




	<p><b>14<sup>th</sup> Annual VISAA Junior Varsity Invitational</b></p> <p><b>January 30, 2021</b></p> <p><b>Freedom Aquatic and Fitness 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 <a href="http://www.freedom-center.com">www.freedom-center.com</a>	
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 two (2) continuous warm-up and warm-down lanes for this meet.	
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.	
Warm-up Schedule:	Seton Diving Practice	1:00 p.m. – 2:00 p.m.
	Seton Stretching	1:39 p.m.
	Session I: 2:00–2:15 p.m. <b>Two (2) swimmers start on each end of each lane.</b>	Highland (1) – Lane 1 Seton Swimming (52) – Lanes 2 – 10, 11 - 14
	Session II: 2:15-2:30 p.m. <b>Only one (1) swimmer may be out of the water in each lane at one time.</b>	Veritas Collegiate (14) – Lane 1 – 4 Carmel School (11) – Lane 5 - 7 Williamsburg Christian (13) – Lane 8 - 10 Seton Swimming (16) – Lanes 11 – 14
	Session III: 2:30-2:45 p.m.	Oakcrest (27) – Lanes 1 – 6 Trinity Christian (19) – Lanes 7 – 10, 11 Seton Swimming (12) – Lane 12 - 14
Schedule:	2:10 p.m.	Officials meetings
	2:25 p.m.	Timers meeting
	2:50 p.m.	National Anthem
	2:52 p.m.	Start of Event #1
	No breaks	Open warm-up in lanes 11-12

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<p>Eligibility</p>	<ul style="list-style-type: none"> <li>• The definition of “Junior Varsity” will be left intentionally vague in the hopes that coaches will adhere to the spirit of the meet.</li> <li>• A “Junior Varsity” swimmer is a 6<sup>th</sup> thru 9<sup>th</sup> grader enrolled in a VISAA or VHSL school full time. 8<sup>th</sup> and 9<sup>th</sup> graders who regularly score in Varsity competition are eligible to swim. So in general, the participants should be freshmen and below.</li> <li>• 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.</li> <li>• The spirit of the meet is that upperclassmen should not be competitive with the top 16 entries.</li> <li>• Time Trial events are being offered for teams who are trying to establish their “A” Relays for the virtual State meet. Please limit entries to only the few Varsity swimmers who may be swimming an “A” Relay for States.</li> <li>• Time Trial events will not be considered official events for the purposes of this meet which means: <ul style="list-style-type: none"> <li>○ Older Varsity swimmers are eligible to swim in a Time Trial event.</li> <li>○ Entries in a Time Trial event will NOT count against a swimmer’s total event entries.</li> </ul> </li> </ul>																																
<p>Events:</p>	<table style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="text-align: center;"><b>Event #</b></th> <th style="text-align: center;"><b>Event</b></th> </tr> </thead> <tbody> <tr> <td style="text-align: center;">1-2</td> <td style="text-align: center;">200 Medley Relay</td> </tr> <tr> <td style="text-align: center;"><i>109-110</i></td> <td style="text-align: center;"><i>Time Trial 400 Free Relay</i></td> </tr> <tr> <td style="text-align: center;">3-4</td> <td style="text-align: center;">100 IM</td> </tr> <tr> <td style="text-align: center;">5-6</td> <td style="text-align: center;">50 Freestyle</td> </tr> <tr> <td style="text-align: center;"><i>103-104</i></td> <td style="text-align: center;"><i>Time Trial 50 Freestyle</i></td> </tr> <tr> <td style="text-align: center;">7-8</td> <td style="text-align: center;">200 Backstroke Relay</td> </tr> <tr> <td style="text-align: center;">9-10</td> <td style="text-align: center;">50 Butterfly</td> </tr> <tr> <td style="text-align: center;"><i>105-106</i></td> <td style="text-align: center;"><i>Time Trial 50 Butterfly</i></td> </tr> <tr> <td style="text-align: center;">11-12</td> <td style="text-align: center;">100 Freestyle</td> </tr> <tr> <td style="text-align: center;"><i>101-102</i></td> <td style="text-align: center;"><i>Time Trial 100 Freestyle</i></td> </tr> <tr> <td style="text-align: center;">13-14</td> <td style="text-align: center;">200 Breaststroke Relay</td> </tr> <tr> <td style="text-align: center;">15-16</td> <td style="text-align: center;">50 Backstroke</td> </tr> <tr> <td style="text-align: center;">17-18</td> <td style="text-align: center;">50 Breaststroke</td> </tr> <tr> <td style="text-align: center;"><i>107-108</i></td> <td style="text-align: center;"><i>Time Trial 50 Breaststroke</i></td> </tr> <tr> <td style="text-align: center;">19-20</td> <td style="text-align: center;">200 Free Relay</td> </tr> </tbody> </table> <p style="text-align: center;"><i>Note: Odd events are Boys, even events are Girls</i></p>	<b>Event #</b>	<b>Event</b>	1-2	200 Medley Relay	<i>109-110</i>	<i>Time Trial 400 Free Relay</i>	3-4	100 IM	5-6	50 Freestyle	<i>103-104</i>	<i>Time Trial 50 Freestyle</i>	7-8	200 Backstroke Relay	9-10	50 Butterfly	<i>105-106</i>	<i>Time Trial 50 Butterfly</i>	11-12	100 Freestyle	<i>101-102</i>	<i>Time Trial 100 Freestyle</i>	13-14	200 Breaststroke Relay	15-16	50 Backstroke	17-18	50 Breaststroke	<i>107-108</i>	<i>Time Trial 50 Breaststroke</i>	19-20	200 Free Relay
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<p>Entries:</p>	<ul style="list-style-type: none"> <li>• <b>All entries are due by Tuesday, January 26, 2021</b> at 5:00 p.m.</li> <li>• All entries must be submitted with a Hy-Tek Team Manager export file. Please use this software - the scorers are all volunteers.</li> <li>• No swimmer may swim more than 5 total events, with no more than 3 of those swims being in an individual event.</li> <li>• Each team may enter an unlimited number of individual swimmers and an unlimited number of relays.</li> <li>• <b>Entries must include seed times.</b> 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, <b>43% of the 100-yard time</b> would serve as a good estimate for a 50-yard time. For relays, please make the best seed time estimate possible.</li> <li>• Except for relays, 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, January 27, 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 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.</li> <li>• Official entries for the all relays must be submitted by 3:20 p.m. on the day of the meet.</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>Scoring:</p>	<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> <li>• 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.</li> </ul>


