



**NOVA SENIOR HOLIDAY  
CHAMPIONSHIP MEET  
December 18-21, 2020  
SANCTION NO. VS-21-83**

**Hosted by:**  
  
NOVA of Virginia Aquatics

*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.*

<b>SANCTION:</b>	<ul style="list-style-type: none"> <li>Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: <b>VS-21-83</b></li> <li>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.</li> <li>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.</li> <li>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.</li> <li>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.</li> </ul>
<b>LOCATION:</b>	NOVA Aquatics Center, 12207 Gayton Road, Richmond, VA 23238, Phone: (804) 750-1183
<b>FACILITY:</b>	<ul style="list-style-type: none"> <li>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</li> <li>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.</li> <li>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.</li> <li>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.</li> </ul>
<b>MEET DIRECTOR:</b>	Name: Lori Hopewell Email: novabusinessoffice@novaswim.org Phone: (804) 750-1183
<b>ELIGIBILITY:</b>	<ul style="list-style-type: none"> <li>Open to all USA Swimming athletes from NOVA, TIDE, QUEST and BASS registered before the first day of the meet.</li> <li>No on deck Virginia Swimming athlete registration will be permitted.</li> <li>2021-2024 NAG motivational time standards are in effect.</li> <li>Age on December 18, 2020 will determine age for the entire meet.</li> </ul>
<b>DISABILITY</b>	<ul style="list-style-type: none"> <li>Athletes with a disability are welcome and shall provide advance notice of desired accommodations to the Meet Director.</li> </ul>

<b>SWIMMERS:</b>	<ul style="list-style-type: none"> <li>The athlete (or the athlete's coach) is also responsible for notifying the session referee of any disability prior to the competition.</li> </ul>
<b>FORMAT:</b>	<ul style="list-style-type: none"> <li>Preliminary Sessions:</li> <li>Individual events will be swum as trials and finals EXCEPT the 1650 Y Freestyle, 500 Y Freestyle, 400 Y Individual Medley and the 1000 Y Freestyle which will be swum as timed finals.</li> <li>The timed final events (1650 Y Freestyle, 500 Y Freestyle, 400 Y Individual Medley and 1000 Y Freestyle) will be swum fastest to slowest, alternating women and men and limited to top 5 heats for each event.</li> <li>The prelims session of this meet will be flighted with an A flight and a B flight.</li> <li>The Meet Director reserves the right to add relays to each finals session, depending on the timeline after entries are received. Teams will be informed of the addition of any relays by Wednesday, December 16.</li> <li>There will be 3 heats in each day's finals session following the order C, B, then A. Top 24 will swim regardless of age with the remaining 6 places being reserved for 13-14 year old athletes.</li> </ul>
<b>WARM-UP:</b>	<ul style="list-style-type: none"> <li>Friday session: Warm-ups not before 4:00; competition not before 5:10 pm</li> <li>Saturday, Sunday and Monday Morning session: Warm-ups not before 7:00 am; competition starts not before 9:00 am.</li> <li>Saturday, Sunday and Monday Distance session: Warm-ups not before 2:00pm; competition starts not before 3:00pm</li> <li>Saturday, Sunday and Monday Finals: Warm-ups not before 3:45pm; competition starts not before 5:00pm</li> <li>Lane assignment and warm-up times for individual clubs will be posted on the NOVA website no later than Wednesday, December 16, 2020, and will also be emailed to the contact person of the participating clubs.</li> <li>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"> <li>NOVA's Phase 3 Practice entry procedures will be used to facilitate warm-up sessions for athletes. Visiting Teams will receive these documents. Teams will be informed of these procedures with warm up assignments.</li> <li>No parents will be allowed in the facility during meet warm-up periods.</li> </ul> </li> <li>If any session runs late, warm up for the subsequent session will begin 15 minutes after the session ends to provide for disinfecting and cleaning.</li> </ul>
<b>ENTRIES:</b>	<p><b>DEADLINE FOR THE RECEIPT OF ENTRIES IS 9:00PM, THURSDAY, DECEMBER 10, 2020.</b></p> <ul style="list-style-type: none"> <li>Entries must be submitted in short course yard times using Commlink-2 software-</li> <li>Teams must submit entries via e-mail</li> <li>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.</li> <li>"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.</li> <li><i>Swimmers may enter a maximum of 2 individual events each session.</i></li> <li>Entries will be processed in the order received and <b>accepted to</b> the greatest extent possible without exceeding the 4-hour/session timeline limit or the limits as mandated by current Commonwealth of Virginia guidelines.</li> <li>Depending on the number of entries, sessions could change format to accommodate all swimmers. Teams will be notified of any changes no later than Monday, December 14.</li> <li>Email entries to: <a href="mailto:novabusinessoffice@novaswim.org">novabusinessoffice@novaswim.org</a></li> <li>Deck entries will be accepted for athletes already in the meet to the extent that open lanes are available without adding extra heats.</li> </ul>
<b>FEES:</b>	<p>Individual Event Entry Fee: \$10.00  Covid-19 Facility Management Fee per person: \$6.00*  Swimmer Surcharge per person: \$2.50  *Includes:</p> <ul style="list-style-type: none"> <li>Free Access to Heat Sheet <ul style="list-style-type: none"> <li>Meet Mobile</li> </ul> </li> </ul>

