




	<p><b>15<sup>th</sup> Annual VISAA Division II Invitational Swimming and Diving Championship</b></p> <p><b>February 6, 2021</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 NFHS rules for championship meets.		
Diving	Divers Stretching:	10:09 a.m.	
	Diving Warm-up:	10:20 a.m. to 11:20 a.m.	
	Diving Competition: 11:20 a.m.-12:30 p.m.	11-Dive Championship Meet Format	
Warm-up Schedule:	Seton Stretching:	12:39 p.m.	
	Session I: 1:00–1:20 p.m. <b>Two (2) swimmers start on each end of each lane.</b>	Oakcrest (16) – Lane 1 – 4 Seton School (39) – Lanes 5 - 10, 11–14	
	Session II: 1:20-1:40 p.m. <b>Only one (1) swimmer may be out of the water in each lane at one time.</b>	Randolph-Macon Academy (15) – Lanes 1 - 4 Carmel School (6) – Lane 5 - 6 Trinity Christian (32) – Lanes 7 - 10, 11 – 14	
	Session III: 1:40-2:00 p.m.	Highland (2) – Lane 1 Veritas School (13) – Lane 2 – 5 Steward School (15) – Lanes 6 – 7, 11 - 12 Williamsburg Christian (10) – Lanes 8 – 9, 13 Veritas Collegiate (6) – Lanes 10, 14	
	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	
	<b>NO</b> Coaches Meeting	<b>Per VISAA Guidelines</b>	
	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>• Because Diving will be completed before the meet, 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>
Diving	<ul style="list-style-type: none"> <li>• The Diving portion of the meet will occur prior to the swimming competition.</li> <li>• <b>The competition will consist of eleven (11) scoring Dives per the NFHS Championship Meet format.</b></li> <li>• The competition will be recorded <b>as required by this year's virtual State Championship rules.</b></li> <li>• The diving competition will be planned and executed by the diving coaches. Diving coaches should contact Seton Diving Coaches Seamus Koehr (<a href="mailto:koehr@cua.edu">koehr@cua.edu</a>) and Ashley Keapproth (<a href="mailto:akeapproth@gmail.com">akeapproth@gmail.com</a>).</li> <li>• 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.</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>

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<p>Entries:</p>	<ul style="list-style-type: none"> <li>• <b>All entries are due by Tuesday, February 2, 2021 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>• 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 Wednesday evening, February 3, 2021</li> </ul>
<p>Relay Entries</p>	<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 and the 400 freestyle relays must be submitted prior to the end of the boys 500 Free (prior to event #15).</li> </ul>
<p>Seeding:</p>	<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>
<p>Meet Records</p>	<ul style="list-style-type: none"> <li>• The Meet Records for the VISAA Division II Invitational Championship Meet have been posted separately.</li> <li>• Consist with past practice over the entire history of this Meet, a swimmer who is also a member of the Delaney Athletic Conference (DAC) is also eligible to break a DAC Championship Meet Record in this meet.</li> </ul>

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<p>Awards:</p>	<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. <ul style="list-style-type: none"> <li>○ After 50 Free, medals will be awarded for events 9 and 10 (Diving), plus events 1 through 6 (50 Free)</li> <li>○ After the 200 Free Relay, medals will be awarded for events 7 through 16 (500 Free)</li> <li>○ After the 400 Free Relay, medals will be awarded for the remaining events.</li> <li>○ <b>Medal winners will line up in the Clerk of the Course.</b></li> <li>○ <b>When announced, medalists will proceed up the steps to the front of the announcing station and receive their medals in front of a camera broadcasting on the livestream.</b></li> <li>○ <b>For Relays, one member of the Relay will accept the medals for the entire relay</b></li> </ul> </li> </ul>																				
<p>Officials:</p>	<table border="0"> <tr> <td>Referee:</td> <td>Charles Seltman, Seton</td> </tr> <tr> <td>Admin Referees:</td> <td>A Volunteer from a Visiting Team</td> </tr> <tr> <td>Starter:</td> <td>Pat Haggerty, Seton</td> </tr> <tr> <td>Head Timer:</td> <td>Will Waldron, Seton</td> </tr> <tr> <td>Scorers:</td> <td>Bill Dealey, Seton</td> </tr> <tr> <td>CTS Operator:</td> <td>Hank Konstanty, Seton</td> </tr> <tr> <td>Announcer:</td> <td>John Kleb, Seton</td> </tr> <tr> <td>Clerk of the Course:</td> <td>Alexandra Luevano, Jessica Morales, Sandy Osilka</td> </tr> <tr> <td>COVID Screeners:</td> <td>Alexandra Luevano, Jessica Morales, Sandy Osilka</td> </tr> <tr> <td>Hospitality:</td> <td>Maria Hartung, Seton</td> </tr> </table>	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
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Timers:	<ul style="list-style-type: none"> <li>• Timing will be done using the Colorado Timing System.</li> <li>• To back up the CTS, one timer will have a CTS backup button.</li> <li>• Each lane will also have one Dolphin electronic stopwatch as a tertiary backup.</li> <li>• <b>As part of our COVID protocols, we will run the meet with only one (1) timer per lane:</b> <ul style="list-style-type: none"> <li>○ Lane 1 - Seton</li> <li>○ Lane 2 - Seton</li> <li>○ Lane 3 - Seton</li> <li>○ Lane 4 - Seton</li> <li>○ Lane 5 - Seton</li> <li>○ Lane 6 - Seton</li> <li>○ Lane 7 - Seton</li> <li>○ Lane 8 - Seton</li> <li>○ Lane 9 - Seton</li> <li>○ Lane 10 - Seton</li> </ul> </li> </ul>
Starting Procedures	<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>
USA Observed Swims	<ul style="list-style-type: none"> <li>• Times swum by USA swimmers at this meet be recognized by Virginia Swimming.</li> <li>• To ensure that times are recorded properly by Virginia Swimming, Coaches should ensure that the USA ID for each USA swimmer if recorded in their Athlete record in the Team Manager software.</li> </ul>
Spectators	<ul style="list-style-type: none"> <li>• <b>NO Spectators will be allowed inside the Freedom Center pool</b></li> <li>• So that parents may watch the meet live, it will be streamed on the Seton Swimming Highlights YouTube channel at: <a href="#">Videos   Seton Swimming</a></li> </ul>
Heat Sheets	<ul style="list-style-type: none"> <li>• Because no spectators are allowed at the meet, Meet Programs will be available on <a href="http://www.setonswimming.org">www.setonswimming.org</a></li> <li>• <b>Near-real time results will be available on the Meet Mobile app, available on both iPhone and Android.</b></li> </ul>

