



**NOVA JANUARY  
BB/B/C/Mini Meet  
January 8-10, 2010  
SANCTION NO. VS-10-40**



<b>SANCTION:</b>	Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: <b>VS-10-40</b>
<b>LOCATION:</b>	NOVA Aquatics Center, 12207 Gayton Road, Richmond, Va 23238, (804) 754-3401
<b>FACILITY:</b>	<ul style="list-style-type: none"><li>• 10-lane 25-yard pool, 4.5 to 10.5 feet in depth 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 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: Lori Hopewell Email: <a href="mailto:hopewells@verizon.net">hopewells@verizon.net</a> Phone: (804) 754-3401
<b>ELIGIBILITY:</b>	<ul style="list-style-type: none"><li>• Open to all Virginia Swimming athletes registered by the first day of the meet.</li><li>• <b>8 &amp; Younger swimmers may participate regardless of classification in 8&amp;U events.</b></li><li>• <b>Swimmers 9 &amp; Over may compete in any event and relay strokes in which they have a "BB", "B", or "C" Time.</b></li><li>• 2009-2012 NAG time standards are in effect.</li><li>• No on deck Virginia Swimming athlete registration will be permitted.</li><li>• Age on January 8, 2010 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 events for all age groups Friday evening.</li><li>• All 8 &amp; younger swimmers will swim Saturday and Sunday mid-day.</li><li>• All 9-10 swimmers and the 11-12 Boys will compete in the morning session.</li><li>• 11-12 Girls and all 13 year swimmers and older will compete in the afternoon session.</li><li>• <b>Events #11, 15, 19, 21, 25, 29, 31, 35, 39, 56, 60, 64, 68, 72, 76, 80, 81, 85, 89, 93, 95, 99, 103, 124, 128, 132, 136, 140, 144 are intentionally omitted.</b></li><li>• All events will be timed finals.</li></ul>
<b>WARM-UP:</b>	<ul style="list-style-type: none"><li>• Friday evening session: Warm-ups: 4:00-5:00 pm; competition start: 5:15 pm</li><li>• Morning sessions: Warm-ups: 7:00-7:50 am; competition starts at 8:00 am</li><li>• Mid-day session: Warm-ups:12:00-12:50 am; competition starts at 1:00 pm</li><li>• Afternoon sessions: Warm-ups at 3:30-4:20 pm; competition starts at 4:30 pm.</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 6, 2010.</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 3, 2010.</b> <ul style="list-style-type: none"><li>• 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.</li><li>• Teams submit entries as an e-mail attachment.</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 accompany the entries, regardless of how they are submitted.</li></ul>

	<ul style="list-style-type: none"> <li>• 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</li> <li>• <b>Swimmers may swim one event on Friday, 3 individual events and 1 relay event per day on Saturday and Sunday.</b></li> <li>• <b>When making entries for the 11-12 year olds, please pay close attention to the possibility of back to back events. Swimmers must be prepared to swim back to back without a break.</b></li> <li>• Relay teams must be designated A, B, C, etc., if more than one per club is entered per event.</li> <li>• <u>Entries will be processed in the order received and accepted to the greatest extent possible without exceeding the 4-hour/session timeline limit.</u></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:novaswim@comcast.net">novaswim@comcast.net</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> <li>• 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.</li> </ul>
<b>FEES:</b>	<p>Individual events: \$3.75 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 6, 2010, 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 eighth place. <ul style="list-style-type: none"> <li>○ 8 &amp; Under individual events will be divided into 6 &amp; Under, 7 year olds, and 8 year olds age groups.</li> <li>○ 13 &amp; Over individual events will be given separate awards for 13-14 and 15 &amp; Over age groups.</li> <li>○ 11 &amp; Over individual events will be given separate awards for 11-12, 13-14, and 15 &amp; Over age groups.</li> <li>○ 10 &amp; Under individual events will be given separate awards for 9-10 and 8 &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 will be pre-seeded, except the 400 IM, 500 Free, and 1650 Free, which will be deck seeded.</li> <li>• <b>The 400 IM, 500 Free, and 1650 Free, will require a positive check-in by 4:45 pm</b></li> <li>• Positive check-in will close 30 minutes prior to the start of the session.</li> <li>• <b>SWIMMERS FAILING TO POSITIVELY CHECK-IN WILL NOT BE ALLOWED TO SWIM THE EVENT.</b></li> <li>• Swimmers in all sessions should report directly to the blocks for their events.</li> <li>• The 500 and 1650 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 marked as exhibition for 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> </ul>

