



CENTRAL DISTRICT 8 & Y CHAMPIONSHIP
February 6-7, 2021
SANCTION NO. VS-21-121



We have taken enhanced health and safety measures for all attending this event however we cannot guarantee you that you will not become infected with COVID-19. You must follow all posted instructions while visiting NOVA of Virginia Aquatics. An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. According to the Centers for Disease Control and Prevention, senior citizens and individuals with underlying medical conditions are especially vulnerable. By attending this meet, you acknowledge the contagious nature of COVID-19 and voluntarily assume all risks related to exposure to COVID-19.

SANCTION:	<ul style="list-style-type: none"> • Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: VS-21-121 . • 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. • USA Swimming, Inc., Virginia Swimming, Inc., and NOVA of Virginia Aquatics cannot prevent you (or your children) from becoming exposed to, contracting, or spreading COVID-19 while participating in USA Swimming/Virginia Swimming sanctioned events. It is not possible to prevent against the presence of the disease. Therefore, if you choose to participate in a USA Swimming/Virginia Swimming sanctioned event, you may be exposing yourself to and/or increasing your risk of contracting or spreading COVID-19. • BY ATTENDING OR PARTICIPATING IN THIS COMPETITION, YOU VOLUNTARILY ASSUME ALL RISKS ASSOCIATED WITH EXPOSURE TO COVID-19 AND FOREVER RELEASE AND HOLD HARMLESS USA SWIMMING AND VIRGINIA SWIMMING AND EACH OF THEIR OFFICERS, DIRECTORS, AGENTS, EMPLOYEES OR OTHER REPRESENTATIVES FROM ANY AND ALL LIABILITY OR CLAIMS FOR PERSONAL INJURIES, DEATH, DISEASE OR PROPERTY LOSSES, OR ANY OTHER LOSS INCLUDING BUT NOT LIMITED TO CLAIMS OF NEGLIGENCE AND GIVE UP ANY CLAIMS YOU MAY HAVE TO SEEK DAMAGES, WHETHER KNOWN OR UNKNOWN, FORESEEN, OR UNFORESEEN, IN CONNECTION THEREWITH.
LOCATION:	NOVA Aquatics Center, 12207 Gayton Road, Richmond, VA. 23238. Phone 804-750-1183.
FACILITY:	<ul style="list-style-type: none"> • 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 • 10 lanes will be used for competition with 10 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). A copy of the certification is on file with USA Swimming. • In order to provide parents/guardians who are outside of the facility the ability to view their athletes' events, this meet may be video-streamed following all MAAPP guidelines. By attending or participating in this competition, you acknowledge and grant permission to be included in the video-streaming.
MEET DIRECTOR:	Name: Lori Hopewell Phone: 804-750-1183 Email: novabusinessoffice@novaswim.org
.ELIGIBILITY:	<ul style="list-style-type: none"> • Open to all Virginia Swimming registered athletes 8 years old and younger prior to the first day of the meet in the Central District which includes DC, HNVR, NOVA, PSDN, QSTS, and SRVA. • Unattached athletes in the same geographical district are also eligible to attend. • No on deck Virginia Swimming athlete registration will be permitted. • Athletes may compete in any event offered regardless of classification. • Age on February 6, 2021 will determine age for the entire meet.
DISABILITY SWIMMERS:	<ul style="list-style-type: none"> • Athletes with a disability are welcome 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"> All events will be timed finals. No relays will be swum.
ENTRIES:	<p>DEADLINE FOR THE RECEIPT OF ENTRIES IS FRIDAY, JANUARY 29, 2021.</p> <ul style="list-style-type: none"> Entries must be submitted in Short Course Yards times using Commlink-2 software. Teams submit entries via e-mail. A printout of entries must be included 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 be accepted. Coach Times (CT) are not allowed for any event. All entry times must have been achieved in a sanctioned, approved, or observed meet. Swimmers may enter a maximum of 8 individual events for the meet, no more than 4 per day. The Meet Director reserves the right to combine heats and events, which may require reseeding. Email entries to: novabusinessoffice@novaswim.org 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.
FEES:	<p>Individual Events: \$6.00 Swimmer Fee: \$2.50 per person (entered in the meet in any capacity) COVID Facility Management Fee: \$6.00 *Includes:</p> <ul style="list-style-type: none"> Free Access to Heat Sheet <ul style="list-style-type: none"> Meet Mobile PDF version posted on NOVA website <p>Enhanced COVID-19 Facility Expenses</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: 12207 Gayton Road Richmond, VA. 23238 Payment must be received by Tuesday, February 2, 2021 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. IMPORTANT: If payment is sent via Express Mail/FedEx/Airborne/UPS/etc., please ensure that a signature is NOT required for delivery.
SEEDING:	<ul style="list-style-type: none"> All events will be pre-seeded. Swimmers will report to Clerk of Course prior to swimming their events.
WARM-UP:	<ul style="list-style-type: none"> Warm-ups start 4:00pm; Competition starts 5:00pm Lane assignments and warm-up times for individual clubs will be posted on the NOVA website no later than Tuesday, February 2, 2021 and will also be emailed to the contact person of the participating clubs.
AWARDS:	<ul style="list-style-type: none"> Individual events will be scored and awarded medals for first through third place, and ribbons fourth through sixteenth place. Team Awards will be given. Total team points will be combined with scores from 9 - 12 District Championships. Teams placing first through third will receive a plaque. Scoring will be as follows: <ul style="list-style-type: none"> Individual: 20-17-16-15-14-13-12-11 - 9-7-6-5-4-3-2-1 All events will be scored to 16 places
COVID RULES	<ul style="list-style-type: none"> All individuals entering the facility will be expected to answer Virginia Department of Health screening questions to include temperature screening. <ul style="list-style-type: none"> Athletes: Coaches will send, via email or other means, these questions the day before competition for the swimmers in their group(s). On each day of

