



**NOVA DECEMBER
B/C Mini Meet
December 4-6, 2009
SANCTION NO. VS-10-13**



SANCTION:	Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: VS-10-13
LOCATION:	NOVA Aquatics Center, 12207 Gayton Road, Richmond, VA 23233, (804) 754-3401
FACILITY:	<ul style="list-style-type: none">• 10-lane 25-yard pool 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 104.2.2(C). The copy of such certification is on file with USA Swimming
MEET DIRECTOR:	Name: Lori Hopewell Email: hopewells@verizon.net Phone: (804)-360-1494
ELIGIBILITY:	<ul style="list-style-type: none">• Open to all USA Swimming/Virginia Swimming athletes registered by the first day of the meet.• Swimmers may compete in any event, in which they have a "B" or "C" Time• 8 & Younger swimmers may participate regardless of classification in 8 & Under events.• No on deck registration will be permitted.• 2009-2012 NAG times are in effect.• Age December 4, 2009 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 on Friday evening for all swimmers.• 10 years old and under swimmers will compete in the morning session.• 11 years old and over swimmers will compete in the afternoon session.• Sunday Distance Session (500 Free) will start 15 minutes after the conclusion of the afternoon session.• All events will be timed finals.
WARM-UPS:	<ul style="list-style-type: none">• Friday session: Warm-ups: 4:00-5:00 pm; competition starts at 5:15 pm• Morning sessions: Warm-ups: 7:00-7:45 am; competition starts at 8:00 am• Afternoon sessions: Warm-ups: 12:00-1:00 pm; competition starts at 1:15 pm.• Distance session (Sunday afternoon): The pool will be opened for 10 minutes of open warm-ups immediately following the finish of the afternoon sessions, with the distance session competition starting 5 minutes thereafter.• Warm-up/Warm-down lanes will be available during the meet.• 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, December 2, 2009.• If the morning session runs late, afternoon warm-ups will begin immediately after the morning session ends.
ENTRIES:	DEADLINE FOR THE RECEIPT OF ENTRIES IS 9:00 PM, SUNDAY, NOVEMBER 29, 2009 <ul style="list-style-type: none">• Entries must be submitted in short course times using Hy-Tek Team Manager and Commlink-2 software, or on a VSI master entry sheet.• Teams submit entries as an e-mail attachment• 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.

	<ul style="list-style-type: none"> Coach's Time (CT) and "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. Swimmers may enter a maximum of 1 individual event on Friday and 3 individual events each on Saturday and Sunday. Entries will be processed in the order received. This meet will be limited to a total of 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: sherriecopeland@comcast.net Mail entries to: Scott Campbell 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: \$3.75 Swimmer surcharge: \$2.50 per person (entered in the meet in any capacity)</p> <ul style="list-style-type: none"> Checks should be made payable to: NOVA Aquatics Payment must be received by December 2, 2009 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:	<p>Individual events: Ribbons will be awarded for first through 8th place.</p> <ul style="list-style-type: none"> All 8 & U individual events will be divided into 6 &U, 7 year olds, and 8 year olds. Ribbons for 1st through 8th place will be awarded in each category. 13 & Older events will be given separate awards for 13-14 and 15 & Over age groups. 11 & Older events will be given separate awards for 11-12, 13-14, and 15 & Over age groups. 10 & Younger events will be given separate awards for 9-10 and 8 & Under age groups.
SEEDING:	<ul style="list-style-type: none"> All events will be pre-seeded, except the 500 Free, 400 IM, and 1000 Free, which will be deck seeded. The 500 Free, 400IM, and 1000 Free will require a positive check-in by 4:45 pm. SWIMMERS FAILING TO POSITIVELY CHECK-IN WILL NOT BE ALLOWED TO SWIM THE EVENT. Swimmers in all sessions should report directly to the blocks for their events. The 500 Free and 1000 Free will swim fastest to slowest and alternating heats of girls and boys. 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 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 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 unless otherwise directed by the meet 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 and will be required to leave the deck area.

OFFICIALS:	<p>Meet Referee: Tom Elliott Email: telliott81949@gmail.com Phone: (804) 360-5001</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 Will Bassett at William.Bassett@hdrinc.com , no later than November 28, 2009. • Officials meetings will be held 45 minutes before each session
SAFETY:	Virginia Swimming Meet Safety Procedures will be in effect.
TIMERS:	<ul style="list-style-type: none"> • Clubs are required to provide timers and counters for the 500 & 1000 Free for their swimmers. • 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 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:	<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 . (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.
HOTELS:	<ul style="list-style-type: none"> • Comfort Suites (804) 217-9200 4051 Innslake Dr. Glen Allen, Virginia • Hampton Inn --Richmond West (804) 747-7777 10800 W. Broad Street Glen Allen, Virginia

**NOVA B/C Meet
ORDER OF EVENTS
Friday, December 4, 2009**

Evening Session		
Warm-up: 4:00 pm; Start: 5:15 pm		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
1	10&Y 500 Freestyle	2
3	11&O 400 Individual Medley	4
5	11&O 1000 Freestyle	6

Saturday, December 5, 2009

Morning Session		
Warm-up: 7:00 am; Start: 8:00 am		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
7	9-10 50 Free	8
9	8&U 50 Breast	10
11	10&U 100 Breast	12
13	8&U 25 Fly	14
15	10&U 100 Fly	16
17	8&U 50 Back	18
19	9-10 50 Back	20
21	8&U 25 Free	22
23	10&U 200 IM	24

Afternoon Session		
Warm-up: 12:00 noon; Start: 1:15 pm		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
25	11-12 50 Free	26
27	13&O 50 Free	28
29	11-12 100 Fly	30
31	13&O 100 Fly	32
33	11-12 50 Back	34
35	11&O 200 Back	36
37	11-12 100 Breast	38
39	13&O 100 Breast	40
41	11-12 100 IM	42
43	13&O 200 Free	44
45	11-12 200 Free	46

Sunday, December 6, 2009

Morning Session		
Warm-up: 7:00 am; Start: 8:00 am		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
47	10&U 200 Free	48
49	8&U 100 Free	50
51	10&U 100 IM	52
53	8&U 25 Breast	54
55	9-10 50 Breast	56
57	8&U 25 Back	58
59	10&U 100 Back	60
61	10&U 50 Fly	62
63	9-10 100 Free	64
65	8&U 50 Free	66

Afternoon Session		
Warm-up: 12:00 noon; Start: 1:15 pm		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
67	11-12 200 IM	68
69	13&O 200 IM	70
71	11-12 100 Free	72
73	13&O 100 Free	74
75	11-12 50 Fly	76
77	11&O 200 Fly	78
79	11-12 100 Back	80
81	13&O 100 Back	82
83	11-12 50 Breast	84
85	11&O 200 Breast	86
87	Distance Session (15 minute break)	88
87	11&O 500 Free	88