



CENTRAL DISTRICT CHAMPIONSHIP
February 17-19, 2012
SANCTION NO. VS-12-56



SANCTION:	<ul style="list-style-type: none">• Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: VS-12-56• USA Swimming, Inc., Virginia Swimming, Inc., and NOVA of Virginia Aquatics shall be held free and harmless from any and all liabilities or claims for damages arising by reason of injuries to anyone during the conduct of this event.
LOCATION:	NOVA of Virginia Aquatics, 12207 Gayton Road, Richmond, VA 23238, (804) 754-3401
FACILITY:	<ul style="list-style-type: none">• 10-lane, 25-yard pool, 4.5 feet deep in lane 1 sloping to 10.5 feet in lane 10 with Kiefer Wave eater lanes, Daktronics Automatic Timing System• 10 lanes will be used for competition with at least 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 104.2.2C(4). The copy of such certification is on file with USA Swimming.
MEET DIRECTOR:	Name: Lori Hopewell Phone: 804-754-3401 Email: dltahopewell@comcast.net
ELIGIBILITY:	<ul style="list-style-type: none">• Open to all Virginia Swimming registered athletes 14 years old and younger (15 & Older for the 1650 Free only) registered by the first day of the meet in the Central District. Teams in the Central District are: BAC, DC, NOVA, PSDN, QSTS, RACE, VACS and YGR.• No on deck Virginia Swimming athlete registration will be permitted• The qualifying period for this meet is January 1, 2011 through February 16, 2012• 8 & Younger swimmers may participate regardless of classification in 8 & under events with the exception of events 47 and 48 (8 & Under 200 Free).• 8 & Younger swimmers entered in events 47 and 48 (8&U 200 Free) may not have a 10&U "BB" time or faster in the event entered.• 9-14 year old swimmers may compete in any event and relay strokes in which they have a "B" or "C" Time.• 15 & Older swimmers may compete in the 1650 Free providing their time is no faster than a 15-16 "C" time.• 10 and 12 year-old swimmers aging up from February 17 to February 24, 2012 with times too fast to qualify for this championship will be allowed to compete under the following conditions:<ul style="list-style-type: none">○ 10 or 12 year old swimmers who do not qualify for an event in their new age group at Region Championships may enter it in this meet.○ 10 and 12 year old swimmers aging up between championships will be seeded correctly by time, however, will swim Exhibition only and will not be eligible to receive an award.• 2009-2012 NAG time standards are in effect.• Age on February 17, 2012 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 8 & Younger swimmers will swim Saturday and Sunday mid-day. The mid-day sessions will have 5-minute breaks after event #42, 48, 112 and 116.• All 9-10 Swimmers and 11-12 Boys will swim on Saturday and Sunday morning.• 11-12 Girls and all 13-14 Swimmers will swim on Saturday and Sunday afternoon.• Eligible 15 and older swimmers will swim in the Sunday distance session.

