



NOVA MASTERS MAYHEM
January 25, 2025
SANCTION NO.



SANCTION:	<ul style="list-style-type: none"> Sponsored by: NOVA of Virginia Aquatics, Inc. Held under the sanction of LMSC for VA for USMS, Inc., SANCTION NO: USMS, Inc. & 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. Meet Referee: Bob Rustin (brustin55@gmail.com) 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.
LOCATION:	NOVA Aquatic Center - Regency, 100 NOVA Way, Richmond, VA 23229. Phone 804-754-3401
FACILITY:	<ul style="list-style-type: none"> The NOVA Aquatic Center – Regency offers three pools and supporting amenities. Competition Pool: <ul style="list-style-type: none"> 20 25 yard lanes x 8 50 meter lanes Competition lanes are minimum or 8' wide in 25 yard course and 8'2" in 50 meter course. Uniform 6'7" depth throughout Overflow Gutters Competitor non turbulent 6" lane lines Warm-Up Pools: <ul style="list-style-type: none"> Each pool: 3 25 yard lanes Warm-up lanes are minimum 6' wide Uniform 4'6" depth throughout Daktronics electronic timing system will be used. Competition Course: 25 Yard Course will be the West Course. Number of lanes designated for competition will be determined upon receipt of entries. Minimum of 8 SCY Lanes will be available for warm-up/warm-down at all times. 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. 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.
MEET DIRECTOR:	Name: Drew Hirth Phone: 804-754-3401 x6 Email: coachdrew@novaswim.org
ELIGIBILITY:	<ul style="list-style-type: none"> 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. Times from this competition will be eligible for USMS records and Top Ten consideration with the exception of one-event entries, which are not eligible. Age on January 25, 2025 will determine age for the entire meet.
ENTRIES:	<ul style="list-style-type: none"> \$10.00 per individual event plus a \$10.00 surcharge to help defray the administrative costs of the meet. Deck entries will be accepted until 45 minutes before the meet start time at a cost of \$15.00 per deck entry. A swimmer may enter a maximum of 6 events, plus relays.

ENTRY DEADLINE:	<p>DEADLINE FOR THE RECEIPT OF ENTRIES IS 12:00PM SATURDAY JANUARY 18, 2025</p> <ul style="list-style-type: none"> • On-line entries are strongly encouraged: https://www.clubassistant.com/club/meet_information.cfm?c=2645&smid=19192 <ul style="list-style-type: none"> ○ Meets are listed on the Club Assistant home page by date. • To be seeded, paper entries must be received by Wednesday January 22, 2025. • Entries received after the applicable dates will be considered deck entries and additional fees will apply.
RELAYS:	<ul style="list-style-type: none"> • 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 (Women's 100 Breaststroke).
AWARDS	<ul style="list-style-type: none"> • Medals will be awarded for the following: <ul style="list-style-type: none"> ○ 200 IM Add-Up Champion: Men's and Women's Fastest 200 IM add up (must swim all 4 50s) ○ 400 IM Add-Up Champion: Men's and Women's Fast 400 IM add up (must swim all 4 stroke 100s)
WARM-UP:	<ul style="list-style-type: none"> • Warm-ups 12:00pm; Competition starts: 1:00pm • Swimmers must enter the pool feet-first in a cautious manner. • Diving shall be permitted only from the blocks in the designated sprint lanes during warm-up. • There will be continuous warm-up/warm-down lanes available during the entirety of the meet; ABSOLUTELY NO DIVING WILL BE PERMITTED IN THE WARM-UP LANES ONCE THE MEET HAS BEGUN. • Instructions given by the designated Safety Marshall shall be obeyed at all times.
RULES:	<ul style="list-style-type: none"> • Current USMS rules for Masters swimming will apply. • No one will swim alone in a heat. Sexes and age groups will be combined where necessary. • "NT" will be seeded arbitrarily.

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Saturday January 25, 2025

ORDER OF EVENTS

On-Line Entries Required
On-Line entries close Saturday January 18, 2025
 Enter Online at: www.clubassistant.com
 (search for the meet by date on the Club Assistant Homepage)

Warm-Ups: 12:00 – 12:50pm / Meet Start: 1:00pm

Women	Event	Men
1	50 Butterfly	2
3	200 Backstroke	4
5	200 Individual Medley	6
7	50 Freestyle	8
9	100 Breaststroke	10
11	200 Butterfly	12
13	100 Backstroke	14
--	5 Min Break	--
15	200 Freestyle Relay	16
17	200 Mixed Freestyle Relay	--
--	5 Minute Break	--
19	100 Individual Medley	20
21	200 Freestyle	22
23	50 Breaststroke	24
25	100 Butterfly	26
27	50 Backstroke	28
29	200 Breaststroke	30
31	100 Freestyle	32
--	5 Minute Break	--
33	200 Medley Relay	34
35	200 Mixed Medley	--
--	5 Minute Break	--
37	400 Individual Medley	38
39	500 Freestyle	40