	13th Annual Junior Varsity Invitational **January 25, 2020** **Warrenton Aquatic and Recreation Facility (WARF)** **Warrenton, VA**	Hosted by: **Seton Swimming (SST)**

Location:	Warrenton Aquatic and Recreation Facility, Warrenton, Virginia 800 Waterloo Road, Warrenton, VA 20186 (540) 349-2520	
Facility:	Eight-lane, 25-yard, indoor pool with non-turbulent lane markers, Colorado touch-pad Timing System, and large results display board. The WARF now one of the premier swimming venues in Northern Virginia	
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 NFHS rules for championship meets.	
Warm-up Schedule:	Seton Stretching	2:39 p.m.
	Session I: 3:00–3:15 p.m.	TBD, based on entries
	Session II: 3:15-3:30 p.m.	TBD, based on entries
	Session III: 3:30-3:45 p.m.	TBD, based on entries
Schedule:	3:10 p.m.	Officials meetings
	3:25 p.m.	Timers meeting
	3:50 p.m.	National Anthem
	3:52 p.m.	Start of Event #1
	No breaks	Open warm-up in shallow end
	Immediately following the meet	Pizza celebration in Upstairs Common Area outside the Fitness Rooms
Eligibility	• The definition of "Junior Varsity" will be left intentionally vague in the hopes that coaches will adhere to the spirit of the meet. • A "Junior Varsity" swimmer is a 6th thru 9th grader enrolled in a VISAA or VHSL school full time. 8th and 9th graders who regularly score in Varsity competition are eligible to swim. So in general, the participants should be freshmen and below. • Seniors, juniors, and sophomores who seldom score during the regular season and did not make your Varsity team to swim in your conference championship meet, are also eligible. • The spirit of the meet is that upperclassmen should not be competitive with the top 16 entries. • No swimmer may swim more than 5 total events, with no more than 3 individual events	

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Events:	Event #	Event
	1-2	200 Medley Relay
	3-4	100 IM
	5-6	50 Freestyle
	7-8	200 Backstroke Relay
	9-10	50 Butterfly
	11-12	100 Freestyle
	13-14	200 Breaststroke Relay
	15-16	50 Backstroke
	17-18	50 Breaststroke
	19-20	200 Free Relay
	Note: Odd events are Boys, even events are Girls	

Entries:	**All entries are due by Monday, January 20, 2020** at 5:00 p.m. - All entries must be submitted with a Hy-Tek Team Manager export file. Please use this software - the scorers are all volunteers. - Each team may enter an unlimited number of individual swimmers and an unlimited number of relays. **Entries must include seed times**. Since many swimmers do not have actual times for many of the events in this meet, please make the best estimate possible. If a time trial is possible to obtain times, it would be helpful; otherwise **43% of the 100-yard time** would serve as a good estimate for a 50-yard time. For relays, please make the best seed time estimate possible. - Except for relays, all entries are final once they are submitted. **Entries should also include a list of volunteer 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.** - Send entries to Scorer Bill Dealey at SST@dealey.com - Once entries are received, the person submitting those entries will receive confirmation from Mr. Dealey by Tuesday evening, January 22, 2019
Relay Entries	- Relay entries may be submitted with or without the specific swimmers listed but will not be final until official relay cards are submitted to the Meet Scorer. It would be helpful to have projected lineups with your entries. - Official entries for the all relays must be submitted by 3:20 p.m. on the day of the meet.
Seeding:	- All events will be pre-seeded by the scorers and lanes will be assigned based on the times submitted by the coaches. - Heats will be seeded from slowest to fastest. - Realistic relay times for the anticipated line-up would be appreciated. - A preliminary pysch sheet and meet sheet will be distributed via e-mail prior to the day of the meet.

