





Sanctioned by:	<b>16<sup>th</sup> Annual VISAA Division II Invitational Swim Championship</b>	Hosted by:
	<b>February 5, 2022</b>	<b>Seton Swimming (SST)</b>
	<b>Freedom Fitness and Aquatic Center Manassas, VA</b>	



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 2021-2022 NFHS rules for championship meets.	
Diving Warm-up and Competition Schedule	Diving Warm-up: 10:00 a.m.	Two Boards
	National Anthem: 10:42 a.m.	
	Competition Begins: 10:45 p.m.	Boys and Girls Combined 11-Dives
Swimming Warm-up Schedule:	Session I: 1:00–1:20 p.m.	Fredericksburg Christian (15) – Lanes 1 – 2 Steward School (17) – Lane 3 - 4 Seton/Highland (44) – Lanes 5 – 10 Fresta Valley Christian (9) – Lanes 11 – 12 Carmel School (9) – Lane 13 – 14
	Session II: 1:20-1:40 p.m.	Hampton Roads Academy (15) – Lanes 1 – 2 Hargrave Military Academy (13) – Lanes 3 – 4 Nansemond-Suffolk (27) – Lanes 5 – 7 Williamsburg Christian (10) – Lane 8 Oakcrest School (20) – Lanes 9 – 10, 11 Immanuel Christian School (24) – Lanes 12 - 14
	Session III: 1:40-2:00 p.m.	Covenant (25) – Lanes 1 – 3 Christchurch (20) – Lanes 4 – 6 Trinity Christian (35) – Lanes 7 – 9, 11 Veritas School – Lane 10 Veritas Collegiate (5) - Lane 12 Walsingham (14) – Lane 13 - 14
	Open warm-up	Two lanes will be available for warm-up all during the meet
Swimming Competition Schedule:	1:25 p.m.	Official's meeting
	1:40 p.m.	Timers meeting
	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


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	After the 400 Free Relay	Medal Ceremony
	15 minutes after conclusion of meet	Championship award presentations
Meet Format:	<ul style="list-style-type: none"> <li>The meet will use a championship, timed finals format. All heats will be seeded based entry times.</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 compete before swimming, during the swimming competition, 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>	
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>	
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 11-Dive format per NFHS rules.</li> <li>Diving entries should be submitted with the Swimming entries in the Team Manager Entry file as event 9 (boys) and 10 (girls).</li> <li>Dive sheets may be turned in at the meet.</li> </ul>	

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Entries:	<ul style="list-style-type: none"> <li>• <b>All entries are due by Monday, January 31, 2022</b> at Midnight.</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 Tuesday evening, February 1, 2022.</li> </ul>
Relay Entries	<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 relay and the 400 freestyle relays must be submitted prior to the end of the boys 500 Free (prior to event #15).</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>
Seeding:	<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>
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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Awards:	<ul style="list-style-type: none"> <li>• The Meet Host has purchased two beautiful cups to be instituted as traveling trophies for the boys and girls team champions.           <ul style="list-style-type: none"> <li>• The trophies will be awarded immediately after the completion of the swimming competition and team handshakes</li> <li>• The meet host will arrange for the trophies to be engraved with each year's champions.</li> <li>• It is hoped that last year's boy's and girl's champions, Seton School, will return to the meet this year with the trophies so they may travel home with the new champions.</li> </ul> </li> </ul> <div style="text-align: center;">  </div> <ul style="list-style-type: none"> <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           <ul style="list-style-type: none"> <li>○ Medals will be awarded at breaks after the 50 Free, 200 Free Relay and at the end of the meet.</li> </ul> </li> </ul>																		
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>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>Runner:</td> <td>Matt Block, Seton</td> </tr> <tr> <td>Hospitality:</td> <td>TBD, 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	Runner:	Matt Block, Seton	Hospitality:	TBD, Seton
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Stroke and Turn Judges	Each team is responsible for providing at least one VHSL or USA Swimming certified stroke and turn judge.																		
USA Observed Swims	<ul style="list-style-type: none"> <li>• Pending: Times swum by USA swimmers at this meet will be recognized by Virginia Swimming. As of January 4th, the form has been submitted but not yet approved.</li> <li>• To ensure that times are recorded properly by Virginia Swimming, Coaches should ensure that the USA ID for each USA swimmer is recorded in their Athlete record in the Team Manager software.</li> </ul>																		

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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, 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.</b></li> <li>• Because of the scale of this meet and the difficulty in managing the number of parent volunteers, we have assigned the timing responsibilities for each lane to a specific school, relying heavily on the schools who are not traveling great distances. These assignments may change based on entries:             <ul style="list-style-type: none"> <li>○ Lane 1: Christchurch /Highland School</li> <li>○ Lane 2: Steward School</li> <li>○ Lane 3: Fredericksburg Christian</li> <li>○ Lane 4: Oakcrest School</li> <li>○ Lane 5: Seton School</li> <li>○ Lane 6: Trinity Christian</li> <li>○ Lane 7: Hampton Roads Academy</li> <li>○ Lane 8: Broadwater Academy/Carmel School/Covenant</li> <li>○ Lane 9: Williamsburg Christian/Walsingham/Immanuel Christian</li> <li>○ Lane 10: Veritas/Veritas/Nansemond Suffolk</li> </ul> </li> <li>• Each responsible school may recruit and substitute their timers however they wish as long as there are always two (2) timers present during the competition.</li> <li>• If your school is not specifically listed, please plan on providing at least one timer if you are able. A shared burden is not heavy.</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>


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Spectators	<ul style="list-style-type: none"> <li>• Spectators will be allowed inside the Freedom Center pool, but they will be required to wear masks per George Mason U. policy.</li> <li>• We are allowing spectators on a <u>trial basis</u>. The meet host (Seton) 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. We cannot risk our ability to use this facility.</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>
Meet Programs	<ul style="list-style-type: none"> <li>• Meet Programs will be available on <a href="http://www.setonswimming.org">www.setonswimming.org</a></li> <li>• <b>Near-real time unofficial results will be available on the Meet Mobile app, available on both iPhone and Android.</b></li> </ul>
Spirit:	<ul style="list-style-type: none"> <li>• To encourage team solidarity and spirit, each team will be assigned a team area.</li> <li>• Teams are strongly encouraged to bring banners and posters to display in their team area. The Freedom Center does not allow us to hang banners on the walls with anything except blue painter's tape.</li> <li>• Teams are strongly encouraged to do team cheers prior to the start of the meet and during the breaks</li> <li>• Swimmers should not be hanging out in the lobby. All swimmers should remain in the pool area to cheer (loudly) for their fellow swimmers.</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 maximum of \$150 per men's team</li> <li>○ Women: \$15 per swimmer with a maximum of \$150 per women's team</li> </ul> </li> <li>• Send Meet Fees, payable to "Seton Swim Team", to Jim Koehr at: <p style="text-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>
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 will be other patrons of the Freedom Center 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 Freedom Center staff. We want to be welcome at this beautiful facility in the future.</li> </ul>



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Hospitality and Concessions	<ul style="list-style-type: none"> <li>• 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>
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>

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<b>Additional COVID Protocols</b>	<p>COVID Protocols have been greatly relaxed from last season, but there are still some important policies in place.</p> <p>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:</p> <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> <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><b><u>The locker rooms are open</u></b>, 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>
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Clerk of the Course	<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> <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. <ul style="list-style-type: none"> <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> </li> </ul> </li> </ul>
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