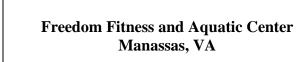
### 17<sup>th</sup> Annual VISAA Division II Invitational Swim Championship

**February 4, 2023** 





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. The Freedom Center is one of		
	the premier swimming venues in Northern Virginia		
Meet	Jim Koehr	Bill Dealey	Ashleigh Keapproth, Diving
Directors:	(540) 379-8328	(703) 475-7152	(571) 332-9826
	Coach@koehrfamily.com	SST@dealey.com	akeapproth@gmail.com
Rules:	The meet will be governed by 20	22-2023 NFHS rules	for championship meets.
Diving	Seton Dive Stretch 9:39 a.m.		
Competition	Diving Warm-up: 10:00 a.m.	Two Boards	
Schedule	National Anthem: 10:42 a.m.		
	Competition Begins:10:45 p.m.	Boys and Girls Com	nbined, 11-Dives
Swimming	Seton Stretching: 12:39 p.m.	In the corridor outs	ide the door behind the
Warm-up		starting blocks	
Schedule:	Session I: 1:00–1:20 p.m.	Lane Assignments Published Separately	
	Session II: 1:20-1:40 p.m.	Lane Assignments Published Separately	
	Session III: 1:40-2:00 p.m.	Lane Assignments I	Published Separately
	Open warm-up	Four (4) lanes will b	e available for warm-up all
		during the meet	
Swimming	1:25 p.m.	Official's meeting	
Competition	1:40 p.m.	Timer's meeting	
Schedule:	2:05 p.m.	National Anthem	
	2:08 p.m.	Start of Event #1	
	Break after 50 Free	Medal Ceremony	
	Break after the 200 Free Relay	Medal Ceremony	
	After the 400 Free Relay	Medal Ceremony	
	15 minutes after conclusion of	Championship awar	rd presentations
	meet		
Meet	The meet will use a championship, timed finals format. All heats will be seeded		
Format:	based entry times.		
Events:	Same Order of Events as the regular season with boys swimming first.		
	Because Diving will compete before swimming, during the swimming		
	competition, we will skip the Diving Events (#9 and #10) and jump from event		
	#8 to event #11.		
	• All events will be swum as tin	med finals.	

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# Freedom Fitness and Aquatic Center Manassas, VA

Hosted by:



Eligibility	• Participants must be enrolled in, and in good standing with, a Virginia private school that is a member of VISAA Division II (Less than 160 boys or less than 160 girls in the student population, grades 9-12).
	• Participants must have swum in at least half of the schedule meets with their team during the season
	8 <sup>th</sup> graders who meet the above criteria are eligible to score
	• There will be <b>no exhibition-only swimmers</b> , however, if a swimmer is officially entered in one individual event, they may swim one other individual event as exhibition.
	• Per VISAA rules, 7 <sup>th</sup> graders are not eligible to compete.
	• No swimmer may swim more than 4 total events, with no more than 2 individual events
Diving	Diving Coaches should contact Seton Coach Ashley Keapproth, <u>akeapproth@gmail.com</u> , for all things related to the diving competition.
	• The Diving portion of the meet will occur prior to the swimming competition.
	Diving will follow the 11-Dive format per NFHS rules.
	• Diving entries should be submitted with the Swimming entries in the Team Manager Entry file as event 9 (boys) and 10 (girls).
	Dive sheets may be turned in at the meet.
Entries:	• All entries are due by the Tuesday before the meet at Midnight.
	<ul> <li>All teams must submit entries via a Hy-tek Team Manager export file. No manual entries will be accepted.</li> </ul>
	• Each team may enter up to four (4) scoring swimmers for each individual event and up to two (2) relays for each relay event.
	• Entries must include seed times. Seed times should be either actual or converted short-course yard times. For "B" Relays, please make the best seed time estimate possible.
	• No exhibition-only swimmers are allowed in this championship meet. However, if you have a swimmer entered in only one official event, they may swim in one other event as exhibition. This may result in more than four (4) swimmers entered in a single individual event.
	• Except for relay line-ups, all entries are final once they are submitted.
	• Send entries to Scorer Bill Dealey at <a href="mailto:sst@dealey.com">sst@dealey.com</a>
	• Once entries are received, the person submitting those entries will receive confirmation from Mr. Dealey by the Wednesday evening before the Meet.

### 17<sup>th</sup> Annual VISAA Division II Invitational Swim Championship

**February 4, 2023** 



## Freedom Fitness and Aquatic Center Manassas, VA

Hosted by:



Relay Entries	• Relay entries may be submitted with or without the specific swimmers listed, but they will not be final until official relay cards are submitted to the Meet Scorer. The meet host would appreciate a projected lineup for each relay with your entries to reduce the data entry during the meet.
	• Official entries for the 200 Medley relay must be submitted 30 minutes prior to the start of meet, or by 1:35 p.m.
	• Official entries for the 200 Freestyle relay and the 400 freestyle relays must be submitted prior to the end of the boys 500 Free (prior to event #15).
	• 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.
Seeding:	All events will be pre-seeded by the scorers and lanes will be assigned based on the times submitted by the coaches.  Here is a lane of the coaches of the coaches of the coaches of the coaches of the coaches.
	Heats will be seeded from slowest to fastest.
	Realistic relay times for the anticipated line-up would be appreciated.
	A preliminary Pysch Sheet and Meet Program will be posted on <u>www.setonswimming.org</u> prior to the day of the meet.
Scoring:	The meet will be scored in the following manner:
	• For individual events, the first 12 places will be awarded points in the following manner: 16-13-12-11-10-9-7-5-4-3-2-1
	• For relay events, the first 12 places will be awarded points in the following manner: 32-26-24-22-20-18-14-10-8-6-4-2

