



AMENDED #3
NOVA NOVEMBER INVITATIONAL
Closed Invitational Meet
November 17-19, 2006
SANCTION NO. VS-07-25

Hosted by:
NOVA
AQUATICS
of Virginia

SANCTION:	Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: VS-07-25
LOCATION:	NOVA Aquatics Center, 12207 Gayton Road, Richmond, VA 23238
FACILITY:	10-lane 25-yard pool with Kieffer 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.
MEET DIRECTORS:	Julie Litz Phone: (804) 550-2341(home) Email: jlitz@mail2.vcu.edu
ELIGIBILITY:	<ul style="list-style-type: none">• Open to all USA Swimming/VSI registered 12 & younger swimmers from NOVA, RSA, Curl-Burke, MOR, GATR, CGBD, and 13-18 year old swimmers from Curl-Burke and swimmers in the Central District.• Teams in Central District are: BAC, DC, NOVA, PSDN, RACE, SQST, and VACS.• 13-18 year old swimmers may swim regardless of times.• 12 & younger swimmers must have BB+ time for each event entered.• 10 year old swimmers wanting to swim the 200 Fly, 200 Back, or the 200 Breast must have at least a 10&U "A" time in the 100 yard event for that stroke.• All swimmers participating in this meet must be registered by the first day of the meet.• No on deck registration will be permitted.• 2005-2008 NAG top 16 based times are in effect.• Age on November 17, 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">• All swimmers will swim Friday evening.• All 13&O swimmers will swim Saturday and Sunday morning.• All 12&U swimmers will swim Saturday and Sunday afternoon.• All events will be timed finals.• The warm-up and meet start times are estimated; final lane assignment and warm-up times will be posted on the NOVA website and emailed to the participating clubs by Wednesday, November 15.• If the any session runs late, warm-ups for the next session will begin immediately after the late session ends.
WARM-UPS:	<ul style="list-style-type: none">• Friday pm session: Warm-ups at 4:00-5:00 competition starts at 5:15pm.• Saturday and Sunday am sessions: Warm-ups 6:45-7:45am competition starts at 8:00am.• Saturday and Sunday afternoon sessions: Warm-ups 12:00-1:00pm competition starts at 1:15pm.
ENTRIES:	DEADLINE FOR THE RECEIPT OF ENTRIES IS SUNDAY, NOVEMBER 12, 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.• All entry times must have been achieved in USA Swimming sanctioned, approved, or observed competition.

	<ul style="list-style-type: none"> Swimmers may enter a maximum of 2 event on Friday evening, 3 individual events per session Saturday and Sunday. 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 and payment to: Leigh Robbins 12207 Gayton Road Richmond, VA 23233
FEES:	<p>Individual events: \$3.50 Relay events: \$14.00 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 14, 2006 for email entries. Payment must be included with all mailed entries.
AWARDS:	<ul style="list-style-type: none"> Individual events: Ribbons will be awarded for first through 8th place. 10-18 events will be given separate awards for 10 year old, 11-12, 13-14, and 15-18 age groups. 10 & Younger events will be given separate awards for 9-10 and 8 & Younger age groups. Heat winner ribbons will be awarded for all 10 & Younger individual events.
SEEDING:	<ul style="list-style-type: none"> All events will be pre-seeded, except the 500 Free, which will be deck seeded. The 500 Free will require a positive check-in to swim. Positive check-in will close 30 minutes prior to the start of the session. 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. At the discretion of the meet referee, the 500 Free may be run alternating girls/boys fastest to slowest.
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 current USA Swimming Rules and Regulations will apply. The overhead start procedure will be used for all sessions. 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 Marty Martinez at Martin.Martinez@DLA.MIL no later than November 12, 2006. Officials meetings will be held in the hospitality room 45 minutes prior to the start of the meet.
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

	<p>remove, with the concurrence of the Meet Referee, any swimmer, coach, or club for the failure to follow the safety rules.</p> <ul style="list-style-type: none"> • During warm-ups, swimmers must enter the lanes 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. • 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 available. • 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 23233 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 November Invitational

Friday PM Session			
Warm-up: 4:00 pm; Start 5:15pm			
<u>Girls</u>	<u>Events</u>	<u>Boys</u>	
1	10-12 200 Fly	2	
3	13-18 100 Fly	4	
5	10&U 100 Breast	6	
7	11-12 100 Breast	8	
9	13-18 200 Breast	10	
11	12&U 500 Free	12	
13	11-12 100 Free	14	
15	13-18 100 Free	16	
17	11-12 100 IM	18	

Saturday AM 13-18 Session			
Warm-up: 6:45am; Start: 8:00am			
<u>Girls</u>	<u>Events</u>	<u>Boys</u>	
19	13-14 50 Free	20	
21	15-18 50 Free	22	
23	13-14 200 IM	24	
25	15-18 200 IM	26	
27	13-14 100 Breast	28	
29	15-18 100 Breast	30	
31	13-14 200 Back	32	
33	15-18 200 Back	34	
35	13-18 500 Free	36	

Sunday AM 13-18 Session			
Warm-up: 6:45am; Start: 8:00am			
<u>Girls</u>	<u>Events</u>	<u>Boys</u>	
59	13-14 200 Fly	60	
61	15-18 200 Fly	62	
63	13-14 100 Back	64	
65	15-18 100 Back	66	
67	13-14 200 Free	68	
69	15-18 200 Free	70	
71	13-18 400 IM	72	
73	13-14 200 Free Relay	74	
75	15-18 200 Free Relay	76	

Saturday Mid-day 12&U BB+ session			
Warm-up: 12:00pm; start 1:15pm			
<u>Girls</u>	<u>Events</u>	<u>Boys</u>	
37	11-12 200 Free Relay	38	
39	10-12 200 Back	40	
41	10&U 100 Fly	42	
43	11-12 100 Fly	44	
45	10&U 50 Back	46	
47	11-12 50 Back	48	
49	10&U 100 Free	50	
51	11-12 200 Free	52	
53	10&U 50 Breast	54	
55	10-12 200 Breast	56	
57	10&U 200 IM	58	

Sunday Mid-day 12&U BB+ session			
Warm-up: 12:00pm; start 1:15pm			
<u>Girls</u>	<u>Events</u>	<u>Boys</u>	
77	10&U 200 Free Relay	78	
79	11-12 50 Breast	80	
81	10&U 50 Fly	82	
83	11-12 50 Fly	84	
85	10&U 100 Back	86	
87	11-12 100 Back	88	
89	10&U 50 Free	90	
91	11-12 50 Free	92	
93	10&U 100 IM	94	
95	11-12 200 IM	96	