





Sanctioned by: <b>Virginia          Independent          Schools Athletic          Association</b> 	<h1>14<sup>th</sup> Annual Northern Virginia          Catholic High School Swim &amp;          Dive Invitational</h1> <h2>January 20, 2024</h2> <h3>Freedom Aquatic and Fitness Center,          Manassas, VA</h3>	Hosted by: <b>Seton Swim &amp;          Dive (SST)</b> 
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Participating Teams	<b>Swimming:</b> <ul style="list-style-type: none"> <li>• Seton (106)</li> <li>• Bishop O'Connell (65)</li> <li>• Paul VI (50)</li> <li>• Bishop Ireton (40)</li> <li>• Oakcrest (45)</li> <li>• St. Gertrude (10)</li> <li>• Benedictine College Prep (10)</li> </ul>	<b>Diving:</b> <ul style="list-style-type: none"> <li>• Seton (24)</li> <li>• Bishop O'Connell (5)</li> <li>• Oakcrest (2)</li> <li>• Paul VI (3)</li> <li>• Bishop Ireton (8)</li> </ul>
Location:	Freedom Fitness and Aquatic Center, Manassas, Virginia 10900 University Boulevard, Manassas, VA 20110 (703) 993-8444 <a href="http://www.freedom-center.com">www.freedom-center.com</a>	
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 <a href="mailto:Coach@koehrfamily.com">Coach@koehrfamily.com</a>	Hank Konstanty (703) 232-3696 <a href="mailto:hkonstanty@gmail.com">hkonstanty@gmail.com</a>
Rules:	The meet will be governed by 2023-2024 National Federation High School <i>Swimming, Diving and Water Polo</i> rules for championship meets.	
Diving Warm-up and Competition Schedule	Seton Dive Stretching: 9:44 a.m.	
	Seton Dive Stretching: 10:04 a.m.	
	Diving Warm-up: 10:00 a.m.	Two Boards, ends at 10:40
	Coaches/Officials Meet 10:35 a.m.	In Hallway behind the Scorers area
	National Anthem: 10:42 a.m.	
	Competition Begins: 10:45 p.m.	Boys and Girls Combined
Meet Warm-up and Competition Schedule	Seton Swim Stretching: 12:39 p.m.	In Bleachers
	Warm-up Session I: 1:00-1:20 p.m.	<b>Seton Swimming</b>
	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
	Prayer 2:06 p.m.	Fr. Noah Moray, Bishop Ireton
	National Anthem: 2:07 p.m.	Disrespect will result in disqualification
	First Event: 2:10 p.m.	
	<b>No break after Event #8</b>	
Open warm-up	Four (4) lanes will be available for warm-up all during the meet	



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	Team Handshakes	Immediately following the conclusion of the Girls 400 Free Relay
	10 minutes after conclusion of meet	Championship award presentations

