

Seton December Invitational

December 9, 2023



Participating	Swimming:	Diving:		
Teams	• Seton Swim & Dive (109)	• Seton Swim & Dive (24)		
	Trinity Meadow View (13)	• Trinity Christian (16)		
	Trinity Christian School (35)	• Oakcrest (2)		
	• Immanuel Christian (36)	()		
	• Fresta Valley Christian (19)			
	• The Carmel School (20)			
	• Oakcrest (45)			
	` '			
Logation	• Fredericksburg Christian (44)	Managaga Vincinia		
Location:	Freedom Fitness and Aquatic Center, Manassas, Virginia 10900 University Boulevard, Manassas, VA 20110			
	(703) 993-8444	www.freedom-center.com		
Facility:				
i acinty.	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	Hank Konstanty (703) 232-3696		
1,1000 2 11000010.	Coach@KoehrFamily.com	hkonstanty@gmail.com		
Rules:	The meet will be governed by 2023-2024 National Federation High Scho			
	Swimming, Diving and Water Polo rules for championship meets.			
Eligibility:	• The meet is open to all students who are 8 th grade through 12 th grade.			
	A swimmer must be in good standing with the school he/she represent			
	 6th and 7th graders are eligible to swim as non-scoring exhibition only. A swimmer must be no older than 19 years of age on the August 1st immediately prior to the meet. No post-graduates are permitted. 			
Diving Warm-	Seton Dive Stretching: 9:44 a.m.			
up and	Diving Warm-up: 10:00 a.m.	Two Boards, ends at 10:40		
Competition	National Anthem: 10:42 a.m.	,		
Schedule	Competition Begins: 10:45 p.m.	Boys and Girls Combined		
Meet Warm-up	Seton Swim Stretching: 12:39 p.m.	In Bleachers		
and	Warm-up Session I: 1:00-1:20 p.m.	Seton Swimming		
Competition	Warm-up Session II: 1:20-1:40 p.m.	Lane Assignments Published Separately		
Schedule	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		
	NO Coaches Meeting			
	Prayer 2:06 p.m.			
	National Anthem: 2:07 p.m.	Disrespect in action or appearance will		
		be grounds for disqualification		
	First Event: 2:10 p.m.			
	No break after Event #8			



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Meet Format:	The meet w	The meet will use a championship, timed finals format.		
	 All heats will be seeded based entry times. 			
	The Diving	Competition will occur before the r	neet.	
Order of	Boys	Event	Girls	
Events:	1	200 Medley Relay	2	
	3	200 Freestyle	4	
	5	200 Individual Medley	6	
	7	50 Freestyle	8	
	9	Diving (Before the Meet)	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	
Entry Rules:	 Individual Events An eligible swimmer may swim no more than two individual events. Each team is allowed unlimited entries in individual events, but only a team's top four (4) swimmers are eligible to score. All non-scoring entries should be designated as "exhibition" Relays 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). Each team may enter any number of relays, but only relays designated "A" and "B" will be eligible to score. Non-scoring relay entries should be designated as "exhibition". Relays may be entered without swimmer's names, but the meet host would appreciate a projected relay line up with all entries. 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. 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. 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. 			



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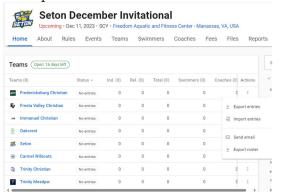
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Freedom Aquatic and Fitness Center, Manassas, VA



Entry
Submission and
Fees:

- All entries are due by 6:00 p.m. on the Thursday before the Meet.
- All entries must be submitted with a Hy-Tek Team Manager entry file. No manual or hardcopy 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. Because this meet is so early in the season, coach's times (estimates or practice times) are not only acceptable, but they are also encouraged if no other time is available so that swimmers can get in competitive heats.
- Except for relays, all entries are final at 12:00 p.m., approximately 2 hours before the meet.
 - o For individual events, only scratches or additions can be accepted.
 - o Text Hank Konstanty at (703) 232-3696 with last minute changes.
- 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.
- The Meet Team Entry Fees:
 - O To cover the cost of the pool, each Swim team will be asked to contribute \$225.00 which will roughly split the cost evenly across all teams.
 - Please ensure that checks are received on or before the day of the meet
 - O Diving Teams will be asked to contribute \$50 for 1-4 divers, \$100 for 5-9 divers, \$150 for 10-15 divers, and \$200 for more than 15 divers.
- The fee should be mailed, with a note specifying the date of the meet, to:

 Coach Jim Koehr, Seton Swimming
 P.O. Box 1247, Warrenton, VA 20188
 - Checks should be made out to "Seton Swim Team".

