



**NOVA JANUARY  
BB+ Meet  
January 30-Feb. 1, 2009  
SANCTION NO. VS-09-33**

**Hosted by  
NOVA  
Aquatics  
Of Virginia**

<b>SANCTION:</b>	Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: <b>VS-09-33</b>
<b>LOCATION:</b>	NOVA Aquatics Center, 12207 Gayton Road, Richmond, VA 23233, (804) 754-3401
<b>FACILITY:</b>	<ul style="list-style-type: none"><li>• 10-lane 25-yard pool with Kieffer 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 not been certified in accordance with current <i>USA Swimming Rules and Regulations</i>, Article 104.2.2(C).</li></ul>
<b>MEET DIRECTOR:</b>	Name: Suzanne Martin Email: <a href="mailto:sshmartin@comcast.net">sshmartin@comcast.net</a> Phone: (804) 364-0527
<b>ELIGIBILITY:</b>	<ul style="list-style-type: none"><li>• Open to all USA Swimming/VSI registered swimmers who have achieved a "BB" time or better in the each event entered</li><li>• All swimmers participating in this meet must be registered by the first day of the meet.</li><li>• No on deck registration will be permitted.</li><li>• 2009-2012 NAG times are in effect.</li><li>• Age January 30, 2009 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 welcomed 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 event on Friday evening for all level swimmers.</li><li>• 12 years old and under swimmers will compete in the AM session.</li><li>• 13 years old and over swimmers will compete in the PM session.</li><li>• Sunday Distance Session (500 Free) will start 15 minutes after the conclusion of the PM session.</li><li>• All events will be timed finals.</li></ul>
<b>WARM-UPS:</b>	<ul style="list-style-type: none"><li>• Friday session: Warm-ups: 4:00-5:00 pm; competition starts at 5:15 pm</li><li>• Saturday and Sunday:<ul style="list-style-type: none"><li>○ Morning Session: Warm-ups: 7:00-7:45 am; Competition starts: 8:00 am</li><li>○ Afternoon Session: Warm-ups: 12:00-1:00 pm; Competition starts: 1:15 pm</li></ul></li><li>• Warm-ups for the afternoon sessions will take place in the warm-up pool.</li><li>• Distance session (Sunday afternoon):<ul style="list-style-type: none"><li>○ The pool will be opened for <b>10 minutes</b> of open warm-ups immediately following the finish of the afternoon sessions, with the distance session competition starting 5 minutes thereafter.</li><li>○ Warm-up/Warm-down lanes will be available during the meet.</li></ul></li><li>• <b>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 28, 2009.</b></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, SUNDAY, JANUARY 25, 2009</b> <ul style="list-style-type: none"><li>• Entries must be submitted in short course times using Hy-Tek Team Manager and Commlink-2 software, or on a VSI master entry sheet.</li><li>• Teams may submit entries as an e-mail attachment (preferred) or on a 3 ½" computer disk.</li><li>• A Team Manager printout of entries must be included or the meet checklist/summary sheet with the name, phone number, and email address of the person to contact in case of questions must</li></ul>

	<p>accompany the entries, regardless of how they are submitted.</p> <ul style="list-style-type: none"> <li>• <b>All entry times must have been achieved in USA Swimming sanctioned, approved, or observed competition.</b></li> <li>• Swimmers may enter a maximum of 1 individual event on Friday and 3 <i>individual events</i> per day and 1 relay event per day.</li> <li>• Entries will be processed in the order received. This meet will be limited to a total of 325 swimmers per session.</li> <li>• 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.</li> <li>• Email entries to: <a href="mailto:Aykey1@aol.com">Aykey1@aol.com</a></li> <li>• Mail entries to: Scott Campbell 12207 Gayton Road Richmond, Va 23238</li> <li>• <b>IMPORTANT:</b> 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.</li> </ul>
<b>FEES:</b>	<p>Individual events: \$3.00 Relay events: \$12.00 Swimmer surcharge: \$2.50 per person (entered in the meet in any capacity)</p> <ul style="list-style-type: none"> <li>• Checks should be made payable to: <b>NOVA Aquatics</b></li> <li>• Payment must be received by January 29, 2009 for email entries. Payment must be included with all mailed entries.</li> <li>• Failure to pay entry fees by this deadline could result in teams being barred from the meet.</li> </ul>
<b>AWARDS:</b>	<ul style="list-style-type: none"> <li>• Individual events: Ribbons will be awarded for first through 8th place. <ul style="list-style-type: none"> <li>○ 13 &amp; Over events will be given separate awards for 13-14 and 15 &amp; Over age groups.</li> <li>○ 11 &amp; Over events will be given separate awards for 11-12, 13-14, and 15 &amp; Over age groups.</li> <li>○ 10 &amp; Under events will be given separate awards for 9-10 and 8 &amp; Under age groups</li> <li>○ 12 &amp; Under events will be given separate awards for 11-12, 10 &amp; Under age groups</li> </ul> </li> <li>• Relay events: Ribbons will be awarded for first through fourth place.</li> </ul>
<b>SEEDING:</b>	<ul style="list-style-type: none"> <li>• All events, except the 500 Free, 1000 Free, and 400 IM, will be pre-seeded.</li> <li>• Swimmers in all sessions should report directly to the blocks for their events.</li> <li>• The 500 Free, 1000 Free, and 400 IM will require a positive check-in to swim.</li> <li>• Positive check-in will close 30 minutes prior to start of each session.</li> <li>• <b>SWIMMERS FAILING TO POSITIVELY CHECK-IN WILL NOT BE ALLOWED TO SWIM THE EVENT.</b></li> <li>• The 500 Free and 1000 Free will be swum fastest to slowest and alternating heats of girls and boys.</li> </ul>
<b>PENALTIES:</b>	<p>Penalties for entries using fraudulent and/or non-verifiable entry times:</p> <ul style="list-style-type: none"> <li>• <b>Swimmer shall be disqualified from the event entered illegally and the event shall be re-scored and awarded.</b></li> <li>• <b>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.</b></li> <li>• <b>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.</b></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> </ul>
<b>RULES:</b>	<ul style="list-style-type: none"> <li>• The current USA Swimming Rules and Regulations will apply.</li> <li>• 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.</li> <li>• 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.</li> </ul>

