







Sanctioned by: <b>Virginia          Independent          Schools Athletic          Association</b> 	<b>Seton December Invitational          Seton Swimming vs. Trinity Christian          School, Fredericksburg Christian,          Oakcrest, Woodberry Forest, The          Heights, and Immanuel Christian</b>  <b>December 11, 2021</b>  <b>Freedom Aquatic and Fitness Center, Manassas, VA</b>	Hosted by: <b>Seton          Swimming          (SST)</b> 
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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 2021-2022 National Federation High School <i>Swimming, Diving and Water Polo</i> rules for championship meets.	
Eligibility:	<ul style="list-style-type: none"> <li>• The meet is open to all students 8<sup>th</sup> grade through 12<sup>th</sup> grade.</li> <li>• A swimmer must be in good standing with the school he/she represents.</li> <li>• 6<sup>th</sup> and 7<sup>th</sup> graders are eligible to swim as non-scoring exhibition only.</li> <li>• A swimmer must be no older than 19 years of age on the August 1<sup>st</sup> immediately prior to the meet. No post-graduates are permitted</li> </ul>	
Diving Warm-up and Competition Schedule	Seton Dive Practice: 10:19 a.m.	Boards open at 10:30
	Diving Warm-up: 11:30 a.m.	Two Boards
	National Anthem: 11:57 a.m.	
	Competition Begins: 12:00 p.m.	Boys and Girls Combined
Meet Warm-up and Competition Schedule	Seton Swim Stretching: 12:39 p.m.	In Bleachers
	Warm-up Session I: 1:00-1:20 p.m.	<b>Seton Group 1</b> (32) – Lane 1 - 5 <b>Seton Group 2</b> (21) – Lane 6 - 8 <b>Seton Group 3</b> ( 16) - Lane 9 - 10 <b>Seton Group 4</b> (17) – Lane 11-13 <b>Seton Group 5 (Irving boys) – Lane 14</b>
	Warm-up Session II: 1:20-1:40 p.m.	<b>Woodberry Forest</b> – Lanes 1 – 4 <b>Oakcrest</b> – Lanes 5 - 8 <b>The Heights</b> – Lane 9 – 10, 11 <b>Seton Group 5</b> (30) – Lanes 12 - 14
	Warm-up Session III: 1:40-2:00 pm	<b>Trinity Christian</b> – Lane 1 – 4, 11 – 12 <b>Immanuel Christian</b> – Lane 5 - 6 <b>F’burg Christian</b> – Lane 7 - 10, 13 - 14
	Officials Meeting: 1:20 p.m.	In Hallway behind the Scorers area
	Timers Meeting: 1:35 p.m.	In Hallway behind the Scorers area
	<b>NO</b> Coaches Meeting	<b>Per VISAA Guidelines</b>
	Prayer/National Anthem: 2:06 p.m.	Disrespect in action or appearance will be grounds for disqualification
	First Event: 2:10 p.m.	
	<b>No break after Event #8</b>	

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Meet Format:	<ul style="list-style-type: none"> <li>The meet will use a championship, timed finals format.</li> <li>All heats will be seeded based entry times.</li> <li>The Diving Competition will occur <b>before</b> the meet.</li> </ul>		
Order of Events:	<b>Boys</b>	<b>Event</b>	<b>Girls</b>
	1	200 Medley Relay	2
	3	200 Freestyle	4
	5	200 Individual Medley	6
	7	50 Freestyle	8
	9	<b>Diving (Before the Meet)</b>	10
	11	100 Butterfly	12
	<b>101</b>	<b>Time Trial-50 Fly (not scored)</b>	<b>102</b>
	13	100 Freestyle	14
	15	500 Freestyle	16
	17	200 Freestyle Relay	18
	19	100 Backstroke	20
	21	100 Breaststroke	22
	23	400 Freestyle Relay	24
Entry Rules:	<ul style="list-style-type: none"> <li>Individual Events <ul style="list-style-type: none"> <li>An eligible swimmer may swim no more than two individual events.</li> <li>Each team is allowed unlimited entries in individual events, but only a team's top four (4) swimmers are eligible to score.</li> <li>All non-scoring entries should be designated as "exhibition"</li> </ul> </li> <li>Relays <ul style="list-style-type: none"> <li>An eligible swimmer may swim up to three relay events as long as that swimmers total number of event entries, including individual events, does not exceed four (4).</li> <li>Each team may enter any number of relays, but only relays designated "A" and "B" will be eligible to score.</li> <li>Non-scoring relay entries should be designated as "exhibition".</li> <li>Relays may be entered without swimmer's names, but the meet host would appreciate a projected relay line up with all entries.</li> <li>200 Medley Relay Cards specifying the actual relay line-up shall be submitted thirty (30) minutes prior to the start of the meet.</li> <li>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.</li> <li>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.</li> </ul> </li> </ul>		