	<ul style="list-style-type: none"> • Event #s: 9,13,15,19,23,25,29,33,52,56,58,62,66,68,72,76,79,83,87,91,95,97,101,105,120, 124,128,132,136,138,142 and 146 are intentionally omitted. • All events will be timed finals
WARM-UP:	<ul style="list-style-type: none"> • Friday distance session: General warm-up 4:15 pm; Competition begins at 5:15 pm • Morning sessions: Warm-ups start 7:00 am; Competition starts at 8:00 am • Mid-day sessions: Warm-ups start not before 12:00 pm; Competition starts not before 1:00 pm • Afternoon sessions: Warm-ups start not before 3:00 pm; Competition begins not before 4:00 pm • Sunday distance session: The pool will be opened for 15 minutes of open warm-ups immediately following the finish of the afternoon session with the competition starting five minutes thereafter. <ul style="list-style-type: none"> ○ The approximate start time for the distance sessions will be posted on the NOVA of Virginia Aquatics (www.novaswim.org) website no later than Tuesday, February 14, 2012 and will also be e-mailed to the contact person of the participating clubs. ○ The distance session will begin no earlier than these estimated times. • Warm-up lane assignments and times for individual clubs will be posted on the NOVA of Virginia Aquatics (www.novaswim.org) website no later than Tuesday, February 14, 2012 and will also be e-mailed to the club contact person. • If any session runs late, the following session warm-ups will begin immediately after the preceding session ends. • Depending on the number of entries, the meet director reserves the right to change the start time and format of warm-ups. Teams would be notified not later than Tuesday, February 14, 2012.
ENTRIES:	<p>DEADLINE FOR THE RECEIPT OF ENTRIES IS THURSDAY, FEBRUARY 9, 2012</p> <ul style="list-style-type: none"> • Entries must be submitted in Short Course Yards times using Hy-Tek Team Manager and Commlink-2 software, or on a VSI master entry sheet which is available at the VSI website www.virginiawimming.org. • Teams submit entries via e-mail. • A Team Manager printout of entries must be included or the VSI meet summary sheet (available at VSI website, www.virginiawimming.org 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. • “No Time” (NT) entries will not be accepted. If a swimmer does not have a time of record the swimmer must be entered with a Coach’s Time (CT). • CT may not exceed a “B” time. All entry times other than Coaches Times must have been achieved in USA Swimming sanctioned, approved, or observed competition. • Swimmers may enter a maximum of <i>3 individual events</i> and <i>1 relay event</i> per day. • Relay teams must be designated A, B, C, etc., if more than one per club is entered per event. Relay entry times must be slower than the combined “B” times for the corresponding relay. See the “not faster than” relay times chart on page 5. • Entries will be processed in the order received. • 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 could require reseeding. • Email entries to: novaswim@comcast.net • 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. • Late entries will be accepted. If received prior to the printing of the heat sheet, the swimmer will be seeded into the event; if after, he/she will go in the slowest heat in an empty lane. If needed, a heat will be added.
RESULTS:	<ul style="list-style-type: none"> • In accordance with USA Swimming/Virginia Swimming Privacy Policy, Meet Manager backup/meet results files will no longer be posted to the Virginia Swimming website. • TM meet results file and MM meet backup file will be provided to each participating team and unattached swimmer(s) within 24 hours of the close of the meet.

FEES:	<p>Individual events: \$3.75 Relay events: \$13.00 Swimmer surcharge: \$2.50 per person (entered in the meet in any capacity)</p> <p>Late Fees: In addition to the regular entry fee, a fee of \$10 per event prior to the first day of the meet and \$25 per event on or after the first day of the meet will be charged for any entry received after the entry deadline.</p> <ul style="list-style-type: none"> • Checks should be made payable to: NOVA of Virginia Aquatics • Mail payment to: Scott Campbell 12207 Gayton Road Richmond, VA 23238-3219 • Payment must be received by Tuesday, February 14, 2012 for all entries. Failure to pay entry fees by this deadline will result in teams being barred from the meet. Swimmers will be permitted to enter the meet as unattached providing they pay the appropriate entry fees.
AWARDS:	<ul style="list-style-type: none"> • Individual events will be awarded medals for first through fourth place and ribbons will be awarded for fifth through eighth place. <ul style="list-style-type: none"> ○ 8 & Under events will be given separate awards for 8 year olds and 7 & Under age groups. ○ The 12 & Under 500 freestyle will be given separate awards for 11-12 and 10 & Under age groups. ○ 13 & Over events will be given separate awards for 13-14 and 15 & Over age groups. ○ Heat winner ribbons will be awarded for all individual events for 10 & Younger swimmers. • Relay events will be awarded ribbons for first through fourth place
SEEDING:	<ul style="list-style-type: none"> • All events, except events 1, 2, 3, 4, 5, 6, 31, 32, 47, 47, 147 and 148 will be pre-seeded. • 8 & Younger swimmers in the mid-day sessions must report to the Clerk of Course. They will be escorted to the blocks from that point by staff. • Swimmers 9 and older will report to the blocks in time for their events. • Events 1, 2, 3, 4 (500 Free), 5, 6 (400 IM), 31, 32 (9-10 200 Free), 47, 48 (8 & Under 200 Free) 147, & 148 (1650 Free) will require a positive check-in to swim. • Positive check-in will close 15 minutes prior to the end of warm-ups for the session in which the events will be swum. Positive check-in rosters will be located at the Recorder's desk. • SWIMMERS FAILING TO POSITIVELY CHECK-IN WILL NOT BE ALLOWED TO SWIM THE EVENT. • Events 147 and 148 will be swum fastest to slowest and alternate heats of girls and boys.
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 USA 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. • All swimmers participating in the meet must be dive certified. <ul style="list-style-type: none"> ○ Swimmers unaccompanied by a USA-S coach must be certified by a USA-S coach as proficient in performing a racing start or must start each race from within the water. ○ Ensuring compliance is the responsibility of the swimmer or the swimmer's legal guardian. • 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. • Use of audio or visual recording devices, including cell phones, is not permitted in changing areas, rest rooms or locker rooms. In addition, photography behind the blocks is <u>not permitted</u>. • 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

