



Sanctioned by: Virginia Independent Schools Athletic Association 	<h1>VCAC Regular Season Championship Invitational</h1> <h2>January 7, 2023</h2> <h3>Freedom Aquatic and Fitness Center, Manassas, VA</h3>	Hosted by: Seton Swimming (SST) 
--	---	---

Participating Teams	Swimming: <ul style="list-style-type: none"> • Seton (106) • Oakcrest (45) • Trinity Christian School (29) • Fredericksburg Christian (44) • St. John Paul the Great (29) 	Diving: <ul style="list-style-type: none"> • Seton (16) • Trinity Christian (4) • Oakcrest (2) 																																	
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>11:09 a.m.</td> <td></td> </tr> <tr> <td>Diving Warm-up:</td> <td>11:00 a.m.</td> <td>Two Boards</td> </tr> <tr> <td>National Anthem:</td> <td>11:32 a.m.</td> <td></td> </tr> <tr> <td>Competition Begins:</td> <td>11:35 a.m.</td> <td>Boys and Girls Combined</td> </tr> </table>		Seton Diving Practice	10:30 a.m.	Group 1 only	Seton Dive Stretching:	11:09 a.m.		Diving Warm-up:	11:00 a.m.	Two Boards	National Anthem:	11:32 a.m.		Competition Begins:	11:35 a.m.	Boys and Girls Combined																		
Seton Diving Practice	10:30 a.m.	Group 1 only																																	
Seton Dive Stretching:	11:09 a.m.																																		
Diving Warm-up:	11:00 a.m.	Two Boards																																	
National Anthem:	11:32 a.m.																																		
Competition Begins:	11:35 a.m.	Boys and Girls Combined																																	
Meet Warm-up and Competition Schedule	<table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td>Seton Swim Stretching:</td> <td>12:39 p.m.</td> <td>In Bleachers</td> </tr> <tr> <td>Warm-up Session I:</td> <td>1:00-1:20 p.m.</td> <td>Seton Swimming</td> </tr> <tr> <td>Warm-up Session II:</td> <td>1:20-1:40 p.m.</td> <td>Lane Assignments Published Separately</td> </tr> <tr> <td>Warm-up Session III:</td> <td>1:40-2:00 pm</td> <td>Lane Assignments Published Separately</td> </tr> <tr> <td>Officials Meeting:</td> <td>1:20 p.m.</td> <td>In Hallway behind the Scorers area</td> </tr> <tr> <td>Timers Meeting:</td> <td>1:35 p.m.</td> <td>In Hallway behind the Scorers area</td> </tr> <tr> <td>NO Coaches Meeting</td> <td></td> <td></td> </tr> <tr> <td>Prayer</td> <td>2:06 p.m.</td> <td></td> </tr> <tr> <td>National Anthem:</td> <td>2:07 p.m.</td> <td>Disrespect in action or appearance will be grounds for disqualification</td> </tr> <tr> <td>First Event:</td> <td>2:10 p.m.</td> <td></td> </tr> <tr> <td>No break after Event #8</td> <td></td> <td></td> </tr> </table>		Seton Swim Stretching:	12:39 p.m.	In Bleachers	Warm-up Session I:	1:00-1:20 p.m.	Seton Swimming	Warm-up Session II:	1:20-1:40 p.m.	Lane Assignments Published Separately	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 be grounds for disqualification	First Event:	2:10 p.m.		No break after Event #8		
Seton Swim Stretching:	12:39 p.m.	In Bleachers																																	
Warm-up Session I:	1:00-1:20 p.m.	Seton Swimming																																	
Warm-up Session II:	1:20-1:40 p.m.	Lane Assignments Published Separately																																	
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 be grounds for disqualification																																	
First Event:	2:10 p.m.																																		
No break after Event #8																																			

