Seton December Invitational

December 10, 2022



Hosted by: **Seton Swimming**

(SST)



Freedom Aquatic and Fitness Center, Manassas, VA

Participating	Swimming:	Diving:			
Teams	• Seton (106)	• Seton (16)			
	Woodberry Forest (20)	• Trinity Christian (4)			
	• Immanuel Christian (36)	,			
	• Trinity Christian School (29)				
	• Fresta Valley Christian (13)				
	Brookewood (6)				
Location:	Freedom Fitness and Aquatic Center, Manassas, Virginia				
Location.	10900 University Boulevard, Manassas, VA 20110				
	(703) 993-8444 www.freedom-center.com				
Facility:	Ten-lane, 25-yard, indoor pool with r				
	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	Bill Dealey (703) 475-7152			
	Coach@KoehrFamily.com	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:	• The meet is open to all students v	who are 8 th grade through 12 th 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-	Seton Dive Stretching: 9:44 a.m.	Seton Group 1 only			
up and	Seton Diving Practice 10:00 a.m.	Seton Group 1 only			
Competition	Seton Dive Stretching: 10:49 a.m.				
Schedule	Diving Warm-up: 11:10 a.m.	Two Boards			
	National Anthem: 11:42 a.m.				
	Competition Begins: 11:45 a.m.	Boys and Girls Combined			
Meet Warm-up	Seton Swim Stretching: 12:39 p.m.	In Bleachers			
and	Warm-up Session I: 1:00-1:20 p.m.	Seton Swimming			
Competition	Warm-up Session II: 1:20-1:40 p.m.	Lane Assignments Published Separately			
Schedule	Warm-up Session III: 1:40-2:00 pm	Lane Assignments Published Separately			
	Officials Meeting: 1:20 p.m.	In Hallway behind the Scorers area			
	Timers Meeting: 1:35 p.m.	In Hallway behind the Scorers area			
	NO Coaches Meeting				
	Prayer 2:06 p.m.	D:			
	National Anthem: 2:07 p.m.	Disrespect in action or appearance will			
	E' . E	be grounds for disqualification			
	First Event: 2:10 p.m.				
	No break after Event #8				

Seton December Invitational

December 10, 2022



Hosted by:

Seton Swimming



Freed

lom Aquatic and Fitness Center, Manassas, VA	SETON: SWIMMING	

Meet Format:	The meet will use a championship, timed finals format.					
	All heats will be seeded based entry times.					
	The Diving	• The Diving Competition will occur before the meet.				
Order of	Boys	Event	Girls			
Events:	1	200 Medley Relay	2			
	3	200 Freestyle	4			
	5	200 Individual Medley	6			
	7	50 Freestyle	8			
	9	Diving (Before the Meet)	10			
	11	100 Butterfly	12			
	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:	 An eligi Each te a team's All non Relays An eligithat switch events, Each te designate Non-scotton Relays respondent 200 Mesubmitthat start of 200 and be submitthe Merticon Swimm 	Individual Events An eligible swimmer may swim no more than two individual events. Each team is allowed unlimited entries in individual events, but only a team's top four (4) swimmers are eligible to score. All non-scoring entries should be designated as "exhibition" Relays 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). Each team may enter any number of relays, but only relays designated "A" and "B" will be eligible to score. Non-scoring relay entries should be designated as "exhibition". Relays may be entered without swimmer's names, but the meet host would appreciate a projected relay line up with all entries. 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. 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.				

Seton December Invitational

December 10, 2022



Hosted by: Seton Swimming (SST)



Entry
Submission and
Fees:

- All entries are due by 6:00 p.m. on the Thursday before the meet.
- All entries must be submitted with a Hy-Tek Team Manager entry file. No manual or hardcopy entries will be accepted.
- 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.
- Except for relays, all entries are final at 12:00 p.m., approximately 2 hours before the meet.
 - o For individual events, only scratches or additions can be accepted.
 - o Call Bill Dealey at (703) 475-7152 with last minute changes.
- We encourage submission of your entries via SwimCloud since this will eventually be the only way to enter a Seton meet, but for now, you may also send your entry files to Bill Dealey at SST@Dealey.com
- 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.
- The Meet Team Entry Fees:
 - To cover the cost of the pool, each swim team will be asked to contribute \$225.00 which will roughly split the cost evenly across all teams.
 - VCAC Conference Teams will pay \$200.00
 - Please ensure that checks are received on or before the day of the meet
 - O Diving Teams will be asked to contribute another \$50 each.
- The fee should be mailed, with a note specifying the date of the meet, to:

Coach Jim Koehr Seton Swimming P.O. Box 1247 Warrenton, VA 20188

Seeding:

- Checks should be made out to "Seton Swim Team".
- All events will be seeded in advance and lanes will be assigned based on the times submitted by the coaches.
- Heats will be seeded from slowest to fastest.
- 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).
- 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.

