



**NOVA NEW YEAR'S KICK OFF MEET**  
**BB/B/C Mini Meet**  
**Jan. 10-12, 2014**  
**SANCTION NO. VS-14-35**

Hosted by:  
**NOVA**  
SWIMMING  
NOVA of Virginia Aquatics

<b>SANCTION:</b>	<ul style="list-style-type: none"><li>Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: <b>VS-14-35</b></li><li>USA Swimming, Inc., Virginia Swimming, Inc., and NOVA Aquatics Center 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.</li></ul>
<b>LOCATION:</b>	NOVA Aquatics Center, 12207 Gayton Road, Richmond, VA 23238, Phone: (804) 754-3401
<b>FACILITY:</b>	<ul style="list-style-type: none"><li>10-lane, 25-yard pool, 4.5 feet deep in lane 1 sloping to 7.5 feet in lane 10 with Kiefer 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 104.2.2C(4). The copy of such certification is on file with USA Swimming.</li></ul>
<b>MEET DIRECTOR:</b>	Name: Lori Hopewell Email: <a href="mailto:dltahopewell@comcast.net">dltahopewell@comcast.net</a> Phone: (804) 869-6908
<b>ELIGIBILITY:</b>	<ul style="list-style-type: none"><li>Open to all Virginia Swimming athletes registered before the first day of the meet.</li><li>No on deck Virginia Swimming athlete registration will be permitted.</li><li>Swimmers 8 years old and younger may participate regardless of classification in 8&amp;U events.</li><li>Swimmers 9-18 years old may compete in any event and relay strokes in which they have a "BB", "B" or "C" Time.</li><li>2013-2016 NAG times are in effect</li><li>Age on January 10, 2014 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 on Friday evening for all aged swimmers.</li><li>All 8 &amp; younger swimmers will swim in Saturday and Sunday mid-day session. There will be a five minute break before relays in this session.</li><li>All 9-10 year old swimmers and the 11-12 Boys swim on Saturday and Sunday morning session.</li><li>11-12 Girls and all 13-18 year old swimmers will swim on Saturday and Sunday afternoon session.</li><li><b>Event numbers: 9, 13, 15, 19, 23, 25, 29, 33, 54, 58, 60, 64, 68, 70, 74, 78, 81, 85, 89, 93, 97, 99, 103, 107, 124, 128, 132, 136, 140, 142, 146, &amp; 150 are intentionally not used.</b></li><li>All events will be timed finals</li></ul>
<b>WARM-UP:</b>	<ul style="list-style-type: none"><li>Friday session: Warm-ups 4:15 pm; competition starts 5:15 pm</li><li>Morning session: Warm-ups at 7:00 am; <b>competition starts at 8:25am.</b></li><li>Mid-day session: Warm-ups not before 12:00 pm; competition starts not before 1:00 pm</li><li>Afternoon session: Warm-ups not before 3:00 pm; competition starts not before 4:00 pm.</li><li>Lane assignment and warm-up times for individual clubs will be posted on the NOVA website no later than Wednesday, January 8, 2014, and will also be emailed to the contact person of the participating clubs.</li><li>If a session runs late, subsequent session warm-ups will begin immediately after the previous session ends.</li></ul>
<b>ENTRIES:</b>	<b>DEADLINE FOR THE RECEIPT OF ENTRIES IS 9:00 PM, SUNDAY, JANUARY 5, 2014.</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 must submit entries via e-mail</li></ul>

