

	11th Annual Northern Virginia Catholic High School Swim & Dive Invitational January 16, 2021 Freedom Fitness and Aquatic 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 also be two continuous warm-up and warm-down lanes. The Freedom Center is one of the premier swimming venues in Northern Virginia	
Meet Directors:	Jim Koehr 540-379-8328 Coach@koehrfamily.com	Bill Dealey SST@Dealey.com Ashely Keapproth, SST, Diving akeapproth@gmail.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.	
Zoom Planning Call	To ensure that everyone understands the protocols that we will need to follow to ensure a safe meet for our athletes, coaches and officials, we will have a Zoom Conference for Coaches on <u>Wednesday, January 13, 2021 at 5:15 p.m.</u> A calendar invitation will be sent separately with the Zoom link.	
Diving	Diving Warm-Up: 12:30 p.m.	Two Boards
	Diving Competition: 1:15 p.m.	Two Boards at the discretion of the diving coaches
	Projected Completion: 2:45 p.m.	
Meet Warm-up and Competition Schedule:	Seton Stretching: 2:19 p.m.	In team area in the bleachers
	Warm-up Session I: 2:45–3:05 p.m. Two (2) swimmers start on each end of each lane.	Seton Group 3 – Lanes 1 – 6 (24) Seton Group 4 – Lanes 7 – 9 (13) Seton Group 2B – Lanes 11 – 13 (12) Oakcrest – Lanes 10, 14 (8)
	Warm-up Session II: 3:05-3:25 p.m. Only one (1) swimmer may be out of the water in each lane at a time.	Seton Group 1 – Lanes 1 - 6 (24) Seton Group 2A – Lanes 7 - 10 (12) Oakcrest – Lanes 11 - 14 (16)
	Warm-up Session III: 3:25-3:45 p.m.	John Paul the Great – Lanes 1 – 4 (16) Benedictine./St. Gert –Lanes 5 – 6 (8) Seton Group 5 – Lane 7 – 10 (16) John Paul the Great – Lanes 11 -14 (16)
	Officials Meeting: 3:35 p.m.	In Hallway behind the Scorers area
	Timers Meeting: 3:50 p.m.	In Hallway behind the Scorers area
	Warm-up Session IV: 3:45-4:05 p.m.	Paul VI – Lanes 1 - 10 (40) Paul VI – Lanes 11 – 14 (16)
	NO Coaches Meeting	Per VISAA Guidelines
	Prayer/Nat'l Anthem: 4:10 p.m.	Fr. Schultz, Paul VI Chaplain Orla Haggerty, Seton
	First Event: 4:13 p.m. 10 minutes after conclusion of meet	Championship award presentations

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Eligibility:	<ul style="list-style-type: none"> • The meet is open to all students, 8th grade through 12th grade, from a Catholic High School in the northern half of Virginia. • 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 championship meet. • No post-graduates are permitted to participate in VISAA events. 		
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. • The Diving Competition will occur before the meet rather than between events 8 and 11. 		
Events:	<ul style="list-style-type: none"> • Events will be ordered based on NFHS rules with boys swimming first. • Because Diving will occur prior to the swimming competition, we will skip the Diving Events (#9 and #10) and jump from event #8 to event #11 without a break. • All events will be swum as timed finals. • To allow opportunities for swimmers to get additional opportunities to qualify for their team's virtual State Championship Relays, we will offer Time Trial events in 100 Free, 50 Free, 50 Butterfly and 50 Breaststroke. • Please, only swimmers with a chance to swim on an "A" Relay at States should be entered in these Time Trial events. 		
Order of Events:	Boys	Event	Girls
	101	<i>100 Freestyle Time Trial</i>	102
	1	200 Medley Relay	2
	3	200 Freestyle	4
	5	200 Individual Medley	6
	7	50 Freestyle	8
	103	<i>50 Freestyle Time Trial</i>	104
	9	Diving (6-Dives, Before the Meet)	10
	11	100 Butterfly	12
	13	100 Freestyle	14
	15	500 Freestyle	16
	105	<i>50 Butterfly Time Trial</i>	106
	17	200 Freestyle Relay	18
	107	<i>50 Backstroke Time Trial</i>	108
	19	100 Backstroke	20
	21	100 Breaststroke	22
23	400 Freestyle Relay	24	


