







Sanctioned by: Virginia Independent Schools Athletic Association 	Seton Winter Invitational Seton Swimming vs. Highland, Wakefield, Christ Church, FCS, Covenant, Middleburg Academy and Fresta Valley January 18, 2020 Freedom Aquatic and Fitness Center Manassas, VA	Hosted by: Seton Swimming (SST) 
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Location:	Freedom Fitness and Aquatic Center, Manassas, Virginia 10900 University Boulevard, Manassas, VA 20110 (703) 993-8444 www.freedom-center.com	
Facility:	Ten-lane, 25-yard, indoor pool with non-turbulent lane markers, Colorado touch-pad Timing System, and large results display board. There will be no continuous warm-up and warm-down lanes for this meet.	
Meet Directors:	Jim Koehr (540) 379-8328 Coach@KoehrFamily.com	Bill Dealey (703) 475-7152 SST@Dealey.com
Rules:	The meet will be governed by 2018-2019 National Federation High School <i>Swimming, Diving and Water Polo</i> rules for championship meets.	
Eligibility:	<ul style="list-style-type: none"> • The meet is open to all students 8th grade through 12th grade. • A swimmer must be in good standing with the school he/she represents. • 7th graders are eligible to swim as non-scoring exhibition entries only. • A swimmer must be no older than 19 years of age on the August 1st immediately prior to the meet. • No post-graduates are permitted to participate in VISAA events. 	
Meet Warm-up and Competition Schedule	Seton Stretching: 12:39 p.m.	At the turn end of the pool
	Warm-up Session I: 1:00-1:20 p.m. <i>(Assignments may be adjusted if entry numbers dictate)</i>	Seton – Lanes 1-10
	Warm-up Session II: 1:20-1:40 p.m.	Wakefield – Lanes 1 – 3 Highland – Lanes 4 - 5 Fresta Valley – Lane 6 – 7 Christchurch – Lane 8 - 10
	Warm-up Session III: 1:40-2:00 pm	Middleburg Academy – Lane 1– 2 Covenant – Lane 3 – 6 Fredericksburg Christian – Lane 7 - 10
	Officials Meeting: 1:20 p.m.	In Hallway behind the Scorers area
	Timers Meeting: 1:35 p.m.	In Hallway behind the Scorers area
	Brief Coaches Meeting: 2:00 p.m.	In Hallway behind the Scorers area
	National Anthem: 2:07 p.m.	Disrespect in action or appearance will be grounds for disqualification
	First Event: 2:10 p.m.	
	No break after Event #8	
	Pizza will be served for Seton	In Hallway behind the Scorers area
Meet Format:	<ul style="list-style-type: none"> • The meet will use a championship, timed finals format. • All heats will be seeded based entry times. • There will be no diving competition 	



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Order of Events:	Boys	Event	Girls
	1	200 Medley Relay	2
	3	200 Freestyle	4
	5	200 Individual Medley	6
	7	50 Freestyle	8
	11	100 Butterfly	12
	13	100 Freestyle	14
	15	500 Freestyle	16
	17	200 Freestyle Relay	18
	19	100 Backstroke	20
	21	100 Breaststroke	22
	23	400 Freestyle Relay	24



