

EASTERN ZONE LONG COURSE AGE GROUP CHAMPIONSHIP

Hosted by NOVA & Virginia Swimming

July 29 – August 1, 2026

Held under the Sanction of USA Swimming

Sanctioned by Virginia Swimming

Sanction # VS-26-128

(Updates Highlighted)

SANCTION	<ul style="list-style-type: none">• Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: VS-26-128• USA Swimming, Inc., Virginia Swimming, Inc., and 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.
LOCATION	NOVA Aquatics Center - Regency, 100 NOVA Way, Richmond, VA 23229. 804-754-3401 x 2
FACILITY	<ul style="list-style-type: none">• The NOVA Aquatics Center - Regency offers three pools and supporting amenities.• Competition Pool:<ul style="list-style-type: none">○ Twenty 25 yard lanes x eight 50 meter lanes○ Competition lanes are min 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">○ Lanes will be available for warm up/warm down at all times○ Each pool has three 25 yard lanes○ Warm up lanes are min 6' wide○ Uniform 4'6" depth throughout• CTS7 timing system will be used.• All sessions will be run in a 50 Meter competition course.• The meet host will ensure that the competition course meets the required dimensions as specified in 103.3 USA Swimming Rules and Regulations.• Meets at the NOVA Aquatics Center - Regency will be fully staffed with American Red Cross certified lifeguards at all times. There are also 4 AEDs on site as well as 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.• In order to provide parents/guardians who are outside of the facility with 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	Lori Hopewell, novabusinessoffice@novaswim.org , (804) 754-3401 Mary Turner, maryturner@virginiaswimming.org , (434) 352-5451
MEET REFEREE	Annemarie Juhlin, ajuhlin@msn.com , (571) 264-6265
MEET ENTRIES	Mary Turner, maryturner@virginiaswimming.org (434) 352-5451
OFFICIALS	<ul style="list-style-type: none">• The Application to Officiate will be posted on the meet information page of the Eastern Zone website.• Deadlines to Apply:<ul style="list-style-type: none">○ Tuesday, July 14, 2026: Officials requesting an assigned position or national evaluation.○ Wednesday, July 22, 2026: Officials working other positions but not seeking national evaluation.

	<ul style="list-style-type: none"> • A request will be submitted for this meet to be approved as a National Certification Qualifying Meet for all positions under the National Officials Certification Program. Any official interested in being evaluated should submit the Application to Officiate noting the request for evaluation. Details of the certification program can be found on the USA Swimming Website • There will be an officials’ briefing one hour prior to the start of each session, except for the first, which will start 90 minutes prior to the session start. The briefing location to be determined.
TIMERS	<ul style="list-style-type: none"> • Each LSC will be responsible for providing: <ul style="list-style-type: none"> ○ Four (4) timers for any preliminary session using ‘chase starts’ ○ At least two (2) timers for preliminary sessions where chase starts are not used. ○ At least two (2) timers for finals sessions. ○ Lane assignments will be provided to the Team Manager. • Athletes swimming in the 800 or 1500 freestyle during the preliminary sessions will need to provide their own timers and lap counters.
ELIGIBILITY	<ul style="list-style-type: none"> • Competition is restricted to swimmers registered in one of the 12 LSCs in the Eastern Zone. • Each swimmer must have a current USA Swimming premium athlete registration in the LSC which he/she represents. • On-site USA Swimming registration will not be accepted at this meet. • Swimmer’s age as of July 29, 2026, determines his/her age group for the entire meet. • Times must have been achieved between August 6, 2025, and the meet entry deadline. • Each LSC may determine the selection process for its athletes. (Exception – LSCs with their season culminating championship meet between July 21 and July 26 may submit additional qualifiers and events achieved at those meets. See details in the Entries section.) • 13-14 year-old athletes with a qualifying time in the 100 Backstroke, Breaststroke, or Butterfly may enter the 50 M event of the corresponding stroke. • Athletes who have competed in an individual event at a USA Swimming meet designated as 3-star or higher are not eligible to enter and compete at this meet. Meets designated as 3-star or above in 2026 include Speedo Junior Nationals (Summer & Winter), TYR Pro Swim Series, Toyota Championships (Nationals & US Open).
ENTRY LIMITATIONS	<ul style="list-style-type: none"> • Each swimmer may enter a total of eight (8) individual events in the meet, not to exceed three (3) individual events per day. • Each LSC may enter two (2) relays per event. • Relays must be made up of swimmers competing in the meet in individual events. ‘Relay only’ swimmers are NOT allowed. • If an LSC does not have two (2) swimmers who have a LCM or SCY qualifying time in an event, the LSC may enter up to two (2) swimmers in that event regardless of their qualifying time. These athletes may be entered with either LCM or SCY time that has been achieved during the entry window. NT (no time) entries and converted times will not be accepted. (If an LSC has 2 or more athletes with qualifying times entered in an event, <u>no athletes without a QT can be entered in that event.</u>)
ATHLETES W/ DISABILITIES	<ul style="list-style-type: none"> • USA Swimming National Disability Committee released parallel time standards to foster and promote the inclusion of athletes with a disability in their Zone Championships. The parallel times are designed to provide a fair, equitable and structured path for these athletes. Time Standards are posted on the Eastern Zone Website. • Proof of time for each event entered must be emailed, along with the Disability Accommodation Form to the Meet Entry Officer and Meet Referee. • It is the responsibility of the swimmer, there coach, to inform the Meet Referee and Meet

