



**AMENDED NOVA December Dash
December 4-6, 2020
SANCTION NO. VS-21-74**



We have taken enhanced health and safety measures for all attending this event. However, we cannot guarantee 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 of COVID-19.

SANCTION:	<ul style="list-style-type: none"> • Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: VS-21-74 • USA Swimming, Inc., Virginia Swimming, Inc., NOVA and NOVA Aquatics Center 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. • 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. • 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, VIRGINIA SWIMMING AND NOVA OF VIRGINIA AQUATICS 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 Email: novabusinessoffice@novaswim.org Phone: (804) 750-1183
ELIGIBILITY:	<ul style="list-style-type: none"> • Open to all USA Swimming athletes from NOVA, QSTS, BASS, PSDN, CGBD, DC registered before the first day of the meet. • Swimmers 8 years and younger may participate regardless of classification in any 8 & under events. • Swimmers 9-12 years old may compete in any event in which they have a "BB", "B" or "C" time. • Swimmers 13-18 years old may compete in any event regardless of time standard classification. • No on deck Virginia Swimming athlete registration will be permitted.

	<ul style="list-style-type: none"> • 2021-2024 NAG motivational time standards are in effect. • Age on Dec. 4, 2020 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"> • The 12 & Under 500 Free and 200 IM and the 13 & Over 500 Free will be swum Friday evening. • All 11 & Older swimmers will compete in the Saturday and Sunday morning sessions. • All 10 & Under Swimmers will compete in the Saturday and Sunday afternoon sessions. • All events will be timed finals.
WARM-UP:	<ul style="list-style-type: none"> • Friday session: Warm-ups not before 5:30pm; competition starts not before 6:30pm • Saturday morning session: Warm-ups not before 7:30am; competition starts not before 9:05am. • Saturday afternoon session: Warm-ups not before 12:30pm; competition not before 2:05pm. • Sunday morning session: Warm-ups not before 6:30am; competition not before 8:05am. • Sunday afternoon session: Warm-ups not before 11:30am; competition not before 1:05pm. • Lane assignment and warm-up times for individual clubs will be posted on the NOVA website no later than Monday, November 30, 2020, and will also be emailed to the contact person of the participating clubs. • Warm ups will be assigned by pool and lane and will be limited to 6 swimmers per lane, providing 10 feet of social distance in the lanes when practicable. <ul style="list-style-type: none"> ○ NOVA's Phase 3 Practice entry procedures will be used to facilitate main warm-up for athletes. Visiting Teams will receive these documents. Teams will be informed of these procedures with warm up assignments. ○ No parents will be allowed in the facility during meet warm-up periods. • If the morning session runs late, afternoon warm-ups will begin 15 minutes after the morning session ends to provide for disinfecting and cleaning between sessions.
ENTRIES:	<p>DEADLINE FOR THE RECEIPT OF ENTRIES IS 9:00PM, FRIDAY, NOVEMBER 27, 2020.</p> <ul style="list-style-type: none"> • Entries must be submitted in short course yard times using Commlink-2 software- • Teams must submit entries via e-mail • A printout of entries must be included 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>3 individual events each day</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. Please refer to the order of events. • Entries will be processed in the order received and accepted to the greatest extent possible without exceeding the 4-hour/session timeline limit or the limits as mandated by current Commonwealth of Virginia guidelines. • Depending on the number of entries, sessions could change format to accommodate all swimmers. Teams will be notified by Monday, Nov. 30th of any change. • Email entries to: novabusinessoffice@novaswim.org • Deck entries will be accepted for athletes already in the meet to the extent that open lanes are available without adding extra heats.
FEES:	<p>Individual Event Entry Fee: \$6.00 Covid-19 Facility Management Fee per person: \$6.00* Swimmer Surcharge per person: \$2.50 *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 • Enhanced COVID-19 Facility Expenses