	<ul style="list-style-type: none"> <li>○ PDF version posted on NOVA website</li> <li>● Enhanced COVID-19 Facility Expenses</li> </ul>
<b>SEEDING:</b>	<ul style="list-style-type: none"> <li>● All events will be pre-seeded</li> <li>● Coaches will be asked to submit scratches for distance events (Events 1-2, 11-12, 19-20 and 27-28). At the discretion of the meet referee, these events may be reseeded if sufficient scratches are received.</li> </ul>
<b>PENALTIES:</b>	<ul style="list-style-type: none"> <li>● 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"> <li>○ Entries using fraudulent or non-verifiable times.</li> <li>○ Athlete competed in the incorrect age group.</li> <li>○ Athlete is not registered with USA Swimming prior to the first day of the meet.</li> </ul> </li> <li>● 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.</li> <li>● Any event in which an athlete participated illegally will be rescored and re-awarded</li> </ul>
<b>COVID-19 RULES:</b>	<ul style="list-style-type: none"> <li>● <b>All individuals entering the facility will be expected to answer Virginia Department of Health screening questions to include temperature screening.</b> <ul style="list-style-type: none"> <li>○ <b>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.</b></li> <li>○ <b>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.</b></li> </ul> </li> <li>● <b>Please consult the Facility Map for all Covid-19 logistics participants must adhere to.</b></li> <li>● <b>Athletes must arrive in their RACING suits. Locker rooms will remain closed.</b></li> <li>● <b>All individuals, regardless of age, must wear face coverings when entering and exiting the facility and while on deck and in any interior spaces.</b></li> <li>● <b>Swimmers will be staged by heat assignment at the following locations utilizing Socially Distance markings before each swim. These locations will be monitored with the flow of traffic heading towards the hallway and Pool 1 – Competition Pool</b> <ul style="list-style-type: none"> <li>○ <b>Pool 2 Designated Swimmer Entrance</b></li> <li>○ <b>2 locations on Pool 2 deck</b></li> <li>○ <b>1 location on Pool 1 deck along Lane 1</b></li> <li>○ <b>Events 50 and Longer: Behind the Blocks – against the wall. Swimmers will reach this stage as the prior heat is in the water.</b></li> </ul> </li> <li>● <b>Once each heat has finished swimming, swimmers will exit Pool 1 in accordance with designated facility flow patterns.</b></li> <li>● <b>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.</b></li> <li>● <b>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.</b></li> <li>● <b>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.</b></li> <li>● <b>One spectator PER SWIMMER will be allowed entry to the “watch &amp; go” area.</b></li> <li>● <b>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.</b></li> </ul>

