







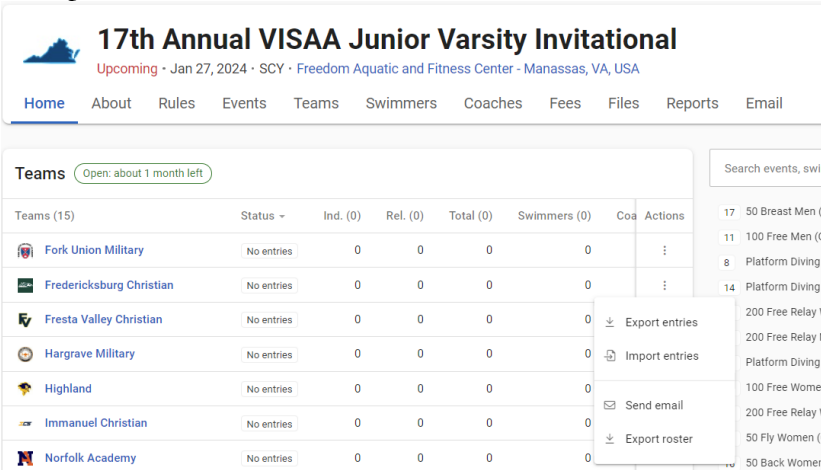
Sanctioned by: Virginia Independent Schools Athletic Association 	17th Annual VISAA Junior Varsity Invitational January 27, 2024 Freedom Aquatic and Fitness Center Manassas, VA	Hosted by: Seton Swimming (SST) 
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Location:	Freedom Fitness and Aquatic 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 Directors:	Jim Koehr 540-379-8328 Coach@koehrfamily.com	Hank Konstanty (703) 232-3696 hkonstanty@gmail.com	Ashleigh Keapproth, Diving akeapproth@gmail.com
Rules:	The meet will be governed by NFHS rules for championship meets with exceptions noted in this Announcement.		
Diving	Seton Dive Stretching: 9:44 a.m.	Seton only	
	Seton Diving Practice 10:00 a.m.	Seton only	
	Diving Warm-up: 10:45 a.m.	Two Boards, All Teams	
	Coaches/Officials Meet 11:10 a.m.	In Hallway behind the Scorers area	
	National Anthem: 11:17 a.m.		
Warm-up Schedule:	Seton Stretching	12:39 p.m.	
	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 Published Separately	
Schedule:	1:25 p.m.	Officials meetings	
	1:40 p.m.	Timers meeting	
	2:05 p.m.	National Anthem. Disrespect will result in disqualification.	
	2:08 p.m.	Start of Event #1	
	No breaks	Open warm-up in lanes 11-14	
	Team Handshakes	Immediately following the conclusion of the Girls 200 Free Relay	
	10 minutes after conclusion of meet	Championship award presentations	


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Eligibility	<ul style="list-style-type: none"> • The definition of “Junior Varsity” will be left intentionally vague in the hopes that coaches will adhere to the spirit of the meet. • A “Junior Varsity” swimmer is a 6th thru 9th grader enrolled in a VISAA or VHSL school full time. 8th and 9th graders who regularly score in Varsity competition are eligible to swim. So in general, the participants should be freshmen and below. • Seniors, juniors, and sophomores 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 must be entered as exhibition. • In addition, any relays that contain a swimmer over the 9th grade should also be marked as exhibition. • The spirit of the meet is that upperclassmen should not be competitive with the top 16 entries. • No swimmer may swim more than 5 total events, with no more than 3 individual events • Divers that are also swimmers may compete in one (1) extra individual swim event as “exhibition”. 																								
Events:	<table style="margin-left: auto; margin-right: auto;"> <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 style="text-align: center;">200 Medley Relay</td></tr> <tr><td style="text-align: center;">3-4</td><td style="text-align: center;">100 IM</td></tr> <tr><td style="text-align: center;">5-6</td><td style="text-align: center;">50 Freestyle</td></tr> <tr><td style="text-align: center;">7-8</td><td style="text-align: center;">200 Backstroke Relay</td></tr> <tr><td style="text-align: center;">9-10</td><td style="text-align: center;">50 Butterfly</td></tr> <tr><td style="text-align: center;">11-12</td><td style="text-align: center;">100 Freestyle</td></tr> <tr><td style="text-align: center;">13-14</td><td style="text-align: center;">200 Breaststroke Relay</td></tr> <tr><td style="text-align: center;">15-16</td><td style="text-align: center;">50 Backstroke</td></tr> <tr><td style="text-align: center;">17-18</td><td style="text-align: center;">50 Breaststroke</td></tr> <tr><td style="text-align: center;">19-20</td><td style="text-align: center;">200 Free Relay</td></tr> <tr><td style="text-align: center;">21-22</td><td style="text-align: center;">Diving (6-Dives) (Before the Meet)</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	21-22	Diving (6-Dives) (Before the Meet)
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Diving	<ul style="list-style-type: none"> • Diving Coaches should contact Seton Coach Ashley Keapproth, akeapproth@gmail.com, 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 6-Dive format per NFHS rules. • The [front] category will be the required group. • The 5 optional dives must be from at least 4 categories. • Diving entries should be submitted with the Swimming entries in the Team Manager Entry file as event 21 (boys) and 22 (girls). 																								