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#### Freedom Fitness and Aquatic Center Manassas, VA

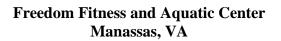
Hosted by:



Awards:		nased two beautiful cups to be instituted as traveling	
	<ul> <li>trophies for the boys and girls team champions.</li> <li>The trophies will be awarded immediately after the completion of the</li> </ul>		
	swimming competition and team handshakes		
	The meet host will arrange for the trophies to be engraved with each		
	year's champions.		
	boy's champion,	ast year's girl's champion, Seton School, and last year's The Covenant School, will return to the meet this year so they may travel home with the new champions.	
		oaches prior to the end of the meet, the following	
	special awards will also b		
	Swimmer of the Meet (boy and girl)		
		at after the meet for 1 <sup>st</sup> , 2 <sup>nd</sup> and 3 <sup>rd</sup> place in each event	
	o Medals will be averaged the end of the managed the m	varded at breaks after the 50 Free, 200 Free Relay and at	
Officials:		arles Seltman, Seton	
Officials.		are looking for a volunteer	
		hard Borneman, Seton	
		ris Condon, Seton	
		Dealey, Hank Konstanty, Seton	
		lissa Sokban, Will Waldron, Seton	
	-	n Kleb, Seton	
	3	are looking for a volunteer school	
Stroke and		est to provide at least one VHSL or USA Swimming	
Turn Judges	certified stroke and turn judg	1	
USA	/ -	Times swum by USA swimmers at this meet will be recognized by Virginia	
Observed	Swimming.		
Swims		nanges implemented for USA Swimming's national	
		sure that times are recorded properly by Virginia	
		ald ensure that your USA Swimmers are entered with	
	O.	last names and birthdate that correspond to their	
		ation. To ensure that this happens, please update your	
	Team Manager software with that information. The good news is that member		
	0	l for USA-S registered athletes.	

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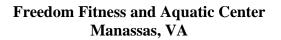
Hosted by:
Seton Swimming
(SST)



Timers:	<ul> <li>Timing will be done using the Colorado Timing System.</li> <li>To back up the CTS, two timers will have a CTS backup button.</li> </ul>	
	<ul> <li>Each lane will also have one Dolphin electronic stopwatch as a tertiary backup.</li> <li>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.</li> </ul>	
	<ul> <li>Each responsible school may recruit and substitute their timers however they wish, as long as there are always two (2) timers present during the competition.</li> <li>If your school is not specifically listed, please plan on providing at least one timer if you are able. A shared burden is not heavy.</li> </ul>	
Starting Procedures	<ul> <li>The Referee and Starter will use a whistle start procedure for this meet.</li> <li>Whistle start procedures are used in USA Swimming and will be used at the VISAA State Championship meet on February 14-15<sup>th</sup>.</li> <li>The procedure will be as follows: <ul> <li>4 of 5 consecutive whistles means get ready</li> <li>The announcer will announce the event</li> <li>1 long whistle means to step up on the block</li> <li>For backstroke only, there will be another long whistle in lieu of a command to place your feet</li> <li>The starter will simply say "Take Your Mark" and a horn will signal the start.</li> </ul> </li> <li>We will use dive-over starts to expedite the meet.</li> </ul>	
Spectators and Live- Stream Broadcast	<ul> <li>Spectators are encouraged to join us inside the Freedom Center pool.</li> <li>Spectators may also watch the meet live on-line. See the live stream on the Seton Swimming website Videos page: <a href="https://setonswimming.org/videos/">https://setonswimming.org/videos/</a></li> </ul>	
Meet	Meet Programs will be available on <u>www.setonswimming.org</u>	
Programs	Near-real time unofficial results will be available on the Meet Mobile app, available on both iPhone and Android.	
Spirit:	<ul> <li>To encourage team solidarity and spirit, each team will be assigned a team area.</li> <li>Teams are strongly encouraged to bring banners and posters to display in their team area. The Freedom Center does not allow us to hang banners on the walls with anything except blue painter's tape.</li> <li>Teams are strongly encouraged to do team cheers prior to the start of the meet and during the breaks</li> <li>Swimmers should not be hanging out in the lobby. All swimmers should remain</li> </ul>	
	in the pool area to cheer (loudly) for their fellow swimmers.	

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Hosted by:

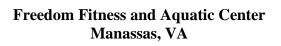


VIENA
VISAA

Fees:	Team Entry Fees:	
1 ccs.	o Men: \$15 per swimmer with a minimum of \$50 and a maximum of \$150	
	per men's team	
	O Women: \$15 per swimmer with a minimum of \$50 and a maximum of	
	\$150 per women's team	
	• Send Meet Fees, payable to "Seton Swim Team", to Jim Koehr at:	
	Jim Koehr	
	Seton Swimming	
	P.O. Box 1247	
	Warrenton, VA 20188	
	• Mailed fees should be <b>received</b> by the day of the meet.	
Pool Rules:	Nothing may be left in the locker room that is not placed inside of a locker.  There will be other patrons of the Freedom Center while we are there.	
	• Participants and spectators are not allowed in any rooms not directly associated with the swim meet.	
	Only coaches, swimmers and officials are allowed on the pool deck.	
	• 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.	
Hospitality	Thanks to <b>The Carmel School</b> , food and drinks will be available in the	
and	Hospitality area in the hallway behind the Scorer's area for Coaches, Officials,	
Concessions	Timers, and other volunteers.	
	There will be no concessions at this meet	
Pool Entry	Swimmers, Coaches, and Spectators will enter through the side door of the	
-	Freedom Center. DO NOT enter through the front door of the facility.	
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**February 4, 2023** 



Hosted by:

Seton Swimming (SST)



## 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.

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