







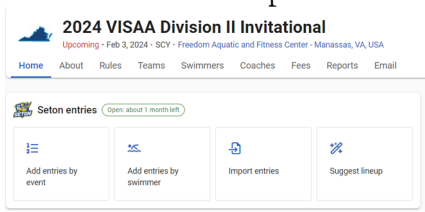
Sanctioned by: Virginia Independent Schools Athletic Association 	18th Annual VISAA Division II Invitational Swim Championship February 3, 2024 Freedom Fitness and Aquatic Center Manassas, VA	Hosted by: Seton Swimming (SST) 
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Location:	Freedom Fitness 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 2022-2023 NFHS rules for championship meets.		
Diving Competition Schedule	Seton Dive Stretch 9:39 a.m.		
	Diving Warm-up: 10:00 a.m.	Two Boards	
	National Anthem: 10:42 a.m.		
	Competition Begins: 10:45 p.m.	Boys and Girls Combined, 11-Dives	
Swimming Warm-up Schedule:	Seton Stretching: 12:39 p.m.	In the corridor outside the door behind the starting blocks	
	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	
	Open warm-up	Four (4) lanes will be available for warm-up all during the meet	
Swimming Competition Schedule:	1:25 p.m.	Official's meeting	
	1:40 p.m.	Timer's meeting	
	2:05 p.m.	Prayer and National Anthem. Disrespect will result in disqualification.	
	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 meet	Championship award presentations	
Meet Format:	<ul style="list-style-type: none"> The meet will use a championship, timed finals format. All heats will be seeded based entry times. 		
Events:	<ul style="list-style-type: none"> 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 timed finals. 		


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<p>Eligibility</p>	<ul style="list-style-type: none"> • 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 • 8th graders who meet the above criteria are eligible to score • There will be no exhibition-only swimmers, however, if a swimmer is officially entered in one individual event, they may swim in one other individual event as exhibition. • Per VISAA rules, 7th graders are not eligible to compete. • No swimmer may swim more than 4 total events, with no more than 2 individual events. • Divers that are also swimmers may compete in one (1) extra individual swim event as “exhibition”.
<p>Diving</p>	<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 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.

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Entries:	<ul style="list-style-type: none"> • All entries are due by the Tuesday before the Meet at 6:00 p.m. • All teams must submit entries via SwimCloud using a Hy-tek Team Manager export file. No manual entries will be accepted.  <ul style="list-style-type: none"> • 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. • Once entries are received, the person submitting those entries will receive confirmation from the Meet host by the Wednesday evening before the Meet.
Relay Entries	<ul style="list-style-type: none"> • 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:	<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 Pysch Sheet and Meet Program will be posted on www.setonswimming.org prior to the day of the meet.

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Scoring:	The meet will be scored in the following manner: <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 																
Awards:	<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. 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 boys' and girls' champion, Seton School, 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) Medals will be handed out after the meet for 1st, 2nd and 3rd place in each event <ul style="list-style-type: none"> Medals will be awarded at breaks after the 50 Free, 200 Free Relay and at the end of the meet. Top-3 finishers should gather under the scoreboard and walk across the bulkhead to receive their medals. This will have them facing the spectators and the livestream cameras. Coaches, if you have a gold medalist, you are welcome to join me on the bulkhead to give the medal to your swimmer. 																
Officials:	<table style="width: 100%; border: none;"> <tr> <td style="width: 30%;">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>We are looking for a school to volunteer</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:	We are looking for a school to volunteer
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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)
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. • Timers 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 be recognized by Virginia Swimming. • 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 with using the legal first and last names and birthdate that correspond to their USA Swimming registration. 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.
Starting Procedures	<ul style="list-style-type: none"> • The Referee and Starter will use a whistle start procedure for this meet. • Whistle start procedures are used in USA Swimming and will be used at the VISAA State Championship meet on February 14-15th. • 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.
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.
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. The Freedom Center does not allow us to hang banners on the walls with anything except blue painter's tape. • Teams are strongly encouraged to do team cheers prior to the start of the meet and during the breaks • Swimmers should not be hanging out in the lobby. All swimmers should remain in the pool area to cheer (loudly) for their fellow swimmers.
Fees:	<ul style="list-style-type: none"> • Team Entry Fees: <ul style="list-style-type: none"> ○ Men: \$15 per swimmer with a minimum of \$75 and a maximum of \$150 per men's team ○ Women: \$15 per swimmer with a minimum of \$75 and a maximum of \$150 per women's team ○ \$60 per Diving team • Send Meet Fees, payable to "Seton Swim Team", to Jim Koehr at: <p style="text-align: center;">Jim Koehr Seton Swimming P.O. Box 1247 Warrenton, VA 20188</p> • Mailed fees should be received by 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.
Hospitality and Concessions	<ul style="list-style-type: none"> • Food and drinks will be available in the Hospitality area in the hallway behind the Scorer's area for Coaches, Officials, Timers, and other volunteers. • We are looking for a school to volunteer to handle this courtesy offering. • There will be no concessions at this meet
Pool Entry	<p>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.</p>

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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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