



**NOVA SPRING FLING  
Intra-Squad Meet  
March 27-28, 2021  
SANCTION NO. VS-21-166**

**Hosted by:**  
**NOVA**  
SWIMMING  
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-21-166</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). The copy of such 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 13 and Under athletes defined by groups slated to attend this event on NOVA of Virginia Aquatics team who are registered with USA Swimming 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 March 27, 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> </ul>

	<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>All events will be timed finals.</li> </ul>
<b>WARM-UP:</b>	<ul style="list-style-type: none"> <li>Sessions 1 &amp; 2: Warm-up not before 6:30am; competition starts not before 8:05am</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 main warm-up for athletes.</li> <li>No parents will be allowed in the facility during the meet.</li> </ul> </li> </ul>
<b>ENTRIES:</b>	<p><b>DEADLINE FOR THE RECEIPT OF ENTRIES IS 11:00 AM, MONDAY, MARCH 22, 2021.</b></p> <ul style="list-style-type: none"> <li>Swimmers may enter 4 events, no more than 2 per 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>Deck entries will be accepted in the order received for swimmers already entered in the meet, to the extent that open lanes are available. No additional heats will be added.</li> </ul>
<b>FEES:</b>	<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"> <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, the events will 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:</b> 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 <b>NO</b> must be received for each swimmer, each day of competition.</li> <li><b>Non-Athletes:</b> 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 <b>NO</b>, individual will be given a wrist band that must be shown to re-enter without additional screenings.</li> </ul> </li> <li><b>Please consult the Facility Map for all Covid-19 logistics all participants must adhere to.</b></li> <li><b>Athletes must arrive in their RACING suits. Locker rooms will remain closed.</b></li> <li><b>Coaches, officials and spectators must wear masks at all times.</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. They will reach this stage as the prior heat is in the water.</b></li> <li><b>25 yard events: Swimmers will start from the blocks. Timers will move to other end of the pool.</b></li> </ul> </li> </ul>

	<ul style="list-style-type: none"> <li>• <b>Once each heat has finished swimming, swimmers will exit Pool 1 in accordance with designated facility flow patterns.</b> <ul style="list-style-type: none"> <li>○ Swimmers waiting at the last staging area will then move forward.</li> </ul> </li> <li>• <b>Swimmers need to be either actively warming up, in the heat staging process, racing or 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 spectators in the facility.</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: Greg Owens</b>  <b>Email: rgregowens@gmail.com</b>  <b>Phone: 804-337-0487</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 March 21, 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>• The head timer will assign specific lanes prior to each session. 1 timer per lane will be used.</li> <li>• All timers 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 emailed and or 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.

# NOVA SPRING FLING 13 & YOUNGER MEET ORDER OF EVENTS

**Saturday, March 27, 2021**

**Warm-up: 6:30am; Start: 8:05am**  
(Times are not earlier than)

<u>Girls</u>	<u>Events</u>	<u>Boys</u>
1	11-13 100 Backstroke	2
3	10 & Under 100 Backstroke	4
5	11-13 50 Breaststroke	6
7	10&Under 50 Breaststroke	8
9	8 & Under 25 Breaststroke	10
11	11-13 50 Butterfly	12
13	10 & Under 50 Butterfly	14
15	11-13 100 Freestyle	16
17	10 & Under 100 Freestyle	18
19	8 & Under 25 Freestyle	20
21	11-13 100 Individual Medley	22
23	10 & Under 100 Individual Medley	24

**Sunday, March 28, 2021**

**Warm-up: 6:30am; Start: 8:05am**  
(Times are not earlier than)

<u>Girls</u>	<u>Events</u>	<u>Boys</u>
25	11-13 100 Butterfly	26
27	10 & Under 100 Butterfly	28
29	8 & Under 25 Butterfly	30
31	11-13 50 Freestyle	32
33	10 & Under 50 Freestyle	34
35	11-13 50 Backstroke	36
37	10 & Under 50 Backstroke	38
39	8 & Under 25 Backstroke	40
41	11-13 100 Breaststroke	42
43	10 & Under 100 Breaststroke	44
45	11-13 200 Freestyle	46
47	10 & Under 200 Freestyle	48