
	<p align="center"><b>NOVA MASTERS SC/LC CUP: DAY #2 Sunday Long Course May 5, 2024 SANCTION NO.</b></p>	<p align="center"><b>Hosted by:</b> </p>
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<b>SANCTION:</b>	<ul style="list-style-type: none"> <li>• Sponsored by: NOVA of Virginia Aquatics, Inc.</li> <li>• Held under the sanction of LMSC for VA for USMS, Inc., SANCTION NO:</li> <li>• USMS, Inc. &amp; NOVA of Virginia Aquatics 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>• Meet Referee:</li> <li>• In applying for this sanction, the Host, NOVA of Virginia Aquatics, agrees to comply and to enforce all health and safety mandates and guidelines of USMS, USA Swimming, Virginia Swimming, the Commonwealth of Virginia and County of Henrico.</li> </ul>
<b>LOCATION:</b>	NOVA Aquatic Center - Regency, 100 NOVA Way, Richmond, VA 23229. Phone 804-754-3401
<b>FACILITY:</b>	<ul style="list-style-type: none"> <li>• The NOVA Aquatic Center – Regency offers three pools and supporting amenities.</li> <li>• Competition Pool: <ul style="list-style-type: none"> <li>○ 20 25 yard lanes x 8 50 meter lanes</li> <li>○ Competition lanes are minimum 8' wide in 25 yard course and 8'2" in 50 meter course.</li> <li>○ Uniform 6'7" depth throughout</li> <li>○ Overflow Gutters</li> <li>○ Competitor non turbulent 6" lane lines</li> </ul> </li> <li>• Warm-Up Pools: <ul style="list-style-type: none"> <li>○ Each pool: 3 25 yard lanes</li> <li>○ Warm-up lanes are minimum 6' wide</li> <li>○ Uniform 4'6" depth throughout</li> </ul> </li> <li>• Daktronics electronic timing system will be used.</li> <li>• Competition Course: 50 M Course will be used. Number of lanes designated for competition will be determined upon receipt of entries. Minimum of 6 SCY Lanes will be available for warm up/warm-down at all times.</li> <li>• The length of the competition course without a bulkhead is in compliance and is on file with USMS in accordance with articles 105.1.7 and 107.2.1.</li> <li>• Meets at the NOVA Aquatic Center – Regency are fully staffed with American Red Cross certified Lifeguards at all times. There are also 2 AEDs on site as well first aid supplies located at several locations in the Facility. The Lifeguard Office has a full first aid kit as well as ice. The closest EMT is located at Henrico Fire Station #9 which is 1.1 miles away.</li> </ul>
<b>MEET DIRECTOR:</b>	Name: Drew Hirth Phone: 804-754-3401 x6 Email: coachdrew@novaswim.org
<b>ELIGIBILITY:</b>	<ul style="list-style-type: none"> <li>• The standard USMS Masters age groups will be used. All swimmers must be registered with U.S. Masters Swimming and must include a copy of their USMS card with paper entries or register online. One event USMS registrations will be permitted.</li> <li>• Times from this competition will be eligible for world records, USMS records and Top 10 consideration with the exception of one-event entries, which are not eligible.</li> <li>• Age on December 31, 2024 will determine age for the entire meet.</li> </ul>

<b>ENTRIES:</b>	<ul style="list-style-type: none"> <li>• \$8.00 per individual event plus a \$10.00 surcharge to help defray the administrative costs of the meet.</li> <li>• Deck entries will be accepted until 45 minutes before the meet start time at a cost of \$15.00 per deck entry.</li> <li>• A swimmer may enter a maximum of 6 events, plus relays.</li> </ul>
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<b>ENTRY DEADLINE:</b>	<p><b>DEADLINE FOR THE RECEIPT OF ENTRIES IS 12:00PM SATURDAY APRIL 27, 2024</b></p> <ul style="list-style-type: none"> <li>• On-line entries are strongly encouraged:  <a href="https://www.clubassistant.com/club/meet_information.cfm?c=2645&amp;smid=15865&amp;test_mode=1">https://www.clubassistant.com/club/meet_information.cfm?c=2645&amp;smid=15865&amp;test_mode=1</a> Meets are listed on the Club Assistant home page by date.</li> <li>• To be seeded, paper entries must be received by Wednesday May 1, 2024.</li> <li>• Entries received after the applicable dates will be considered deck entries and additional fees will apply.</li> </ul>
<b>RELAYS:</b>	<ul style="list-style-type: none"> <li>• Relays will be deck-entered and deck-seeded at no cost. Entries for all relays are due no later than the start of Event 9 (the Women's 200 Free).</li> </ul>
<b>AWARDS</b>	<ul style="list-style-type: none"> <li>• Top 3 finishers in each event will receive Medals.</li> </ul>
<b>WARM-UP:</b>	<ul style="list-style-type: none"> <li>• <b>Warm-ups 8:00am; Competition starts: 9:00am</b></li> <li>• Swimmers must enter the pool feet-first in a cautious manner.</li> <li>• Diving shall be permitted only from the blocks in the designated sprint lanes during warm-up.</li> <li>• There will be continuous warm-up/warm-down lanes available during the entirety of the meet;  <b>ABSOLUTELY NO DIVING WILL BE PERMITTED IN THE WARM-UP LANES ONCE THE MEET HAS BEGUN.</b></li> <li>• Instructions given by the designated Safety Marshall shall be obeyed at all times.</li> </ul>
<b>RULES:</b>	<ul style="list-style-type: none"> <li>• Current USMS rules for Masters swimming will apply.</li> <li>• No one will swim alone in a heat. Sexes and age groups will be combined where necessary.</li> <li>• "NT" will be seeded arbitrarily.</li> </ul>

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## NOVA MASTERS SC/LC CUP: DAY #2 SUNDAY LONG COURSE

### ORDER OF EVENTS

**On-Line Entries Required**  
**On-Line entries close Saturday April 27, 2024**  
**Enter Online at: [www.clubassistant.com](http://www.clubassistant.com)**  
**(search for the meet by date on the Club Assistant Homepage)**

**Sunday May 5, 2024**  
**Warm-Ups: 8:00 – 9:00am / Meet Start: 9:00am**

Women	Event	Men
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<b>1</b>	<b>200 Back</b>	<b>2</b>
<b>3</b>	<b>200 Free Relay</b>	<b>4</b>
<b>5</b>	<b>100 Breast</b>	<b>6</b>
<b>7</b>	<b>50 Fly</b>	<b>8</b>
<b>9</b>	<b>200 Free</b>	<b>10</b>
<b>11</b>	<b>200 Mixed Medley Relay</b>	<b>--</b>
<b>13</b>	<b>200 IM</b>	<b>14</b>
<b>15</b>	<b>50 Breast</b>	<b>16</b>
<b>17</b>	<b>100 Back</b>	<b>18</b>
	<b>5 Min Break</b>	
<b>19</b>	<b>50 Free</b>	<b>20</b>
<b>21</b>	<b>200 Medley Relay</b>	<b>22</b>
<b>23</b>	<b>200 Fly</b>	<b>24</b>
<b>25</b>	<b>100 Free</b>	<b>26</b>
<b>27</b>	<b>400 IM</b>	<b>28</b>
<b>29</b>	<b>50 Back</b>	<b>30</b>
<b>31</b>	<b>200 Breast</b>	<b>32</b>
<b>33</b>	<b>100 Fly</b>	<b>34</b>
<b>35</b>	<b>200 Mixed Free Relay</b>	<b>36</b>
<b>37</b>	<b>400 Free</b>	<b>38</b>