Eligibility:	<ul style="list-style-type: none"> <li>• The meet is open to all students, 8<sup>th</sup> grade through 12<sup>th</sup> grade from a Catholic High School in the northern half of Virginia.</li> <li>• A swimmer must be in good standing with the school he/she represents.</li> <li>• 7<sup>th</sup> graders are eligible to swim as non-scoring exhibition entries only.</li> <li>• A swimmer must be no older than 19 years of age on the August 1<sup>st</sup> immediately prior to the championship meet.</li> <li>• No post-graduates are permitted to participate in VISAA events.</li> </ul>
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Meet Format:	<ul style="list-style-type: none"> <li>• The meet will use a championship, timed finals format.</li> <li>• All heats will be seeded based entry times.</li> <li>• The Diving Competition will occur <b>before</b> the Meet.</li> <li>• Because Diving will occur prior to the swimming competition, we will skip the Diving Events (#9 and #10) and jump from event #8 to event #11 <b>without a break.</b></li> </ul>
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Order of Events:	<table border="1"> <thead> <tr> <th style="width: 25%;">Boys</th> <th style="width: 50%;">Event</th> <th style="width: 25%;">Girls</th> </tr> </thead> <tbody> <tr><td style="text-align: center;">1</td><td style="text-align: center;">200 Medley Relay</td><td style="text-align: center;">2</td></tr> <tr><td style="text-align: center;">3</td><td style="text-align: center;">200 Freestyle</td><td style="text-align: center;">4</td></tr> <tr><td style="text-align: center;">5</td><td style="text-align: center;">200 Individual Medley</td><td style="text-align: center;">6</td></tr> <tr><td style="text-align: center;">7</td><td style="text-align: center;">50 Freestyle</td><td style="text-align: center;">8</td></tr> <tr><td style="text-align: center;">9</td><td style="text-align: center;"><b>Diving (Before the Meet)</b></td><td style="text-align: center;">10</td></tr> <tr><td style="text-align: center;">11</td><td style="text-align: center;">100 Butterfly</td><td style="text-align: center;">12</td></tr> <tr><td style="text-align: center;">13</td><td style="text-align: center;">100 Freestyle</td><td style="text-align: center;">14</td></tr> <tr><td style="text-align: center;">15</td><td style="text-align: center;">500 Freestyle</td><td style="text-align: center;">16</td></tr> <tr><td style="text-align: center;">17</td><td style="text-align: center;">200 Freestyle Relay</td><td style="text-align: center;">18</td></tr> <tr><td style="text-align: center;">19</td><td style="text-align: center;">100 Backstroke</td><td style="text-align: center;">20</td></tr> <tr><td style="text-align: center;">21</td><td style="text-align: center;">100 Breaststroke</td><td style="text-align: center;">22</td></tr> <tr><td style="text-align: center;">23</td><td style="text-align: center;">400 Freestyle Relay</td><td style="text-align: center;">24</td></tr> </tbody> </table>	Boys	Event	Girls	1	200 Medley Relay	2	3	200 Freestyle	4	5	200 Individual Medley	6	7	50 Freestyle	8	9	<b>Diving (Before the Meet)</b>	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
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<p>Entry Rules:</p>	<ul style="list-style-type: none"> <li>• Individual Events <ul style="list-style-type: none"> <li>○ An eligible swimmer may swim no more than two individual events.</li> <li>○ Each team is allowed unlimited entries in individual events, but only a team’s top four (4) swimmers are eligible to score.</li> <li>○ All non-scoring entries should be designated as “exhibition”.</li> <li>○ Divers that are also swimmers may compete in one (1) extra individual swim event as “exhibition”.</li> </ul> </li> <li>• Relays <ul style="list-style-type: none"> <li>○ 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).</li> <li>○ Each team may enter any number of relays, but only relays designated “A” and “B” will be eligible to score.</li> <li>○ Non-scoring relay entries should be designated as “exhibition”.</li> <li>○ Relays may be entered without swimmer’s names, but the meet host would appreciate a projected relay line up with all entries.</li> <li>○ 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.</li> <li>○ 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.</li> <li>○ 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.</li> </ul> </li> </ul>
<p>Diving</p>	<ul style="list-style-type: none"> <li>• Diving Coaches should contact Seton Coach Ashley Keapproth, <a href="mailto:akeapproth@gmail.com">akeapproth@gmail.com</a>, for all things related to the diving competition.</li> <li>• The Diving portion of the meet will occur prior to the swimming competition</li> <li>• Diving will follow the 6-Dive format per NFHS rules.</li> <li>• The [<b>Reverse</b>] category will be the required group.</li> <li>• The 5 optional dives must be from at least 4 categories.</li> <li>• Diving entries should be submitted with the Swimming entries in the Team Manager Entry file as event 9 (boys) and 10 (girls).</li> <li>• <b>If time permits, we will offer an option to dive up to 11-Dives as exhibition.</b></li> </ul>

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 Independent  
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# 14<sup>th</sup> Annual Northern Virginia Catholic High School Swim & Dive Invitational

**January 20, 2024**

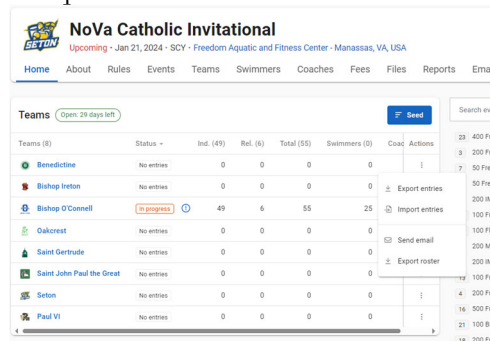
**Freedom Aquatic and Fitness Center,  
 Manassas, VA**

Hosted by:  
**Seton Swim &  
 Dive (SST)**



Entry  
 Submission:



- **All entries are due by 6:00 p.m. on the Wednesday before the Meet.**
- All teams must submit entries via a Hy-tek Team Manager export file. No manual 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.
- **Each team may enter up to four (4) scoring swimmers for each individual event and two (2) scoring relays for each relay event.**
- **Entries must include seed times.** Seed times should be either actual or converted short-course yard times. For non-scoring Relays, please make the best seed time estimate possible.
- **Except for relay line-ups, all entries are final once the Psych Sheet has been published, hopefully by Friday afternoon.**
- Submit entries by importing a Team Manager entry file into SwimCloud on the Home page for the Meet. Click on the three dots beside your team's name and select "Import Entries":





- 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.