<b>OFFICIALS:</b>	<p><b>Meet Referee: Kathy Nunn</b>  <b>Email: <a href="mailto:kgunn@verizon.net">kgunn@verizon.net</a></b>  <b>Phone: (804) 364-0656</b></p> <ul style="list-style-type: none"> <li>• Officials at all positions will be required 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 <b>Will Bassett, Email: <a href="mailto:William.bassett@hdrinc.com">William.bassett@hdrinc.com</a></b> no later than January 25, 2009.</li> <li>• Officials meetings will be held 45 minutes before each session.</li> </ul>
<b>SAFETY:</b>	<ul style="list-style-type: none"> <li>• VSI Safety and Warm-up procedures will be in effect.</li> <li>• 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.</li> <li>• Shaving in the swim venue is not permitted. Swimmer noncompliance will result in dismissal from the meet.</li> </ul>
<b>TIMERS:</b>	<ul style="list-style-type: none"> <li>• Clubs are required to provide timers and counters for the 500 &amp; 1000 Free for their swimmers.</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 certified 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>FACILITY RULES:</b>	<p><b>PLEASE DO NOT PARK AT THE APARTMENT BUILDING</b></p> <ul style="list-style-type: none"> <li>• The NOVA Aquatics Center has parking available.</li> <li>• 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.</li> </ul>
<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 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.</li> <li>• <b>NORTH</b> – 95 South to 64 West to the Gaskins Road South exit. Then follow the directions above.</li> <li>• <b>WEST</b> – 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 (2 lights); take a left on to Gayton. Pool is less than ½ mile on your left.</li> <li>• <b>SOUTHSIDE</b> – 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.</li> </ul>
<b>HOTELS:</b>	<ul style="list-style-type: none"> <li>• <b>Hampton Inn:</b> 804/747-7777 10800 W. Broad, Glen allen 23060</li> <li>• <b>Courtyard Marriott:</b> 804/346-5427 3950 Westerre Pkwy, Richmond 23233</li> </ul>

**NOVA BB+ Meet  
ORDER OF EVENTS  
Friday, January 30, 2009**

**Evening Session**

**Warm-up: 4:00 pm; Start: 5:15 pm**

<u>Girls</u>	<u>Events</u>	<u>Boys</u>
1	11&O 400 IM	2
3	12&U 500 Free	4
5	11&O 1000 Free	6

**Saturday, January 31, 2009**

**Morning Session**

**Warm-up: 7:00 am; Start: 8:00 am**

**Afternoon Session**

**Warm-up: 12:00 noon; Start: 1:15 pm**

<u>Girls</u>	<u>Events</u>	<u>Boys</u>	<u>Girls</u>	<u>Events</u>	<u>Boys</u>
7	11-12 200 Breast	8	37	13-14 200 IM	38
9	10&U 50 Free	10	39	15&O 200 IM	40
11	11-12 50 Free	12	41	13-14 200 Back	42
13	10&U 100 Back	14	43	15&O 200 Back	44
15	11-12 100 Back	16	45	13-14 100 Fly	46
17	10&U 100 Fly	18	47	15&O 100 Fly	48
19	11-12 100 Fly	20	49	13-14 200 Breast	50
21	10 &U 50 Back	22	51	15&O 200 Breast	52
23	11-12 50 Back	24	53	13-14 100 Free	54
25	10&U 200 IM	26	55	15&O 100 Free	56
27	11-12 200 IM	28	57	13-14 200 Free Relay	58
29	10&U 100 Breast	30	59	15&O 200 Free Relay	60
31	11-12 100 Breast	32			
33	10&U 200 Free Relay	34			
35	11-12 200 Free Relay	36			

**Sunday, February 1, 2009**

**Morning Session**

**Warm-up: 7:00 am; Start: 8:00 am**

**Afternoon Session**

**Warm-up: 12:00 noon; Start: 1:15 pm**

<u>Girls</u>	<u>Events</u>	<u>Boys</u>	<u>Girls</u>	<u>Events</u>	<u>Boys</u>
61	11-12 200 Fly	62	89	13-14 100 Back	90
63	10&U 200 Free	64	91	15&O 100 Back	92
65	11-12 200 Free	66	93	13-14 200 Fly	94
67	10&U 100 IM	68	95	15&O 200 Fly	96
69	11-12 100 IM	70	97	13-14 100 Breast	98
71	10& U 50 Breast	72	99	15&O 100 Breast	100
73	11-12 50 Breast	74	101	13-14 200 Free	102
75	10&U 50 Fly	76	103	15&O 200 Free	104
77	11-12 50 Fly	78	105	13-14 50 Free	106
79	10&U 100 Free	80	107	15&O 50 Free	108
81	11-12 100 Free	82	109	13-14 200 Med Relay	110
83	11-12 200 Back	84	111	15&O 200 Med Relay	112
85	10&U 200 Med Relay	86			
87	11-12 200 Med Relay	88	<u>Girls</u>	<u>Distance Session</u> <u>(15-minute Break)</u>	<u>Boys</u>
			113	13& Over 500 Free	114