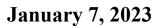
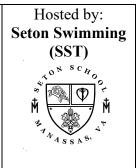
VCAC Regular Season Championship Invitational







Participating	Swimming:	Diving:		
Teams	• Seton (106)	• Seton (16)		
	Oakcrest (45)	• Trinity Christian (4)		
	Trinity Christian School (29)	Oakcrest (2)		
	Fredericksburg Christian (44)	()		
	• St. John Paul the Great (29)			
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			
		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			
E1: '1 '1'	Swimming, Diving and Water Polo rules	•		
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.			
		wim as non-scoring exhibition only.		
	A swimmer must be no older that	n 19 years of age on the August 1st		
	immediately prior to the meet. N			
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: 11:00 a.m.	Two Boards		
Schedule	National Anthem: 11:32 a.m.			
	Competition Begins: 11:35 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.	Discourant in action 211		
	National Anthem: 2:07 p.m.	Disrespect in action or appearance will		
	First Event: 2:10 p.m.	be grounds for disqualification		
	First Event: 2:10 p.m. No break after Event #8			
	INO DIEAK AITEI EVENT #8			

VCAC Regular Season Championship Invitational

January 7, 2023

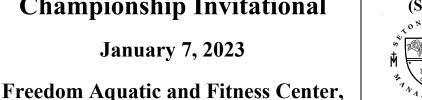




Meet Format:	The meet w	vill use a shampionship timed finals t	Found		
Wicet i Olinat.	The meet will use a championship, timed finals format.				
	All heats will be seeded based entry times.				
	The Diving Competition will occur <u>before</u> the meet.				
Order of	Boys	Event	Girls		
Events:	1	200 Medley 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:	Individual Ever	nts			
	o An eligible swimmer may swim no more than two individual events.				
	a team's	a team's top four (4) swimmers are eligible to score.			
	o All non	A11			
	• Relays				
	,				
		that swimmer's total number of event entries, including individual			
	events,	does not exceed four (4).	<u> </u>		
	o Each te				
	designa	designated "A" and "B" will be eligible to score.			
	o Non-sc				
	o Relays may be entered without swimmer's names, but the meet host				
		ppreciate a projected relay line up wi			
		o 200 Medley Relay Cards specifying the actual relay line-up shall be			
		ed to the designated official thirty (30)) minutes prior to the		
		start of the meet.			
		1 400 Free Relay cards specifying the	• •		
		nitted to the designated official prior	to the conclusion of		
		the Men's 500 Freestyle.			
		Swimmers whose names are submitted on the relay cards must			
		swim that event, in the order listed on the card, unless the referee			
	allows f	or a substitution because of injury or	illness.		

VCAC Regular Season Championship Invitational

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Manassas, VA

- 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.
 - 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

Checks should be made out to "Seton Swim Team".

VCAC Regular Season Championship Invitational



January 7, 2023

Hosted by:		
Seton Swimming		
(SST)		
M SCHOOL M		

Seeding:	 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 	
	• 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.	
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 [inward] category will be the required group. 	
Scoring:	 The 5 optional dives must be from at least 4 categories. 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 Officials	 Each team is responsible for providing at least one certified Stroke & 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 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. 	

VCAC Regular Season Championship Invitational

January 7, 2023





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Starting Procedures	The Referee and Starter will use a whistle start procedure for this meet.		
Procedures	• The whistle start procedure is used at all VISAA State Championship meets		
	The procedure will be as follows:		
	o 4 or 5 consecutive whistles means get ready		
	o The starter will announce the event		
	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		
	o 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	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 pool.		
	• Spectators may also watch the meet live on-line. See the live-stream on the		
	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.		
	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 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	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		
	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.		
	·		

VCAC Regular Season Championship Invitational

January 7, 2023

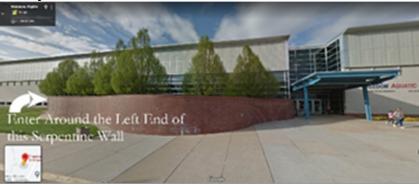




Freedom Aquatic and Fitness Center, Manassas, VA

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.