



Sanctioned by: Virginia Independent Schools Athletic Association 	Seton Homecoming Invitational Seton Swimming vs. John Paul the Great, Trinity Christian School, and Immanuel Christian December 19, 2020 Freedom Aquatic and Fitness Center, Manassas, VA	Hosted by: Seton Swimming (SST) 
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Diving Warm-up and Competition Schedule	Seton Dive Stretching: 12:09 p.m.	
	Diving Warm-up: 12:30 p.m.	Two Boards
	National Anthem: 12:57 p.m.	
	Competition Begins: 1:00 p.m.	Boys and Girls Combined
Meet Warm-up and Competition Schedule	Seton Swim Stretching: 1:39 p.m.	In Bleachers
	Warm-up Session I: 2:00-2:20 p.m. Two (2) swimmers start on each end of each lane.	Seton Group 3 – Lanes 1 – 6 (24) Seton Group 4 – Lanes 7 – 10 (13) Seton Group 5 – Lanes 11 – 14 (16)
	Warm-up Session II: 2:20-2:40 p.m. Only one (1) swimmer may be out of the water in each lane at one time.	Seton Group 1 – Lanes 1 - 6 (23) Seton Group 2 (Practice lanes 9-10) – Lanes 7 - 10 (12) Seton Group 2, Practice lanes 7-8) – Lanes 11 – 14 (12)
	Warm-up Session III: 2:40-3:00 pm	John Paul the Great – Lane 1–8 (30) Immanuel Christ.–Lane 9-10,11–14 (12)
	Warm-up Session IV: 3:00-3:20 pm	Trinity Christian – Lane 1 – 10 (32) Seton Alumni – Lane 10 - 14 Williamsburg Christian – Cancelled Fredericksburg Christian– Cancelled
	Officials Meeting: 2:40 p.m.	In Hallway behind the Scorers area
	Timers Meeting: 2:55 p.m.	In Hallway behind the Scorers area
	NO Coaches Meeting	Per VISAA Guidelines
	National Anthem: 3:27 p.m.	Disrespect in action or appearance will be grounds for disqualification
	First Event: 3:30 p.m.	<u>No break after Event #8</u>