



**NOVA 2026**  
**Virginia Commonwealth Games**  
 June 11 - 14, 2026  
 SANCTION NO. VS-26-117



<b>SANCTION:</b>	<ul style="list-style-type: none"> <li>Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: <b>VS-26-117</b></li> <li>USA Swimming, Inc., Virginia Swimming, Inc., Virginia Amateur Sports, NOVA 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.</li> </ul>
<b>LOCATION:</b>	NOVA Aquatics Center - Regency, 100 NOVA Way, Richmond, VA 23238. 804-754-3401 x2.
<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 or 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>Lanes will be available for warm-up/warm-down at all times.</li> <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>CTS7 timing system will be used.</li> <li>All sessions will be run in a <b>50 Meter</b> competition course.</li> <li>The meet host will ensure that the competition course meets the required dimensions as specified in 103.3 USA Swimming Rules and Regulations.</li> <li>Meets at the NOVA Aquatic Center – Regency will be fully staffed with American Red Cross certified Lifeguards at all times. There are also 4 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> <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) 754-3401 x2
<b>ELIGIBILITY:</b>	<ul style="list-style-type: none"> <li>Open to all USA Swimming athletes registered before the first day of the meet. Please contact the meet director prior to sending your entries to ensure that there is room for your team in the meet.</li> <li>No on deck USA Swimming registration (including APT) will be permitted.</li> <li>All 18 &amp; O athletes must have completed the appropriate APT prior to the first day of competition. Athletes whose 18th birthday occurs during competitions must complete the APT prior to that date.</li> <li>2025-2028 NAG time standards are in effect.</li> <li>Age on June 11, 2026 will determine age for the entire meet.</li> </ul>
<b>ATHLETES WITH A DISABILITY:</b>	<ul style="list-style-type: none"> <li>Athletes with a disability are welcome and shall provide advance notice of desired accommodations/modifications to the Meet Director.</li> <li>The athlete (or the athlete’s coach) is also responsible for notifying the session Referee of any disability prior to the competition using the <a href="#">Disability Accommodation Form</a>.</li> </ul>
<b>ATHLETES WITH A SERIOUS MEDICAL CONDITION:</b>	<ul style="list-style-type: none"> <li>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.</li> <li>This provision does not apply to medical conditions that are not life-threatening while swimming, including injuries that limit range of motion.</li> </ul>

	<ul style="list-style-type: none"> <li>The swimmer/coach shall provide a Personal Assistant(s) as needed.</li> </ul>
<b>FORMAT:</b>	<ul style="list-style-type: none"> <li>All 13 &amp; over events will be swum in the morning preliminary session. The top sixteen 13-14s and the top sixteen 15 &amp; over from the preliminary session in each individual event will qualify for finals, except in the 400 Free which is a timed finals event.</li> <li>All 11-12, 9-12, and 12 &amp; under events will be swum in the afternoon preliminary session. The top sixteen 11-12s and the top eight 10 &amp; under in each individual event will qualify for finals, except in the 400 Free which is a timed finals event.</li> <li>All 11 &amp; over events [400 IM and 1500 Free] are timed final events and will be swum in the Thursday afternoon session.</li> <li>For all age groups, the 200 Medley Relay and 200 Free Relay will be timed finals. The 200 Free Relay will be swum at the beginning of Saturday finals, and the 200 Medley relay will be swum at the end of Sunday prelims. Relays may be removed from the meet if the timeline is prohibitive. If relays are removed, relay entry fees will be refunded and teams will be notified by Monday, June 8, 2026.</li> <li>For 13 &amp; Over Finals events, the order will be: 13-14 B final, 13-14 A final, 15&amp;O B final, 15&amp;O A final</li> <li>For 12 &amp; under Finals events, the order will be: 10&amp;U A final, 11-12 B final, 11-12 A final</li> <li>Meet Director reserves the right to utilize Chase Starts once entries are received. Teams will be notified no later than Sunday, June 7, 2026 if Chase Starts will be used.</li> </ul>
<b>WARM-UP:</b>	<ul style="list-style-type: none"> <li>Warm up times and lane assignments for individual clubs will be posted to the NOVA website no later than Sunday, June 7, and will also be emailed to the contact person for each participating club.</li> <li>Thursday distance session: warm ups not before 3:00pm; competition starts no earlier than 4:00pm</li> <li>Morning 13 &amp; Over sessions: warm ups not before 7:00am; competition starts no earlier than 8:00am</li> <li>Afternoon 12 &amp; under sessions: warm ups not before 11:00am; competition starts no earlier than 12:00pm</li> <li>If any session runs long, warm ups for the following session will begin immediately following the conclusion of the previous session</li> <li>Finals warm ups <ul style="list-style-type: none"> <li>Friday and Saturday: warm ups not before 4:30pm; competition no earlier than 5:30pm</li> <li>Sunday: warm ups not before 4:00pm; competition no earlier than 5:00pm</li> </ul> </li> </ul>
<b>ENTRIES:</b>	<p><b>DEADLINE FOR THE RECEIPT OF ENTRIES IS 9:00PM, MONDAY, JUNE 1, 2026.</b></p> <ul style="list-style-type: none"> <li>Entries must be submitted using Commlink-2 software.</li> <li>Teams must submit entries via email.</li> <li>A printout of entries with the name of the person to contact in case of questions must be included must accompany the entries.</li> <li>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.</li> <li>Swimmers may enter a maximum of <i>9 individual events, with one event maximum on Thursday, and no more than 3 individual events per day Friday - Sunday.</i></li> <li>Entries will be processed in the order received and <b>accepted to</b> the greatest extent without exceeding the 4-hour/session timeline limit.</li> <li>Email entries to: <a href="mailto:novabusinessoffice@novaswim.org">novabusinessoffice@novaswim.org</a></li> <li>Deck entries will be accepted if open lanes are available without reseeding the event. No heats will be added.</li> </ul>
<b>FEES:</b>	<p><b>Individual Event Entry Fee: \$13.00</b>  <b>Relay Events: \$16.00</b>  <b>Swimmer Surcharge per person: \$2.50</b>  <b>Checks should be made payable to: NOVA of Virginia Aquatics</b></p>
<b>SEEDING:</b>	<ul style="list-style-type: none"> <li>All Long Course Meter times will be seeded first, followed by Short Course Meter, then Short Course Yard times.</li> <li>Swimmers in all events will report directly behind the blocks.</li> <li>All events will be pre-seeded EXCEPT 11&amp;O 400 IM, 11&amp;O 1500 Free, 13&amp;O 400 Free, and 9-12 400 Free.</li> <li>Thursday's events will be swum fastest to slowest, alternating heats of girls and boys.</li> </ul>