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<p>Entry Submission and Fees:</p>	<ul style="list-style-type: none"> <li>• <b>All entries are due by 6:00 p.m. on the Thursday, December 9<sup>th</sup>.</b></li> <li>• All entries must be submitted with a Hy-Tek Team Manager entry file. No manual or hardcopy entries will be accepted.</li> <li>• 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.</li> <li>• Except for relays, <b>all entries are final at 12:00 p.m., approximately 2 hours before the meet.</b> <ul style="list-style-type: none"> <li>○ For individual events, only scratches or additions can be accepted.</li> <li>○ Call Coach Koehr at (540) 379-8328 if you have last minute changes.</li> </ul> </li> <li>• Send entry files to Bill Dealey at <a href="mailto:SST@Dealey.com">SST@Dealey.com</a></li> <li>• 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.</li> <li>• The Meet Team Entry Fees: <ul style="list-style-type: none"> <li>○ <b>To cover the cost of the pool, each swim team will be asked to contribute \$250.00 which will roughly split the cost evenly across all teams.</b> <ul style="list-style-type: none"> <li>▪ <b>Teams with less than 15 swimmers will pay \$175.00</b></li> <li>▪ <b>Please ensure that checks are received on or before the day of the meet</b></li> </ul> </li> </ul> </li> <li>• 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> </li> <li>• Checks should be made out to “Seton Swim Team”.</li> </ul>
<p>Seeding:</p>	<ul style="list-style-type: none"> <li>• All events will be seeded in advance 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>• 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).</li> <li>• 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.</li> </ul>

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Diving	<ul style="list-style-type: none"> <li>• Diving Coaches should contact Seton Coach Ashley Keapproth, <a href="mailto:akeapproth@gmail.com">akeapproth@gmail.com</a>, for all things related to the diving competition.</li> <li>• The Diving portion of the meet will occur prior to the swimming competition</li> <li>• Diving will follow the 6-Dive format per NFHS rules.</li> <li>• The [front] category will be the required group.</li> <li>• The 5 optional dives must be from at least 4 categories.</li> </ul>																		
Scoring:	<ul style="list-style-type: none"> <li>• Every team in meet will be scored against every other team in the meet using a 3+ Dual Meet format.</li> <li>• Points will be awarded as follows:             <ul style="list-style-type: none"> <li>• For individual events, the first 7 places will be awarded points in the following manner: 8-6-5-4-3-2-1.</li> <li>• For relay events, the first 3 places will be awarded points in the following manner: 10-5-3</li> </ul> </li> </ul>																		
Meet Officials:	<table style="width: 100%; border: none;"> <tr> <td style="width: 30%;">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>COVID Screeners:</td> <td>Jessica Morales, Sandy Osilka</td> </tr> <tr> <td>Hospitality:</td> <td>Looking for a volunteer</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	COVID Screeners:	Jessica Morales, Sandy Osilka	Hospitality:	Looking for a volunteer
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Stroke & Turn Officials	<ul style="list-style-type: none"> <li>• <b>Each team is responsible for providing at least one certified Stroke &amp; Turn official. The large teams should plan to provide more.</b></li> <li>• If more officials volunteer, the meet referee will relieve officials at the break.</li> </ul>																		