SEEDING:	<ul style="list-style-type: none"> • All events will be pre-seeded • Coaches will be asked to submit scratches for distance events (Event 91, 92, 129, 130 500 Free). At the discretion of the meet referee, these events may be reseeded if sufficient scratches are received.
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-19 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). The day of competition, an emailed response indicating NO must be received for each swimmer, each day of competition. 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. ○ 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 spectator seating. There will a “watch and go” section in Pool 1. Spectators will enter the facility at the designated entry, watch their swimmer’s heat, and flow in one direction to the Spectator Exit. • One spectator PER SWIMMER will be allowed entry to the “watch & go” area. • 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

	<p>they understand that compliance with the MAAPP policy is a condition of participation in the conduct of this competition.</p> <ul style="list-style-type: none"> • 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) any time athletes, coaches, officials and/or spectators are present without written USA Swimming approval • Any swimmer entered in the meet must be certified by a USAS member coach as proficient in performing a racing start or must start each race from within the water. When unaccompanied by a USAS member coach, the swimmer or the swimmer's legal guardian must ensure compliance with this requirement. • 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. • An 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. • 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, November 29, 2020 • 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"> • NOVA will provide all timers, including distance events. • Swimmers must provide their own counters for distance events. • There will be 1 timer per lane. • The head timer will assign specific lanes prior to each session. • All timers and counters must wear a face 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:	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.

**NOVA DECEMBER DASH
ORDER OF EVENTS
Friday, December 4, 2020**

Evening Session		
Warm-up: 5:30 pm; Start: 6:30 pm (Times are not earlier than)		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
1	13 & Over 500 Freestyle	2
3	12 & Under 200 IM	4
5	12 & Under 500 Freestyle	6

Saturday, December 5, 2020

Sunday, December 6, 2020

Morning Session 11 & Over		
Warm-up: 7:30 am; Start: 9:05 am (Times are not earlier than)		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
7	11-12 200 Freestyle	8
9	15 & Over 200 Freestyle	10
11	13-14 200 Freestyle	12
13	11-12 50 Butterfly	14
15	11-12 400 Individual Medley	16
17	15 & Over 100 Butterfly	18
19	13-14 100 Butterfly	20
21	11-12 100 Breaststroke	22
23	15 & Over 200 Breaststroke	24
25	13-14 200 Breaststroke	26
27	11-12 100 Backstroke	28
29	15 & Over 200 Backstroke	30
31	13-14 200 Backstroke	32
33	11-12 50 Freestyle	34
35	15 & Over 100 Freestyle	36
37	13-14 100 Freestyle	38
39	11-12 200 Butterfly	40
Afternoon Session 10 & Under		
Warm-up: 12:30 pm; Start 2:05 pm (Times are not earlier than)		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
41	10 & Under 200 Freestyle	42
43	10 & Under 50 Butterfly	44
45	10 & Under 100 Breaststroke	46
47	8 & Under 25 Breaststroke	48
49	10 & Under 100 Backstroke	50
51	8 & Under 25 Backstroke	52
53	10 & Under Freestyle	54

Morning Session 11 & Over		
Warm-up: 6:30 am; Start: 8:05 am (Times are not earlier than)		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
55	11-12 200 Breaststroke	56
57	11-12 100 Individual Medley	58
59	15 & Over 200 Individual Medley	60
61	13-14 200 Individual Medley	62
63	11-12 50 Backstroke	64
65	15 & Over 100 Backstroke	66
67	13-14 100 Backstroke	68
69	11-12 100 Butterfly	70
71	15 & Over 200 Butterfly	72
73	13-14 200 Butterfly	74
75	11-12 50 Breaststroke	76
77	15 & Over 100 Breaststroke	78
79	13-14 100 Breaststroke	80
81	11-12 100 Freestyle	82
83	15 & Over 50 Freestyle	84
85	13-14 50 Freestyle	86
87	11-12 200 Backstroke	88
Afternoon Session 10 & Under		
Warm-up: 11:30 am; Start 1:05 pm (Times are not earlier than)		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
89	10 & Under 100 Individual Medley	90
91	10 & Under 50 Backstroke	92
93	10 & Under 100 Butterfly	94
95	8 & Under 25 Butterfly	96
97	10 & Under 50 Breaststroke	98
99	10 & Under 100 Freestyle	100
101	8 & Under 25 Freestyle	102