Feedin Frenzy
November 12-13, 2022
SANCTION NO. VS-23-28R

Hosted by

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:	• Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: VS-23-28R • USA Swimming, Inc., Virginia Swimming, Inc., NOVA, NOVA South Swimming and NOVA Aquatics Center-Regency 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., NOVA South Swimming, 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. 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 PERSONALINJURIES, 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 - Regency, 100 NOVA Way, Richmond, VA 23238. 804-754-3401.

FACILITY:	• The NOVA Aquatic Center – Regency offers three pools and supporting amenities.
	• Competition Pool:
	  o 20 25 yard lanes x 8 50 meter lanes
	  o Competition lanes are minimum or 8’ wide in 25 yard course and 8’2’’ in 50 meter course.
	  o Uniform 6’7’’ depth throughout
	  o Overflow Gutters
	  o Competitor non turbulent 6’’ lane lines
	• Warm-Up Pools:
	  o Each pool: 3 25 yard lanes
	  o Warm-up lanes are minimum 6’ wide
	  o Uniform 4’6’’ depth throughout
	• Daktronics timing system will be used.
	• Meet will be swum in 25 yd course. Lane configurations for competition will be determined upon receipt of entries. Lanes will be available for warm-up/warm-down at all times.
	• The competition course has been certified in accordance with current *USA Swimming Rules and Regulations*, Article 104.2.2C (4).

	● 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:	Lauren Waterworth LaurenWaterworth11@gmail.co 804-955-8572
ELIGIBILITY:	● Open to all USA Swimming athletes registered before the first day of the meet. ● 2021-2024 NAG times are in effect ● No deck USA Swimming athlete registration will be permitted. ● Age on November 12, 2022 will determine age for the entire meet.
DISABILITY SWIMMERS:	● 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:	● Saturday: All swimmers will compete in the morning session ● Sunday: All 9+up swimmers will compete in the morning session and 8+unders in the midday session ● All events will be timed finals. ● Breaks may be added between events for the 8 & under session depending on the timeline.
WARM-UP:	● Morning sessions: Warm-ups not before 8:00 AM; competition starts not before 9:00 AM. ● 8 & Under Midday session on Sunday: Warm-ups no earlier than 12:30 PM; competition starts no earlier than 1:00 PM. ● Lane assignment and warm-up times for individual clubs will be posted on the NOVA South website (www.novasouthswim.org) no later than Monday, November 7, 2022 and will also be emailed to the contact person of the participating clubs on this same date. ● If the morning session runs late, warm-ups for the following sessions will begin immediately after the previous session ends.
ENTRIES:	**DEADLINE FOR THE RECEIPT OF ENTRIES IS TUESDAY November 1, 2022.** Entries must be submitted in long course meters times using Commlink-2 software. ● Teams submit entries via email. ● A Team Manager printout of entries must be included or the meet checklist/summary sheet with the name of the person to contact in case of questions must accompany the entries. ● Coach Time (CT) and "No Time" (NT) entries will be accepted for events in which a swimmer does not have a time of record. **CT must be slower than an "A" time**. All entry times other than CT must have been achieved in USA Swimming sanctioned, approved, or observed competition. ● Swimmers may enter 5 individual event(s) per day Saturday and Sunday. If a swimmer exceeds the maximum entries, the last event, in numerical order, will be dropped. ● Entries will be processed in the order received and **accepted to** the greatest extent possible without exceeding the 4-hour/session timeline limit for the 12& under sessions or the limits as mandated by current Commonwealth of Virginia guidelines. ● No deck USA Swimming athlete registration will be permitted. ● Email entries to: Lauren Waterworth LaurenWaterworth11@gmail.com ● 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. Deck entries must be submitted to the Administrative Official on the provided forms.

FEES:	Individual events: $8.00 Swimmer surcharge: $2.50 per person (entered in the meet in any capacity) ● Checks should be made payable to: NOVA South Swimming ● Mail payment to: Lauren Waterworth 11661 Sinker Creek Drive Chester, VA 23836 ● Payment must be received by November 11, 2022 for all entries. Failure to pay entry fees by this deadline could result in teams being barred from the meet. ● IMPORTANT: If payment is sent via Express Mail/FedEx/Airborne/UPS/etc., please ensure that a signature is NOT required for delivery as this will delay the acceptance of your entries.
AWARDS:	● No awards will be given.
SEEDING:	● All events will be pre-seeded ● Event 31 will be mixed gender events. ● All events will swim slowest to fastest.
PENALTIES:	● A fine of up to $100 per event may be assessed for any illegal participation in the meet. Illegal participation is defined as o Entries using fraudulent or non-verifiable times. o Athlete competed in the incorrect age group. o 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
RULES:	● 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 they understand that compliance with the MAAPP policy is a condition of participation in the conduct of this competition. ● 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 not permitted. ● 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. ● In accordance with VSI best practices, all swimmers should shower before entering the pool. ● 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:	**Meet Referee: Glenn West** **Email: glenn.west@verizon.net** ● 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 6, 2022. ● 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:	● Clubs may be required to provide timers in proportion to the number of swimmers they have entered in each session. ● The number of timers required per club and their lane assignments will be posted on the NOVA South website (www.novasouthswim.org) no later than Monday, November 7, 2022, and will also be emailed to the contact person of each of the individual clubs. ● Timers must be provided by swimmers for event # 31 (1650).
GENERAL:	● The Virginia Swim Shop will be open for swimming accessories and shopping. ● Heat Sheets will not be printed however will be provided 2 ways. o Meet Mobile o PDF versions will be posted on the NOVA websites. ● No glass containers, smoking or alcohol is permitted in the pool area.
PARKING:	● Ample parking is available at NOVA Aquatic Center - Regency

ORDER OF EVENTS

Session #1 Saturday Morning Warm ups: No earlier than 8:00 AM; Start no earlier 9:00 AM		
Morning Session		
Girls	**Events**	**Boys**
1	8 & Under 50y Free	2
3	9-12 50y Fly	4
5	13 & Over 100y Free	6
7	8 & Under 25y Fly	8
9	9-12 100y Back	10
11	13 & Over 100y Back	12
13	8 & Under 50y Back	14
15	9-12 50y Breast	16
17	13 & Over 200y Breast	18
19	8 & Under 25y Breast	20
21	9-12 200y Free	22
23	13 & Over 50y Free	24
25	8 & Under 100y Free	26
27	9-12 100y IM	28
29	13&Over 200y IM	30
31	12 & Over 1650y Free	31

Session 2 Sunday AM Warm ups: no earlier than 8:00 AM; Start no earlier 9:00 AM		
Morning Session		
Girls	**Events**	**Boys**
32	9-12 100y Fly	33
34	13 & Over 100y Fly	35
36	9-12 50y Back	37
38	13 & Over 200y Back	39
40	9-12 100y Breast	41
42	13 & Over 100y Breast	43
44	9-12 100y Free	45
46	13 & Over 200y Free	47
48	9-12 200y IM	49
50	13 & Over 100y IM	51
52	9-12 50y Free	53
54	9+Over 500 Free	55

Session #3

Sunday Mid-day Session 8 and Unders
Warm-ups no earlier than
12:00 PM; Start no earlier than 12:30 PM

Girls	Events	Boys
56	8 & Under 25y Free	57
58	8 & Under 50y Breast	59
60	8 & Under 50y Fly	61
62	8 & Under 25y Backstroke	63
64	8 & Under 100y IM	65