Scoring:	The meet will be scored in the following manner: • 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 • 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 • The top 4 finishers per team will score for each individual event and the top 2 finishing relays per team will score for each relay event. Additional relay entries should be designated as exhibition.
Officials:	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
Timers:	• A total of 48 timers will be required to execute the meet, 24 timers for the first half and 24 timers for the second half. • Each team will be responsible for providing 6 timers, half of which will work the first half and half of which will replace them. Each team is responsible for relieving their own timers whenever they wish. • **The name of a person designated as each team's head timer should be submitted with meet entries.** • To backup the Colorado Timing System, two timers will have a CTS backup button. • Each lane will have 3 stopwatches as a tertiary backup.

Starting Procedures	• The Referee and Starter will use a whistle start procedure for this meet.
	• Whistles start procedures are used in USA Swimming and will be used at the VSIS State Championship meet on February 14-15th.
	• The procedure will be as follows:
	     o 4 of 5 consecutive whistles means get ready
	     o The announcer will announce the event
	     o 1 long whistle means to step up on the block
	     o For backstroke only, there will be another long whistle in lieu of a command to place your feet
	     o 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.

Stroke and Turn Judges	• **Each team is responsible for providing at least one VHSL certified stroke and turn judge.** • 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. • The name of each team's volunteer stroke and turn judge should be submitted with the meet entries.
Spirit:	• To encourage team solidarity and spirit, each team will be assigned a team area. • Teams are strongly encouraged to bring banners and posters to display in their team area. • Teams are strongly encouraged to do team cheers prior to the start of the meet and during the breaks • Swimmers should not be hanging out in the lobby. All swimmers should remain in the pool area to cheer (loudly) for their fellow swimmers.

Fees:	• Team Entry Fees:
	  o Boys: $15 per swimmer with a maximum of $150 per men's team
	  o Girls: $15 per swimmer with a maximum of $150 per women's team
	• In lieu of a spectator entry fee, Meet Programs will be on sale for $5.00.
	• Send Meet Fees, payable to "Seton Swim Team", to Coach Jim Koehr at:
	Coach Jim Koehr
	P.O. Box 1247
	Warrenton, VA 20188
	• Mailed fees should be **received** before the day of the meet.

Pool Rules:	• Nothing may be left in the locker room that is not placed inside of a locker. There may be other patrons of the WARF while we are there. • Participants and spectators are not allowed in any rooms not directly associated with the swim meet. • Only coaches, swimmers and officials are allowed on the pool deck. • 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 WARF staff. We want to be welcome at this beautiful facility in the future.

 SETON SCHOOL **MANASSAS, VA**	**13th Annual Junior Varsity Invitational** **January 25, 2020** **Warrenton Aquatic and Recreation Facility (WARF)** **Warrenton, VA**

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Directions:	**From I-66, points East and North** Take I-66 to Exit 43 South, Route 29 South toward Warrenton. Go about 10 miles to the first Warrenton Exit for Business 29 (do not get on the Route 17 bypass). Follow Business 29 through Warrenton, past Route 17 to Route 211 by Fosters Grill. Turn Right on Route 211, go through the light and turn into the driveway behind the WARF. The entrance is around to the front. **From I-66 points West** Take I-66 to Exit 28 South, Route 17 South toward Warrenton. Go about 10 miles to a left turn at the stoplight at Business 29 (blockbuster will be on your left). Follow Business 29 through Warrenton to Route 211 by Fosters Grill. Turn Right on Route 211, go through the light and turn into the driveway behind the WARF. The entrance is around to the front. **From I-95 and points South** Exit 95 onto Route 17 North (exit 133). The exit is just north of Fredericksburg, right after you cross the Rappahannock River. Follow 17 N to Opal (at a Sheetz). Turn right onto Route 29/17. Go about 6 miles to the first Warrenton exit for Business 29. Turn left into Warrenton and follow Business 29 (Shirley Avenue) to Route 211. Turn left on Route 211, go through the light and turn into the driveway behind the WARF. The entrance is around to the front.

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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		
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. Remember, this form and your entries are due by the entry deadline.