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Stroke and Turn Judges	<ul style="list-style-type: none"> <li>• Each team is responsible for providing at least one NFHS certified stroke and turn judge.</li> <li>• The name of each team’s volunteer stroke and turn judge should be submitted with the meet entries.</li> </ul>
Spirit:	<ul style="list-style-type: none"> <li>• All swimmers should remain in the pool area throughout the meet to cheer (loudly) for their fellow swimmers.</li> <li>• <b>Please tell your swimmers to remain on deck until after the completion of the girls 400 Free Relay.</b></li> <li>• <b>As part of our COVID protocol, we <u>will not have</u> the traditional post-meet handshake.</b></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 minimum of \$50 and a maximum of \$150 per men’s team</li> <li>○ Women: \$15 per swimmer with a minimum of \$50 and 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 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>
Hospitality and Concessions	<ul style="list-style-type: none"> <li>• <b>Pre-packaged</b> 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.</li> <li>• There will be no concessions at this meet</li> </ul>
Pool Rules:	<ul style="list-style-type: none"> <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>

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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>
<p><b>Additional COVID Protocols</b></p>	<p><b>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 to maintain that privilege, all participating teams must be very diligent in adhering to the following protocols:</b></p>
	<p><b>Coaches Meeting</b></p> <ul style="list-style-type: none"> <li>• A Zoom Coaches Meeting will be scheduled prior to the meet.</li> </ul> <p><b>Pool Entry</b></p> <ul style="list-style-type: none"> <li>• Swimmers and Coaches will enter through the side door of the Freedom Center with a mask on. <b>DO NOT</b> enter through the front door of the facility.</li> </ul>  <ul style="list-style-type: none"> <li>• At that point, they will be screened, have their temperature taken, and proceed to their team area.</li> </ul> <p><b>Masks</b></p> <ul style="list-style-type: none"> <li>• All swimmers, coaches and officials will be required to wear a mask anytime they are out of the water.</li> <li>• 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.</li> </ul>

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<p><b>Additional COVID Protocols (cont'd)</b></p>	<p><b>Locker Rooms and Restrooms</b></p> <ul style="list-style-type: none"> <li>• <b>The locker rooms are closed</b>, so swimmers must arrive to and leave the meet with their swimsuits under their clothing.</li> <li>• There will be separate restrooms for the Coaches and Officials and the Swimmers. <ul style="list-style-type: none"> <li>○ 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.</li> <li>○ Swimmers: Use the family restrooms between the two locker rooms.</li> </ul> </li> </ul> <p><b>Team Areas</b></p> <ul style="list-style-type: none"> <li>• Each team will be assigned a team area large enough to allow for social distancing. <ul style="list-style-type: none"> <li>○ It is the responsibility of each Coach to enforce the wearing of masks and social distancing.</li> </ul> </li> <li>• Because no spectators are allowed in the Freedom Center, some team areas will be established in the bleachers to enhance our ability to physically distance swimmers.</li> <li>• Meet Programs will be posted in multiple places in each team area to prevent congregating around the postings.</li> <li>• Meet Programs will also be posted on <a href="http://www.setonswimming.org">www.setonswimming.org</a> in advance of the meet. Swimmers should arrive at the meet knowing their heat and lane assignments.</li> </ul> <p><b>Warm-up</b></p> <ul style="list-style-type: none"> <li>• 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.</li> <li>• Experience has taught us that assigning swimmers to a warm-up lane and end of the pool prior to the meet is enormously helpful in keeping the warm-up organized.</li> <li>• 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.</li> <li>• Continuous warm-down lanes will be available, but no more than three (3) swimmers will be allowed in each lane – first come, first served.</li> </ul>
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