



**NOVA South
Feedin' Frenzy
November 2-4 ,2018
SANCTION NO. VS-19-15**



SANCTION:	<ul style="list-style-type: none"> Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: VS-19-15 USA Swimming, Inc., Virginia Swimming, Inc., CSAC, NOVA of Virginia Aquatics, NOVA South, and Waterworth Swimming LLC 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:	Collegiate School Aquatic Center 5050 Ridgedale Parkway Richmond Virginia 23234 804-271-8271
FACILITY:	<ul style="list-style-type: none"> The 50-meter competition pool with bulkhead offers two 25 yard competition pools with a depth of seven feet and seven inches at the sides and eight feet and two inches in the center. Competition lanes are a minimum of 9 feet wide swum wall to bulkhead. Indoor 6 lane 25 yard pool for continuous warm-up, cool-down. Non-Turbulent Lane Markers in both pools Omega Starting Blocks, CTS6 with automatic and semi-automatic timing, backup Dolphin wireless stopwatches. The CSAC provides 2 indoor pools and supporting amenities including hospitality, a swim shop, classroom and wireless internet. Spectator seating for 700 plus. The competition course has been certified in accordance with current USA Swimming Rules
MEET DIRECTOR:	Name: Lauren Waterworth Email: LaurenWaterworth11@gmail.com Phone: 804-955-8572
ELIGIBILITY:	<ul style="list-style-type: none"> Open to all USA swimming athletes registered prior to the first day of the meet. No on deck Virginia Swimming athlete registration will be permitted. Swimmers 8 years old and younger may participate regardless of classification in any 8 & Under events. 2017-2020 NAG times are in effect Age on November 2, 2018 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"> The 500 Free will be swum Friday evening for 9-18 year old swimmers. All 8 & younger swimmers will swim in Saturday and Sunday mid-day session. All 9-10 and the 11-12 Boys swim on Saturday and Sunday morning session. 11-12 Girls and all 13-18 year old swimmers will swim on Saturday and Sunday afternoon session. There will be a 5 minute break after Events 37 & 38 (8 & under 100 free relay), 41 & 42 (8 and under IM), 105 & 106 (8 & under 100 Medley Relay), and 109 & 110 (8 & under 50 breast). Event numbers: 7,13,17,19,23,27,29,33,50,54,58,60,64,68,74,79,81,85,89,93,97,99,103,120,122,126,130,136, 140, 142 and 146 are intentionally not used. All events will be timed finals. Based on the number of entries received, the meet director reserves the right to utilize two 25 yd courses.
WARM-UP:	<ul style="list-style-type: none"> Friday session: Warm-ups 4:00 pm; competition starts 5:15 pm Morning session: Warm-ups not before 7:00 am; competition starts not before 8:00 am. Mid-day session: Warm-ups not before 11:00 am; competition starts not before 11:50 am Afternoon session: Warm-ups not before 1:15 pm; competition starts not before 2:15 pm. Lane assignment and warm-up times for individual clubs will be posted on the NOVASouth website http://www.novasouthswim.org no later than Monday, October 29, 2018, and will also be emailed to the contact person of the participating clubs. If the morning session runs late, afternoon warm-ups will begin immediately after the morning session ends.

