







Sanctioned by: <b>Virginia Independent          Schools Athletic          Association</b> 	<b>16<sup>th</sup> Annual VISAA Junior Varsity          Invitational</b> <b>January 28, 2023</b> <b>Warrenton Aquatic and Recreation Facility          (WARF)          Warrenton, VA</b>	Hosted by: <b>Seton Swimming          (SST)</b> 
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Location:	Warrenton Aquatic and Recreation Facility, Warrenton, Virginia 800 Waterloo Road, Warrenton, VA 20186 (540) 349-2520	
Facility:	Eight-lane, 25-yard, indoor pool with non-turbulent lane markers, Colorado touch-pad Timing System, and large results display board. The WARF now one of the premier swimming venues in Northern Virginia	
Meet Directors:	Jim Koehr 540-379-8328 <a href="mailto:Coach@koehrfamily.com">Coach@koehrfamily.com</a>	Bill Dealey 703-475-7152 <a href="mailto:SST@dealey.com">SST@dealey.com</a>
Rules:	The meet will be governed by NFHS rules for championship meets with exceptions noted in this Announcement.	
Warm-up Schedule:	Seton Stretching	12:39 p.m.
	Session I: 1:00–1:15 p.m.	Lane Assignments Published Separately
	Session II: 1:15-1:30 p.m.	Lane Assignments Published Separately
	Session III: 1:30-1:45 p.m.	Lane Assignments Published Separately
Schedule:	1:10 p.m.	Officials meetings
	1:25 p.m.	Timers meeting
	1:50 p.m.	National Anthem
	1:52 p.m.	Start of Event #1
	No breaks	Open warm-up in lanes 9-10
	Team Handshakes	Immediately following the conclusion of the Girls 200 Free Relay
	10 minutes after conclusion of meet	Championship award presentations
Eligibility	<ul style="list-style-type: none"> <li>• The definition of “Junior Varsity” will be left intentionally vague in the hopes that coaches will adhere to the spirit of the meet.</li> <li>• A “Junior Varsity” swimmer is a 6<sup>th</sup> thru 9<sup>th</sup> grader enrolled in a VISAA or VHSL school full time. 8<sup>th</sup> and 9<sup>th</sup> graders who regularly score in Varsity competition are eligible to swim. So in general, the participants should be freshmen and below.</li> <li>• <b>Seniors, juniors, and sophomores</b> who seldom score during the regular season and did not make your Varsity team to swim in your conference championship meet are also eligible, but they <b>must be entered as exhibition</b>.</li> <li>• In addition, <b>any relays that contain a swimmer over the 9<sup>th</sup> grade should also be marked as exhibition</b>.</li> <li>• The spirit of the meet is that upperclassmen should not be competitive with the top 16 entries.</li> <li>• No swimmer may swim more than 5 total events, with no more than 3 individual events</li> </ul>	