	<ul style="list-style-type: none"> <li>• 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.</li> <li>• Coach Times (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 “BB” time. All entry times other than CT must have been achieved in USA Swimming sanctioned, approved, or observed competition.</li> <li>• Swimmers may enter a maximum of <i>1 individual event on Friday. Swimmers may enter a maximum of 3 individual events and 1 relay event on Saturday and Sunday.</i></li> <li>• <b>When entering 11-12 year old events, 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>• Entries will be processed in the order received and <b>accepted to</b> the greatest extent possible without exceeding the 4-hour/session timeline limit.</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@novaswim.org">novaswim@novaswim.org</a></li> <li>• Deck entries will be accepted in the order received for swimmers already entered in the meet, to the extent that open lanes are available. Deck entries must be submitted to the Clerk-of-Course on the provided form.</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: NOVA OF VA AQUATICS.</li> <li>• Mail payment to: Scott Campbell 12207 Gayton Road Richmond, VA 23238</li> <li>• Payment must be received by January 8, 2014 for all entries. Failure to pay entry fees by this deadline could result in teams being barred from the meet.</li> <li>• <b>IMPORTANT:</b> If payment is 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>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 given separate awards for 6 &amp; Under, 7 year olds and 8 year olds age groups.</li> <li>○ 10 &amp; Under individual events will be given separate awards 9-10 and 8 &amp; Under age groups</li> <li>○ 12 &amp; Under individual events will be given separate awards 11-12, 9-10 and 8 &amp; Under age groups</li> <li>○ 11-18 individual events will be given separate awards for 11-12, 13-14 and 15-18 age groups</li> <li>○ 13-18 individual events will be given separate awards for 13-14 and 15-18 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 #1-2 (11-18 400 IM), 3-4 (12&amp;U 500 Free), 5-6 (11-18 1650 Free) and 151-152 (13-18 500 Free) which will be deck seeded.</li> <li>• Event #1-2 (11-18 400 IM), 3-4 (12&amp;U 500 Free), 5-6 (11-18 1650 Free) and 151-152 (13-18 500 Free) require a positive check-in to swim.</li> <li>• Positive check-in will close 30 minutes prior to the start of the session.</li> <li>• <b>SWIMMERS FAILING TO POSITIVE CHECK-IN WILL NOT BE ALLOWED TO SWIM THE EVENT.</b></li> <li>• Swimmers should report directly to the block for their events.</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> <li>• <b>Clubs entering swimmers not legally registered with USA Swimming before the first day of the meet may be fined \$100 per swimmer in each event so entered.</b></li> </ul>

	<ul style="list-style-type: none"> <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>Any swimmer entered in the meet must be certified by a USAS member coach as being proficient in performing a racing start or must start each race from within the water. When unaccompanied by a member coach, it is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.</li> <li>The overhead start procedure will be used unless otherwise directed by the meet referee.</li> <li>Except where venue facilities require otherwise, changing into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and is strongly discouraged.</li> <li>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 not permitted.</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 <ul style="list-style-type: none"> <li>Coaches with valid USA Swimming credentials but are unable to provide them upon request will be issued temporary credentials by the meet director</li> <li>Coaches with expired or non-current credentials will be required to leave the deck area.</li> </ul> </li> </ul>
<b>OFFICIALS:</b>	<p><b>Meet Referee: Jim Frye</b>  <b>Email: <a href="mailto:jamfrye@comcast.net">jamfrye@comcast.net</a></b>  <b>Phone: 540-840-8947</b></p> <ul style="list-style-type: none"> <li>Officials will be needed for all positions and all sessions 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 Laura Razzolini, Email: <a href="mailto:lrazzolini@vcu.edu">lrazzolini@vcu.edu</a> no later than Sunday, January 5, 2014.</li> <li>Officials meetings will be held in the hospitality area one hour prior to the start of the meet.</li> </ul>
<b>SAFETY:</b>	Virginia Swimming Meet Safety Procedures will be in effect.
<b>TIMERS:</b>	<ul style="list-style-type: none"> <li>Clubs may be required to provide timers.</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 is 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>	<b>PLEASE DO NOT PARK AT THE APARTMENT BUILDINGS ACROSS THE STREET OR THE SHOPPING CENTER NEXT TO NOVA.</b> The NOVA Aquatics Center has parking available.
<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 Road south to Ridgefield Parkway (3<sup>rd</sup> light); turn right. Proceed on Ridgefield until you intersect with Gayton Road (4<sup>th</sup> light); turn left. NOVA Aquatics Center less than ½ mile on left.</li> <li><b>NORTH</b> – 95 South to 64 East to the Gaskins Road South exit. Follow 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 Road. Take a left at the light. Follow Pump Road to Ridgefield Parkway (3<sup>rd</sup> 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.</li> <li><b>SOUTHSIDE</b> – 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.</li> </ul>

**ORDER OF EVENTS**  
**FRIDAY, JANUARY 10, 2014**

<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	11-18 400 Individual Medley	2
3	12 & Under 500 Freestyle	4
5	11-18 1650 Freestyle	6

