







Sanctioned by: <b>Virginia          Independent          Schools Athletic          Association</b> 	<h2 style="margin: 0;">13<sup>th</sup> Annual Northern Virginia          Catholic High School Swim &amp; Dive          Invitational</h2> <p style="margin: 0;"><b>January 21, 2023</b></p> <p style="margin: 0;"><b>Freedom Fitness and Aquatic Center          Manassas, VA</b></p>	Hosted by: <b>Seton Swimming          (SST)</b> 
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<b>Participating Teams</b>	<b>Swimming:</b> <ul style="list-style-type: none"> <li>• Seton (106)</li> <li>• Bishop O'Connell (75)</li> <li>• Paul VI (50)</li> <li>• Bishop Ireton (40)</li> <li>• Oakcrest (45)</li> <li>• St. John Paul the Great (24)</li> <li>• St. Gertrude (10)</li> <li>• Benedictine College Prep (10)</li> </ul>	<b>Diving:</b> <ul style="list-style-type: none"> <li>• Seton (16)</li> <li>• Bishop O'Connell (5)</li> <li>• Oakcrest (2)</li> <li>• Paul VI (3)</li> <li>• Bishop Ireton (8)</li> </ul>	
Location:	Freedom Fitness and Aquatic Center, Manassas, Virginia 10900 University Boulevard, Manassas, VA 20110 (703) 993-8444 <span style="float: right;">www.freedom-center.com</span>		
Facility:	Ten-lane, 25-yard, indoor pool with non-turbulent lane markers, Colorado touch-pad Timing System, and large results display board. <b>There will also be four (4) continuous warm-up and warm-down lanes.</b> 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 <a href="mailto:SST@Dealey.com">SST@Dealey.com</a>	Ashleigh Keapproth, Diving <a href="mailto:akeapproth@gmail.com">akeapproth@gmail.com</a>
Rules:	The meet will be governed by 2022-23 National Federation High School <i>Swimming, Diving and Water Polo</i> rules for championship meets.		
Diving	Seton Dive Stretch	9:44 a.m.	Boards open at 10:30
	<b>Diving Warm-Up:</b>	<b>10:00 a.m.</b>	Two Boards
	<b>Prayer/Nat'l Anthem:</b>	<b>10:52 a.m.</b>	TBD
	Diving Competition:	10:55 a.m.	Boys and Girls combined
Meet Warm-up and Competition Schedule:	Seton Stretching:	12:39 p.m.	In the corridor outside the door behind the starting blocks
	Session I:	1:00-1:20 p.m.	<b>Seton Swimming</b>
	Session II:	1:20-1:40 p.m.	Lane Assignments Published Separately
	<b>Officials Meeting:</b>	<b>1:20 p.m.</b>	<b>In the corridor outside the door behind the starting blocks</b>
	Session III:	1:40-2:00 p.m.	Lane Assignments Published Separately
	<b>Timers Meeting:</b>	<b>1:35 p.m.</b>	<b>In the corridor outside the door behind the starting blocks</b>
	<b>Prayer/Nat'l Anthem:</b>	<b>2:06 p.m.</b>	<b>Prayer: TBD Anthem: Seton</b>
	<b>First Event:</b>	<b>2:10 p.m.</b>	
	<b>No break after Event #8</b>		
Open warm-up		Four (4) lanes will be available for warm-up all during the meet	

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	Team Handshakes	Immediately following the conclusion of the Girls 400 Free Relay
	10 minutes after conclusion of meet	Championship award presentations
Meet Format:	The meet will use a championship, timed finals format. All heats will be seeded based entry times.	
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 occur prior to the swimming competition, we will skip the Diving Events (#9 and #10) and jump from event #8 to event #11 <b>without a break.</b></li> <li>• All events will be swum as timed finals.</li> </ul>	
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 from a Catholic High School in the northern half of Virginia.</li> <li>• A swimmer must be in good standing with the school he/she represents.</li> <li>• 7<sup>th</sup> graders are eligible to swim as non-scoring exhibition entries 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 championship meet.</li> <li>• No post-graduates are permitted to participate in VISAA 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 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> <li>• Diving entries should be submitted with the Swimming entries in the Team Manager Entry file as event 9 (boys) and 10 (girls).</li> </ul>	


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<p>Entry Submission:</p>	<ul style="list-style-type: none"> <li>• <b>All entries are due by the Wednesday before the meet at 5:00 p.m.</b></li> <li>• All teams must submit entries via a Hy-tek Team Manager export file. No manual 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.</li> <li>• <b>Each team may enter up to four (4) scoring swimmers for each individual event and two (2) scoring 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 non-scoring Relays, please make the best seed time estimate possible.</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>• Except for relay line-ups, all entries are final once the psych sheet has been published, hopefully by Friday afternoon.</li> <li>• Send entries to Scorer Bill Dealey at <a href="mailto:SST@Dealey.com">SST@Dealey.com</a></li> </ul>
<p>Entry Fees</p>	<ul style="list-style-type: none"> <li>• The Meet Team Entry Fees: <ul style="list-style-type: none"> <li>○ <b>To cover the cost of the pool, each boys or girls swim team will be asked to contribute \$150.00 (i.e., \$300 for a coed team)</b></li> <li>○ <b>Each boys or girls diving team will be asked to contribute an additional \$60.00 (i.e., \$120 for a coed team)</b></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>• Please ensure that mailed fees are <b>received</b> on or by the day of the meet.</li> <li>• Checks should be made out to “Seton Swim Team”.</li> </ul>

