



**NOVA SENIOR CLASSIC  
Closed Invitational Meet  
November 4 - November 6, 2016  
SANCTION NO. VS-17-22**

**Hosted by:**  
  
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-17-22.al</b></li><li>• USA Swimming, Inc., Virginia Swimming, Inc., and NOVA Aquatics Center shall be held free and harmless from any and all liabilities and claims from 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 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: novabusinessoffice@novaswim.org Phone: (804) 750-1183
<b>ELIGIBILITY:</b>	<ul style="list-style-type: none"><li>• Open to all USA Swimming athletes from NOVA, NCAP, Quest, RMSC and Regency Park registered before the first day of the meet.</li><li>• Swimmers must have 13-14 "A" times or faster in each event entered. All teams may add swimmers otherwise not eligible at the coaches' discretion.</li><li>• 2017-2020 NAG times are in effect</li><li>• No deck USA Swimming athlete registration will be permitted.</li><li>• Age on November 4, 2016 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>• All events will be timed finals.</li><li>• 10 minute breaks will potentially be added after events 8 and 18 depending on seeding.</li></ul>
<b>WARM-UP:</b>	<ul style="list-style-type: none"><li>• Friday session: Warm-ups 6:00pm; Competition starts 7:00pm.</li><li>• Saturday &amp; Sunday morning sessions: General warm-up (both pools) starts at 6:45 am; Competition starts: 8:45 am</li><li>• Saturday afternoon session: General warm-up (both pools) starts not before 3:00 pm; competition starts not before 5:00 pm</li><li>• Sunday distance session: The competition pool will be open for 10 minutes of open warm-up immediately following the finish of the morning session, with the distance session competition starting 5 minutes thereafter.</li></ul>
<b>ENTRIES:</b>	<p><b>DEADLINE FOR THE RECEIPT OF ENTRIES IS 9:00 PM, SUNDAY, OCTOBER 30, 2016.</b></p> <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 via e-mail</li><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>• All entry times must have been achieved in USA Swimming sanctioned, approved, or observed</li></ul>

	<p>competition.</p> <ul style="list-style-type: none"> <li>Swimmers may enter a maximum of <i>1 individual event on Friday evening, 3 individual events per session on Saturday and Sunday, with a maximum of 5 events total on Saturday.</i></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: Lori Hopewell, <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: \$4.50 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: NOVA of Virginia Aquatics 12207 Gayton Road Richmond, VA 23238</li> <li>Payment must be received by November 2, 2016 for all 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.</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>SEEDING:</b>	<ul style="list-style-type: none"> <li>All events will be pre-seeded, except 400 IM, 500, 1000 and 1650 Free, which will be deck seeded.</li> <li>The 400 IM, 500, 1000 and 1650 Free will require a positive check-into swim.</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><b>A swimmer who positively checks-in and declares their intent to swim for a distance event and does not show up to compete will not be able to swim his/her next event.</b></li> <li>At the discretion of the Meet Referee, the 400IM, 500, 1000, 1650 Free and may be run alternating girls/boys fastest to slowest.</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> <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>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>.</li> <li>Changing into or out of swimsuits other than in locker rooms or other designated areas is not</li> </ul>

	<p>appropriate and is PROHIBITED.</p> <ul style="list-style-type: none"> <li>• In accordance with VSI best practices, all swimmers should shower before entering the pool.</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 who have valid USA Swimming credentials but who 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: Laura Razzolini</b>  <b>Email: : <a href="mailto:lrazzolini@vcu.edu">lrazzolini@vcu.edu</a></b>  <b>Phone: 804-868-9095</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 at <a href="mailto:lrazzolini@vcu.edu">lrazzolini@vcu.edu</a> (official's coordinator) no later than October 30, 2016.</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>• 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>	<ul style="list-style-type: none"> <li>• PLEASE DO NOT PARK AT THE APARTMENT BUILDINGS ACROSS THE STREET OR THE SHOPPING CENTER NEXT TO NOVA.</li> <li>• The NOVA Aquatics Center has parking available.</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 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 West 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>

**Friday, November 4, 2016  
Warm up 6pm, Start 7pm**

<b>Evening Session</b>		
<b><u>Girls</u></b>	<b><u>Events</u></b>	<b><u>Boys</u></b>
1	1000 Y Free	2

**Saturday, November 5, 2016  
Warm up 6:45am, Start 8:45am**

<b>AM Session</b>		
<b><u>Girls</u></b>	<b><u>Events</u></b>	<b><u>Boys</u></b>
3	100 Y Breast	4
5	200 Y Free	6
7	100 Y Fly	8
9	400 Y IM	10

**Saturday, November 5, 2016  
Warm up not before 3pm, Start not before 5pm**

<b>PM Session</b>		
<b><u>Girls</u></b>	<b><u>Events</u></b>	<b><u>Boys</u></b>
11	200 Y Fly	12
13	50 Y Free	14
15	200 Y Breast	16
17	100 Y Back	18
19	500 Y Free	20

**Sunday, November 6, 2016  
Warm up 6:45am, Start 8:45am**

<b>AM Session</b>		
<b><u>Girls</u></b>	<b><u>Events</u></b>	<b><u>Boys</u></b>
21	200 Y Back	22
23	100 Y Free	24
25	200 Y IM	26

**Sunday, November 6, 2016**

<b>Distance Session – 15 minutes after Event 26 concludes</b>		
<b><u>Girls</u></b>	<b><u>Events</u></b>	<b><u>Boys</u></b>
27	1650 Y Free	28