competition, an emailed response indicating NO must be received for each swimmer. Visiting coaches will provide this information to NOVA through email or phone communication, or verbally before athletes will be permitted to enter the facility.

- Non-Athletes: All non-athletes entering the facility for the first time each day, at designated entrances will be presented the questions at an attended station. If answer is NO, individual will be given a wrist band that must be shown to re-enter without additional screenings.

- Please consult the Facility Map for all Covid-19 logistics participants must adhere to.
- Athletes must arrive in their RACING suits. Locker rooms will remain closed.
- Coaches, officials, swimmers of all ages and spectators must wear masks at all times.
- Swimmers will be staged by heat assignment utilizing Socially Distance markings before each swim. These locations will be monitored with the flow of traffic heading in the direction of Pool 1 – Competition Pool
 - During the clerk of course process, swimmers will follow designated facility flow patterns.
 - For events 50 and Longer: Behind the Blocks – against the wall. Swimmers will reach this stage as the prior heat is in the water.
 - For 25 yard events: Along the wall at the turn end of the Pool 1. Swimmers will start from this end and swim to the Start/Finish end. Timers will not switch, 25 yard timers will be not be used.
- Once each heat has finished swimming, swimmers will exit Pool 1 in accordance with designated facility flow patterns.
- Swimmers need to be either actively warming up, in the heat staging process, racing or actively cooling down while in the facility. If a swimmer is not actively engaged in the competition process, they will not be allowed to remain in the facility.
- Athletes and families are to remain outside the pool and must maintain proper social distancing. Participants and family members not adhering to this standard will be asked to leave the premises immediately. Participants asked to leave will not be allowed to race.
- There will be no spectators allowed in the facility. Live streaming and radio frequency information for observing the meet will be made available before the meet.
- Restroom facilities are for EMERGENCY USE ONLY for all. Restroom access will also be controlled with a designated entrance, one flow of direction and designated exit. Disinfecting products will be available at the doors and must be used on any touched surface by each user.

RULES:

- The current USA Swimming Rules and Regulations, including the Minor Athlete Abuse Protection Policy, will govern this meet.
- All applicable adults participating in or associated with this meet, acknowledge that they are subject to the provisions of the USA Swimming Minor Athlete Abuse Prevention Policy (MAAPP) and that they understand that compliance with the MAAPP policy is a condition of participation in the conduct of this competition.
- 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’s legal guardian to 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, in whole or in part, into or out of swimsuit when wearing just one suit in an area other than in a locker room, bathroom, or other space designated for changing is PROHIBITED.
- Any athlete suspected of sustaining a concussion or exhibiting signs of a concussion, will immediately be removed from competition and shall not return to competition that day. The athlete may return to competition on a subsequent day, but only with a release authorization signed by a licensed healthcare provider.

	<ul style="list-style-type: none"> 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.
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.
OFFICIALS:	<p>Meet Referee: Name: Anne Van Lenten Email: westgrace98@gmail.com Phone: (804) 564-6070</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 Emily Fagan at emilyfagan@comcast.net no later than Tuesday, February 2, 2021. Officials meetings will be held in the hospitality area one hour prior to the start of the meet. General meeting for coaches and key officials will be held in the hospitality area 30 minutes 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 in proportion to the number of swimmers they have entered in each session. The number of timers required per club and their lane assignments will be posted on the NOVA website no later than Tuesday, February 2, 2021, and will also be emailed to the contact person of each of the individual clubs. All timers and counters must wear a mask.
GENERAL:	<ul style="list-style-type: none"> The Virginia Swim Shop will be open for swimming accessories and shopping. Heat Sheets will not be printed however will be provided 2 ways. <ul style="list-style-type: none"> Meet Mobile PDF versions will be posted on the NOVA website. No glass containers, smoking or alcohol is permitted on NOVA property.
PARKING:	<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.

2021 Central District 8 & U Championships Order of Events

Saturday February 6, 2021
Warm up 4:00pm; Competition 5:00pm

Girls		Boys
1	50 Breaststroke	2
3	100 Freestyle	4
5	25 Butterfly	6
7	100 Individual Medley	8
9	25 Freestyle	10
11	50 Butterfly	12
13	200 Freestyle	14
15	100 Backstroke	16

Sunday February 7, 2021
Warm up 4:00pm; Competition 5:00pm

Girls		Boys
17	25 Breaststroke	18
19	50 Freestyle	20
21	100 Butterfly	22
23	25 Backstroke	24
25	100 Breaststroke	26
27	200 Individual Medley	28
29	50 Backstroke	30