


	<p><b>14<sup>th</sup> Annual VISAA Division II Invitational Swim Championship</b></p> <p><b>February 1, 2020</b></p> <p><b>Freedom Fitness and Aquatic Center Manassas, VA</b></p>	<p>Hosted by:</p> <p><b>Seton Swimming (SST)</b></p> 
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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. The Freedom Center is one of the premier swimming venues in Northern Virginia	
Meet Directors:	Jim Koehr 540-379-8328 <a href="mailto:Coach@koehrfamily.com">Coach@koehrfamily.com</a>	Bill Dealey 703-475-7152 <a href="mailto:SST@dealey.com">SST@dealey.com</a>
Rules:	The meet will be governed by 2018-2019 NFHS rules for championship meets.	
Warm-up Schedule:	Session I: 1:00–1:20 p.m.	TBD, based on entries
	Session II: 1:20-1:40 p.m.	TBD, based on entries
	Session III: 1:40-2:00 p.m.	TBD, based on entries
	Open warm-up	Two lanes will be available for warm-up all during the meet
Schedule:	1:25 p.m.	Official's meeting
	1:40 p.m.	Timers meeting
	2:05 p.m.	National Anthem
	2:08 p.m.	Start of Event #1
	Break after 50 Free	Medal Ceremony
	Break after the 200 Free Relay	Medal Ceremony
	After the 400 Free Relay 15 minutes after conclusion of meet	Medal Ceremony Championship award presentations

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Eligibility	<ul style="list-style-type: none"> <li>• Participants must be enrolled in, and in good standing with, a Virginia private school that is a member of VISAA Division II (Less than 160 boys or less than 160 girls in the student population, grades 9-12).</li> <li>• Participants must have swum in at least half of the schedule meets with their team during the season</li> <li>• 8<sup>th</sup> graders who meet the above criteria are eligible to score</li> <li>• There will be <b>no exhibition-only swimmers</b>, however, if a swimmer is officially entered in one individual event, they may swim one other individual event as exhibition.</li> <li>• Per VISAA rules, 7<sup>th</sup> graders are not eligible to compete.</li> <li>• No swimmer may swim more than 4 total events, with no more than 2 individual events</li> </ul>
Events:	<ul style="list-style-type: none"> <li>• Same Order of Events as the regular season with boys swimming first.</li> <li>• We will skip the Diving Events (#9 and #10) and jump from event #8 to event #11.</li> <li>• All events will be swum as timed finals.</li> </ul>
Entries:	<ul style="list-style-type: none"> <li>• <b>All entries are due by Monday, January 27, 2020 at Midnight.</b></li> <li>• All teams must submit entries via a Hy-tek Team Manager export file. No manual entries will be accepted.</li> <li>• <b>Each team may enter up to four (4) scoring swimmers for each individual event and up to two (2) relays for each relay event.</b></li> <li>• <b>Entries must include seed times.</b> Seed times should be either actual or converted short-course yard times. For “B” Relays, please make the best seed time estimate possible.</li> <li>• <b>No exhibition-only swimmers are allowed in this championship meet.</b> However, if you have a swimmer entered in only one official event, they may swim in one other event as exhibition. This may result in more than four (4) swimmers entered in a single individual event.</li> <li>• Except for relay line-ups, all entries are final once they are submitted.</li> <li>• <b>Entries should also include the name of the person responsible for your team’s timers, the name of your team’s stroke and turn judge (see the form below), and any additional e-mail contacts for all meet related communication.</b></li> <li>• Send entries to Scorer Bill Dealey at <a href="mailto:SST@Dealey.com">SST@Dealey.com</a></li> <li>• Once entries are received, the person submitting those entries will receive confirmation from Mr. Dealey by Tuesday evening, January 29, 2019</li> </ul>

