



**NOVA NOVEMBER
Central District B/C Meet
November 4-6, 2005
SANCTION NO. VS-06-26**

Hosted by:
**NOVA
AQUATICS**
of Virginia

SANCTION:	Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: VS-06-26
LOCATION:	NOVA Aquatics Center, 12207 Gayton Road, Richmond, VA 23233, (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:	Beth Worrell Phone: (804) 883-9480 (home) Email: worrelwind@juno.com
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 November 4, 2005 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.• All 9-10 year olds and 11-12 BOYS will swim on Saturday morning (Event #11, 15, 19, 21, 25, 29, 31, 35, & 39 will not be used).• All 8 & Younger swimmers will swim on Saturday mid-day.• All 13-18 year olds and 11-12 GIRLS will swim on Saturday afternoon (Event #56, 60, 64, 68, 72, 76, & 78 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 the morning session runs late, afternoon warm-ups will begin immediately after the morning session ends.• <i>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, November 2, 2005.</i>
ENTRIES:	DEADLINE FOR THE RECEIPT OF ENTRIES IS SATURDAY, OCTOBER 29, 2005 <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 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 must have been achieved in USA Swimming sanctioned, approved, or observed competition.

	<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 about 275 swimmers per session or about 825 swimmers total. 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: novaswim@comcast.net Mail entries to: Leigh Robbins 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 November 2, 2005 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 events will be awarded as 6 Year Olds, 7 Year Olds, and 8 Year Olds. 10 & Younger events will be awarded as 9-10 and 8 & Younger. 11 & Older events will be awarded 11-12, 13-14, and 15 & Older. 13-18 events will be given separate awards for 13-14 and 15-18 age groups.. 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 5:00 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. 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. 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. 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: telliott@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 dlvaughan@msn.com no later than November 1, 2005. • Officials meetings will be held 30 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), jumping in feet first.
TIMERS:	<ul style="list-style-type: none"> • Clubs may be required to provide 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	10&Y	200 IM	2
3	11&O	400 IM	4
5	12&Y	500 Free	6
7	13-18	500 Free	8
9	11&O	1000 Free	10

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	12
13	9-10	100 IM	14
-	11-12	100 IM	16
17	9-10	50 Free	18
-	11-12	100 Back	20
-	11-12	200 Back	22
23	9-10	100 Back	24
-	11-12	50 Breast	26
27	9-10	50 Breast	28
-	11-12	100 Fly	30
-	11-12	200 Fly	32
33	9-10	100 Fly	34
-	11-12	50 Free	36
37	9-10	200 Free Relay	38
-	11-12	200 Free Relay	40

Sunday AM Session			
Warm-up: 7:00 am; Start: 8:00 am			
<u>Girls</u>		<u>Events</u>	<u>Boys</u>
-	11-12	100 Free	80
81	9-10	200 Free	82
-	11-12	200 IM	84
85	9-10	100 Free	86
-	11-12	50 Back	88
89	9-10	50 Back	90
-	11-12	100 Breast	92
-	11-12	200 Breast	94
95	9-10	100 Breast	96
-	11-12	50 Fly	98
99	9-10	50 Fly	100
101	9-10	200 Medley Relay	102
-	11-12	200 Medley Relay	104

Saturday Mid-day Session			
Warm-up: 11:30 am; Start: 12:30 pm			
<u>Girls</u>		<u>Events</u>	<u>Boys</u>
41	8&Y	100 IM	42
43	8&Y	25 Free	44
45	8&Y	50 Back	46
47	8&Y	100 Back	48
49	8&Y	25 Breast	50
51	8&Y	50 Fly	52
53	8&Y	100 Free Relay	54

Sunday Mid-day Session			
Warm-up: 11:30 am; Start: 12:30 pm			
<u>Girls</u>		<u>Events</u>	<u>Boys</u>
105	8&Y	50 Free	106
107	8&Y	100 Free	108
109	8&Y	25 Fly	110
111	8&Y	100 Fly	112
113	8&Y	50 Breast	114
115	8&Y	100 Breast	116
117	8&Y	25 Back	118
119	8&Y	100 Medley Relay	120

Saturday PM Session			
Warm-up: 2:45 pm; Start: 4:00 pm			
<u>Girls</u>		<u>Events</u>	<u>Boys</u>
55	11-12	200 Free	-
57	13-18	200 IM	58
59	11-12	100 IM	-
61	11&O	200 Back	62
63	11-12	100 Back	-
65	13-18	100 Breast	66
67	11-12	50 Breast	-
69	11&O	200 Fly	70
71	11-12	100 Fly	-
73	13-18	50 Free	74
75	11-12	50 Free	-
77	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>
121	11-12	100 Free	-
123	13-18	200 Free	124
125	11-12	200 IM	-
127	13-18	100 Back	128
129	11-12	50 Back	-
131	11&O	200 Breast	132
133	11-12	100 Breast	-
135	13-18	100 Fly	136
137	11-12	50 Fly	-
139	13-18	100 Free	140
141	11-12	200 Medley Relay	-