	<ul style="list-style-type: none"> ○ Coaches who have valid USA Swimming credentials but who are unable to provide them upon request will be issued temporary credentials by the meet director ○ Coaches with expired or non-current credentials will be required to leave the deck area.
OFFICIALS:	<p>Meet Referee: Name: Kathy Nunn Email: kgnunn@verizon.net Phone: (804) 364-0656</p> <ul style="list-style-type: none"> ● Officials will be needed for all positions and all sessions for this meet. ● Training for Officials will be offered in accordance with Training Guidelines and Initial Certification, Virginia Swimming Officials Handbook ● Team officials chair should submit the names and session availability of certified officials, as well as the names and session availability of trainees to Laura Razzolini, Email: lrazzolini@vcu.edu, no later than Tuesday, February 14, 2012 ● General meeting for coaches and key officials will be held in the hospitality room one hour prior to the start of each session
SAFETY:	Virginia Swimming Meet Safety Procedures will be in effect.
TIMERS:	<ul style="list-style-type: none"> ● Swimmers supply their own timers and lap counters for the 1650 Freestyle (Sunday). ● NOVA will provide timers with the exception of events 147 and 148 (1650 Freestyle)
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.
FACILITY RULES:	<ul style="list-style-type: none"> ● PLEASE DO NOT PARK AT THE APARTMENT BUILDINGS ACROSS THE STREET OR THE SHOPPING CENTER NEXT TO NOVA. ● The NOVA Aquatics Center has parking available. ● Additional parking is available in the lot one block east of the pool at the intersection of Gayton and Cambridge
DIRECTIONS:	<ul style="list-style-type: none"> ● SOUTH: 95 North to 64 West to the Gaskins Road South exit. Follow Gaskins Road south to Ridgefield Parkway (3rd light); turn right. Proceed on Ridgefield until you intersect with Gayton Road (4th light); turn left. NOVA Aquatics Center less than ½ mile on left. ● NORTH: 95 South to 64 East to the Gaskins Road South exit. Follow directions above. ● WEST: 64 East to the Short Pump/Broad Street 250 West exit. Follow Broad Street (250 West) to Pump Road. Take a left at the light. Follow Pump Road to Ridgefield Parkway (3rd light); take a right. Follow Ridgefield Parkway to Gayton Road (2 lights); take a left on Gayton Road. NOVA Aquatics Center less than ½ mile on left. ● SOUTHSIDE: Take Chippenham Parkway North which will turn into Parham Road. Follow Parham Road to Quioccasin/Gayton Road (Regency Mall on left); take a left at the light. Proceed for 4-5 miles. NOVA Aquatics Center will be on your right. Directions to the pool

RELAY "NOT FASTER THAN TIMES" CHART

Age Group	Gender	Free	Medley
8&U	Girls	No Standard	No Standard
	Boys	No Standard	No Standard
9-10	Girls	2:23.96	2:50.26
	Boys	2:20.76	2:48.76
11-12	Girls	2:07.56	2:24.66
	Boys	2:03.96	2:23.46
13-14	Girls	2:03.96	No Standard
	Boys	1:53.96	No Standard

**CENTRAL DISTRICT CHAMPIONSHIPS
ORDER OF EVENTS**

Friday, February 17, 2012

Evening Session		
Warm-up: 4:15 pm; Start: 5:15 pm		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
1	13-14 500 Freestyle	2
3	12 & Under 500 Freestyle	4
5	13-14 400 Individual Medley	6

