







Sanctioned by: Virginia Independent Schools Athletic Association 	Seton Winter Invitational Seton Swimming vs. Trinity Christian, Highland and Wakefield January 23, 2021 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 2020-2021 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. 	
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, 11-Dives
Meet Warm-up and Competition Schedule	Seton Swim Stretching: 1:59 p.m.	In Bleachers
	Warm-up Session I: 2:20-2:40 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: 2:40-3:00 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: 3:00-3:20 pm	Trinity Christian – Lane 1–8 (32) Highland School – Lane 9 (2) Wakefield School–Lane 10, 11-14 (20) Randolph Macon – Lane 11 – 14 (13)
	Warm-up Session IV: 3:20-3:40 pm	Fredericksburg Christian – Lane 1-6 (20)
	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.	No break after Event #8

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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. <ul style="list-style-type: none"> 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	100 Freestyle Time Trial	102
	1	200 Medley Relay	2
	3	200 Freestyle	4
	5	200 Individual Medley	6
	7	50 Freestyle	8
	103	50 Freestyle Time Trial	104
	9	Diving (11-Dives, Before the Meet)	10
	11	100 Butterfly	12
	13	100 Freestyle	14
	105	50 Butterfly Time Trial	106
	15	Boys 500 Freestyle	
	107	50 Breaststroke Time Trial	108
		Girls 500 Freestyle	16
	17	200 Freestyle Relay	18
	19	100 Backstroke	20
21	100 Breaststroke	22	
23	400 Freestyle Relay	24	

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<p>Seeding:</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.
<p>Diving</p>	<ul style="list-style-type: none"> • The Diving portion of the meet will occur prior to the swimming competition • The competition will require eleven (11) 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). • Please, 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 does not have to enter the names by hand.
<p>Entry Rules:</p>	<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” 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>Scoring:</p>	<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
<p>Entry Submission and Fees:</p>	<ul style="list-style-type: none"> • All entries are due by 6:00 p.m. on the Thursday, January 21st. • 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 so that swimmers can get in competitive heats. • Except for relays, all entries are final at 1:30 p.m., 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"> ○ To cover the cost of the pool, each swim team will be asked to contribute \$225.00 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".

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Meet Officials:	Referee: Charles Seltman, Seton Admin Referees: A Volunteer from a Visiting Team Starter: Pat Haggerty, Seton Head Timer: Will Waldron, Seton Scorers: Bill Dealey, Seton CTS Operator: Hank Konstanty, Seton Announcer: John Kleb, Seton Clerk of the Course: Alexandra Luevano, Jessica Morales, Sandy Osilka COVID Screeners: Alexandra Luevano, Jessica Morales, Sandy Osilka Hospitality: Maria Hartung, Seton
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, 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


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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 is used at all VISAA State Championship meets • 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. • As part of our COVID protocols, we will use dive-over starts to keep swimmers separated behind the blocks. Swimmers should not exit the pool until the next heat has started over top of them.
USA Observed Swims	<ul style="list-style-type: none"> • Times swum by USA swimmers at this meet will NOT be recognized by Virginia Swimming.
Spectators	<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 the Seton Swimming Highlights YouTube channel at: Videos Seton Swimming
Heat Sheets	<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.
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.
Hospitality and 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 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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<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 three (3) swimmers will be allowed in each lane – first come, first served.
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<p>Additional COVID Protocols (cont'd)</p>	<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. ○ Other swimmers in the Clerk of Course area will advance to the next closest corral. <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 teammates will be from the bleachers: <ul style="list-style-type: none"> ○ Seton teammates will travel in only one direction while in the bleachers – towards the starting end of the pool. ○ To reach the pool deck, Seton teammates will exit the pool area behind the scorers table, walk down the main corridor, and enter the pool area at the far end toward the locker rooms.
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