Seton December Invitational

December 10, 2022



Hosted by:

Seton Swimming

(SST)

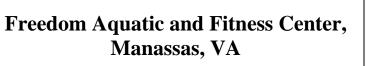


Freedom Aquatic and Fitness Center, Manassas, VA

Diving	- TI D' :	C.1			
Divilig	The Diving portion of the meet will occur prior to the swimming				
	competition				
	Diving will follow the 6-Dive format per NFHS rules.				
	• The [back] category will be the required group.				
	• The 5 optional dives must be from at least 4 categories.				
Scoring:	Every team in meet will be scored against every other team in the meet				
	using a 3+ Dual Meet format.				
	Points will be awarded as follows:				
	• For individual events, the first 7 places will be awarded points in the				
	following manner: 8-6-5-4-3-2-1.				
	• For relay events, the first 3 places will be awarded points in the				
	following manner: 10-5-3				
Meet Officials:	Referee:	Charles Seltman, Seton			
	Admin Referees:	A Volunteer from a Visiting Team			
	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:	Paula O'Keefe, Seton			
Stroke & Turn	• Each team is responsible for providing at least one certified Stroke &				
Officials		he large teams should plan to provide more.			
		olunteer, the meet referee will relieve officials at the			
	break.				
Timing:	 Timing will be done using the Colorado Timing System. To back up the CTS, two timers will have a CTS backup button. Each lane will also have one Dolphin electronic stopwatch as a tertiary 				
	backup.				
	• We will run the meet with two (2) timer per lane. Timing responsibilities				
	for each lane will be assigned to a specific school. Lane assignments				
	will be published separately with the warm-up schedule.				

Seton December Invitational

December 10, 2022



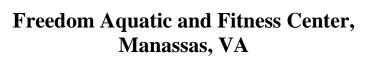
Hosted by: Seton Swimming (SST)



 The Referee and Starter will use a whistle start procedure for this meet. The whistle start procedure is used at all VISAA State Championship m The procedure will be as follows: 4 or 5 consecutive whistles means get ready The starter will announce the event 1 long whistle means to step up on the block 	eets			
 The whistle start procedure is used at an V15/4/1 state Championship in The procedure will be as follows: 4 or 5 consecutive whistles means get ready The starter will announce the event 1 long whistle means to step up on the block 	eets			
 4 or 5 consecutive whistles means get ready The starter will announce the event 1 long whistle means to step up on the block 				
The starter will announce the event1 long whistle means to step up on the block				
o 1 long whistle means to step up on the block				
	_			
	o 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 hour will sign	1			
The starter will simply say "Take Your Mark" and a horn will sign the start.	nai			
We will use dive-over starts to keep the meet moving quickly. Swimm	ers			
	should not exit the pool until the next heat has started over top of them.			
USA Observed • Times swum by USA swimmers at this meet will NOT be recognized by	Times swum by USA swimmers at this meet will NOT be recognized by			
Swims Virginia Swimming.	,			
Spectators • Spectators are encouraged to join us inside the Freedom Center po	• Spectators are encouraged to join us inside the Freedom Center pool.			
• Spectators may also watch the meet live on-line. See the live-stream on	• Spectators may also watch the meet live on-line. See the live-stream on the			
Seton Swimming website Videos page: https://setonswimming.org/videos	Seton Swimming website Videos page: https://setonswimming.org/videos/			
Heat Sheets • Near-real time results will be available on the Meet Mobile app,	- ·			
available on both iPhone and Android.	available on both iPhone and Android.			
Meet Programs will also be posted on <u>www.setonswimming.org</u>				
Spirit: • All swimmers should remain in the pool area throughout the meet to ch	eer			
(loudly) for their fellow swimmers.	1			
Please tell your swimmers to remain on deck until after the				
completion of the girls 400 Free Relay.				
We will have the traditional post-meet handshake.				
Hospitality and Food and drinks will be available in the Hospitality area in the hallway				
Concessions behind the Scorer's area for Coaches, Officials, Timers and other				
volunteers.				
There will be no concessions at this meet				
Pool Rules: • The meet referee has the authority to remove any participant or spectator	r			
who is behaving in an inappropriate or unsafe manner.				
Please be courteous and respectful of the Freedom Center staff. We wa	nt			
to be welcome at this beautiful facility in the future.				

Seton December Invitational

December 10, 2022



Hosted by: Seton Swimming (SST)



Pool Entry

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.



Directions:

From I-66 East or West and points North

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.

From I-95 and Eastern Prince William County

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.