Exhibition  
 Entries



- To maximize participation by kids at all levels, we are allowing an **unlimited number of exhibition entries.**
- The meet host would appreciate it if coaches would enter as many of their exhibition swimmers as possible into the 200 Medley Relay, the 200 Free Relay, the 50 Free and one other 100-yard event.
- The meet host has no objection to exhibition entries in other individual events, but if only one or two exhibition entries result in an extra heat of an event over 100 yards, the host may respectfully request that the coach change that exhibition entry.

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Entry Fees:	<ul style="list-style-type: none"> <li>• The Meet Team Entry Fees:             <ul style="list-style-type: none"> <li>○ To cover the cost of the pool, each boys or girls swim team will be asked to contribute \$150.00 (i.e., \$300 for a coed team)</li> <li>○ Each boys or girls diving team will be asked to contribute an additional \$60.00 (i.e., \$120 for a coed team)</li> </ul> </li> <li>• 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> </li> <li>• Please ensure that mailed fees are <b>received</b> on or by the day of the meet.</li> <li>• Checks should be made out to “Seton Swim Team”.</li> </ul>																
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>• 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 (estimate).</li> <li>• If every team submits their entries on time, a preliminary Pysch Sheet and meet program 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             <ul style="list-style-type: none"> <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> </ul> </li> </ul>																
Meet Officials:	<table style="width: 100%; border: none;"> <tr> <td style="padding-right: 20px;">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>Hank Konstanty, Mike Judge and Bill Dealey, Seton</td> </tr> <tr> <td>CTS Operator:</td> <td>Melissa Sokban, Hume Nguyen, Seton</td> </tr> <tr> <td>Announcer:</td> <td>John Kleb, Seton</td> </tr> <tr> <td>Hospitality:</td> <td>Julie Mantooh, 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:	Hank Konstanty, Mike Judge and Bill Dealey, Seton	CTS Operator:	Melissa Sokban, Hume Nguyen, Seton	Announcer:	John Kleb, Seton	Hospitality:	Julie Mantooh, Seton
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Stroke & Turn Officials	<ul style="list-style-type: none"> <li>• <b>Each team is responsible for providing at least one certified Stroke &amp; Turn official. The large teams should plan to provide more.</b></li> <li>• If more officials volunteer, the meet referee will relieve officials at the break.</li> </ul> <p>Stroke &amp; Turn Judges from all teams should sign up here: <a href="https://www.signupgenius.com/seton-swimming">Seton Swimming: Seton Swim &amp; Dive Volunteers 2023-2024 (signupgenius.com)</a></p>
Timing:	<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>• Timers from all teams should sign up here: <a href="https://www.signupgenius.com/seton-swimming">Seton Swimming: Seton Swim &amp; Dive Volunteers 2023-2024 (signupgenius.com)</a></li> </ul>
Traveling Champions Cups - The Holy Grails:	<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. We've christened these cups at the "Holy Grails".</li> </ul> <div style="text-align: center;">  </div> <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 make arrangements for the trophies to be engraved with each year's champions.</li> <li>• It is hoped that last year's boy's champion, Bishop O'Connell, and last year's girl's champion, Paul VI, will return to the meet this year with the trophies so they may travel home with the new champion.</li> </ul>



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<p>Starting Procedures</p>	<ul style="list-style-type: none"> <li>• The Referee and Starter will use a whistle start procedure for this meet.</li> <li>• The whistle start procedure is used at all VISAA State Championship meets</li> <li>• The procedure will be as follows: <ul style="list-style-type: none"> <li>○ 4 or 5 consecutive whistles means get ready</li> <li>○ The starter 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>• <b>We will use dive-over starts</b> to keep the meet moving quickly. Swimmers should not exit the pool until the next heat has started over top of them.</li> </ul>
<p>USA Observed Swims</p>	<ul style="list-style-type: none"> <li>• Times swum by USA swimmers at this meet will be recognized by Virginia Swimming.</li> <li>• There have been many changes implemented for USA Swimming’s national database, SWIMS. To ensure that times are recorded properly by Virginia Swimming, Coaches should ensure that your USA Swimmers are entered using the <b>legal first and last names and birthdate that corresponds to their USA Swimming registration.</b> To ensure that this happens, please update your Team Manager software with that information. The good news is that member IDs are no longer needed for USA-S registered athletes.</li> </ul>
<p>Spectators</p>	<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>
<p>Heat Sheets</p>	<ul style="list-style-type: none"> <li>• <b>Near-real time results will be available on the Meet Mobile app, available on both iPhone and Android.</b></li> <li>• Meet Programs will also be posted on <a href="http://www.setonswimming.org">www.setonswimming.org</a></li> </ul>