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Relay Entries	<ul style="list-style-type: none"> <li>Relay entries may be submitted with or without the specific swimmers listed, but they will not be final until official relay cards are submitted to the Meet Scorer. The meet host would appreciate a projected lineup for each relay with your entries to reduce the data entry during the meet.</li> <li>Official entries for the 200 Medley relay must be submitted 30 minutes prior to the start of meet, or by 1:35 p.m.</li> <li>Official entries for the 200 Freestyle relay and the 400 freestyle relay must be submitted prior to the end of the boys 500 Free (prior to event #15).</li> </ul>																
Seeding:	<ul style="list-style-type: none"> <li>All events will be pre-seeded by the scorers and lanes will be assigned based on the times submitted by the coaches.</li> <li>Heats will be seeded from slowest to fastest.</li> <li>Realistic relay times for the anticipated line-up would be appreciated.</li> <li>A preliminary psych sheet and meet sheet will be distributed via e-mail prior to the day of the meet.</li> </ul>																
Scoring:	<p>The meet will be scored in the following manner:</p> <ul style="list-style-type: none"> <li>For individual events, the first 12 places will be awarded points in the following manner: 16-13-12-11-10-9-7-5-4-3-2-1</li> <li>For relay events, the first 12 places will be awarded points in the following manner: 32-26-24-22-20-18-14-10-8-6-4-2</li> </ul>																
Awards:	<ul style="list-style-type: none"> <li>Boys Team Invitational Champion – Traveling Trophy</li> <li>Girls Team Invitational Champion – Traveling Trophy</li> <li>Based on a vote of the Coaches prior to the end of the meet, the following special awards will also be given: <ul style="list-style-type: none"> <li>Swimmer of the Meet (boy and girl)</li> </ul> </li> <li>Medals will be handed out after the meet for 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> place in each event</li> <li>Medals will be awarded at breaks after the 50 Free, 200 Free Relay and at the end of the meet.</li> </ul>																
Officials:	<table> <tr> <td>Referee:</td> <td>Charles Seltman, Seton</td> </tr> <tr> <td>Admin Referees:</td> <td>Looking for a volunteer</td> </tr> <tr> <td>Starters:</td> <td>Therese Griffin, Seton</td> </tr> <tr> <td>Head Timer:</td> <td>TBD, Looking for a volunteer,</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 Operators:</td> <td>Jim Griffin and Hank Konstanty, Seton</td> </tr> <tr> <td>Awards:</td> <td>TBD, Seton</td> </tr> </table>	Referee:	Charles Seltman, Seton	Admin Referees:	Looking for a volunteer	Starters:	Therese Griffin, Seton	Head Timer:	TBD, Looking for a volunteer,	Scorers:	Bill Dealey, Seton	Announcer:	John Kleb, Seton	CTS Operators:	Jim Griffin and Hank Konstanty, Seton	Awards:	TBD, Seton
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<p>Timers:</p>	<ul style="list-style-type: none"> <li>• To back-up the Colorado Timing System, two timers will have a CTS backup button. Each lane will also have 3 stopwatches as a tertiary backup.</li> <li>• This will require three (3) timers in each lane or 30 timers total at any given time</li> <li>• Because of the scale of this meet and the difficulty in managing the number of parent volunteers, we have assigned the timing responsibilities for each lane to a specific school, relying heavily on the schools who are not traveling great distances:</li> </ul> <p>Lane 1: Wakefield School  Lane 2: Fredericksburg Academy  Lane 3: Fredericksburg Christian  Lane 4: Highland School  Lane 5: Seton School  Lane 6: Trinity Christian  Lane 7: Hampton Roads Academy  Lane 8: Middleburg/Broadwater Academy/Carmel School/Oaktree  Lane 9: Oakcrest School/Williamsburg Christian/Walsingham/Greenbrier  Lane 10: Veritas/Veritas/Nansemond Suffolk/Steward/Christchurch</p> <ul style="list-style-type: none"> <li>• Each responsible school may recruit and substitute their timers however they wish as long as there are always three (3) timers present during the competition.</li> <li>• If your school is not specifically listed, please plan on providing at least one timer if you are able. A shared burden is not heavy.</li> </ul>
<p>Starting Procedures</p>	<ul style="list-style-type: none"> <li>• The Referee and Starter will use a whistle start procedure for this meet.</li> <li>• Whistle start procedures are used in USA Swimming and will be used at the VISAA State Championship meet on February 14-15<sup>th</sup>.</li> <li>• The procedure will be as follows: <ul style="list-style-type: none"> <li>○ 4 of 5 consecutive whistles means get ready</li> <li>○ The announcer will announce the event</li> <li>○ 1 long whistle means to step up on the block</li> <li>○ For backstroke only, there will be another long whistle in lieu of a command to place your feet</li> <li>○ The starter will simply say “Take Your Mark” and a horn will signal the start.</li> </ul> </li> <li>• We will use dive-over starts to expedite the meet.</li> </ul>
<p>Stroke and Turn Judges</p>	<ul style="list-style-type: none"> <li>• Each team is responsible for providing at least one NFHS certified stroke and turn judge.</li> <li>• Teams without access to any certified judges may make arrangements with another participating school to help fulfill their requirement. There are several friendly schools willing to help.</li> <li>• The name of each team’s volunteer stroke and turn judge should be submitted with the meet entries.</li> </ul>

