

Sanctioned by: Delaney Athletic Conference 	27th Annual DAC Conference Championship Meet <u>Rescheduled: Monday, February 15, 2021</u> <u>Fitch Warrenton Aquatic and Recreation Facility, Warrenton, VA</u>	Hosted by: Seton Swimming (SST) 
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Location:	Warrenton Aquatic and Recreation Facility, Warrenton, Virginia 800 Waterloo Road, Warrenton, VA 20186 (540) 349-2520	
Facility:	Eight-lane, 25-yard, indoor pool with non-turbulent lane markers, Colorado touch-pad Timing System, and large results display board. The Fitch WARF is one of the premier swimming venues in Northern Virginia	
Meet Directors:	Jim Koehr 540-379-8328 Coach@koehrfamily.com	Bill Dealey 703-475-7152 SST@dealey.com
Rules:	As with all Championship Meets in the VISAA, the meet will be governed by NFHS rules for championship meets.	
Diving	Divers Stretching:	6:04 a.m., Friday, February 12th
	Diving Warm-up:	6:19 p.m. to 6:45 a.m.
	Diving Competition:	6:45 a.m. to 7:20 a.m. 6-Dive Championship Meet Format
Warm-up Schedule:	Seton Stretching:	7:44 p.m.
	Session I: 8:00–8:20 p.m. Two (2) swimmers start on each end of each lane.	Highland School (2) – Lane 8 Seton School (38) – Lanes A, B, C, 1 – 7
	Session II: 8:20-8:40 p.m. Only one (1) swimmer may be out of the water in each lane at one time.	Trinity Christian (32) – Lanes A, B, C, 1 – 8 Randolph-Macon Academy (12) – Lanes 6 – 8
	Open warm-up Two (2) swimmers start on each end of each lane.	Two lanes will be available for warm-up all during the meet, with one empty lane between the warm-up lanes and the competition pool.
Schedule:	8:05 p.m.	Official's meeting
	8:20 p.m.	Timers meeting
	NO Coaches Meeting	Per VISAA Guidelines
	8:45 p.m.	Senior Parade
	9:00 p.m.	National Anthem
	9:03 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	Medal Ceremony
	15 minutes after conclusion of meet	Championship award presentations

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Eligibility	<ul style="list-style-type: none"> • Participants must be enrolled in, and in good standing with, a Virginia private school that is a member of the Delaney Athletic Conference. • Participants must have swum in at least half of the schedule meets with their team during the current season. • 8th graders who meet the above criteria are eligible to score. • There will be no exhibition-only swimmers, however, if a swimmer is officially entered in one individual event, they may swim one other individual event as exhibition. • Per VISAA rules, 7th graders are not eligible to compete. • No swimmer may swim more than 4 total events, with no more than 2 individual events
Events:	<ul style="list-style-type: none"> • Same Order of Events as the regular season with boys swimming first. • 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. • All events will be swum as timed finals.
Diving	<ul style="list-style-type: none"> • The Diving portion of the meet will occur prior to the swimming competition. • The competition will consist of six (6) scoring Dives. • The competition will be recorded as required by this year's virtual State Championship rules. • 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.
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

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Entries:	<ul style="list-style-type: none"> • All entries are due by Monday, February 8, 2021 at Midnight. • All teams must submit entries via a Hy-tek Team Manager export file. No manual entries will be accepted. • Each team may enter up to four (4) scoring swimmers for each individual event. • Each team may enter both an “A” and a “B” Relay for each relay event, but the “B” Relay must be marked as exhibition. • Entries must include seed times. Seed times should be either actual or converted short-course yard times. For “B” Relays, please make the best seed time estimate possible. • No exhibition-only swimmers are allowed in this championship meet. 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. • Except for relay line-ups, all entries are final once they are submitted. • Send entries to Scorer Bill Dealey at sst@dealey.com • Once entries are received, the person submitting those entries will receive confirmation from Mr. Dealey by Tuesday evening, February 9, 2021
Relay Entries	<ul style="list-style-type: none"> • 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 when your competitive situation allows it to reduce the data entry during the meet. • Official entries for the 200 Medley relay must be submitted 30 minutes prior to the start of meet, or by 1:35 p.m. • 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).
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. Whenever reasonably possible, a time swum during the season should be used. • A preliminary Psych Sheet and meet sheet will be distributed via e-mail prior to the day of the meet.

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Awards:	<ul style="list-style-type: none"> • DAC Conference Regular Season Champion – Boys’ Team and Girls’ Team • DAC Conference Meet Champion – Boys’ Team and Girls’ Team • 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"> ○ Swimmer of the Meet (Boy and Girl) ○ Coach of the Year (Boys’ Team and Girls’ Team) • Medals will be awarded for 1st, 2nd, and 3rd place in each event. <ul style="list-style-type: none"> ○ The Top 3 finishers in each individual event will be designated “All-Conference”. • 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"> ○ After 50 Free, medals will be awarded for events 9 and 10 (Diving), plus events 1 through 6 (50 Free) ○ After the 200 Free Relay, medals will be awarded for events 7 through 16 (500 Free) ○ After the 400 Free Relay, medals will be awarded for the remaining events. ○ Medal winners will line up, properly spaced, behind the blocks and around to the Clerk of the Course. ○ 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. 																				
Officials:	<table style="width: 100%; border: none;"> <tr> <td style="padding-right: 20px;">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>Therese Griffin, 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, Trinity Christian Parent(s), Team Managers</td> </tr> <tr> <td>COVID Screeners:</td> <td>Alexandra Luevano, WARF Staff</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:	Therese Griffin, 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, Trinity Christian Parent(s), Team Managers	COVID Screeners:	Alexandra Luevano, WARF Staff	Hospitality:	Maria Hartung, Seton
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Timers:	<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 – Trinity Christian ○ Lane 6 - Trinity Christian ○ Lane 7 - Trinity Christian ○ Lane 8 – Trinity Christian
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 will be the same one used at the annual VISAA State Championship meet. • 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.
USA Observed Swims	<ul style="list-style-type: none"> • Times swum by USA swimmers at this meet be recognized by Virginia Swimming – if we have enough USA Swimming-certified officials. • 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.
Senior Parade	<ul style="list-style-type: none"> • The Senior Parade will be supervised by Trinity Christian School. • Seniors should report, in their team uniforms (i.e., not swimming suits), to the Announcing station immediately after the conclusion of the Session II warm-up to be lined up as instructed.
Spectators	<ul style="list-style-type: none"> • NO Spectators will be allowed inside the WARF pool • So that parents may watch the meet live, it will be streamed on the Seton Swimming Highlights YouTube channel at: Videos Seton Swimming