<b>RULES:</b>	<ul style="list-style-type: none"> <li>• The current USA Swimming Rules and Regulations, including the Minor Athlete Abuse Protection Policy, will govern this meet.</li> <li>• 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.</li> <li>• 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</li> <li>• 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.</li> <li>• 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>.</li> <li>• 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.</li> <li>• 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.</li> <li>• 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.</li> </ul>
<b>OFFICIALS:</b>	<p><b>Meet Referee: Bryan Wallin</b>  <b>Email: <a href="mailto:thewallin5@comcast.net">thewallin5@comcast.net</a></b>  <b>Phone: 804-389-2438</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, Email: <a href="mailto:emilyfagan@comcast.net">emilyfagan@comcast.net</a> no later than Sunday December 13, 2020</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>• Swimmers must provide their own counters for distance events.</li> <li>• There will be 1 timer per lane.</li> <li>• The head timer will assign specific lanes prior to each session.</li> <li>• All timers and counters must wear a face mask.</li> </ul>
<b>GENERAL:</b>	<ul style="list-style-type: none"> <li>• The Virginia Swim Shop will be open for swimming accessories and shopping.</li> <li>• Heat Sheets will not be printed however will be provided 2 ways. <ul style="list-style-type: none"> <li>○ Meet Mobile</li> <li>○ PDF versions will be posted on the NOVA website.</li> </ul> </li> <li>• No glass containers, smoking or alcohol is permitted in the pool area.</li> </ul>
<b>PARKING:</b>	<b>PLEASE DO NOT PARK AT THE APARTMENT BUILDINGS ACROSS THE STREET OR THE SHOPPING CENTER NEXT TO NOVA.</b> The NOVA Aquatics Center has parking available.

**Friday, December 18, 2020**  
**Warm up 4:00pm, Start 5:10pm**

<b>Evening Session</b>		
<b><u>Girls</u></b>	<b><u>Events</u></b>	<b><u>Boys</u></b>
1	Open 1650 Y Free*	2

**Saturday, December 19, 2020**  
**Warm up 7:00am, Start 9:00am**

<b>AM Prelims Session</b>		
<b><u>Girls</u></b>	<b><u>Events</u></b>	<b><u>Boys</u></b>
3	Open 100 Y Butterfly	4
5	Open 200 Y Individual Medley	6
7	Open 50 Y Freestyle	8
9	Open 100 Y Backstroke	10

**Saturday, December 19, 2020**  
**Warm up not before 2:00pm, Start not before 3:00pm**

<b>PM Distance Session</b>		
<b><u>Girls</u></b>	<b><u>Events</u></b>	<b><u>Boys</u></b>
11	Open 500 Y Freestyle*	12

**Saturday, December 19, 2020**  
**Warm up not before 3:45pm, Start not before 5:00pm**

<b>PM Finals Session</b>		
<b><u>Girls</u></b>	<b><u>Events</u></b>	<b><u>Boys</u></b>
3	Open 100 Y Butterfly	4
5	Open 200 Y Individual Medley	6
7	Open 50 Y Freestyle	8
9	Open 100 Y Backstroke	10

**Sunday, December 20, 2020**  
**Warm up 7:00am, Start 9:00am**

<b>AM Prelims Session</b>		
<b><u>Girls</u></b>	<b><u>Events</u></b>	<b><u>Boys</u></b>
13	Open 200 Y Breaststroke	14
15	Open 100 Y Freestyle	16
17	Open 200 Y Backstroke	18

**Sunday, December 20, 2020**  
**Warm up not before 2:00pm, Start not before 3:00pm**

<b>PM Distance Session</b>		
<b><u>Girls</u></b>	<b><u>Events</u></b>	<b><u>Boys</u></b>
19	Open 400 Y Individual Medley*	20

**Sunday, December 20, 2020**  
**Warm up not before 3:45pm, Start not before 5:00pm**

<b>PM Finals Session</b>		
<b><u>Girls</u></b>	<b><u>Events</u></b>	<b><u>Boys</u></b>
13	Open 200 Y Breaststroke	14
15	Open 100 Y Freestyle	16
17	Open 200 Y Backstroke	18

**Monday, December 21, 2020**  
**Warm up 7:00am, Start 9:00am**

<b>AM Prelims Session</b>		
<b><u>Girls</u></b>	<b><u>Events</u></b>	<b><u>Boys</u></b>
21	Open 200 Y Butterfly	22
23	Open 100 Y Breaststroke	24
25	Open 200 Y Freestyle	26

**Monday, December 21, 2020**  
**Warm up not before 2:00pm, Start not before 3:00pm**

<b>PM Distance Session</b>		
<b><u>Girls</u></b>	<b><u>Events</u></b>	<b><u>Boys</u></b>
27	Open 1000 Y Freestyle*	28

**Monday, December 21, 2020**  
**Warm up not before 3:45pm, Start not before 5:00pm**

<b>PM Finals Session</b>		
<b><u>Girls</u></b>	<b><u>Events</u></b>	<b><u>Boys</u></b>
21	Open 200 Y Butterfly	22
23	Open 100 Y Breaststroke	24
25	Open 200 Y Freestyle	26