Entry Rules:	<ul style="list-style-type: none"> • Individual Events <ul style="list-style-type: none"> ○ An eligible swimmer may swim no more than two individual events. ○ Each team is allowed unlimited entries in individual events, but only a team’s top four (4) swimmers are eligible to score. ○ All non-scoring entries should be designated as “exhibition” • Relays <ul style="list-style-type: none"> ○ An eligible swimmer may swim up to three relay events as long as that swimmers total number of event entries, including individual events, does not exceed four (4). ○ Each team may enter any number of relays, but only relays designated “A” and “B” will be eligible to score. ○ Non-scoring relay entries should be designated as “exhibition”. ○ Relays may be entered without swimmer’s names, but the meet host would appreciate a projected relay line up with all entries. ○ 200 Medley Relay Cards specifying the actual relay line-up shall be submitted to the designated official thirty (30) minutes prior to the start of the meet. ○ 200 and 400 Free Relay cards specifying the actual relay line-up shall be submitted to the designated official prior to the conclusion of the Women's 500 Freestyle. ○ Swimmers whose names are submitted on the relay cards must swim that event, in the order listed on the card, unless the referee allows for a substitution because of injury or illness.
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<p>Entry Submission and Fees:</p>	<ul style="list-style-type: none"> • All entries are due by 6:00 p.m. on the Wednesday, January 15th. • All entries must be submitted with a Hy-Tek Team Manager entry file. No manual or hardcopy entries will be accepted. • Entries must include first and last name, gender, grade and seed times. Seed times should be either actual or converted short-course yard times. Because this meet is so early in the season, coaches times (estimates or practice times) or USA times are not only acceptable, they are encouraged if no other time is available. • Except for relays, all entries are final at 11:00 a.m. on January 18th, which is approximately 2 hours before the meet. <ul style="list-style-type: none"> ○ For individual events, only scratches or additions can be accepted. ○ Call Coach Koehr at (540) 379-8328 if you have last minute changes. • Send entry files to Bill Dealey at SST@Dealey.com • Once submitted, the person who e-mailed the entries will receive a confirmation e-mail with an attached list of that team's official entries. It is the responsibility of the person submitting the entries to verify that the entries were received and that they were received accurately. • The Meet Team Entry Fees: <ul style="list-style-type: none"> ○ In order to cover the cost of the pool, each swim team will be asked to contribute \$200.00 which will roughly split the cost evenly across all teams. <ul style="list-style-type: none"> ▪ Teams with less than 15 swimmers will pay \$175.00 ▪ Please ensure that checks are received on or before the day of the meet • The fee should be mailed, with a note specifying the date of the meet, to: <p style="text-align: center;">Coach Jim Koehr Seton Swimming P.O. Box 1247 Warrenton, VA 20188</p> • Checks should be made out to "Seton Swim Team".
<p>T</p>	<ul style="list-style-type: none"> • All events will be seeded in advance and lanes will be assigned based on the times submitted by the coaches. • Heats will be seeded from slowest to fastest. • Swimmers entered without a seed time, will automatically be seeded in the slowest heat – so please put a time on every entry possible, even it is a coach's time (i.e. estimate). • If every team submits their entries on time, a preliminary Psych Sheet and meet program will be distributed via e-mail prior to the day of the meet.

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Diving	<ul style="list-style-type: none"> • There is no diving competition at this meet 														
Scoring:	<ul style="list-style-type: none"> • Every team in meet will be scored against every other team in the meet using a 3+ Dual Meet format. • Points will be awarded as follows: <ul style="list-style-type: none"> • For individual events, the first 7 places will be awarded points in the following manner: 8-6-5-4-3-2-1. • For relay events, the first 3 places will be awarded points in the following manner: 10-5-3 														
Meet Officials:	<table style="width: 100%; border: none;"> <tr> <td style="width: 30%;">Referee:</td> <td>Charles Seltman, Seton</td> </tr> <tr> <td>Admin Referees:</td> <td>A Volunteer from a Visiting Team</td> </tr> <tr> <td>Starter:</td> <td>Theresa Griffin, Seton</td> </tr> <tr> <td>Head Timer:</td> <td>Melissa and Jeff Alsup, Seton</td> </tr> <tr> <td>Scorers:</td> <td>Bill Dealey, Seton</td> </tr> <tr> <td>Announcer:</td> <td>John Kleb, Seton</td> </tr> <tr> <td>CTS Operator:</td> <td>Hank Konstanty, Seton</td> </tr> </table>	Referee:	Charles Seltman, Seton	Admin Referees:	A Volunteer from a Visiting Team	Starter:	Theresa Griffin, Seton	Head Timer:	Melissa and Jeff Alsup, Seton	Scorers:	Bill Dealey, Seton	Announcer:	John Kleb, Seton	CTS Operator:	Hank Konstanty, Seton
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Stroke & Turn Officials	<ul style="list-style-type: none"> • Each team is responsible for providing at least one certified Stroke & Turn official. The large teams should plan to provide more. • If more officials volunteer, the meet referee will relieve officials at the break. 														
Timing:	<ul style="list-style-type: none"> • Timing will be done using the Colorado Timing System. • To back up the CTS, two timers will have a CTS backup button. • Each lane will have 3 stopwatches as a tertiary backup. • Each team will be responsible for providing timers for the following lanes for the duration of the meet. Each team is responsible for substituting their own timers with other parent volunteers from their team. <ul style="list-style-type: none"> ○ Lane 1 - Highland ○ Lane 2 - Fredericksburg Christian ○ Lane 3 - Middleburg Academy ○ Lane 4 - Seton ○ Lane 5 - Seton ○ Lane 6 - Seton ○ Lane 7 - Wakefield ○ Lane 8 - Wakefield ○ Lane 9 - Covenant ○ Lane 10 - Fresta Valley 														

