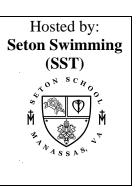
VCAC Regular Season Championship Invitational







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, Colora			
j	touch-pad Timing System, and large results display board. There will be two			
	(2) continuous warm-up and warm-de	own lanes for this meet.		
Meet Directors:	Jim Koehr (540) 379-8328	Bill Dealey (703) 475-7152		
	Coach@KoehrFamily.com	SST@Dealey.com		
Rules:		023 National Federation High School		
	Swimming, Diving and Water Polo rules t	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.			
	• 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 Two Boards		
up and	Seton Dive Stretching: 11:09 a.m.			
Competition	Diving Warm-up: 11:30 a.m.			
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		
	D' D	be grounds for disqualification		
	First Event: 2:10 p.m.			
	No break after Event #8			

VCAC Regular Season Championship Invitational

January 7, 2023





Meet Format:	The meet w	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 Even	nts		
	 Each tean a team's All none Relays An eliginal that swing events, on the designate of the submittens that the start of the submittens that the Mereon Swimmer the swim the swi	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"		

VCAC Regular Season Championship Invitational

January 7, 2023





Freedom Aquatic and Fitness Center, 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.
 - 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:
 - O 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".

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Seton Swimming
(SST)

Hosted by:

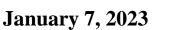




January 7, 2023

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 		
D	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.		
	• 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 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.		

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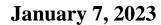




VISAA

Starting	• 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 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







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.