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<p>Spirit:</p>	<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. The Freedom Center does not allow us to hang banners on the walls with anything except blue painter’s tape. Their staff can also assist in hanging them with rope if you provide your banner to them prior to the meet.</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 in the pool area to cheer (loudly) for their fellow swimmers through the end of the 400 Free Relay.</li> <li>• All teams will <b>form a handshake line</b> at the conclusion of the competition, so please have all of your swimmers on deck to participate.</li> </ul>
<p>Hospitality and Concessions</p>	<ul style="list-style-type: none"> <li>• Food and drinks will be available in the Hospitality area in the hallway behind the Scorer’s area for Coaches, Officials, Timers, and volunteers.</li> <li>• There will be no concessions at this meet</li> <li>• Parents from each team who wish to contribute can sign up here: <a href="https://signupgenius.com/seton-swim-hospitality">Seton Swim: Seton Swim Hospitality (signupgenius.com)</a></li> </ul>
<p>Pool Rules:</p>	<ul style="list-style-type: none"> <li>• 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.</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 Freedom Center staff. We want to be welcome at this beautiful facility in the future.</li> </ul>
<p>Pool Entry</p>	<p><b>Swimmers, Coaches, and Spectators will enter through the main door of the Freedom Center. <u>DO NOT</u> enter through the side door of the facility as we have done in years past.</b></p>



<p>Sanctioned by:  <b>Virginia  Independent  Schools Athletic  Association</b></p> 	<h1>14<sup>th</sup> Annual Northern Virginia  Catholic High School Swim &amp;  Dive Invitational</h1> <p><b>January 20, 2024</b></p> <p><b>Freedom Aquatic and Fitness Center,  Manassas, VA</b></p>	<p>Hosted by:  <b>Seton Swim &amp;  Dive (SST)</b></p> 
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<p>Key Contacts</p>	<ul style="list-style-type: none"> <li>• Seton Swim &amp; Dive <ul style="list-style-type: none"> <li>○ Coach Jim Koehr, <a href="mailto:coach@koehrfamily.com">coach@koehrfamily.com</a></li> <li>○ AD Dan Vander Woude, <a href="mailto:setonschool@aol.com">setonschool@aol.com</a></li> </ul> </li> <li>• Paul VI Catholic High School <ul style="list-style-type: none"> <li>○ AD Billy Emerson, <a href="mailto:bemerson@paulvi.net">bemerson@paulvi.net</a></li> <li>○ Coach Colleen Marshall, <a href="mailto:cmarshall@pvipanther.net">cmarshall@pvipanther.net</a></li> <li>○ Diving Coach Joe Smolinske, <a href="mailto:jsmolinske@pvipanther.net">jsmolinske@pvipanther.net</a></li> </ul> </li> <li>• Bishop O'Connell Catholic High School <ul style="list-style-type: none"> <li>○ AD Joe Wootten, <a href="mailto:jwootten@bishopoconnell.org">jwootten@bishopoconnell.org</a></li> <li>○ Coach Alysia Desbiens, <a href="mailto:alysia@stanfordalumni.org">alysia@stanfordalumni.org</a></li> </ul> </li> <li>• Bishop Ireton <ul style="list-style-type: none"> <li>○ AD Dwayne Bryant, <a href="mailto:dwayne.bryant@bishopireton.org">dwayne.bryant@bishopireton.org</a></li> <li>○ Coach Kaitlyn Gerke, <a href="mailto:kaitlyn.gerke@bishopireton.org">kaitlyn.gerke@bishopireton.org</a></li> </ul> </li> <li>• Saint John Paul the Great Catholic High School <ul style="list-style-type: none"> <li>○ AD Donald Palmer, <a href="mailto:Donald.palmer@jpthegreat.org">Donald.palmer@jpthegreat.org</a></li> <li>○ Coach Joey Costello, <a href="mailto:joseph.costello@jpthegreat.org">joseph.costello@jpthegreat.org</a></li> </ul> </li> <li>• Oakcrest School <ul style="list-style-type: none"> <li>○ AD/Coach Caroline Heeter, <a href="mailto:cheeter@oakcrest.org">cheeter@oakcrest.org</a></li> </ul> </li> <li>• St. Gertrude Catholic School <ul style="list-style-type: none"> <li>○ AD Fran Pochily, <a href="mailto:fpochily@saintgertrude.org">fpochily@saintgertrude.org</a></li> <li>○ Coach Denis Schmidt, <a href="mailto:Beiserfan@yahoo.com">Beiserfan@yahoo.com</a></li> </ul> </li> <li>• Benedictine High School <ul style="list-style-type: none"> <li>○ AD Ryan Hall, <a href="mailto:rhall@benedictinecollegeprep.org">rhall@benedictinecollegeprep.org</a></li> <li>○ Coach Denis Schmidt, <a href="mailto:Beiserfan@yahoo.com">Beiserfan@yahoo.com</a></li> </ul> </li> </ul>
	<p><b>From I-66 East or West and points North</b>  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><b>From I-95 and Eastern Prince William County</b>  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>