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Events:	<table style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="text-align: center;">Event #</th> <th style="text-align: center;">Event</th> </tr> </thead> <tbody> <tr><td style="text-align: center;">1-2</td><td>200 Medley Relay</td></tr> <tr><td style="text-align: center;">3-4</td><td>100 IM</td></tr> <tr><td style="text-align: center;">5-6</td><td>50 Freestyle</td></tr> <tr><td style="text-align: center;">7-8</td><td>200 Backstroke Relay</td></tr> <tr><td style="text-align: center;">9-10</td><td>50 Butterfly</td></tr> <tr><td style="text-align: center;">11-12</td><td>100 Freestyle</td></tr> <tr><td style="text-align: center;">13-14</td><td>200 Breaststroke Relay</td></tr> <tr><td style="text-align: center;">15-16</td><td>50 Backstroke</td></tr> <tr><td style="text-align: center;">17-18</td><td>50 Breaststroke</td></tr> <tr><td style="text-align: center;">19-20</td><td>200 Free Relay</td></tr> </tbody> </table> <p style="text-align: center;"><i>Note: Odd events are Boys, even events are Girls</i></p>	Event #	Event	1-2	200 Medley Relay	3-4	100 IM	5-6	50 Freestyle	7-8	200 Backstroke Relay	9-10	50 Butterfly	11-12	100 Freestyle	13-14	200 Breaststroke Relay	15-16	50 Backstroke	17-18	50 Breaststroke	19-20	200 Free Relay
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Diving	There will be no diving competition at this meet.																						
Entries:	<ul style="list-style-type: none"> <li>• <b>All entries are due by the Tuesday before the Meet</b> at 5:00 p.m.</li> <li>• All entries must be submitted with a Hy-Tek Team Manager export file. Please use this software - the scorers are all volunteers.</li> <li>• <b>No swimmer may swim more than 5 total events, with no more than 3 of those swims being in an individual event.</b></li> <li>• Each team may enter an unlimited number of individual swimmers and an unlimited number of relays.</li> <li>• <b>Entries must include seed times.</b> Since many swimmers do not have actual times for many of the events in this meet, please make the best estimate possible. If a time trial is possible to obtain times, it would be helpful; otherwise, <b>43% of the 100-yard time</b> would serve as a good estimate for a 50-yard time. For relays, please make the best seed time estimate possible.</li> <li>• Except for relays, all entries are final once they are submitted.</li> <li>• Send entries to Scorer Bill Dealey at <a href="mailto:SST@dealey.com">SST@dealey.com</a></li> <li>• Once entries are received, the person submitting those entries will receive confirmation from Mr. Dealey by the Wednesday evening before the Meet.</li> </ul>																						
Relay Entries	<ul style="list-style-type: none"> <li>• Relay entries may be submitted with or without the specific swimmers listed but will not be final until official relay cards are submitted to the Meet Scorer. It would be helpful to have projected lineups with your entries.</li> <li>• Official entries for all relays must be submitted by 1:20 p.m. on the day of the meet.</li> <li>• Ideally, only swimmers who are 9<sup>th</sup> grade and below should be entered in a relay. If you need a swimmer who is 10<sup>th</sup> grade or above to fill out a relay of middle-schoolers, that relays should be marked as exhibition.</li> </ul>																						

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Seeding:	<ul style="list-style-type: none"> <li>All events will be pre-seeded by the scorers and lanes will be assigned based on the times submitted by the coaches.</li> <li>Heats will be seeded from slowest to fastest.</li> <li>Realistic relay times for the anticipated line-up would be appreciated.</li> <li>A preliminary Psych Sheet and meet sheet will be distributed via e-mail prior to the day of the meet.</li> </ul>
Scoring:	<p>The meet will be scored in the following manner:</p> <ul style="list-style-type: none"> <li>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</li> <li>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</li> <li>The top 4 finishers per team will score for each individual event and the top 2 finishing relays per team will score for each relay event. Additional relay entries should be designated as exhibition.</li> </ul>
Traveling Champions Cups:	<ul style="list-style-type: none"> <li>The Meet Host has purchased two beautiful cups to be instituted as traveling trophies for the boys and girls team champions.             <ul style="list-style-type: none"> <li>The trophies will be awarded immediately after the completion of the swimming competition and team handshakes</li> <li>The meet host will arrange for the trophies to be engraved with each year's champions.</li> <li>It is hoped that last year's boy's champion, Seton School, and last year's girl's champions, Oakcrest, will return to the meet this year with the trophies so they may travel home with the new champions.</li> </ul> </li> </ul> <div style="text-align: center;">  </div> <ul style="list-style-type: none"> <li>Based on a vote of the Coaches prior to the end of the meet, the following special awards will also be given:             <ul style="list-style-type: none"> <li>Swimmer of the Meet (boy and girl)</li> </ul> </li> </ul>