<p>Sanctioned by: Virginia Independent Schools Athletic Association</p> 	<h2 style="margin: 0;">VCAC Regular Season Championship Invitational</h2> <p style="font-size: 1.2em; margin: 5px 0 0 0;">January 7, 2023</p> <h3 style="margin: 0;">Freedom Aquatic and Fitness Center, Manassas, VA</h3>	<p>Hosted by: Seton Swimming (SST)</p> 
--	--	---

Meet Format:	<ul style="list-style-type: none"> • The meet will use a championship, timed finals format. • All heats will be seeded based entry times. • The Diving Competition will occur before the meet.
--------------	--

Order of Events:	Boys	Event	Girls
	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:	<ul style="list-style-type: none"> • Individual Events <ul style="list-style-type: none"> ○ 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 <ul style="list-style-type: none"> ○ 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. ○ 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.
--------------	--

<p>Sanctioned by: Virginia Independent Schools Athletic Association</p> 	<h1>VCAC Regular Season Championship Invitational</h1> <p>January 7, 2023</p> <h2>Freedom Aquatic and Fitness Center, Manassas, VA</h2>	<p>Hosted by: Seton Swimming (SST)</p> 
--	--	---

<p>Entry Submission and Fees:</p>	<ul style="list-style-type: none"> • 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. <ul style="list-style-type: none"> ○ 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: <ul style="list-style-type: none"> ○ 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. <ul style="list-style-type: none"> ▪ VCAC Conference Teams will pay \$200.00 ▪ Please ensure that checks are received on or before the day of the meet ○ 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: <p style="text-align: center;">Coach Jim Koehr Seton Swimming P.O. Box 1247 Warrenton, VA 20188</p> • Checks should be made out to “Seton Swim Team”.
---	--


<p>Sanctioned by: Virginia Independent Schools Athletic Association</p> 	<h1>VCAC Regular Season Championship Invitational</h1> <p>January 7, 2023</p> <h2>Freedom Aquatic and Fitness Center, Manassas, VA</h2>	<p>Hosted by: Seton Swimming (SST)</p> 
--	--	---

<p>Seeding:</p>	<ul style="list-style-type: none"> • 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. 																
<p>Diving</p>	<ul style="list-style-type: none"> • 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. • The 5 optional dives must be from at least 4 categories. 																
<p>Scoring:</p>	<ul style="list-style-type: none"> • 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: <ul style="list-style-type: none"> • 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 																
<p>Meet Officials:</p>	<table border="0"> <tr> <td>Referee:</td> <td>Charles Seltman, Seton</td> </tr> <tr> <td>Admin Referees:</td> <td>A Volunteer from a Visiting Team</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>Paula O’Keefe, Seton</td> </tr> </table>	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
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																
<p>Stroke & Turn Officials</p>	<ul style="list-style-type: none"> • 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. 																
<p>Timing:</p>	<ul style="list-style-type: none"> • 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. 																

Sanctioned by: Virginia Independent Schools Athletic Association 	<h1>VCAC Regular Season Championship Invitational</h1> <h2>January 7, 2023</h2> <h3>Freedom Aquatic and Fitness Center, Manassas, VA</h3>	Hosted by: Seton Swimming (SST) 
--	---	---

Starting Procedures	<ul style="list-style-type: none"> • 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: <ul style="list-style-type: none"> ○ 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	<ul style="list-style-type: none"> • Times swum by USA swimmers at this meet will NOT be recognized by Virginia Swimming.
Spectators	<ul style="list-style-type: none"> • 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	<ul style="list-style-type: none"> • 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:	<ul style="list-style-type: none"> • 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	<ul style="list-style-type: none"> • 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:	<ul style="list-style-type: none"> • 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.

<p>Sanctioned by: Virginia Independent Schools Athletic Association</p> 	<h1>VCAC Regular Season Championship Invitational</h1> <p>January 7, 2023</p> <h2>Freedom Aquatic and Fitness Center, Manassas, VA</h2>	<p>Hosted by: Seton Swimming (SST)</p> 
--	--	---

<p>Pool Entry</p>	<p>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.</p> 
-------------------	--

<p>Directions:</p>	<p>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.</p> <p>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.</p>
--------------------	---