	<p>Director/ Entry Chair of any disability-related accommodations/modifications they may need in order to compete. This information must be given in advance of the meet on the entry form.</p> <ul style="list-style-type: none"> • Athletes with disabilities may compete in Finals, earn awards and score points for their team in the same manner as able-bodied athletes. • Visually impaired swimmers who require tappers must bring their own devices and individuals to use them. • Should a Disability Record be set, it is the swimmer’s responsibility to complete and submit the application for an American Record. • The final meet results will show the swimmer with a disability listed in the correct age and event, regardless of where they actually competed. • If you have any questions please contact Jihan Minson, Virginia Swimming DEI Chair at diversitycoord@virginiaswimming.org.
<p>ATHLETES WITH A SERIOUS MEDICAL CONDITION</p>	<ul style="list-style-type: none"> • The swimmer (or the swimmer’s coach) is responsible for notifying the Meet Referee, prior to the competition, of the medical condition that is potentially life-threatening while swimming and of any requested accommodations. Early notice (e.g., concurrent with the meet entry) is encouraged to allow for any needed planning or logistical support. • This provision does not apply to medical conditions that are not life-threatening while swimming including injuries that limit range of motion. • The swimmer/coach shall provide a Personal Assistant(s) as needed.
<p>FORMAT</p>	<ul style="list-style-type: none"> • All events will be pre-seeded except the 400/800/1500 freestyle and the 400 IM. • 11/12 and 13/14 age groups <ul style="list-style-type: none"> ○ prelims/finals format with top 16 qualifying for in finals in each event. ○ 11/12 400 freestyle and 13/14 800 /1500 freestyle events will be timed final events with fastest heat athletes swimming in finals. ○ all relays will be swum in Finals. This is subject to change based on the size of the meet. IF it is decided to move relays to Prelims, LSCs will be notified NLT Friday, July 24, 2026. • 10 & Under athletes will swim timed final events in afternoon sessions
<p>ENTRY PROCEDURES</p>	<ul style="list-style-type: none"> • ENTRY DEADLINE: 7:00 PM, Tuesday, July 21, 2026. • ADDITIONAL QUALIFIERS/EVENTS: <ul style="list-style-type: none"> ○ Additional entries from newly acquired qualifying times at an EZ LSC championship meet occurring between July 21 and July 26, 2026 will be accepted until noon on Monday, July 27, 2026. ○ Late entries may not be used to improve the seed time of an earlier entry. • All entries must be submitted by the LSC – entries from individuals will not be accepted. • All entry times MUST be submitted in SCY or LCM (except as noted in the Entry Limitations section above) • Entries should be completed using third-party software (CL2, HY3, or SDIF format) and sent to the Meet Entry officer: Mary Turner, maryturner@virginiaswimming.org. • A PDF of the entry report must be sent with the e-mailed file. • NO DECK ENTRIES WILL BE ACCEPTED FOR THIS MEET. • Entry checks should be made payable to Virginia Swimming. If mailed, the address is: <ul style="list-style-type: none"> Mary Turner PO Box 1059 Appomattox, VA 24522 Please request ‘waiver of signature’ if using a delivery service that provides one.