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Officials:	Referee: Charles Seltman, Seton Admin Referees: We are looking for a volunteer 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: We are looking for a volunteer school
Timers:	<ul style="list-style-type: none"> <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> <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. <b>Timing responsibilities for each lane will be assigned to a specific school.</b> Lane assignments will be published separately with the warm-up schedule.</li> <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.             <ul style="list-style-type: none"> <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> </li> </ul>
Starting Procedures:	<ul style="list-style-type: none"> <li>• The Referee and Starter will use a whistle start procedure for this meet.</li> <li>• Whistle start procedures will be used at the VISAA State Championship Meet.</li> <li>• The procedure will be as follows:             <ul style="list-style-type: none"> <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>
Stroke and Turn Judges:	<ul style="list-style-type: none"> <li>• Each team should do their best to provide at least one VHSL or USA Swimming certified stroke and turn judge.</li> </ul>
USA Observed Swims:	<ul style="list-style-type: none"> <li>• Times swum by USA swimmers at this meet will NOT be recognized by Virginia Swimming.</li> </ul>
Spectators and Live-Stream Broadcast	<ul style="list-style-type: none"> <li>• <b>Spectators are encouraged to join us inside the Freedom Center pool.</b></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>

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Meet Programs	<ul style="list-style-type: none"> <li>• Meet Programs will be available on <a href="http://www.setonswimming.org">www.setonswimming.org</a></li> <li>• <b>Near-real time unofficial results will be available on the Meet Mobile app, available on both iPhone and Android.</b></li> </ul>
Hospitality and Concessions	<ul style="list-style-type: none"> <li>• Food and drinks will be available in the Hospitality room near the turn end of the pool for Coaches, Officials, Timers, and other volunteers.</li> <li>• There will be no concessions at this meet</li> </ul>
Spirit:	<ul style="list-style-type: none"> <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.</li> <li>• Teams are strongly encouraged to do team cheers prior to the start of the meet and during the breaks</li> </ul> <p>Swimmers should not be hanging out in the lobby. All swimmers should remain in the pool area to cheer (loudly) for their fellow swimmers.</p>
Fees:	<ul style="list-style-type: none"> <li>• <b>Team Entry Fees:</b> <ul style="list-style-type: none"> <li>○ Boys: \$15 per swimmer with a minimum of \$50 and a maximum of \$150 per men's team</li> <li>○ Girls: \$15 per swimmer with a minimum of \$50 and a maximum of \$150 per women's team</li> </ul> </li> <li>• Send Meet Fees, payable to "Seton Swim Team", to Coach Jim Koehr at:            Coach Jim Koehr            P.O. Box 1247            Warrenton, VA 20188</li> <li>• Mailed fees should be <b>received</b> before the day of the meet.</li> </ul>
Pool Rules:	<ul style="list-style-type: none"> <li>• Nothing may be left in the locker room that is not placed inside of a locker. There may be other patrons of the WARF while we are there.</li> <li>• Participants and spectators are not allowed in any rooms not directly associated with the swim meet.</li> <li>• Only coaches, swimmers and officials are allowed on the pool deck.</li> <li>• The meet referee has the authority to remove any participant or spectator who is behaving in an inappropriate or unsafe manner.</li> <li>• Please be courteous and respectful of the WARF staff. We want to be welcome at this beautiful facility in the future.</li> </ul>

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<p>Directions:</p>	<p><b>From I-66, points East and North</b> Take I-66 to Exit 43 South, Route 29 South toward Warrenton. Go about 10 miles to the first Warrenton Exit for Business 29 (do not get on the Route 17 bypass). Follow Business 29 through Warrenton, past Route 17 to Route 211 by Fosters Grill. Turn Right on Route 211, go through the light and turn into the driveway behind the WARF. The entrance is around to the front.</p> <p><b>From I-66 points West</b> Take I-66 to Exit 28 South, Route 17 South toward Warrenton. Go about 10 miles to a left turn at the stoplight at Business 29 (blockbuster will be on your left). Follow Business 29 through Warrenton to Route 211 by Fosters Grill. Turn Right on Route 211, go through the light and turn into the driveway behind the WARF. The entrance is around to the front.</p> <p><b>From I-95 and points South</b> Exit 95 onto Route 17 North (exit 133). The exit is just north of Fredericksburg, right after you cross the Rappahannock River. Follow 17 N to Opal (at a Sheetz). Turn right onto Route 29/17. Go about 6 miles to the first Warrenton exit for Business 29. Turn left into Warrenton and follow Business 29 (Shirley Avenue) to Route 211. Turn left on Route 211, go through the light and turn into the driveway behind the WARF. The entrance is around to the front.</p>
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