ENTRIES:	<p>DEADLINE FOR THE RECEIPT OF ENTRIES IS 9:00 PM, THURSDAY, OCTOBER 25, 2018.</p> <ul style="list-style-type: none"> • 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. • Teams must submit entries via e-mail • 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. • "No Time" (NT) entries will be accepted for events in which a swimmer does not have a time of record. All entry times must have been achieved in USA Swimming sanctioned, approved, or observed competition. • Swimmers may enter a maximum of <i>1 individual event on Friday. Swimmers may enter a maximum of 4 individual events and 1 relay event on Saturday and Sunday.</i> • 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. • Relay teams must be designated A, B, C, etc., if more than one per club is entered per event. • Entries will be processed in the order received and accepted to the greatest extent possible without exceeding the 4-hour/session timeline limit. • 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. Relays may also be eliminated if necessary and relay fees will be refunded should this happen. • Email entries to: LaurenWaterworth11@gmail.com • 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.
FEES:	<p>Individual events: \$6.50 Relay events: \$14.00 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: Waterworth Swimming LLC • Mail payment to: Lauren Waterworth 4603 Melody Court N Chesterfield VA 23234 • Payment must be received by November 2, 2018 for all entries. Failure to pay entry fees by this deadline could result in teams being barred from the meet. • IMPORTANT: 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.
AWARDS:	<ul style="list-style-type: none"> • Individual events: Ribbons will be awarded for first through eighth place <ul style="list-style-type: none"> ○ 8 & Under individual events will be given separate awards for 6 & Under, 7 year olds and 8 year olds age groups. ○ 12 & Under individual events will be given separate awards 11-12, 9-10 and 8 & Under age groups ○ 13-18 individual events will be given separate awards for 13-14 and 15-18 age groups • Relay events: Ribbons will be awarded for first through fourth place.
SEEDING:	<ul style="list-style-type: none"> • All events will be pre-seeded, except #1-2 (13-18 500 Free), #3-4 (12&U 500 Free), #5-6 (13-18 400 IM) which will be deck seeded. • Event #1-2 (13-18 500 Free), #3-4 (12&U 500 Free), #5-6 (13-18 400 IM) require a positive check-in. • Positive check-in will close 30 minutes prior to the start of the session. • SWIMMERS FAILING TO POSITIVELY CHECK-IN WILL NOT BE ALLOWED TO SWIM THE EVENT. • Swimmers should report directly to the block for their events.
PENALTIES:	<ul style="list-style-type: none"> • A fine of up to \$100 per event may be assessed for any illegal participation in the meet. Illegal participation is defined as <ul style="list-style-type: none"> • Entries using fraudulent or non-verifiable times. • Athlete competed in the incorrect age group. • Athlete is not registered with USA Swimming prior to the first day of the meet. • 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. • Any event in which an athlete participated illegally will be rescored and re-awarded.
RULES:	<ul style="list-style-type: none"> • The current USA Swimming Rules and Regulations will apply.

	<ul style="list-style-type: none"> 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, the swimmer or the swimmer's legal guardian must ensure compliance with this requirement. Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach areas, spectator areas and open ceiling locker rooms) anytime athletes, coaches, officials and/or spectators are present without written USA Swimming approval. 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. Changing into or out of swimsuits other than in locker rooms or other designated areas is prohibited In accordance with VSI Best Practices, swimmers should shower before entering the pool. 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 with expired or non-current credentials will be required to leave the deck area.
OFFICIALS:	<p>Meet Referee: Glenn West Email: glenn.west@verizon.net Phone: 804-261-3671</p> <ul style="list-style-type: none"> Officials will be needed for all positions and all sessions 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 Emily Fagan, Email: emilyfagan@comcast.net no later than Sunday, October 14, 2018. Officials meetings will be held in the hospitality area one hour prior to the start of the meet.
SAFETY:	Virginia Swimming Meet Safety Procedures will be in effect.
TIMERS:	<ul style="list-style-type: none"> Clubs will be required to provide timers. Lane assignments for individual clubs will be posted on the NOVASouth website http://www.novasouthswim.org no later than Monday, October 29, 2018, and will also be emailed to the contact person of the participating clubs. All swimmers in the Friday session will be required to provide their own timers and counters.
GENERAL:	<ul style="list-style-type: none"> Hospitality & Concessions will be provided during the Meet. Heat Sheets will be sold in the Concessions area. The Tri & Swim shop will be open in the Entrance lobby.
FACILITY RULES:	<ul style="list-style-type: none"> No glass containers of any kind are permitted in the Facility. Lawn/Deck Chairs are not permitted in the grandstand. No spectators/parents will be allowed on the deck unless working the meet. No smoking is allowed anywhere on the Aquatic Center campus. Doors are not to be propped open and the front door is the only entry/exit door from the facility
PARKING:	<ul style="list-style-type: none"> Parking at the facility is available to patrons of the pool associated with the meets, employees, coaches and officials. There will be a drop off area designated. Please follow the guidance of the parking attendants. No parking on the grass around CSAC or in Ukrop Park. Failure to adhere to the parking attendants' directions could result in your vehicle being towed. Abusive language and inappropriate gestures by individuals directed at Ukrop parking attendants, CSAC employees or NOVA South meet staff will not be tolerated and will be asked to leave the facility. Overflow Parking is available directly behind the venue in the old Martin's Grocery Store Lot.
DIRECTIONS:	<ul style="list-style-type: none"> Go to the following link on the Virginia swimming website: http://virginiawimming.org/Meets/Meet%20Directions/CSAC.htm