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<p>Timing:</p>	<ul style="list-style-type: none"> <li>• Timing will be done using the Colorado Timing System.</li> <li>• To back up the CTS, two timers will have a CTS backup button.</li> <li>• Each lane will also have one Dolphin electronic stopwatch as a tertiary backup.</li> <li>• <b>We will run the meet with two (2) timer per lane, with the following schools responsible for each lane:</b> <ul style="list-style-type: none"> <li>○ Lane 1 – Fredericksburg Christian</li> <li>○ Lane 2 - Seton</li> <li>○ Lane 3 - Seton</li> <li>○ Lane 4 - Fredericksburg Christian</li> <li>○ Lane 5 - Seton</li> <li>○ Lane 6 – Trinity Christian</li> <li>○ Lane 7 - Seton</li> <li>○ Lane 8 - Seton</li> <li>○ Lane 9 - Oakcrest</li> <li>○ Lane 10 – Trinity Christian</li> </ul> </li> </ul>
<p>Starting Procedures</p>	<ul style="list-style-type: none"> <li>• The Referee and Starter will use a whistle start procedure for this meet.</li> <li>• The whistle start procedure is used at all VISAA State Championship meets</li> <li>• The procedure will be as follows: <ul style="list-style-type: none"> <li>○ 4 or 5 consecutive whistles means get ready</li> <li>○ The starter 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>• 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.</li> </ul>
<p>USA Observed Swims</p>	<ul style="list-style-type: none"> <li>• Times swum by USA swimmers at this meet will NOT be recognized by Virginia Swimming.</li> </ul>
<p>Spectators</p>	<ul style="list-style-type: none"> <li>• <b>Spectators will be allowed inside the Freedom Center pool, but they will be required to wear masks per George Mason U. policy.</b></li> <li>• <b>We are allowing spectators on a <u>trial basis</u>. The meet host will not act as a mask-policeman. If spectators force him to take-on that role, then spectators from the offending school will no longer be allowed.</b></li> <li>• So that parents may watch the meet live, it will be streamed on the Seton Swimming website Videos page: <a href="https://setonswimming.org/videos/">https://setonswimming.org/videos/</a></li> </ul>



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Heat Sheets	<ul style="list-style-type: none"> <li>• Near-real time results will be available on the Meet Mobile app, available on both iPhone and Android.</li> <li>• Meet Programs will also be posted on <a href="http://www.setonswimming.org">www.setonswimming.org</a></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>We <u>will</u> have the traditional post-meet handshake.</b></li> </ul>
Hospitality and Concessions	<ul style="list-style-type: none"> <li>• Pending a volunteer stepping forward, 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>
Directions:	<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>
Additional COVID Protocols	<p><b>COVID Protocols have been greatly relaxed from last season, but there are still some important policies in place.</b></p> <p><b>COVID Protocols for this meet will be guided by the policies of George Mason University and The Freedom Center. 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 simplified protocols:</b></p>

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	<p><b>Pool Entry</b></p> <ul style="list-style-type: none"> <li>Swimmers, Coaches, and Spectators will enter through the side door of the Freedom Center with a mask on. <b><u>DO NOT</u></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>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>Locker Rooms and Restrooms</b></p> <ul style="list-style-type: none"> <li><u>The locker rooms are open</u>, but masks are still required inside the locker room, particularly when other Freedom Center patrons are present.</li> </ul> <p><b>Team Areas</b></p> <ul style="list-style-type: none"> <li>The Freedom Center has no social distancing requirements, so team areas will be assigned on deck as we have always done prior to COVID. <ul style="list-style-type: none"> <li>It is the responsibility of each Coach to enforce the wearing of masks.</li> </ul> </li> </ul> <p><b>Clerk of the Course</b></p> <ul style="list-style-type: none"> <li>There will be no Clerk of the Course for this meet.</li> <li>Swimmers are expected to report directly behind the blocks in time for their event.</li> </ul>
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<p><b>Additional  COVID  Protocols  (cont'd)</b></p>	<p><b>Spectators</b></p> <ul style="list-style-type: none"> <li>• We will allow spectators inside the Freedom Center bleacher area on a trial basis.</li> <li>• Masks are required for all spectators per George Mason University policy. <ul style="list-style-type: none"> <li>○ If you object to wearing a mask, as many people do, then <u>please</u> just watch the meet on the livestream.</li> </ul> </li> <li>• The Meet Host has no interest in policing this policy. <ul style="list-style-type: none"> <li>○ Please do not put him in this position.</li> <li>○ If a spectator is seen without a mask, he will identify the school from which that spectator came and inform that coach that their none of their parents will be allowed into the meet again. <ul style="list-style-type: none"> <li>▪ We cannot allow a spectator to risk our ability to host meets</li> </ul> </li> </ul> </li> </ul> <p><b>GMU Health Check</b></p> <ul style="list-style-type: none"> <li>▪ The GMU Health Check is also required for 20% all athletes, coaches, and parents. The website will issue a green screen that permits entry. <ul style="list-style-type: none"> <li>○ Here is the website for the check.  <a href="https://itsapps2.gmu.edu/symptom/Account/Login">https://itsapps2.gmu.edu/symptom/Account/Login</a></li> <li>○ If a participant, coach or spectator receives a yellow or red, that means they have been exposed or have symptoms and cannot participate.</li> </ul> </li> <li>▪ Here is more info on process: <a href="https://www2.gmu.edu/mason-covid-health-check">https://www2.gmu.edu/mason-covid-health-check</a></li> </ul>
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