	<ul style="list-style-type: none"> The submission of an entry by an LSC represents a contract between the entering LSC and the host LSC. Entry in this meet represents the entering LSC’s intention to comply with the rules and regulations of the meet as stated. Fees must be received no later than the Zone Managers meeting, Tuesday, July 28, 2026. <p>ENTRY FEES: Individual events: \$16.00 per entry Relays: \$32.00 per entry Surcharge: \$10 per swimmer</p>
PROOF OF TIME	Each LSC is responsible for proof of time for its entry. Please sign the electronic LSC Entry Certification form provide written certification as to the accuracy of the entries.
SEEDING	<ul style="list-style-type: none"> Unless otherwise noted, all events will be seeded slow to fast with non-conforming (SCY) times swimming first. The fastest 16 swimmers will advance to finals in each prelim/final event. The following events are positive check-in events - the 400/800/1500 freestyle and the 400 IM. Positive check-in deadlines are as follows: <ul style="list-style-type: none"> Wednesday 7:30 am: 800 freestyle Thursday 7:30 am: 400 IM Friday 30 minutes after start of session warmups: 400 freestyle Saturday 7:30 am: 1500 freestyle Any swimmer failing to “check-in” for a positive check-in event will not be seeded into the event. The fastest heat gender in the 800 and 1500 Freestyles as well as the 11/12 400 freestyle will swim in finals with the remaining heats being swum in prelims.
WARM-UP PROCEDURES	<ul style="list-style-type: none"> The competition pool will be available on Tuesday from 2-8 pm. The pool will open for warm-ups each morning of the meet (Wednesday through Saturday) at 7:00 am. The warmup assignments will be determined after all entries are received. This information will be emailed to all LSCs and will be posted on the Virginia Swimming and Eastern Zone websites. Tentative start times for each session are provided on the Order of Events and will be finalized once all entries are received. Based on the number of meet entries, start times are subject to change. Except for Tuesday afternoon, lanes for warm-ups will be assigned for each LSC. Use of training equipment, which may include but is not limited to kick boards, pull buoys, paddles, bungee cords, and snorkels, is prohibited during the official warm-up period. LSC’s are expected to monitor their assigned lanes to ensure a safe warm-up procedure.
SAFETY	<p>Meet Safety Officer: Drew Hirth Email: coachdrew@novaswim.org</p> <ul style="list-style-type: none"> Virginia Swimming Meet Safety and Warm-Up Procedures will be in effect.
START PROCEDURES	<ul style="list-style-type: none"> Depending on the number of entries received, ‘chase starts’ may be used at the discretion of the Meet Referee in consultation with the Meet Director. IF it is decided to use chase starts, LSCs will be notified NLT Friday, July 24, 2026. Dive-over starts will be used in preliminary sessions when chase starts are not being utilized.
RELAYS	<ul style="list-style-type: none"> All relays will be conducted as timed finals. Each LSC is limited to two (2) relays per event.

<p>SUBSTITUTIONS</p>	<ul style="list-style-type: none"> • Each LSC is entitled to make substitutions to allow two (2) swimmers to participate in each event. • Only athletes already entered in the meet can be used as substitutes. The deadline for submitting substitutions is thirty (30) minutes prior to the anticipated start of the event in which the substitution is to be made. No adjustments in seeding will be made to accommodate the substitution. • Substitution Forms will be provided in the manager’s packet.
<p>RULES</p>	<p>COMPETITION:</p> <ul style="list-style-type: none"> • The current USA Swimming Rules and Regulations including the Minor Athlete Abuse Prevention Policy will govern this meet. • All 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 MAAPP is a condition of participation in the conduct of this competition. • Any swimmer entered in the meet must be certified by a USA-S member coach as being proficient in performing a racing start or must start each race from within the water. When unaccompanied by a member-coach, it is the responsibility of the swimmer or the swimmer’s legal guardian to ensure compliance with this requirement. • 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. • 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>. • 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. • 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 Best Practices, swimmers should shower before entering the pool. • Only currently credentialed coaches, USA Swimming registered athletes, and essential meet personnel will be permitted on deck and in the athlete area. Deck credentials will be issued. <p>SCRATCH POLICIES:</p> <ul style="list-style-type: none"> • The scratch procedure will be done in accordance with USA Swimming rules 207.11.6.C-D & E1-3. • Unless a swimmer is initially announced as qualifying for a heat in Finals, she/he will not be penalized for failure to compete. • There is no penalty for failing to swim in a pre-seeded event. <p>CONDUCT:</p> <ul style="list-style-type: none"> • The Eastern Zone Rules of Conduct will apply. Proper conduct will be enforced at all times by coaches, chaperones, parents, meet marshals, and meet directors. • Any issues of conduct which occur within the meet venue will be adjudicated by the meet jury. Misconduct includes but is not limited to violations of safety guidelines outlined in the meet announcement; disrespect to meet management personnel, officials or fellow athletes; stealing, destroying, vandalizing or possessing the property of others; possession or use of alcoholic beverages, tobacco products or illegal drugs. More serious violations may result in legal action by the host LSC’s and local authorities.