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Spirit:	<ul style="list-style-type: none"> <li>• To encourage team solidarity and spirit, each team will be assigned a team area.</li> <li>• Teams are strongly encouraged to bring banners and posters to display in their team area. The Freedom Center does not allow us to hang banners on the walls with anything except blue painter’s tape. Their staff can also assist in hanging them with rope if you provide your banner to them prior to the meet.</li> <li>• Teams are strongly encouraged to do team cheers prior to the start of the meet and during the breaks</li> <li>• Swimmers should not be hanging out in the lobby. All swimmers should remain in the pool area to cheer (loudly) for their fellow swimmers.</li> </ul>
Fees:	<ul style="list-style-type: none"> <li>• Team Entry Fees: <ul style="list-style-type: none"> <li>○ Men: \$15 per swimmer with a maximum of \$150 per men’s team</li> <li>○ Women: \$15 per swimmer with a maximum of \$150 per women’s team</li> </ul> </li> <li>• In lieu of a spectator entry fee, Meet Programs will be on sale for \$5.00.</li> <li>• Send Meet Fees, payable to “Seton Swim Team”, to Jim Koehr at: <p style="text-align: center;">Jim Koehr Seton Swimming P.O. Box 1247 Warrenton, VA 20188</p> </li> <li>• Mailed fees should be <b>received</b> before the day of the meet.</li> </ul>
Pool Rules:	<ul style="list-style-type: none"> <li>• Nothing may be left in the locker room that is not placed inside of a locker. There will be other patrons of the Freedom Center while we are there.</li> <li>• Participants and spectators are not allowed in any rooms not directly associated with the swim meet.</li> <li>• Only coaches, swimmers and officials are allowed on the pool deck.</li> <li>• The meet referee has the authority to remove any participant or spectator who is behaving in an inappropriate or unsafe manner.</li> <li>• Please be courteous and respectful of the Freedom Center staff. We want to be welcome at this beautiful facility in the future.</li> </ul>
Concessions	There will be no concessions at this meet.

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<p>Directions:</p>	<p><b>From I-66 East or West and points North</b> 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><b>From I-95 and Eastern Prince William County</b> 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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**Meet Entry Information**

Team Name: \_\_\_\_\_

Contact Information of others interested in meet announcements and information:

Name	Position	E-mail Address

Meet Volunteer Information:

Position	Name	E-mail Address (optional)
Your Team's Head Timer		
Stroke and Turn Judge		
Stroke and Turn Judge		

Please fill out this page within this document, the copy and paste it into the e-mail you use to submit your entries to Scorer Bill Dealey via e-mail at [SST@dealey.com](mailto:SST@dealey.com). Remember, this form and your entries are due by the entry deadline.