, 37, 83, 87, 91, 95, 97, 101, & 107 will not be used)• All 8 & Younger swimmers will swim Saturday and Sunday mid-day.• All 13-18 year olds and 11-12 GIRLS will swim Saturday and Sunday afternoons. (Event #54, 58, 62, 64, 68, 72, 74, 78, 80, 126, 130, 134, 138, 140, 144, & 148 will not be used)• All events will be timed finals.• Friday pm session: Warm-up: 4:00-5:00 pm; competition start: 5:15 pm.• Saturday & Sunday AM sessions: Warm-up: 7:00-7:50 am; competition start: 8:00 am.• Saturday & Sunday Mid-day sessions: Warm-up: 11:30-12:15 pm; competition start: 12:30 pm.• Saturday and Sunday PM sessions: Warm-ups at 2:45-3:45 pm; competition starts at 4:00 pm.• If a session runs late, next session warm-ups will begin immediately after the session concludes.• Finalized warm-up times will depend on entries; final lane assignment and warm-up times for individual clubs will be emailed to the contact person of the participating clubs by Wednesday, January 4, 2006
ENTRIES:	DEADLINE FOR THE RECEIPT OF ENTRIES IS FRIDAY, DECEMBER 30, 2006 <ul style="list-style-type: none">• Entries must be submitted in short course yard times using Hy-Tek Team Manager and Commlink-2 software, or on a VSI master entry sheet.• Teams may submit entries as an e-mail attachment (preferred) or on a 3 ½" computer disk.• A Team Manager printout of entries must be included or the meet checklist/summary sheet 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.• Coaches Time (CT) or No Time (NT) entries will be accepted for events in which a swimmer does not have a time of record. CT may not exceed a "B" time. All entry times other than CT

	<p>must have been achieved in USA Swimming sanctioned, approved, or observed competition.</p> <ul style="list-style-type: none"> • Swimmers may enter 1 event on Friday evening, 3 individual events and one relay on Saturday and Sunday. • Relay teams must be designated A, B, C, etc., if more than one per club is entered per event. • Entries will be processed in the order received. This meet will be limited to 275 swimmers per session. • 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 may require reseeding. • Email entries to: aykey1@aol.com • Mail entries to: Alice Key/NOVA 12207 Gayton Road Richmond, VA 23238 • IMPORTANT: If entries are 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.
FEES:	<p>Individual events: \$3.00 Relay events: \$12.00 Swimmer surcharge: \$2.00 per person</p> <ul style="list-style-type: none"> • Checks should be made payable to: NOVA OF VA AQUATICS • Payment must be received by January 4, 2006 for email entries. Payment must be included with all mailed entries. • Failure to pay entry fees by this deadline could result in teams being barred from the meet.
AWARDS:	<ul style="list-style-type: none"> • Individual events: Ribbons will be awarded for first through eighth place. • 8 & Younger 25 yd events will be awarded as 6 & Younger, 7 Year Olds, and 8 Year Olds. • In the 11-18 and 13-18 events, separate awards will be given for each age group (11-12, 13-14, and 15-18) • 12 & Younger events will be awarded as 10 & Younger and 11-12 age groups. (includes the 10-12 200 events) • Relay events: Ribbons will be awarded for first through fourth place.
SEEDING:	<ul style="list-style-type: none"> • ALL FRIDAY EVENTS WILL BE DECK SEEDED WITH A POSITIVE CHECK IN BY 4:45 PM • All other individual events will be pre-seeded. • All relays will be deck-seeded; coaches should turn in all completed relay cards with scratches and substitutions by the end of warm-ups for each meet session. • Swimmers in all sessions should report directly to the blocks for their events. • SWIMMERS FAILING TO POSITIVELY CHECK-IN WILL NOT BE ALLOWED TO SWIM THE EVENT. • The 1650 Free events will be swum slowest to fastest alternating girls then boys. At the discretion of the referee, the event may be swum with two swimmers per lane in order to conserve time. Swimmers must provide a timer and lap counter. • Deck entries will be accepted in the order received to the extent that open lanes are available. No additional heats will be added. Deck entries must be submitted to the Clerk-of-Course on the provided forms.
PENALTIES:	<p>Penalties for entries using fraudulent and/or non-verifiable entry times:</p> <ul style="list-style-type: none"> • Swimmer shall be disqualified from 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 United States 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.
RULES:	<ul style="list-style-type: none"> • The 2005 USA Swimming Rules and Regulations will apply.