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Seeding:	• All events will be seeded in advance and lanes will be assigned based on the times submitted by the coaches.		
	Heats will be seeded from slowest to fastest.		
	 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 (i.e., estimate).		
	• If every team submits their entries on time, a preliminary Psych Sheet and meet program will be distributed via e-mail prior to the day of the meet.		
Diving	The Diving portion of the meet will occur prior to the swimming competition		
	 Diving will follow the 6-Dive format per NFHS rules. 		
	The Back category will be the required group.		
	The 5 optional dives must be from at least 4 categories.		
Scoring:	Every team in meet will be scored against every other team in the meet using a 3+ Dual Meet format.		
	Points will be awarded as follows:		
	 For individual events, the first 7 places will be awarded points in the 		
	following manner: 8-6-5-4-3-2-1.		
	• For relay events, the first 3 places will be awarded points in the		
	following manner: 10-5-3		
Meet 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 Seton		
	CTS Operator: Melissa Sokban, Hume Nguyen, Seton		
	Announcer: John Kleb, Seton		
	Hospitality: Julie Mantooth, Seton		
Stroke & Turn	Each team is responsible for providing at least one certified Stroke &		
Officials	Turn official. The large teams should plan to provide more.		
	If more officials volunteer, the meet referee will relieve officials at the		
	break.		
Timing:	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 cublished separately with the warm up schedule.		
	will be published separately with the warm-up schedule.		



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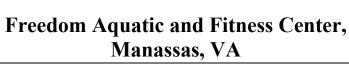
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Starting	The Referee and Starter will use a whistle start procedure for this meet.		
Procedures	• The whistle start procedure is used at all VISAA State Championship meets		
	• The procedure will be as follows:		
	o 4 or 5 consecutive whistles means get ready		
	The starter will announce the event		
	o 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 keep the meet moving quickly. Swimmers should not exit the pool until the next heat has started over top of them.		
USA Observed	Times swum by USA swimmers at this meet will NOT be recognized by		
Swims	Virginia Swimming.		
Spectators	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/		
Heat Sheets	• Near-real time results will be available on the Meet Mobile app,		
	available on both iPhone and Android.		
	Meet Programs will also be posted on <u>www.setonswimming.org</u>		
Spirit:	All swimmers should remain in the pool area throughout the meet to cheer		
	(loudly) for their fellow swimmers.		
	Please tell your swimmers to remain on deck until after the		
	completion of the girls 400 Free Relay.		
	We will have the traditional post-meet handshake.		
Hospitality and Concessions	• 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.		
	There will be no concessions at this meet		
Pool Rules:	• 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.		
Pool Entry	Swimmers, Coaches, and Spectators will enter through the main door of		
	the Freedom Center. DO NOT enter through the side door of the facility		
	as we have done in year's past.		



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Key Contacts

VISAA*

- Seton Swim & Dive
 - o Coach Jim Koehr, <u>coach@koehrfamily.com</u>
 - o AD Dan Vander Woude, setonschool@aol.com
- Trinity Meadow View
 - o Coach Jim Koehr, coach@koehrfamily.com
 - O Director Tim Maloney, tmaloney@trinityschools.org
 - o Parent Rep Andrea Kelley, japandrea@yahoo.com
- Immanuel Christian
 - o AD Caleb Aylor, <u>caleb.aylor@icsva.ort</u>
 - o Coach Katie Kim Wolf, katiekimwolf@gmail.com
- Fresta Valley Christian
 - o AD Jeremiah Estep, athletics@frestavallev.org
 - o Coach Carrie Waltz, cwaltz@frestavalley.org
- The Carmel School
 - o AD/Coach Lacy Whittaker, lwhittaker@thecarmelschool.org
- Fredericksburg Christian School
 - o AD Jonathan Crawford, icrawford@gofcs.org
 - o Coach Malia Meadows, <u>mmeadows@gofcs.org</u>
- Trinity Christian School
 - o AD Fleming Saunders, <u>fsaunderss@tcsfairfax.org</u>
 - o Coach Alyssa Knauf, Alyssa.Knauf@gmail.com
 - o Diving Coach Missy Miller, <u>zvitambo@yahoo.com</u>
- Oakcrest School
 - o AD/Coach Caroline Heeter, <u>cheeter@oakcrest.org</u>

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.

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.