



Sanctioned by: Virginia Independent Schools Athletic Association 	<h1>Seton December Invitational</h1> <h2>December 10, 2022</h2> <h3>Freedom Aquatic and Fitness Center, Manassas, VA</h3>	Hosted by: Seton Swimming (SST) 
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Participating Teams	Swimming: <ul style="list-style-type: none"> • Seton (106) • Woodberry Forest (20) • Immanuel Christian (36) • Trinity Christian School (29) • Fresta Valley Christian (13) • Brookewood 	Diving: <ul style="list-style-type: none"> • Seton (16) • Trinity Christian (4) 																																	
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. There will be two (2) continuous warm-up and warm-down lanes for this meet.																																		
Meet Directors:	Jim Koehr (540) 379-8328 Coach@KoehrFamily.com	Bill Dealey (703) 475-7152 SST@Dealey.com																																	
Rules:	The meet will be governed by 2022-2023 National Federation High School <i>Swimming, Diving and Water Polo</i> rules for championship meets.																																		
Eligibility:	<ul style="list-style-type: none"> • The meet is open to all students who are 8th grade through 12th grade. • A swimmer must be in good standing with the school he/she represents. • 6th and 7th graders are eligible to swim as non-scoring exhibition only. • A swimmer must be no older than 19 years of age on the August 1st immediately prior to the meet. No post-graduates are permitted. 																																		
Diving Warm-up and Competition Schedule	<table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td>Seton Diving Practice</td> <td>10:30 a.m.</td> <td>Group 1 only</td> </tr> <tr> <td>Seton Dive Stretching:</td> <td>10:49 a.m.</td> <td></td> </tr> <tr> <td>Diving Warm-up:</td> <td>11:10 a.m.</td> <td>Two Boards</td> </tr> <tr> <td>National Anthem:</td> <td>11:42 a.m.</td> <td></td> </tr> <tr> <td>Competition Begins:</td> <td>11:45 p.m.</td> <td>Boys and Girls Combined</td> </tr> </table>		Seton Diving Practice	10:30 a.m.	Group 1 only	Seton Dive Stretching:	10:49 a.m.		Diving Warm-up:	11:10 a.m.	Two Boards	National Anthem:	11:42 a.m.		Competition Begins:	11:45 p.m.	Boys and Girls Combined																		
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