	<ul style="list-style-type: none"> <li>• The 13&amp;O and 9-12 400 Frees will be swum fastest to slowest with all heats of girls first, followed by all heats of boys.</li> <li>• Scratch deadlines for Thursday's events will be 30 minutes before the session begins.</li> <li>• Scratch deadlines for Friday's events will be the start of the session.</li> </ul>
<b>AWARDS</b>	<ul style="list-style-type: none"> <li>• Individual Events: Commonwealth Games medals will be awarded for 1st through 3rd place, and ribbons for 4th through 8th.</li> <li>• Relay Events: Commonwealth Games medals will be awarded for 1st place, and ribbons for 2nd and 3rd.</li> <li>• "Over" and "Under" individual events will be broken down into applicable age groups of 10&amp;U, 11-12, 13-14, and 15&amp;O for awards purposes.</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 re-awarded</li> </ul>
<b>RULES:</b>	<ul style="list-style-type: none"> <li>• The current USA Swimming Rules and Regulations, including the Minor Athlete Abuse Prevention Policy, will govern this meet.</li> <li>• 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 policy is a condition of participation in the conduct of this competition.</li> <li>• <b>Any swimmer initially announced as qualifying for an event in Finals who fails to scratch from the event and fails to compete in the event at finals will be barred from competing in their next preliminary individual event.</b></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 a 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>• In accordance with VSI best practices, all swimmers should shower before entering the pool.</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: Anne Van Lenten</b>  <b>Email: <a href="mailto:westgrace88@gmail.com">westgrace88@gmail.com</a></b>  <b>Phone: (804) 564-6070</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:escfagan@gmail.com">escfagan@gmail.com</a> no later than Sunday June 7, 2026.</li> <li>• There will be an official's meeting in Hospitality one hour prior to the start of each session.</li> </ul>
<b>SAFETY:</b>	<p><b>Meet Safety Officer: Drew Hirth</b>  <b>Email: <a href="mailto:coachdrew@novaswim.org">coachdrew@novaswim.org</a></b>  <b>Phone: 804-754-3401x2</b></p>

	<ul style="list-style-type: none"> <li>● Virginia Swimming Meet Safety Procedures will be in effect.</li> </ul>
<b>TIMERS:</b>	<ul style="list-style-type: none"> <li>● Swimmers will be required to provide their own timers for the 400 IM, 1500 Free, and 400 Free.</li> <li>● If NOVA does not provide all timers, teams will be notified no later than Sunday, June 7, 2026 of lane timer assignments.</li> <li>● The head timer may assign specific lanes prior to each session.</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 posted on the NOVA website.</li> </ul> </li> <li>● No glass containers, tobacco products, or alcohol permitted in the facility.</li> </ul>
<b>HOTELS:</b>	<p>Through our travel partner 288 Travel we have secured rates at properties near the NOVA Aquatic Center - Regency. Use the link below to view hotels and rates, and book both individual reservations and group blocks. Please contact Julie Farney at <a href="mailto:novatravel@novaswim.org">novatravel@novaswim.org</a> if you have any questions or trouble navigating the link.</p> <ul style="list-style-type: none"> <li>· <a href="https://app.eventpipe.com/event/41a1c043-f85d-44cb-9716-8c63f3836acf/book/">https://app.eventpipe.com/event/41a1c043-f85d-44cb-9716-8c63f3836acf/book/</a></li> </ul>
<b>PARKING:</b>	Ample parking is available at NOVA Aquatic Center – Regency