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Diving	<ul style="list-style-type: none"> • The Diving portion of the meet will occur prior to the swimming competition • The competition will require six (6) dives. • The diving competition will be planned and executed by the diving coaches. Diving coaches should contact Seton Diving Coaches Seamus Koehr (koehr@cua.edu) and Ashley Keapproth (akeapproth@gmail.com). • Diving entries should be submitted with the Swimming entries in the Team Manager Entry file as event 9 (boys) and 10 (girls) so the scorer doesn't have to enter the names by hand.
Entry Submission:	<ul style="list-style-type: none"> • All entries are due by Wednesday, January 13th, 2021 at 5:00 p.m. • All teams must submit entries via a Hy-tek Team Manager export file. No manual 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. • Each team may enter up to four (4) scoring swimmers for each individual event and two (2) scoring relays for each relay event. • Entries must include seed times. Seed times should be either actual or converted short-course yard times. For non-scoring Relays, please make the best seed time estimate possible. • 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. • Except for relay line-ups, all entries are final once the psych sheet has been published, hopefully by Thursday afternoon. • Send entries to Scorer Bill Dealey at SST@Dealey.com
Entry Fees	<ul style="list-style-type: none"> • The Meet Team Entry Fees: <ul style="list-style-type: none"> ○ To cover the cost of the pool, each boys or girls swim team will be asked to contribute \$150.00 (i.e. \$300 for a coed team) ○ Each boys or girls diving team will be asked to contribute an additional \$60.00 (i.e. \$120 for a coed team) • 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> • Please ensure that mailed fees are received on or by the day of the meet. • Checks should be made out to "Seton Swim Team".

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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 swimmer’s 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” or “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 Men's 500 Freestyle (event #15) ○ 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.
Exhibition Entries	<ul style="list-style-type: none"> • To maximize participation by kids at all levels, we are allowing an unlimited number of exhibition entries. • The meet host would appreciate if coaches would enter as many of their exhibition swimmers as possible into the 200 Medley Relay, the 200 Free Relay, the 50 Free and one other 100-yard event. • The meet host has no objection to exhibition entries in other individual events, but if only one or two exhibition entries result in an extra heat of an event over 100 yards, the host may respectfully request that the coach change that exhibition entry.
Seeding:	<ul style="list-style-type: none"> • 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. • 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 (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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Scoring:	<p>The meet will be scored in the following manner:</p> <ul style="list-style-type: none"> • 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
Traveling Champions Cups:	<ul style="list-style-type: none"> • The Meet Host has purchased two beautiful cups to be instituted as traveling trophies for the boys and girls team champions. <div style="text-align: center;">  </div> <ul style="list-style-type: none"> • The trophies will be awarded immediately after the completion of the swimming competition and team handshakes • The meet host will make the necessary arrangements for the trophies to be engraved with each year's champions. • It is hoped that last year's boy's and girl's champions, Bishop O'Connell, will return to the meet this year with the trophy so it may travel home with the new champion.
Officials:	<p>Meet Referee: Charles Seltman, Seton Admin Referee: TBD, looking for a volunteer Starter: Pat Haggerty, Seton Head Timer: Will Waldron, Seton Scorers: Bill Dealey, Seton Announcer: John Kleb, Seton CTS Operator: Hank Konstanty, Seton Diving Meet Host: Seamus Koehr and Ashley Keapproth, Seton</p>
Stroke and Turn Judges	<ul style="list-style-type: none"> • Each team is responsible for providing at least one NFHS or USA certified stroke and turn judge. More than one volunteer from an individual team would certainly be appreciated. • If more officials volunteer, the meet referee will relieve officials at the break.


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<p>Timers:</p>	<ul style="list-style-type: none"> • Timing will be done using the Colorado Timing System. • To back up the CTS, one timer will have a CTS backup button. • Each lane will also have one Dolphin electronic stopwatch as a tertiary backup. • As part of our COVID protocols, we will run the meet with only one (1) timer per lane: <ul style="list-style-type: none"> ○ Lane 1 - Seton ○ Lane 2 - Seton ○ Lane 3 - Seton ○ Lane 4 - Seton ○ Lane 5 - Seton ○ Lane 6 - Seton ○ Lane 7 - Seton ○ Lane 8 - Seton ○ Lane 9 - Seton ○ Lane 10 - Seton
<p>Starting Procedures</p>	<ul style="list-style-type: none"> • 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 VISAA State Championship meet on February 14-15th. • The procedure will be as follows: <ul style="list-style-type: none"> ○ 4 of 5 consecutive whistles means get ready ○ The announcer 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. • For the final heat, a 10 second blast of music will be played and then the top three (3) seeds will be announced prior to the start of the heat.
<p>USA Observed Swims</p>	<p>Times swum by USA swimmers at this meet <u>WILL</u> be recognized by Virginia Swimming.</p>
<p>Spectators</p>	<ul style="list-style-type: none"> • NO Spectators will be allowed inside the Freedom Center pool • So that parents may watch the meet live, it will be streamed on www.setonswimming.org/videos or Videos Seton Swimming
<p>Heat Sheets</p>	<ul style="list-style-type: none"> • Because no spectators are allowed at the meet, Meet Programs will be available on www.setonswimming.org • Near-real time results will be available on the Meet Mobile app, available on both iPhone and Android.

