



CENTRAL DISTRICT 9-12 CHAMPIONSHIP

February 12 - 14, 2021
SANCTION NO. VS-21-126

Hosted by:



NOVA of Virginia Aquatics

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-21-126 . • 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 9 - 12 years old by the first day of the meet in the Central District which includes (select from the following DC, HNVR, NOVA, PSDN, QSTS, and SRVA • 8 & U Virginia Swimming registered athletes in the Central District may enter the 10 & U 500 Free. • Unattached athletes in the same geographical district are also eligible to attend. • No on deck Virginia Swimming athlete registration will be permitted. • The qualifying period for this meet is January 1, 2019 through February 11, 2021. • Athletes may compete in any individual event in which they do NOT have a VSI Age Group Championship qualifying time.

	<ul style="list-style-type: none"> • 10 and 12 year-old swimmers aging up from February 12 to March 11, 2021 with times too fast to qualify for this championship will be allowed to compete in an event at this meet under the following conditions: <ul style="list-style-type: none"> ○ The swimmer does not qualify for the event in his/her new age group at Age Group Champs. ○ The swimmer will be seeded correctly by time but will swim Exhibition only and will not be eligible to receive an award or compete in the finals session. • Age on February 12, 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 swum as timed finals. • No relays will be swum.
ENTRIES:	<p>DEADLINE FOR THE RECEIPT OF ENTRIES IS FRIDAY, FEBRUARY 5, 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 for individual. 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 3 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 ○ 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 9, 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.
WARM-UP:	<ul style="list-style-type: none"> • Friday 11-12 session: Warm-ups start not before 7:00am; Competition starts not before 8:00am • Friday 9-10 session: Warm-ups start not before 12:00pm; Competition starts not before 1:00pm. • Saturday 11-12 session: Warmup-ups start not before 7:00am; Competition starts not before 8:00am. • Saturday 9-10 session: Warm-ups start not before 12:30pm; Competition starts not before 1:30pm. • Sunday 11-12 session: Warm-ups start not before 7:00am; Competition starts not before 8:00am.

	<ul style="list-style-type: none"> • Sunday 9-10 session: Warm-ups start not before 11:30; Competition starts not before 12:30 pm. • Lane assignments and warm-up times for individual clubs will be posted on the NOVA website no later than Monday, Feb. 8, 2021 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.
SEEDING:	<ul style="list-style-type: none"> • All events will be pre-seeded. • Coaches will be asked to submit scratches for the 500 free and 400 IM. If sufficient scratches are received, the meet referee <u>may</u> re-seed those events. • Swimmers will report to Clerk of Course prior to swimming their events.
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. • The 10 & Under 500 Free will be awarded and scored separately for 8 & Under and 9-10 age groups. • Team Awards will be given. Total team points will be combined with scores from 8 & Under 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
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.
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 <ul style="list-style-type: none"> ○ 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. • 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.

	<ul style="list-style-type: none"> • 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:	<ul style="list-style-type: none"> • 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 <u>not permitted</u>. • 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. • 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. • 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 9, 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"> • Swimmers supply their own lap counters for the 500 Freestyle • Clubs may 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 Monday, February 8, 2021 and will also be emailed to the contact person of each of the individual clubs. • These assignments will also be posted throughout the venue. • 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 Short Course 9 – 12 Championships

Friday February 11, 2021

11-12 Year Olds Warm-Up: not before 7:00 am Start: not before 8:00 am		
G		B
1	11-12 200 Free	2
3	11-12 50 Fly	4
5	11-12 200 Back	6
7	11-12 100 Breast	8
9	11-12 100 IM	10

9-10 Year Olds Warm-Up not before 12:00 am Start not before 1:00 pm		
G		B
13	9-10 200 Free	14
15	9-10 50 Fly	16
17	9-10 100 Breast	18
19	9-10 100 IM	20

Saturday February 13, 2021

11-12 Year Olds Warm-Up not before 7:00 am Start not before 8:00 am		
G		B
23	11-12 100 Back	24
25	11-12 50 Breast	26
27	11-12 200 Fly	28
29	11-12 50 Free	30
31	11-12 200 IM	32
33	11-12 500 Free	34

9-10 Year Olds Warm-Up not before 12:30 pm Start not before 1:30 pm		
G		B
37	9-10 100 Back	38
39	9-10 50 Breast	40
41	9-10 50 Free	42
43	9-10 200 IM	44

Sunday February 14, 2021

11-12 Year Olds Warm-Up not before 7:00 am Start not before 8:00 am		
G		B
47	11-12 100 Fly	48
49	11-12 50 Back	50
51	11-12 200 Breast	52
53	11-12 100 Free	54
55	11-12 400 IM	56

9-10 Year Olds Warm-Up not before 11:30 am Start not before 12:30 pm		
G		B
59	9-10 100 Fly	60
61	9-10 50 Back	62
63	9-10 100 Free	64
65	10&Under 500 Free	66