<p>Sanctioned by: Virginia Independent Schools Athletic Association</p> 	<h2 style="margin: 0;">17th Annual VISAA Junior Varsity Invitational</h2> <p style="margin: 5px 0 0 0;">January 27, 2024</p> <p style="margin: 10px 0 0 0;">Freedom Aquatic and Fitness Center Manassas, VA</p>	<p>Hosted by: Seton Swimming (SST)</p> 
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<p>Entries:</p>	<ul style="list-style-type: none"> All entries are due by the Tuesday before the Meet at 6:00 p.m. All entries must be submitted with a Hy-Tek Team Manager export file. Please use this software - the scorers are all volunteers. No swimmer may swim more than 5 total events, with no more than 3 of those swims being in an individual event. Each team may enter an unlimited number of individual swimmers and an unlimited number of relays. Except for relay line-ups, all entries are final once the Psych Sheet has been published, hopefully by Friday afternoon. Entries must include seed times. 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, 43% of the 100-yard time would serve as a good estimate for a 50-yard time. For relays, please make the best seed time estimate possible. 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": <div style="text-align: center; margin: 10px 0;">  </div> <ul style="list-style-type: none"> Once entries are received, the person submitting those entries will receive confirmation from Mr. Dealey by the Wednesday evening before the Meet.
<p>Relay Entries</p>	<ul style="list-style-type: none"> 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. Official entries for all relays must be submitted by 1:20 p.m. on the day of the meet. Ideally, only swimmers who are 9th grade and below should be entered in a relay. If you need a swimmer who is 10th grade or above to fill out a relay of middle-schoolers, that relays should be marked as exhibition.

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Seeding:	<ul style="list-style-type: none"> All events will be pre-seeded by the scorers and lanes will be assigned based on the times submitted by the coaches. Heats will be seeded from slowest to fastest. Realistic relay times for the anticipated line-up would be appreciated. A preliminary Psych Sheet and meet sheet will be distributed via e-mail prior to the day of the meet.
Scoring:	<p>The meet will be scored in the following manner:</p> <ul style="list-style-type: none"> 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 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.
Traveling Champions Cups:	<ul style="list-style-type: none"> 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"> The trophies will be awarded immediately after the completion of the swimming competition and team handshakes The meet host will arrange for the trophies to be engraved with each year's champions. It is hoped that last year's boy's champion, Immanuel Christian 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. <div style="text-align: center;">  </div> <ul style="list-style-type: none"> 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"> Swimmer of the Meet (boy and girl)

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Officials:	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: We are looking for a school to volunteer
Timers:	<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. <ul style="list-style-type: none"> ○ Timers from all teams should sign up here: Seton Swimming: Seton Swim & Dive Volunteers 2023-2024 (signupgenius.com)
Starting Procedures:	<ul style="list-style-type: none"> • The Referee and Starter will use a whistle start procedure for this meet. • Whistle start procedures will be used at the VISAA State Championship Meet. • The procedure will be as follows: <ul style="list-style-type: none"> ○ 4 of 5 consecutive whistles means get ready ○ The announcer 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 expedite the meet.
Stroke and Turn Judges:	<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. • Stroke & Turn Judges from all teams should sign up here: Seton Swimming: Seton Swim & Dive Volunteers 2023-2024 (signupgenius.com)
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 and Live-Stream Broadcast	<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/

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Meet Programs	<ul style="list-style-type: none"> • Meet Programs will be available on www.setonswimming.org • Near-real time unofficial results will be available on the Meet Mobile app, available on both iPhone and Android.
Hospitality and Concessions	<ul style="list-style-type: none"> • Food and drinks will be available in the Hospitality room near the turn end of the pool for Coaches, Officials, Timers, and other volunteers. • There will be no concessions at this meet
Spirit:	<ul style="list-style-type: none"> • To encourage team solidarity and spirit, each team will be assigned a team area. • Teams are strongly encouraged to bring banners and posters to display in their team area. • Teams are strongly encouraged to do team cheers prior to the start of the meet and during the breaks <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"> • Team Entry Fees: <ul style="list-style-type: none"> ○ Boys: \$15 per swimmer with a minimum of \$75 and a maximum of \$150 per men's team ○ Girls: \$15 per swimmer with a minimum of \$75 and a maximum of \$150 per women's team • Send Meet Fees, payable to "Seton Swim Team", to Coach Jim Koehr at: Coach Jim Koehr P.O. Box 1247 Warrenton, VA 20188 • Mailed fees should be received before the day of the meet.
Pool Rules:	<ul style="list-style-type: none"> • 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.

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<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>
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