**SATURDAY, JANUARY 11, 2014**

**SUNDAY, JANUARY 12, 2014**

<b>Morning Session</b>		
<b>9-10 Year Olds + 11-12 Boys</b>		
<b>Warm-up: 7:00 am; Start: 8:25 am</b>		
<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

  

<b>Mid-Day Session</b>		
<b>8 &amp; Under Swimmers</b>		
<b>Warm-up: 12:00 pm; Start: 1:00 pm</b>		
<b>(Time are not earlier than)</b>		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
37	8 & Under 100 Individual Medley	38
39	8 & Under 25 Freestyle	40
41	8 & Under 50 Butterfly	42
43	8 & Under 100 Butterfly	44
45	8 & Under 25 Breaststroke	46
47	8 & 50 Backstroke	48
49	8 & Under 100 Backstroke	50
<b>5-minute break</b>		
51	8 & Under 100 Freestyle Relay	52

  

<b>Afternoon Session</b>		
<b>13-18 Year Olds + 11-12 Girls</b>		
<b>Warm-up: 3:00 pm; Start: 4:00 pm</b>		
<b>(Times are not earlier than)</b>		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
53	11-12 100 Freestyle	-
55	13-18 100 Freestyle	56
57	11-12 50 Butterfly	-
59	11-12 200 Butterfly	-
61	13-18 200 Butterfly	62
63	11-12 200 Individual Medley	-
65	13-18 200 Individual Medley	66
67	11-12 50 Breaststroke	-
69	11-12 200 Breaststroke	-
71	13-18 200 Breaststroke	72
73	11-12 100 Backstroke	-
75	13-18 100 Backstroke	76
77	11-12 200 Freestyle Relay	-
79	13-18 200 Freestyle Relay	80

<b>Morning Session</b>		
<b>9-10 Year Olds + 11-12 Boys</b>		
<b>Warm-up: 7:00 am; Start: 8:25 am</b>		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
-	11-12 200 Freestyle	82
83	9-10 100 Freestyle	84
-	11-12 100 Butterfly	86
87	9-10 50 Butterfly	88
-	11-12 100 Individual Medley	90
91	9-10 200 Individual Medley	92
-	11-12 100 Breaststroke	94
95	9-10 100 Breaststroke	96
-	11-12 50 Backstroke	98
-	11-12 200 Backstroke	100
101	9-10 50 Backstroke	102
-	11-12 50 Freestyle	104
105	9-10 200 Medley Relay	106
-	11-12 200 Medley Relay	108

  

<b>Mid-Day Session</b>		
<b>8 &amp; Under Swimmers</b>		
<b>Warm-up: 12:00 pm; Start: 1:00 pm</b>		
<b>(Times are not earlier than)</b>		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
109	8 & Under 50 Freestyle	110
111	8 & Under 25 Butterfly	112
113	8 & Under 50 Breaststroke	114
115	8 & Under 100 Breaststroke	116
117	8 & Under 25 Backstroke	118
119	8 & Under 100 Freestyle	120
<b>5-minute break</b>		
121	8 & Under 100 Medley Relay	122

  

<b>Afternoon Session</b>		
<b>13-18 Year Olds + 11-12 Girls</b>		
<b>Warm-up: 3:00 pm; Start: 4:00 pm</b>		
<b>(Times are not earlier than)</b>		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
123	11-12 200 Freestyle	-
125	13-18 200 Freestyle	126
127	11-12 100 Butterfly	-
129	13-18 100 Butterfly	130
131	11-12 100 Individual Medley	-
133	13-18 100 Breaststroke	134
135	11-12 100 Breaststroke	-
137	13-18 200 Backstroke	138
139	11-12 50 Backstroke	-
141	11-12 200 Backstroke	-
143	13-18 50 Freestyle	144
145	11-12 50 Freestyle	-
147	13-18 200 Medley Relay	148
149	11-12 200 Medley Relay	-
151	13-18 500 Freestyle	152

**NOTE: Event numbers: 9, 13, 15, 19, 23, 25, 29, 33, 54, 58, 60, 64, 68, 70, 74, 78, 81, 85, 89, 93, 97, 99, 103, 107, 124, 128, 132, 136, 140, 142, 146 and 150 are intentionally not used.**