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Starting Procedures	<ul style="list-style-type: none"> • The Referee and Starter will use a whistle start procedure for this meet. • The whistle start procedure will be used at the VISAA State Championship meet on February 14-15, 2020. • The procedure will be as follows: <ul style="list-style-type: none"> ○ 4 or 5 consecutive whistles means get ready ○ The starter will announce the event ○ 1 long whistle means to step up on the block ○ For backstroke only, there will be another long whistle in lieu of a command to place your feet ○ The starter will simply say “Take Your Mark” and a horn will signal the start. • We will use dive-over starts to expedite the meet.
USA Observed Swims	<ul style="list-style-type: none"> • Because no USA Swimming certified officials will be on deck in an official capacity, times swum by USA swimmers at this meet will NOT be recognized by Virginia Swimming.
Heat Sheets	<ul style="list-style-type: none"> • All parents that volunteer will receive a Heat Sheet for free. • Meet Programs will be available for sale for \$5.00 • Meet Programs and real-time results will be available on the Meet Mobile app
Seating	<ul style="list-style-type: none"> • All spectators must remain in the bleachers. We sincerely hope that all parents will seek to volunteer in some capacity.
Spirit:	<ul style="list-style-type: none"> • Teams are strongly encouraged to do team cheers prior to the start of the meet and during the breaks. • All swimmers should remain in the pool area throughout the meet to cheer (loudly) for their fellow swimmers. • Please tell your swimmers to remain on deck until after the completion of the girls 400 Free Relay so everyone can shake hands.
Hospitality and Concessions	<ul style="list-style-type: none"> • Food and Drinks will be available in the Hospitality area in the hallway behind the Scorer’s area for Coaches, Officials, Timers and other volunteers. • There will be no concessions at this meet
Pool Rules:	<ul style="list-style-type: none"> • The meet referee has the authority to remove any participant or spectator who is behaving in an inappropriate or unsafe manner. • Please be courteous and respectful of the Freedom Center staff. We want to be welcome at this beautiful facility in the future.

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<p>Directions:</p>	<p>From I-66 East or West and points North Take I-66 to Exit 44 South, Route 234. Stay on Route 234 (4.3 miles) through its intersection with Wellington Road. Prepare to turn left about 1/2 mile past Wellington Road. Turn left (at the sign for the Prince William Campus of George Mason University) onto University Boulevard. Go about 1/4 mile and turn left onto Freedom Center Drive. The pool is on the left.</p> <p>From I-95 and Eastern Prince William County Take Route 234 North exit 152B off of Route 95 Go about 15 miles. After you pass the exit for Route 28, take the next right turn onto University Boulevard. You will see GMUs Prince William Campus on the left side of the road. Turn left at the 3rd intersection onto Freedom Center Drive. The Freedom Center is on the left.</p>
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