



**NOVA LC WINTER INVITATIONAL  
JANUARY 29-31, 2021  
SANCTION NO. VS-21-111**



*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 Liberty University. 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-21-111</b></li> <li>• USA Swimming, Inc., Virginia Swimming, Inc., NOVA and Liberty University 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>	Liberty University, 3853 Candler Mountain Rd., Lynchburg VA 24502 Phone: 804-330-2222 ext 315
<b>FACILITY:</b>	<ul style="list-style-type: none"> <li>• The Liberty University facility provides a 9-lane, 50 meter competition pool with moveable bulkhead, separate 8-lane, 25 yard diving well, and supporting amenities including hospitality and concession stand.</li> <li>• Nine lane, 25-yard racing course allows for 18 continuous warm-up warm-down lanes OR two 10-lane 25-yard racing courses allow for 8 lanes of continuous warm-up warm-down in diving well, 7 ft. continuous depth; overflow gutters with non-turbulent lane markers.</li> <li>• Indoor 8-lane 25 yard diving well pool for continuous warm-up, cool-down. • Non-Turbulent Lane Markers in both pools.</li> <li>• Paddock Starting Blocks with trackplates, Colorado backstroke wedges, Daktronics timing system.</li> <li>• Spectator wrap-around three-sided seating for 1400.</li> <li>• Two video boards allow for two simultaneous course displays, plus the ability to scroll preliminary results.</li> <li>• The natatorium combines a 1-2 micron regenerative filter with an ultraviolet light disinfect system, ensuring premium water quality amidst heavy usage.</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</li> </ul>

	participating in this competition, you acknowledge and grant permission to be included in the video-streaming.
<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, NCAP, MOR, PHXSwimming, PSDN, Cavalier Aquatics and QST registered before the first day of the meet. Additional teams may be allowed with permission of the meet director.</li> <li>• Athletes participating in the AM Prelims Sessions require 1 15-16 AAA time.</li> <li>• Athletes participating in the Mid-day Timed Finals Sessions: 13-14 requires 2 A times; 15 &amp; Over requires 2 15-16 A times.</li> <li>• All Athletes entered in the meet are eligible to swim the 800 M Free</li> <li>• Athletes will participate in either AM Prelims OR Mid-day timed finals, not a combination of both.</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 January 29, 2021 will determine age for the entire meet.</li> </ul>
<b>DISABILITY SWIMMERS:</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> <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>• The AM Prelims Sessions will be swum as trials and finals EXCEPT the 800 M Freestyle which will be swum as timed finals. The 800 M Freestyle will be swum fastest to slowest, alternating women and men.</li> <li>• The Mid-day session will be swum as timed finals.</li> <li>• There will be 2 heats in each day's finals session following the order B then A.</li> </ul>
<b>WARM-UP:</b>	<ul style="list-style-type: none"> <li>• Friday Distance Session: Warm-ups not before 8:30am; Competition not before 10:00am.</li> <li>• Saturday and Sunday Prelim Session: Warm-ups not before 7:00am; Competition not before 9:00am</li> <li>• Saturday and Sunday Finals Mid-day Session: Warm-ups not before 11:00am; Competition not before 12:00pm</li> <li>• Saturday and Sunday Finals Session: Warm-ups not before 5:00pm; Competition not before 6:00pm</li> <li>• Lane assignment and warm-up times for individual clubs will be posted on the NOVA website no later than Monday, January 25, 2021, and will also be emailed to the contact person of the participating clubs.</li> <li>• Friday evening warm up available between 5:00pm and 7:00pm, to be scheduled with the Meet Director.</li> <li>• Warm ups will be assigned by pool and lane and will be limited according to VA COVID protocols, 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, JANUARY 21, 2021.</b></p> <ul style="list-style-type: none"> <li>• Entries must be submitted in long course meters times using Hy-Tek Team Manager and 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> </ul>

	<ul style="list-style-type: none"> <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>• Swimmers may enter a maximum of 7 individual events (no more than 3 each session).</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, January 24, 2021.</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> <li>-- PDF version posted on NOVA website</li> </ul> </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. 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 will be required to follow Liberty University COVID-19 Rules, to be provided before the start date of the meet.</b></li> <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). 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.</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>Coaches, officials, swimmers of all ages and spectators must wear masks at all times.</b></li> <li>• <b>There will be no spectators allowed in the facility. Live streaming information for observing the meet will be made available before the meet.</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> </ul>

	<ul style="list-style-type: none"> <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 January 24, 2021.</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. Team timing assignments (which will include the 800M FR) will be sent with warm up information on Monday, January 25, 2021. Teams will receive a Signup Genius for your families to make the process easier.</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>• 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>

# ORDER OF EVENTS

**Friday, January 29, 2021**  
**Warm Up not before 8:30am**  
**Competition not before 10:00am**

<u>Girls</u>	<u>Events</u>	<u>Boys</u>
1	13 & Over 800 M Freestyle	2

**Saturday, January 30, 2021**  
**Prelims Warm up not before 7:00am**  
**Competition not before 9:00am**  
**Finals Warm up not before 5:00pm**  
**Competition not before 6:00pm**

<u>Girls</u>	<u>Events</u>	<u>Boys</u>
3	13 & Over 50 M Freestyle	4
5	13 & Over 200 M Breaststroke	6
7	13 & Over 100 M Backstroke	8
9	13 & Over 200 M Freestyle	10
11	13 & Over 100 M Butterfly	12
13	13 & Over 400 M Individual Medley	14

**Saturday, January 30, 2021**  
**Timed Finals Warm up not before 11:00am**  
**Competition not before 12:00pm**

<u>Girls</u>	<u>Events</u>	<u>Boys</u>
15	13 & Over 50 M Freestyle	16
17	13 & Over 200 M Breaststroke	18
19	13 & Over 100 M Backstroke	20
21	13 & Over 200 M Freestyle	22
23	13 & Over 100 M Butterfly	24
25	13 & Over 400 M Individual Medley	26

**Sunday, January 31, 2021**  
**Prelims Warm up 7:00am, Competition 9:00am**  
**Finals Warm up 5:00pm, Competition 6:00pm**

<b><u>Girls</u></b>	<b><u>Events</u></b>	<b><u>Boys</u></b>
27	13 & Over 200 M Backstroke	28
29	13 & Over 100 M Freestyle	30
31	13 & Over 200 M Butterfly	32
33	13 & Over 100 M Breaststroke	34
35	13 & Over 200 M Individual Medley	36
37	13 & Over 400 M Freestyle	38

**Sunday, January 31, 2021**  
**Timed Finals Warm up not before 11:00am**  
**Competition not before 12:00pm**

<b><u>Girls</u></b>	<b><u>Events</u></b>	<b><u>Boys</u></b>
39	13 & Over 200 M Backstroke	40
41	13 & Over 100 M Freestyle	42
43	13 & Over 200 M Butterfly	44
45	13 & Over 100 M Breaststroke	46
47	13 & Over 200 M Individual Medley	48
49	13 & Over 400 M Freestyle	50