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Officials:	<p>Referee: Charles Seltman, Seton</p> <p>Admin Referees: A Volunteer from a Visiting Team</p> <p>Starter: Pat Haggerty, Seton</p> <p>Head Timer: Will Waldron, Seton</p> <p>Scorers: Bill Dealey, Seton</p> <p>CTS Operator: Hank Konstany, Seton</p> <p>Announcer: John Kleb, Seton</p> <p>Clerk of the Course: Seton Captains and Managers</p> <p>COVID Screeners: Jessica Morales, Sandy Osilka</p> <p>Hospitality: Maria Hartung, Seton</p>
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>• Whistles start procedures are used in USA Swimming and will be used at the VSIS 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>
Stroke and Turn Judges:	<ul style="list-style-type: none"> <li>• <b>Each team is responsible for providing at least one VHSL certified stroke and turn judge.</b></li> <li>• The name of each team’s volunteer stroke and turn judge should be submitted with the meet entries.</li> </ul>



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USA Observed Swims	<ul style="list-style-type: none"> <li>• Times swum by USA swimmers at this meet will NOT be recognized by Virginia Swimming.</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>
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>
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 final event.</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>○ Boys: \$15 per swimmer with a minimum of \$50 and a maximum of \$150 per men’s team</li> <li>○ Girls: \$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 Coach Jim Koehr at: Coach Jim Koehr P.O. Box 1247 Warrenton, VA 20188</li> <li>• Mailed fees should be <b>received</b> before the day of the meet.</li> </ul>
Pool Rules:	<ul style="list-style-type: none"> <li>• 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.</li> <li>• Participants and spectators are not allowed in any rooms not directly associated with the swim meet.</li> <li>• Only coaches, swimmers and officials are allowed on the pool deck.</li> <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 WARF 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 in order 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>



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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>• <u>The locker rooms are closed</u>, 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>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> <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 serve</li> </ul>
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