Seton Icebreaker Invitational

December 3, 2022





Freedom Aquatic and Fitness Center, Manassas, VA

Participating	Swimming:	Diving:	
Teams	• Seton (106)	• Seton (16)	
	 Oakcrest (45) 	 Trinity Christian (4) 	
		• Thinty Christian (4)	
	• Immanuel Christian (21)		
	• The Heights (26)		
	• Trinity Christian School (29)		
	• Fresta Valley Christian (13)		
	• The Carmel School (20)		
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 r		
	touch-pad Timing System, and large results display board. There will be two		
	(2) continuous warm-up and warm-de		
Meet Directors:	Jim Koehr (540) 379-8328	Bill Dealey (703) 475-7152	
	Coach@KoehrFamily.com	SST@Dealey.com	
Rules:	e i	023 National Federation High School	
	Swimming, Diving and Water Polo rules for championship meets.		
Eligibility:	• The meet is open to all students who are 8 th grade through 12 th grade.		
	• A swimmer must be in good standing with the school he/she represents.		
	• 6 th and 7 th graders are eligible to swim as non-scoring exhibition only.		
	• A swimmer must be no older than 19 years of age on the August 1 st		
	immediately prior to the meet. No post-graduates are permitted.		
Diving Warm-	Seton Diving Practice 10:30 a.m.	Group 1 only	
up and	Seton Dive Stretching: 11:09 a.m.		
Competition	Diving Warm-up: 11:30 a.m.	Two Boards	
Schedule	National Anthem: 11:57 a.m.		
	Competition Begins: 12:00 p.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.		
	National Anthem: 2:07 p.m.	Disrespect in action or appearance will	
	L	be grounds for disqualification	
	First Event: 2:10 p.m.	-	
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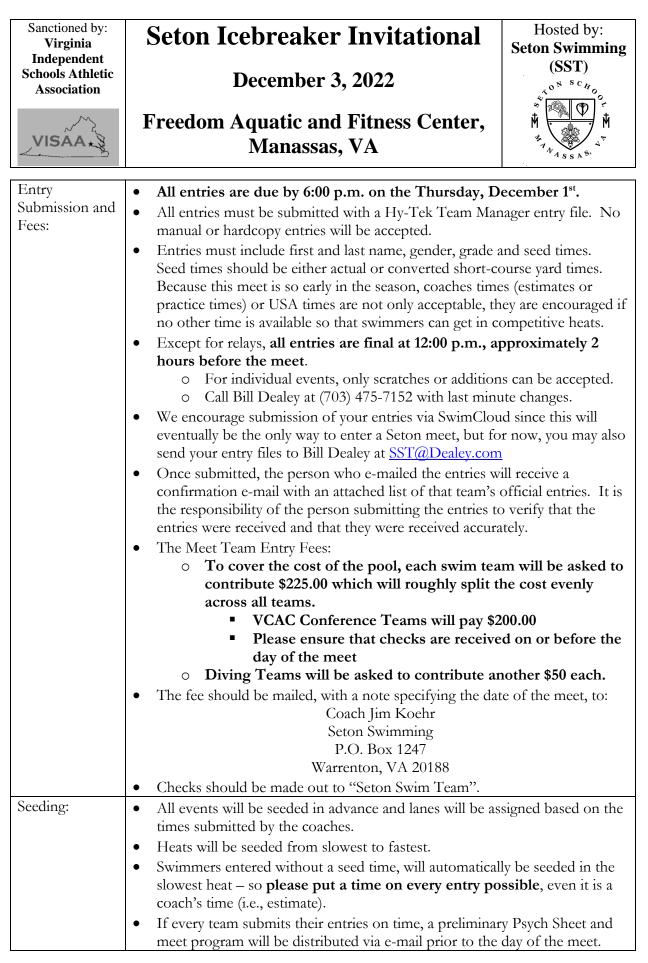
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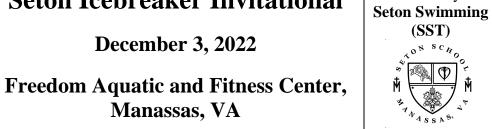
Meet Format:	• The meet will use a championship, timed finals format.			
	• All heats will be seeded based entry times.			
	The Divin	g Competition will occur before the m	neet.	
Order of	Boys	Event	Girls	
Events:	1	200 Medley Relay	2	
	3	200 Freestyle	4	
	5	200 Individual Medley	6	
	7	50 Freestyle	8	
	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	
	 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 ho 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 sh be submitted to the designated official prior to the conclusion of the Men's 500 Freestyle. 			
	swim t	ners whose names are submitted on th hat event, in the order listed on the ca for a substitution because of injury or	rd, unless the referee	



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VISAA

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Diving	• The Diving portion of the meet will occur prior to the swimming competition		
	• Diving will follow the 6-Dive format per NFHS rules.		
	 The [front] 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. 		
0			
	 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	Turn official. The large teams should plan to provide more.		
	• If more officials volunteer, the meet referee will relieve officials at the		
	break.		
Timing:	• Timing will be done	e 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.	1 1 7	
	1	et with two (2) timer per lane. Timing responsibilities	
	for each lane will be assigned to a specific school. Lane assignment		
		parately with the warm-up schedule.	

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Seton Swimming (SST) (SST)(ST)(ST)(ST)(ST)(ST)(ST)

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Starting Procedures	 The Referee and Starter will use a whistle start procedure for this meet. The whistle start procedure is used at all VISAA State Championship meets 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 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 horn will signal the start. We will use dive-over starts to keep the meet moving quickly. Swimmers should not exit the pool until the next heat has started over top of them. 	
USA Observed Swims	 Times swum by USA swimmers at this meet will NOT be recognized by Virginia Swimming. 	
Spectators	 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 the Seton Swimming website Videos page: <u>https://setonswimming.org/videos/</u> 	
Heat Sheets	 Near-real time results will be available on the Meet Mobile app, available on both iPhone and Android. Meet Programs will also be posted on www.setonswimming.org 	
Spirit:	 All swimmers should remain in the pool area throughout the meet to cheer (loudly) for their fellow swimmers. 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 Concessions	 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. There will be no concessions at this meet 	
Pool Rules:	 The meet referee has the authority to remove any participant or spectator who is behaving in an inappropriate or unsafe manner. Please be courteous and respectful of the Freedom Center staff. We want to be welcome at this beautiful facility in the future. 	

