



**NOVA December Dash  
Time Trial Addendum  
December 5-6, 2020  
SANCTION NO. VS-21-74TT**

**Hosted by:**  
  
NOVA of Virginia Aquatics

<b>ELIGIBILITY:</b>	<ul style="list-style-type: none"><li>• Open to 13 &amp; Over athletes who competed in the AM session of the December Dash.</li><li>• No deck USA Swimming athlete registration will be permitted.</li><li>• Age on December 4, 2020 will determine age for the entire meet.</li></ul>
<b>FORMAT:</b>	<ul style="list-style-type: none"><li>• All events will be timed finals.</li><li>• Time trials will be offered Saturday and Sunday evening to any 13 &amp; Over swimmer entered in an individual event in the meet. The deadline for registering for the time trial is 2:00pm each day. Coaches should email their entries, which should consist of the swimmer, event number and seed time to <a href="mailto:novabusinessoffice@novaswim.org">novabusinessoffice@novaswim.org</a>.</li><li>• Time Trial events will only be offered to swimmers on the day they swim in the meet.</li><li>• Time Trial events will be offered on the same day, in the same order as listed in the meet announcement.</li><li>• Athletes may enter may enter 1 Time Trial event from that day's morning session.</li><li>• Time Trial entries will be seeded as mixed events.</li><li>• The Time Trial Referee, at his discretion, may reorder the day's scheduled events or combine events into a single heat</li><li>• All entry times must have been achieved in USA Swimming sanctioned, approved, or observed competition.</li></ul>
<b>WARM-UP:</b>	<ul style="list-style-type: none"><li>• General warm up at 6:00; competition start at 6:40.</li></ul>
<b>FEES:</b>	<ul style="list-style-type: none"><li>• No fees will be charged</li></ul>
<b>AWARDS</b>	<ul style="list-style-type: none"><li>• No awards will be given.</li></ul>
<b>SEEDING:</b>	<ul style="list-style-type: none"><li>• All events will be pre-seeded.</li></ul>
<b>RULES:</b>	<ul style="list-style-type: none"><li>• All rules as specified in the NOVA December Dash meet announcement will also be followed during Time Trials sessions.</li></ul>
<b>OFFICIALS:</b>	<p><b>Meet Referee: Glenn West</b> <b>Email: <a href="mailto:glenn.west@verizon.net">glenn.west@verizon.net</a></b> <b>Phone: 804-261-3671</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 Emily Fagan at <a href="mailto:emilyfagan@comcast.net">emilyfagan@comcast.net</a> (official's coordinator) no later than December 1, 2019.</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><li>• Timers are required to wear a face mask.</li></ul>
<b>GENERAL:</b>	<ul style="list-style-type: none"><li>• Concessions will not be offered at this meet.</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>

**Saturday, December 5, 2020**

**Time Trial Session**

**13 & Over**

**Warm-up: 6:00pm; Start: 6:40pm**

<b><u>Girls</u></b>	<b><u>Events</u></b>	<b><u>Boys</u></b>
7	15 & Over 200 Freestyle	8
9	13-14 200 Freestyle	10
11	15 & Over 100 Butterfly	12
13	13-14 100 Butterfly	14
15	15 & Over 200 Breaststroke	16
17	13-14 200 Breaststroke	18
19	15 & Over 200 Backstroke	20
21	13-14 200 Backstroke	22
23	15 & Over 100 Freestyle	24
25	13-14 100 Freestyle	26

**Sunday, December 6, 2020**

**Time Trial Session**

**13 & Over**

**Warm-up: 6:00pm; Start: 6:40pm**

<b><u>Girls</u></b>	<b><u>Events</u></b>	<b><u>Boys</u></b>
55	15 & Over 200 IM	56
57	13-14 200 IM	58
59	15 & Over 100 Backstroke	60
61	13-14 100 Backstroke	62
63	15 & Over 200 Butterfly	64
65	13-14 200 Butterfly	66
67	15 & Over 100 Breaststroke	68
69	13-14 100 Breaststroke	70
71	15 & Over 50 Freestyle	72
73	13-14 50 Freestyle	74