







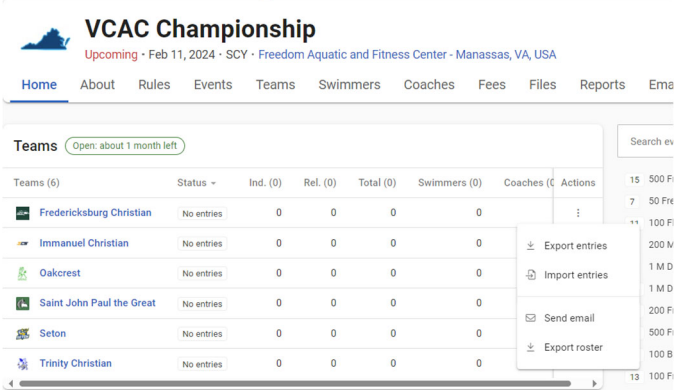
Sanctioned by:  	<b>3<sup>rd</sup> Annual VCAC Conference Championship Meet</b>  <b>February 10, 2024</b>  <b>Freedom Fitness and Aquatic Center Manassas, VA</b>	Hosted by:  <b>Seton Swimming (SST)</b> 
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Participating Teams	<b>Swimming:</b> <ul style="list-style-type: none"><li>Seton Swim &amp; Dive (36)</li><li>Trinity Christian School (29)</li><li>Immanuel Christian (30)</li><li>Fredericksburg Christian (30)</li><li>Oakcrest (18)</li><li>John Paul the Great (24)</li></ul>		<b>Diving:</b> <ul style="list-style-type: none"><li>Seton (10)</li><li>Trinity Christian (6)</li><li>Oakcrest (2)</li></ul>	
Swimming 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>			
Swimming 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 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>	Hank Konstanty (703) 232-3696 <a href="mailto:hkonstanty@gmail.com">hkonstanty@gmail.com</a>	Ashleigh Keapproth, Diving <a href="mailto:akeapproth@gmail.com">akeapproth@gmail.com</a>	
Rules:	The meet will be governed by 2022-2023 NFHS rules for championship meets.			
Diving Competition Schedule	Diving Warm-up: 10:45 a.m.			
	Prayer/Nat'l Anthem:11:17 a.m.			
	Competition Begins: 11:20 a.m.	Boys and Girls Combined at the Freedom Center <b>11-Dive Championship Meet Format.</b>		
Swimming Warm-up 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 Published Separately		
	Open warm-up	Two lanes will be available during the meet		
Swimming Competition Schedule:	1:25 p.m.	Official's meeting		
	1:40 p.m.	Timers meeting		
	<b>2:05 p.m.</b>	<b>Senior Parade</b>		
	2:20 p.m.	Prayer/National Anthem – Disrespect will result in disqualification.		
	2:23 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"><li>The meet will use a championship, timed finals format. All heats will be seeded based entry times.</li></ul>			

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Senior Parade	<ul style="list-style-type: none"> <li>• The Senior Parade will be supervised by Trinity Christian School.</li> <li>• Seniors should report, in their team uniforms (i.e., not swimming suits), to the Announcing station immediately after the conclusion of the Session II warm-up to be lined up as instructed.</li> </ul>
Events:	<ul style="list-style-type: none"> <li>• Same Order of Events as the regular season with boys swimming first.</li> <li>• Because Diving will compete separately, during the swimming competition, we will skip the Diving Events (#9 and #10) and jump from event #8 to event #11.</li> <li>• All events will be swum as timed finals.</li> </ul>
Eligibility	<ul style="list-style-type: none"> <li>• Participants must be enrolled in, and in good standing with, a Virginia private school that is a member of the Virginia Christian Athletic Conference (VCAC).</li> <li>• Participants must have swum in at least half of the schedule meets with their team during the season</li> <li>• 8<sup>th</sup> graders who meet the above criteria are eligible to score</li> <li>• 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.</li> <li>• Divers who are also swimmers may be entered into two (2) individual swimming events, but they must be marked as exhibition for at least one of the three (3) individual events so that they do not exceed the number of allowable scoring entries for an individual.</li> <li>• Per VISAA rules, 7<sup>th</sup> graders are not eligible to compete.</li> <li>• No swimmer may swim more than 4 total events, with no more than 2 individual events</li> </ul>
Diving	<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 <b>11-Dive Championship format</b> per NFHS rules. .</li> <li>• Because the VISAA State Championship meet allows for more than four (4) divers to be entered if they are qualified (see VISAA State Championship rules), this Meet will allow more than four (4) entries also, but divers beyond four (4) should be marked as exhibition.</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> </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> </ul>