Saturday, February 18, 2012

Sunday, February 19, 2012

Morning Session		
Warm-up: 7:00 am; Start: 8:00 am		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
7	9-10 50 Freestyle	8
-	11-12 100 Freestyle	10
11	9-10 100 Butterfly	12
-	11-12 50 Butterfly	14
-	11-12 200 Butterfly	16
17	9-10 100 Individual Medley	18
-	11-12 200 Individual Medley	20
21	9-10 50 Breaststroke	22
-	11-12 50 Breaststroke	24
-	11-12 200 Breaststroke	26
27	9-10 100 Backstroke	28
-	11-12 100 Backstroke	30
31	9-10 200 Freestyle	32
-	11-12 200 Freestyle Relay	34
35	9-10 200 Freestyle Relay	36

Morning Session		
Warm-up: 7:00 am; Start: 8:00 am		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
-	11-12 200 Freestyle	80
81	9-10 100 Freestyle	82
-	11-12 100 Butterfly	84
85	9-10 50 Butterfly	86
-	11-12 100 Individual Medley	88
89	9-10 200 Individual Medley	90
-	11-12 100 Breaststroke	92
93	9-10 100 Breaststroke	94
-	11-12 50 Backstroke	96
-	11-12 200 Backstroke	98
99	9-10 50 Backstroke	100
-	11-12 50 Freestyle	102
103	9-10 200 Medley Relay	104
-	11-12 200 Medley Relay	106

Mid-Day Session		
Warm-up: 12:00 pm; Start: 1:00 pm		
(Times are approximate)		

Mid-Day Session		
Warm-up: 12:00 pm; Start: 1:00 pm		
(Times are approximate)		

<u>Girls</u>	<u>Events</u>	<u>Boys</u>
37	8 & Under 25 Freestyle	38
39	8 & Under 50 Butterfly	40
41	8 & Under 100 Individual Medley	42
5-minute Break		
43	8 & Under 25 Breaststroke	44
45	8 & Under 50 Backstroke	46
47	8 & Under 200 Freestyle	48
5-minute Break		
49	8 & Under 100 Freestyle Relay	50

<u>Girls</u>	<u>Events</u>	<u>Boys</u>
107	8 & Under 50 Freestyle	108
109	8 & Under 25 Butterfly	110
111	8 & Under 50 Breaststroke	112
5-minute Break		
113	8 & Under 25 Backstroke	114
115	8 & Under 100 Freestyle	116
5-minute Break		
117	8 & Under 100 Medley Relay	118

Afternoon Session		
Warm-up: 3:00 pm; Start: 4:00 pm		
(Times are approximate)		

Afternoon Session		
Warm-up: 3:00 pm; Start: 4:00 pm		
(Times are approximate)		

<u>Girls</u>	<u>Events</u>	<u>Boys</u>
51	11-12 100 Freestyle	-
53	13-14 100 Freestyle	54
55	11-12 50 Butterfly	-
57	11-12 200 Butterfly	-
59	13-14 200 Butterfly	60
61	11-12 200 Individual Medley	-
63	13-14 200 Individual Medley	64
65	11-12 50 Breaststroke	-
67	11-12 200 Breaststroke	-
69	13-14 200 Breaststroke	70
71	11-12 100 Backstroke	-
73	13-14 100 Backstroke	74
75	11-12 200 Freestyle Relay	-
77	13-14 200 Freestyle Relay	78

<u>Girls</u>	<u>Events</u>	<u>Boys</u>
119	11-12 200 Freestyle	-
121	13-14 200 Freestyle	122
123	11-12 100 Butterfly	-
125	13-14 100 Butterfly	126
127	11-12 100 Individual Medley	-
129	13-14 100 Breaststroke	130
131	11-12 100 Breaststroke	-
133	13-14 200 Backstroke	134
135	11-12 50 Backstroke	-
137	11-12 200 Backstroke	-
139	13-14 50 Freestyle	140
141	11-12 50 Freestyle	-
143	13-14 200 Medley Relay	144
145	11-12 200 Medley Relay	-

Distance Session		
(20-minute Break)		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
147	13 & O 1650 Freestyle	148