# 2026 Virginia Commonwealth Games

## ORDER OF EVENTS

<b>Thursday June 11, 2026</b>		
<b>Warm up not before 3:00 pm Competition not before 4:00 pm</b>		
<b>Girls</b>	<b>Events</b>	<b>Boys</b>
1	11 & O 400 IM	2
3	11 & O 1500 Free	4

<b>Friday June 12, 2026</b>					
<b>13 &amp; O Morning Prelims Warm up not before 7:00 am Competition not before 8:00 am</b>			<b>12 &amp; U Afternoon Prelims Warm up not before 11:00 am Competition not before 12:00 pm</b>		
<b>Girls</b>	<b>Events</b>	<b>Boys</b>	<b>Girls</b>	<b>Events</b>	<b>Boys</b>
5	13 & O 200 Fly	6	17	11-12 200 Fly	18
7	13 & O 50 Free	8	19	12 & U 50 Free	20
9	13 & O 200 IM	10	21	12 & U 200 IM	22
11	13 & O 50 Back	12	23	12 & U 50 Back	24
13	13 & O 100 Breast	14	25	12 & U 100 Breast	26
15	13 & O 400 Free*	16	27	9 - 12 400 Free*	28
* Timed Final Event					

<b>All Ages Evening Finals Session Warm up not before 4:30pm, Competition not before 5:30pm</b>				
	<b>Girls</b>	<b>Event</b>	<b>Boys</b>	
	5	13&O 200 Fly	6	
	17	11-12 200 Fly	18	
	7	13&O 50 Free	8	
	19	12&U 50 Free	20	
	9	13&O 200 IM	10	

	21	12&U 200 IM	22	
	11	13&O 50 Back	12	
	23	12&U 50 Back	24	
	13	13&O 100 Breast	14	
	25	12&U 100 Breast	26	

**Saturday June 13, 2026**

<b>13 &amp; O Morning Prelims</b> Warm up not before 7:00 am Competition not before 8:00 am			<b>12 &amp; U Afternoon Prelims</b> Warm up not before 11:00 am Competition not before 12:00 pm		
<b>Girls</b>	<b>Events</b>	<b>Boys</b>	<b>Girls</b>	<b>Events</b>	<b>Boys</b>
31	13 & O 200 Free	32	41	12 & U 200 Free	42
33	13 & O 50 Fly	34	43	12 & U 50 Fly	44
35	13 & O 100 Back	36	45	12 & U 100 Back	46
37	13 & O 200 Breast	38	47	11-12 200 Breast	48

**All Ages Evening Finals Session**  
Warm up not before 4:30pm, Competition not before 5:30pm

	<b>Girls</b>	<b>Event</b>	<b>Boys</b>	
	29	13&O 200 Free Relay*	30	
	39	12&U 200 Free Relay*	40	
	31	13&O 200 Free	32	
	41	12&U 200 Free	42	
	33	13&O 50 Fly	34	
	43	12&U 50 Fly	44	
	35	13&O 100 Back	36	
	45	12&U 100 Back	46	

	37	13&O 200 Breast	38	
	47	11-12 200 Breast	48	
* Timed Final Event				

<b>Sunday June 14, 2026</b>					
<b>13 &amp; O Morning Prelims</b> Warm up not before 7:00 am Competition not before 8:00 am			<b>12 &amp; U Afternoon Prelims</b> Warm up not before 11:00 am Competition not before 12:00 pm		
Girls	Events	Boys	Girls	Events	Boys
49	13 & O 100 Free	50	59	12 & U 100 Free	60
51	13 & O 50 Breast	52	61	12 & U 50 Breast	62
53	13 & O 200 Back	54	63	11-12 200 Back	64
55	13 & O 100 Fly	56	65	12 & U 100 Fly	66
57	13 & O 200 Medley Relay*	58	67	12 & U 200 Medley Relay*	68
* Timed Final Event					

<b>All Ages Evening Finals Session</b> Warm up not before 4:00pm, Competition not before 5:00pm				
	Girls	Event	Boys	
	49	13&O 100 Free	50	
	59	12&U 100 Free	60	
	51	13&O 50 Breast	52	
	61	12&U 50 Breast	62	
	53	13&O 200 Back	54	
	63	11-12 200 Back	64	
	55	13&O 100 Fly	56	
	65	12&U 100 Fly	66	