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Spirit:	<ul style="list-style-type: none"> • 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. • As part of our COVID protocol, we <u>will not have</u> the traditional post-meet handshake.
Concessions	<ul style="list-style-type: none"> • Pre-packaged 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 lockers rooms are closed. See below for details. • No spectators are allowed anywhere in the facility. Only coaches, swimmers and officials are allowed on the pool deck or in the spectator areas. • 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.
Directions:	<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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<p>Additional COVID Protocols</p>	<p>COVID Protocols for this meet will be guided by the policies of George Mason University, The Freedom Center, VISAA “Back to Play”, USA Swimming, and the State of Virginia. It is a privilege for Seton to be able to host this meet, but in order to maintain that privilege, all participating teams must be very diligent in adhering to the following protocols:</p> <p>Coaches Meeting</p> <ul style="list-style-type: none"> • A Zoom Coaches Meeting will be scheduled prior to the meet. <p>Pool Entry</p> <ul style="list-style-type: none"> • Swimmers and Coaches will enter through the side door of the Freedom Center with a mask on. DO NOT enter through the front door of the facility.  <ul style="list-style-type: none"> • At that point, they will be screened, have their temperature taken, and proceed to their team area. <p>Locker Rooms and Restrooms</p> <ul style="list-style-type: none"> • <u>The locker rooms are closed</u>, so swimmers must arrive to and leave the meet with their swim suits under their clothing. • There will be separate restrooms for the Coaches and Officials and the Swimmers. <ul style="list-style-type: none"> ○ Coaches and Officials: Use the restrooms in the main corridor. Exit the pool area at the end of the bleachers and re-enter through the hallway in front of the locker rooms. ○ Swimmers: Use the family restrooms between the two locker rooms. <p>Masks</p> <ul style="list-style-type: none"> • All swimmers, coaches and officials will be required to wear a mask anytime they are out of the water. • Swimmers should report to the blocks for their event with a mask on. Just prior to the beginning of their event, they may remove their mask, wrap it in their towel, and put their towel on the chair provided behind each lane.
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<p>Additional COVID Protocols (cont'd)</p>	<p>Team Areas</p> <ul style="list-style-type: none"> • Each team will be assigned a team area large enough to allow for social distancing. <ul style="list-style-type: none"> ○ It is the responsibility of each Coach to enforce the wearing of masks and social distancing. • Because the Seton team is so large, the Seton team area will occupy the entire length of the bleachers with separate team areas established by grade level. • Meet Programs will be posted in multiple places in each team area to prevent congregating around the postings. • Meet Programs will also be posted on www.setonswimming.org in advance of the meet. Swimmers should arrive at the meet knowing their heat and lane assignments. <p>Warm-up</p> <ul style="list-style-type: none"> • Warm-up lane assignments are designed so that there are only four (4) swimmers per lane, with two (2) starting in the water on each end. • Teams may use the blocks to practice starts, but only one (1) swimmer may be out of the water at a time in each lane. • Continuous warm-down lanes will be available, but no more than two (2) swimmers will be allowed in each lane – first come, first served. <p>Clerk of the Course</p> <ul style="list-style-type: none"> • In order to prevent heats of swimmers from being forced to congregate behind the blocks as they await their heats, we will implement a Clerk of the Course. • The Clerk of the Course will consist of marked corrals for the next three (3) heats. <ul style="list-style-type: none"> ○ For relays, only one heat will stage in the Clerk of the Course. • Swimmers will flow to and from their heat in the following manner: <ul style="list-style-type: none"> ○ When a heat finishes, those swimmers will remain in the water until the next heat starts over top of them (i.e. a “flyover start”). <ul style="list-style-type: none"> ▪ For backstroke, swimmers will not advance to the blocks from the Clerk of the Course until the previous swimmers have exited the water and cleared the area. ○ Swimmers will then exit the pool, don their masks, and exit counter-clockwise around the pool back to their team area. ○ Once these swimmers have cleared the area behind the blocks, the next heat will advance to their positions behind the blocks, remove their masks, wrap them in their towels, and leave them on the chair provided.
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<p>Additional COVID Protocols (cont'd)</p>	<p>Movement Around the Pool</p> <ul style="list-style-type: none"> • In order to minimize contact between swimmers, a designated one-way lane for pedestrian traffic will be established around the entire perimeter of the pool. The lane will be marked with Stanchions and/or painters tape. • Swimmers may only move around the pool in the counter-clockwise direction. • The flow for Seton teammembers will be from the bleachers: <ul style="list-style-type: none"> ○ Seton teammembers will travel in only one direction while in the bleachers – towards the starting end of the pool. ○ To reach the pool deck, Seton teammembers will exit the pool area behind the scorer's table, walk down the main corridor, and enter the pool area at the far end toward the locker rooms.
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