SCORING	Individual Events: 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1 (1 st through 16 th) Relays: 40-34-32-30-38-26-24-22-18-14-12-10-8-6-4-2 (1 st through 16 th)
AWARDS	Individual Events – Medals 1st thru 8th place. Relays – Medals 1st thru 3rd place. Team Awards – A Championship Banner (traveling) will be awarded to the winning overall team. Record Breakers: All record breakers will receive a Commemorative Certificate.
TEAM MANAGER/ HEAD COACH	<ul style="list-style-type: none"> • Each LSC must provide the name of an individual to serve as the official Team Manager. An alternate may also be named. Team Managers or alternates must represent the LSC at any meeting called by the Meet Director to discuss matters concerning the meet. • Only the Team Manager or alternate is permitted to represent the LSC. Protests will not be accepted from anyone other than the Team Manager or alternate. • The Team Managers meeting will be held Tuesday, July 28, 2026 at 6:00 p.m. at the facility. • Team Managers or the official Alternate Team Manager from each LSC MUST be present at the meeting. All teams are responsible for information covered at this meeting! • Signatures required: <ul style="list-style-type: none"> ○ Team Manager Code of Conduct ○ Head Coach Code of Conduct
PROTESTS	<p>Any protest must be presented to the Meet Referee and will be managed in accordance with USA Swimming Rules 102.22. It is suggested that in addition to a swimmer and coach an official also be a participant in the meet jury.</p> <ul style="list-style-type: none"> • Protests, eligibility or otherwise, must be submitted in writing by the Zone Team Manager and must be accompanied by a \$50 protest fee made payable to the Eastern Zone. This fee shall be returned if the protest is upheld. • A Meet Jury will adjudicate any protests, including issues of conduct that may occur in the meet venue. • The Meet Jury shall refer to Rule 102.22 of the USA Swimming Rules and Regulations regarding all protests. • The Meet Jury may not change any of the rules of eligibility, substitution, or scoring. • Any member involved in a formal pre-protest meeting/ discussion may not be a representative of the meet jury. • Should there be a protest prior to the start of the meet, the Meet Referee shall convene a Meet Jury consisting of the Coach Director, the Non-Coach Director, the Technical Chair, the Zone Championship Chair, and the Zone Athlete Director. Each member of the Meet Jury may designate a proxy, but at least one member of the jury shall be an athlete.
ATHLETE AND SPECTATOR SEATING	<ul style="list-style-type: none"> • There are multiple bleachers around the pool deck for athlete seating. • Spectator seating is in designated areas in the mezzanine area. <ul style="list-style-type: none"> ○ Spectator 4 Day Pass, \$45: includes entry to all meet sessions. ○ Spectator Day Admission, \$25: includes entry to 3 meet sessions that day. ○ 10 and younger spectators are admitted free.
PROGRAMS	Heat Sheet/Meet Program will be available for download at no charge from the Virginia Swimming and Eastern Zone websites.
HOSPITALITY	A hospitality area (credentials required) will be available for coaches and meet staff.

RESULTS

Real time results will be available on Meet Mobile and at www.virginiawimming.org – see the front page of the website for a link. At the conclusion of the meet, results will be posted on the Virginia Swimming and the Eastern Zone websites.

Order of Events

***Competition start times are approximate and subject to change once entries are received.**

VA SWIMMING GUIDELINES FOR PHOTOGRAPHERS AT MEETS

In order to clarify the requirements for photographers, both professional and team designated, the following guidelines have been developed:

- The meet host has the prerogative to decide if photographers will be allowed on the deck of the pool.
- Any professional photographer allowed at the meet must provide proof of liability insurance to the Meet Director and must also have parental permission of any athlete he or she photographs.
- If the meet host chooses to allow team photographers, the individual serving in that capacity must
 - Be a registered, card carrying member of USA-S. Membership card must be visible at all times while on deck.
 - Present the completed Team Photographer Identification Form to the Meet Director. This form will be available from the Meet Director and must be signed by the head coach or team president. Teams should request the form from the meet director at least three days prior to the beginning of the meet.
- It is the responsibility of the Meet Director and Meet Marshals to ensure that photographers do not impede the progress of the meet in any way and follow the Virginia Swimming Policies governing photography.

J. MEET SAFETY

3. Photography will not be permitted behind the starting blocks. Individuals who violate of the above photography restrictions may be asked by the Meet Director to leave the pool venue.

TEAM PHOTOGRAPHER IDENTIFICATION

NAME: _____ TEAM: _____

ADDRESS: _____

PHONE NUMBER: _____ CELL PHONE: _____

SIGNATURE OF TEAM REPRESENTATIVE

POSITION