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Entries:	<ul style="list-style-type: none"> <li>• <b>All entries are due by the Wednesday before the Meet at 6:00 p.m.</b></li> <li>• All teams must submit entries via SwimCloud using a Hy-tek Team Manager export file. No manual entries will be accepted.</li> </ul>  <ul style="list-style-type: none"> <li>• Each team may enter up to four (4) scoring swimmers for each individual event.</li> <li>• Each team may enter both an “A” and a “B” Relay for each relay event, but the “B” Relay must be marked as exhibition.</li> <li>• <b>Entries must include seed times.</b> Seed times should be either actual or converted short-course yard times. For “B” Relays, please make the best seed time estimate possible.</li> <li>• <b>No exhibition-only swimmers are allowed in this championship meet.</b> 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.</li> <li>• Except for relay line-ups, all entries are final once they are submitted.</li> <li>• Once entries are received, the person submitting those entries will receive confirmation from the Meet Host 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 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.</li> <li>• Official entries for the 200 Medley relay must be submitted 30 minutes prior to the start of meet.</li> <li>• 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).</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>

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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 Pysch Sheet and Meet Program will be published on <a href="http://www.setonswimming.org">www.setonswimming.org</a></li> </ul>
Awards:	<ul style="list-style-type: none"> <li>• <b>VCAC Conference Regular Season Champion</b> – Boys’ Team and Girls’ Team</li> <li>• <b>VCAC Conference Meet Champion</b> – Boys’ Team and Girls’ Team</li> <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>○ <b>Swimmer of the Meet</b> (Boy and Girl)</li> <li>○ <b>Coach of the Year</b> (Boys’ Team and Girls’ Team)</li> </ul> </li> <li>• Medals will be awarded for 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> place in each event. <ul style="list-style-type: none"> <li>○ The Top 3 finishers in each individual event will be designated <b>“All-Conference”</b>.</li> </ul> </li> <li>• Medals will be awarded at breaks after the 50 Free, 200 Free Relay and at the end of the meet. <ul style="list-style-type: none"> <li>○ After 50 Free, medals will be awarded for events 9 and 10 (Diving), plus events 1 through 6 (50 Free)</li> <li>○ After the 200 Free Relay, medals will be awarded for events 7 through 16 (500 Free)</li> <li>○ After the 400 Free Relay, medals will be awarded for the remaining events.</li> <li>○ <b>Medal winners will line up behind the blocks</b></li> </ul> </li> <li>• <b>When announced, medalists will proceed to the front of the announcing station and receive their medals in front of a camera broadcasting on the livestream.</b></li> </ul>
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: Fredericksburg Christian School Senior Parade: Trinity Christian School
Stroke and Turn Judges	<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> <li>• Stroke &amp; Turn Judges from all teams should sign up here: <a href="http://SetonSwimming:SetonSwim&amp;DiveVolunteers2023-2024(signupgenius.com)"><u>Seton Swimming: Seton Swim &amp; Dive Volunteers 2023-2024 (signupgenius.com)</u></a></li> </ul>



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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>Timers from all teams should sign up here: <a href="https://setonswimming.org/signupgenius.com">Seton Swimming: Seton Swim &amp; Dive Volunteers 2023-2024 (signupgenius.com)</a></li> </ul>
USA Observed Swims	<ul style="list-style-type: none"> <li>Times swum by USA swimmers at this meet will be recognized by Virginia Swimming IF we can provide the names of two (2) USA-certified Stroke &amp; Turn officials who will officiate the meet.</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 with using the <b>legal first and last names and birthdate that correspond 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>
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 are used in USA Swimming and 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>
Spectators and Live-Stream	<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>
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>Thank you to <b>Fredericksburg Christian School</b> for handling Hospitality for this meet.</li> <li>Food and drinks will be available in the Hospitality room at 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>

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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 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.</li> </ul>
Fees:	<ul style="list-style-type: none"> <li>• <b>The Athletic Directors of the VCAC will agree on how the costs of the Meet will be shared and invoice each school accordingly.</b></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 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>
Pool Entry	<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>
Key Contacts	<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>• Trinity Christian School <ul style="list-style-type: none"> <li>○ AD Fleming Saunders, <a href="mailto:fsaunders@tcsfairfax.org">fsaunders@tcsfairfax.org</a></li> <li>○ Coach Alyssa Knauf, <a href="mailto:Alyssa.Knauf@gmail.com">Alyssa.Knauf@gmail.com</a></li> <li>○ Diving Coach Missy Miller, <a href="mailto:zvitambo@yahoo.com">zvitambo@yahoo.com</a></li> </ul> </li> <li>• Immanuel Christian <ul style="list-style-type: none"> <li>○ AD Caleb Aylor, <a href="mailto:caleb.aylor@icsva.org">caleb.aylor@icsva.org</a></li> <li>○ Coach Katie Kim Wolf, <a href="mailto:katiekimwolf@gmail.com">katiekimwolf@gmail.com</a></li> </ul> </li> <li>• Fredericksburg Christian School <ul style="list-style-type: none"> <li>○ AD Jonathan Crawford, <a href="mailto:jcrawford@gofcs.org">jcrawford@gofcs.org</a></li> <li>○ Coach Malia Meadows, <a href="mailto:mmeadows@gofcs.org">mmeadows@gofcs.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>• Saint John Paul the Great <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> </ul>



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Directions:	<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>
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