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<p>Entry Rules</p>	<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 swimmer’s 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” or “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 to the designated official 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 Men’s 500 Freestyle (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> </li> </ul>
<p>USA Observed Swims</p>	<ul style="list-style-type: none"> <li>● Times swum by USA swimmers at this meet will be recognized by Virginia Swimming.</li> <li>● There have been many changes implemented for USA Swimming’s national database, SWIMS. To ensure that times are recorded properly by Virginia Swimming, Coaches should ensure that your USA Swimmers are entered with using the <b>legal first and last names and birthdate that correspond to their USA Swimming registration</b>. To ensure that this happens, please update your Team Manager software with that information. The good news is that member IDs are no longer needed for USA-S registered athletes.</li> </ul>
<p>Exhibition Entries</p>	<ul style="list-style-type: none"> <li>● To maximize participation by kids at all levels, we are allowing an <b>unlimited number of exhibition entries</b>.</li> <li>● The meet host would appreciate if coaches would enter as many of their exhibition swimmers as possible into the 200 Medley Relay, the 200 Free Relay, the 50 Free and one other 100-yard event.</li> <li>● The meet host has no objection to exhibition entries in other individual events, but if only one or two exhibition entries result in an extra heat of an event over 100 yards, the host may respectfully request that the coach change that exhibition entry.</li> </ul>



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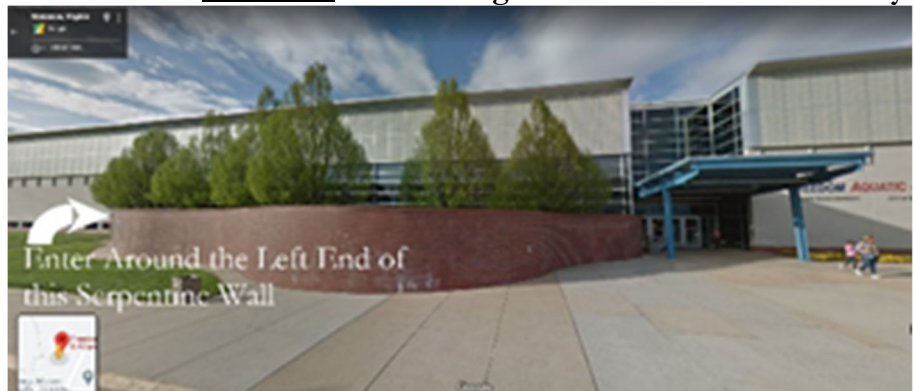
Seeding:	<ul style="list-style-type: none"> <li>All events will be pre-seeded by the scorers and lanes will be assigned based on the times submitted by the coaches.</li> <li>Heats will be seeded from slowest to fastest.</li> <li>Realistic relay times for the anticipated line-up would be appreciated.</li> <li>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 (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>																
Scoring:	The meet will be scored in the following manner: <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>																
Traveling Champions Cups - The Holy Grails:	<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. We’ve christened these cups at the “Holy Grails”.</li> </ul> <div style="text-align: center;">  </div> <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 make arrangements 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, Bishop O’Connell, will return to the meet this year with the trophies so they may travel home with the new champion.</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>We are looking for a volunteer</td> </tr> <tr> <td>Starter:</td> <td>Richard Borneman, Seton</td> </tr> <tr> <td>Head Timer:</td> <td>Chris Condon, Seton</td> </tr> <tr> <td>Scorers:</td> <td>Bill Dealey, Hank Konstanty, Seton</td> </tr> <tr> <td>CTS Operator:</td> <td>Melissa Sokban, Will Waldron, Seton</td> </tr> <tr> <td>Announcer:</td> <td>John Kleb, Seton</td> </tr> <tr> <td>Hospitality:</td> <td>We are looking for a volunteer school</td> </tr> </table>	Referee:	Charles Seltman, Seton	Admin Referees:	We are looking for a volunteer	Starter:	Richard Borneman, Seton	Head Timer:	Chris Condon, Seton	Scorers:	Bill Dealey, Hank Konstanty, Seton	CTS Operator:	Melissa Sokban, Will Waldron, Seton	Announcer:	John Kleb, Seton	Hospitality:	We are looking for a volunteer school
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<p>Timers:</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>• We will run the meet with two (2) timer per lane. <b>Timing responsibilities for each lane will be assigned to a specific school.</b> Lane assignments will be published separately with the warm-up schedule.</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>
<p>Stroke and Turn Judges</p>	<ul style="list-style-type: none"> <li>• Each team is responsible for providing at least one NFHS or USA certified stroke and turn judge. More than one volunteer from an individual team would certainly be appreciated.</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>• Whistles 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> <li>• For the final heat, a 10 second blast of music will be played and then the top three (3) seeds will be announced prior to the start of the heat.</li> </ul>
<p>Spectators and Live-Stream Broadcast</p>	<ul style="list-style-type: none"> <li>• <b>Spectators are encouraged to join us inside the Freedom Center pool.</b></li> <li>• Spectators may also watch the meet live on-line. See the live-stream on the Seton Swimming website Videos page: <a href="https://setonswimming.org/videos/">https://setonswimming.org/videos/</a></li> </ul>



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<p>Spirit:</p>	<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. Their staff can also assist in hanging them with rope if you provide your banner to them prior to the meet.</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 through the end of the 400 Free Relay.</li> <li>• All teams will form a handshake line at the conclusion of the competition, so please have all of your swimmers on deck to participate.</li> </ul>
<p>Hospitality and Concessions</p>	<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>
<p>Pool Rules:</p>	<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>
<p>Pool Entry</p>	<p><b>Swimmers, Coaches, and Spectators will enter through the side door of the Freedom Center. <u>DO NOT</u> enter through the front door of the facility.</b></p> 

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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>
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