	<ul style="list-style-type: none"> • The overhead start procedure will be used. • In accordance with VSI Policy, only those coaches who display current, valid USA Swimming credentials will be permitted to act in a coaching capacity at this meet. Coaches who do not possess these credentials will be required to leave the deck area.
OFFICIALS:	<p>Meet Referee: Tom Elliott Phone: (804) 360-5001 Email: telliot@courts.state.va.us</p> <ul style="list-style-type: none"> • Officials at all positions will be required 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 Dennis Vaughan at email: dlvaughan@msn.com, no later than January 2, 2006. • Officials meetings will be held 45 minutes before each session.
SAFETY:	<ul style="list-style-type: none"> • VSI Safety and Warm-up procedures will be in effect. • Marshals will be present throughout warm-ups and competition, and have the authority to remove, with the concurrence of the Meet Referee, any swimmer, coach, or club for the failure to follow the safety rules. • During the competition, swimmers must enter the warm-up lanes from the far end of the pool (opposite the starting blocks), feet first.
TIMERS:	<ul style="list-style-type: none"> • Clubs may be required to provide timers. • Swimmers in the 1650 Free must provide two timers • The head timer will assign specific lanes prior to each session
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 • 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 would be greatly appreciated • Swim bags should be placed under the seats • No glass containers, smoking or alcohol is permitted in the pool area.
PARKING:	<ul style="list-style-type: none"> • The NOVA Aquatics Center has parking. • Additional parking is available in the lot next door, and in several lots one block east of the pool at the intersection of Gayton and Cambridge. • PLEASE DO NOT PARK AT THE APARTMENT BUILDING.
DIRECTIONS:	<p>NOVA AQUATICS CENTER 12207 GAYTON RD. RICHMOND, VA 23238 PHONE: (804) 754-4301</p> <ul style="list-style-type: none"> • SOUTH – 95 North to 64 West to the Gaskins Road South exit. Follow Gaskins Rd. south to Ridgefield Parkway (3rd light); turn right. Proceed on Ridgefield until you intersect with Gayton Rd. (4th light); turn left. NOVA Aquatics Center less than ½ mile on left. • NORTH – 95 South to 64 West to the Gaskins Road South exit. Then follow the directions above. • WEST – 64 East to the Short Pump/Broad Street 250 West exit. Follow Broad Street (250 West) to Pump Rd. Take a left at that light. Follow Pump Rd. to Ridgefield Parkway (3rd light); take a right. Follow Ridgefield to Gayton Rd. (2 lights); take a left on to Gayton. Pool is less than ½ mile on your left. • SOUTHSIDE – Take Chippenham Parkway North which will turn into Parham Rd. Follow Parham to Quioccasin/Gayton Rd. (Regency Mall on left); take a left at that light. Proceed for 4-5 miles. The pool will be on your right.

ORDER OF EVENTS
NOVA Central District B/C Meet
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Friday PM Session			
Warm-up: 4:00 pm; Start 5:15 pm			
<u>Girls</u>		<u>Events</u>	<u>Boys</u>
1	11-18	400 IM	2
3	12&Y	500 Free	4
5	13-18	500 Free	6
7	11-18	1650 Free	8

Saturday AM Session			
Warm-up: 7:00 am; Start: 8:00 am			
<u>Girls</u>		<u>Events</u>	<u>Boys</u>
-	11-12	200 Free	10
11	9-10	100 IM	12
-	11-12	100 IM	14
15	9-10	50 Free	16
-	11-12	100 Back	18
-	10-12	200 Back *	20
21	9-10	100 Back	22
-	11-12	50 Breast	24
25	9-10	50 Breast	26
-	11-12	100 Fly	28
-	10-12	200 Fly *	30
31	9-10	100 Fly	32
-	11-12	50 Free	34
35	9-10	200 Free Relay	36
-	11-12	200 Free Relay	38

Sunday AM Session			
Warm-up: 7:00 am; Start: 8:00 am			
<u>Girls</u>		<u>Events</u>	<u>Boys</u>
81	9-10	200 IM	82
-	11-12	200 IM	84
85	9-10	200 Free	86
-	11-12	100 Free	88
89	9-10	100 Free	90
-	11-12	50 Back	92
93	9-10	50 Back	94
-	11-12	100 Breast	96
-	10-12	200 Breast *	98
99	9-10	100 Breast	100
-	11-12	50 Fly	102
103	9-10	50 Fly	104
105	9-10	200 Medley Relay	106
-	11-12	200 Medley Relay	108

Saturday Mid-day Session			
Warm-up: 11:30 am; Start: 12:30 pm			
<u>Girls</u>		<u>Events</u>	<u>Boys</u>
39	8&Y	100 IM	40
41	8&Y	25 Free	42
43	8&Y	50 Back	44
45	8&Y	100 Back	46
47	8&Y	25 Breast	48
49	8&Y	50 Fly	50
51	8&Y	100 Free Relay	52

Sunday Mid-day Session			
Warm-up: 11:30 am; Start: 12:30 pm			
<u>Girls</u>		<u>Events</u>	<u>Boys</u>
109	8&Y	50 Free	110
111	8&Y	100 Free	112
113	8&Y	25 Fly	114
115	8&Y	100 Fly	116
117	8&Y	50 Breast	118
119	8&Y	100 Breast	120
121	8&Y	25 Back	122
123	8&Y	100 Medley Relay	124

Saturday PM Session			
Warm-up: 2:45 pm; Start: 4:00 pm			
<u>Girls</u>		<u>Events</u>	<u>Boys</u>
53	11-12	200 Free	-
55	13-18	200 IM	56
57	11-12	100 IM	-
59	13-18	200 Back	60
61	10-12	200 Back *	-
63	11-12	100 Back	-
65	13-18	100 Breast	66
67	11-12	50 Breast	-
69	13-18	200 Fly	70
71	10-12	200 Fly *	-
73	11-12	100 Fly	-
75	13-18	50 Free	76
77	11-12	50 Free	-
79	11-12	200 Free Relay	-

Sunday PM Session			
Warm-up: 2:45 pm; Start: 4:00 pm			
<u>Girls</u>		<u>Events</u>	<u>Boys</u>
125	11-12	100 Free	-
127	13-18	200 Free	128
129	11-12	200 IM	-
131	13-18	100 Back	132
133	11-12	50 Back	-
135	13-18	200 Breast	136
137	10-12	200 Breast *	-
139	11-12	100 Breast	-
141	13-18	100 Fly	142
143	11-12	50 Fly	-
145	13-18	100 Free	146
147	11-12	200 Medley Relay	-