NOVA South-ORDER OF EVENTS
Friday, November 2, 2018

Evening Session		
Warm-up: 4:00 pm; Start: 5:15 pm		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
1	13-18 500 Freestyle	2
3	12 & Under 500 Freestyle	4
5	13-18 400 Individual Medley	6

Saturday, November 3, 2018

Morning Session		
9-10 Year Olds + 11-12 Boys		
Warm-up: 7:00 am; Start: 8:00 am		
(Times are not earlier than)		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
-	11-12 200 Freestyle Relay	8
9	9-10 200 Freestyle Relay	10
11	9-10 50 Freestyle	12
-	11-12 100 Freestyle	14
15	9-10 100 Butterfly	16
-	11-12 50 Butterfly	18
-	11-12 200 Butterfly	20
21	9-10 100 Individual Medley	22
-	11-12 200 Individual Medley	24
25	9-10 50 Breaststroke	26
-	11-12 50 Breaststroke	28
-	11-12 200 Breaststroke	30
31	9-10 100 Backstroke	32
-	11-12 100 Backstroke	34
35	9-10 200 Freestyle	36

Mid-Day Session		
8 & Under Swimmers		
Warm-up: 11:00 am; Start: 11:50 am		
(Time are not earlier than)		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
37	8 & Under 100 Freestyle relay 5 minute break	38
39	8 & Under 25 Freestyle	40
41	8 & Under 100 Individual Medley 5 minute break	42
43	8 & Under 25 Breaststroke	44
45	8 & Under 50 Backstroke	46
47	8 & Under 50 Butterfly	48

Afternoon Session		
13 &Over+ 11-12 Girls		
Warm-up: 1:15 pm; Start: 2:15 pm		
(Times are not earlier than)		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
49	11-12 200 Freestyle Relay	-
51	13 & Over 200 Freestyle Relay	52
53	11-12 100 Freestyle	-
55	13 & Over 100 Freestyle	56
57	11-12 50 Butterfly	-
59	11-12 200 Butterfly	-
61	13 & Over 200 Butterfly	62
63	11-12 200 Individual Medley	-
65	13 & Over 200 Individual Medley	66
67	11-12 50 Breaststroke	-
69	11-12 200 Breaststroke	-
71	13 & Over 200 Breaststroke	72
73	11-12 100 Backstroke	-
75	13 & Over 100 Backstroke	76

Sunday, November 4, 2018

Morning Session		
9-10 Year Olds + 11-12 Boys		
Warm-up: 7:00 am; Start: 8:00 am		
(Times are not earlier than)		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
77	9-10 200 Medley Relay	78
-	11-12 200 Medley Relay	80
-	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

Mid-Day Session		
8 & Under Swimmers		
Warm-up: 11:00 am; Start: 11:50 am		
(Times are not earlier than)		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
105	8 & Under 100 Medley Relay 5 minute break	106
107	8 & Under 50 Freestyle	108
109	8 & Under 50 Breaststroke 5 minute break	110
111	8 & Under 25 Backstroke	112
113	8 & Under 100 Freestyle	114
115	8 & Under 25 Butterfly	116

Afternoon Session		
13&Over + 11-12 Girls		
Warm-up: 1:15 pm; Start: 2:15 pm		
(Times are not earlier than)		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
117	13 & Over 200 Medley Relay	118
119	11-12 200 Medley Relay	-
121	11-12 200 Freestyle	-
123	13 & Over 200 Freestyle	124
125	11-12 100 Butterfly	-
127	13 & Over 100 Butterfly	128
129	11-12 100 Individual Medley	-
131	13 & Over 100 IM	132
133	13 & Over 100 Breaststroke	134
135	11-12 100 Breaststroke	-
137	13 & Over 200 Backstroke	138
139	11-12 50 Backstroke	-
141	11-12 200 Backstroke	-
143	13 & Over 50 Freestyle	144
145	11-12 50 Freestyle	-

NOTE: Event numbers: 7,13,17,19,23,27,29,33,50,54,58,60,64,68,74,79,81,85,89,93,97,99,103,120,122,126,130,136, 140, 142 and 146 are intentionally not used.