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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.
Stroke and Turn Judges	<ul style="list-style-type: none"> • Each team is responsible for providing at least one NFHS certified stroke and turn judge. More would be extremely helpful. • The name of each team's volunteer stroke and turn judge should be submitted with the meet entries.
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.
Fees:	<ul style="list-style-type: none"> • The Athletic Directors of the DAC will agree on how the costs of the Meet will be shared and invoice each school accordingly.
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 WARF staff. We want to be welcome at this beautiful facility in the future.

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Directions:	<p>From I-66, points East and North Take I-66 to Exit 43 South, Route 29 South toward Warrenton. Go about 10 miles to the first Warrenton Exit for Business 29 (do not get on the Route 17 bypass). Follow Business 29 through Warrenton, past Route 17 to Route 211 by Fosters Grill. Turn Right on Route 211, go through the light and turn into the driveway behind the WARF. The entrance is around to the front.</p> <p>From I-66 points West Take I-66 to Exit 28 South, Route 17 South toward Warrenton. Go about 10 miles to a left turn at the stoplight at Business 29 (blockbuster will be on your left). Follow Business 29 through Warrenton to Route 211 by Fosters Grill. Turn Right on Route 211, go through the light and turn into the driveway behind the WARF. The entrance is around to the front.</p> <p>From I-95 and points South Exit 95 onto Route 17 North (exit 133). The exit is just north of Fredericksburg, right after you cross the Rappahannock River. Follow 17 N to Opal (at a Sheetz). Turn right onto Route 29/17. Go about 6 miles to the first Warrenton exit for Business 29. Turn left into Warrenton and follow Business 29 (Shirley Avenue) to Route 211. Turn left on Route 211, go through the light and turn into the driveway behind the WARF. The entrance is around to the front.</p>
Additional COVID Protocols	<p>COVID Protocols for this meet will be guided by the policies of the Town of Warrenton, the Fitch Warrenton Aquatic and Recreation Facility (WARF), 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:</p>

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	<p>Coaches Meeting</p> <ul style="list-style-type: none"> • A Zoom Coaches Meeting was be scheduled prior to the meet if a school is participating who has not previously participated in a Seton meet. <p>Pool Entry</p> <ul style="list-style-type: none"> • Swimmers and Coaches will enter through the front door of the Fitch WARF with a mask on. • At that point, they will be screened, have their temperature taken, and proceed to their team area. <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. <p>Locker Rooms and Restrooms</p> <ul style="list-style-type: none"> • <u>The locker rooms are closed for changing</u>, so swimmers must arrive to and leave the meet with their swimsuits under their clothing. <ul style="list-style-type: none"> ○ The locker rooms may be used for brief restroom visits only. <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"> ○ Because no spectators are allowed in the Fitch WARF, Trinity Christian will have the entire bleacher area above the pool. ○ Seton, Highland, and RMA will be assigned large areas on the deck around the pool. ○ It is the responsibility of each Coach to enforce the wearing of masks and social distancing. • 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.
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Additional COVID Protocols (cont'd)	<p>Movement Around the Pool</p> <ul style="list-style-type: none"> • To minimize contact between swimmers, a designated one-way lane for pedestrian traffic will be established around the entire perimeter of the pool. <ul style="list-style-type: none"> ○ The lane will be marked with Stanchions and/or painter's tape. • Swimmers may only move around the pool in the <u>clockwise</u> direction. • The flow for Trinity Christian teammates will be from the bleachers: <ul style="list-style-type: none"> ○ Going to the pool area: Trinity swimmers will go down the steps, enter the leisure pool area, immediately turn right to enter the competition pool area staying to the right of the stanchions, and enter the traffic lane toward the Clerk of the Course. ○ Leaving the pool area: Trinity swimmers will exit their lanes to the right, follow the traffic lane clockwise around the pool, exit the pool area to the right of stanchions into the leisure pool area, and proceed back up the steps to the bleachers. <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. • 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. • 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 four (4) swimmers will be allowed in each lane – first come, first served. Please try to respect the fact that the most competitive swimmers have the greatest need.
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Additional COVID Protocols (cont'd)	Clerk of the Course <ul style="list-style-type: none"> • 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 two (2) heats. <ul style="list-style-type: none"> ○ For relays, only one heat will stage in the Clerk of the Course. ○ It is important that swimmers do not report to the Clerk of the Course before space is available. • 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 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.
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