	<ul style="list-style-type: none"> <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 at the discretion of the Referee.</li> <li>• In accordance with VSI Policy, only those coaches who have 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:kgnunn@verizon.net">kgnunn@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 Will Bassett at <a href="mailto:William.Bassett@hdrinc.com">William.Bassett@hdrinc.com</a> no later than January 5, 2010.</li> <li>• Officials meetings will be held 45 minutes before each session.</li> </ul>
<b>SAFETY:</b>	Virginia Swimming Meet Safety Procedures will be in effect.
<b>TIMERS:</b>	<ul style="list-style-type: none"> <li>• Swimmers provide their own timers and counters for the 400 IM, 500 Free, and 1650 Free</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>PARKING:</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>Comfort Suites</b> (804) 217-9200 4051 Innslake Dr. Glen Allen, Virginia</li> <li>• <b>Hampton Inn --Richmond West</b> (804) 747-7777 10800 W. Broad Street Glen Allen, Virginia</li> <li>• <b>Aloft</b> (804) 380-1330 3939 Duckling Dr Glen Allen, VA 23060 <a href="http://www.aloft-richmondwest.com">www.aloft-richmondwest.com</a></li> </ul>

**NOVA BB/B/C Mini Meet  
ORDER OF EVENTS**

<b>Friday, January 8, 2010</b>		
<b>Evening Session</b>		
<b>Warm-up: 4:00 pm; Start: 5:15 pm</b>		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
1	10&U 200 Individual Medley	2
3	11&O 400 Individual Medley	4
5	12&U 500 Freestyle	6
7	13&O 500 Freestyle	8
9	11&O 1650 Freestyle	10

<b>Saturday, January 9, 2010</b>		
<b>Morning Session</b>		
<b>Warm-up: 7:00 am; Start: 8:00 am</b>		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
-	11-12 200 Freestyle	12
13	9-10 100 Individual Medley	14
-	11-12 100 Individual Medley	16
17	9-10 50 Freestyle	18
-	11-12 100 Backstroke	20
-	11-12 200 Backstroke	22
23	9-10 100 Backstroke	24
-	11-12 50 Breaststroke	26
27	9-10 50 Breaststroke	28
-	11-12 100 Butterfly	30
-	11-12 200 Butterfly	32
33	9-10 100 Butterfly	34
-	11-12 50 Freestyle	36
37	9-10 200 Freestyle Relay	38
-	11-12 200 Freestyle Relay	40
<b>Mid-Day Session</b>		
<b>Warm-up: 12:00 pm; Start: 1:00 pm</b>		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
41	8&U 100 Individual Medley	42
43	8&U 25 Freestyle	44
45	8&U 50 Backstroke	46
47	8&U 100 Backstroke	48
49	8&U 25 Breaststroke	50
51	8&U 50 Butterfly	52
53	8&U 100 Freestyle Relay	54
<b>Afternoon Session</b>		
<b>Warm-up: 3:30 pm; Start: 4:30 pm</b>		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
55	11-12 200 Freestyle	-
57	13&O 200 Individual Medley	58
59	11-12 100 Individual Medley	-
61	11&O 200 Backstroke	62
63	11-12 100 Backstroke	-
65	13&O 100 Breaststroke	66
67	11-12 50 Breaststroke	-
69	11&O 200 Butterfly	70
71	11-12 100 Butterfly	-
73	13&O 50 Freestyle	74
75	11-12 50 Freestyle	-
77	13&O 200 Freestyle Relay	78
79	11-12 200 Freestyle Relay	-

<b>Sunday, January 10, 2010</b>		
<b>Morning Session</b>		
<b>Warm-up: 7:00 am; Start: 8:00 am</b>		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
-	11-12 100 Freestyle	82
83	9-10 200 Freestyle	84
-	11-12 200 Individual Medley	86
87	9-10 100 Freestyle	88
-	11-12 50 Backstroke	90
91	9-10 50 Backstroke	92
-	11-12 100 Breaststroke	94
-	11-12 200 Breaststroke	96
97	9-10 100 Breaststroke	98
-	11-12 50 Butterfly	100
101	9-10 50 Butterfly	102
-	11-12 200 Medley Relay	104
105	9-10 200 Medley Relay	106
<b>Mid Day Session</b>		
<b>Warm-up: 12:00 pm; Start: 1:00 pm</b>		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
107	8&U 50 Freestyle	108
109	8&U 100 Freestyle	110
111	8&U 25 Butterfly	112
113	8&U 100 Butterfly	114
115	8&U 50 Breaststroke	117
117	8&U 100 Breaststroke	118
119	8&U 25 Backstroke	120
121	8&U 100 Medley Relay	122
<b>Afternoon Session</b>		
<b>Warm-up: 3:30pm; Start: 4:30 pm</b>		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
123	11-12 100 Freestyle	-
125	13&O 200 Freestyle	126
127	11-12 200 Individual Medley	-
129	13&O 100 Backstroke	130
131	11-12 50 Backstroke	-
133	11&O 200 Breaststroke	134
135	11-12 100 Breaststroke	-
137	13&O 100 Butterfly	138
139	11-12 50 Butterfly	-
141	13&O 100 Freestyle	142
143	11-12 200 Medley Relay	-
145	13&O 200 Medley Relay	146