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| Sanctioned by:<br><b>Virginia<br/>         Independent<br/>         Schools Athletic<br/>         Association</b><br> | <h1>Seton December Invitational</h1> <h2>December 9, 2023</h2> <h3>Freedom Aquatic and Fitness Center,<br/>         Manassas, VA</h3> | Hosted by:<br><b>Seton Swim &amp;<br/>         Dive (SST)</b><br> |
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| Participating Teams                     | <b>Swimming:</b> <ul style="list-style-type: none"> <li>• Seton Swim &amp; Dive (109)</li> <li>• Trinity Meadow View (13)</li> <li>• Trinity Christian School (35)</li> <li>• Immanuel Christian (36)</li> <li>• Fresta Valley Christian (19)</li> <li>• The Carmel School (20)</li> <li>• Oakcrest (45)</li> <li>• Fredericksburg Christian (44)</li> </ul>  | <b>Diving:</b> <ul style="list-style-type: none"> <li>• Seton Swim &amp; Dive (24)</li> <li>• Trinity Christian (16)</li> <li>• Oakcrest (2)</li> </ul>  |
| Location:                               | Freedom Fitness and Aquatic Center, Manassas, Virginia<br>10900 University Boulevard, Manassas, VA 20110<br>(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<br><a href="mailto:Coach@KoehrFamily.com">Coach@KoehrFamily.com</a>  | Hank Konstanty (703) 232-3696<br><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.   |  |
| Eligibility:                            | <ul style="list-style-type: none"> <li>• The meet is open to all students who are 8<sup>th</sup> grade through 12<sup>th</sup> grade.</li> <li>• A swimmer must be in good standing with the school he/she represents.</li> <li>• 6<sup>th</sup> and 7<sup>th</sup> graders are eligible to swim as non-scoring exhibition 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 meet. No post-graduates are permitted.</li> </ul> |  |
| Diving Warm-up and Competition Schedule | Seton Dive Stretching: 9:44 a.m.<br>Diving Warm-up: 10:00 a.m.<br>National Anthem: 10:42 a.m.<br>Competition Begins: 10:45 p.m.   | Two Boards, ends at 10:40<br>Boys and Girls Combined   |
| Meet Warm-up and Competition Schedule   | Seton Swim Stretching: 12:39 p.m.<br>Warm-up Session I: 1:00-1:20 p.m.<br>Warm-up Session II: 1:20-1:40 p.m.<br>Warm-up Session III: 1:40-2:00 pm<br>Officials Meeting: 1:20 p.m.<br>Timers Meeting: 1:35 p.m.<br><b>NO</b> Coaches Meeting<br>Prayer 2:06 p.m.<br>National Anthem: 2:07 p.m.<br>First Event: 2:10 p.m.   | In Bleachers<br><b>Seton Swimming</b><br>Lane Assignments Published Separately<br>Lane Assignments Published Separately<br>In Hallway behind the Scorers area<br>In Hallway behind the Scorers area<br>Disrespect in action or appearance will be grounds for disqualification |
|   | <b><u>No break after Event #8</u></b>   |  |

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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> </ul> |
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|                  |             |                                 |              |
|------------------|-------------|---------------------------------|--------------|
| Order of Events: | <b>Boys</b> | <b>Event</b>                    | <b>Girls</b> |
|                  | 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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| Entry Rules: | <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> </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> |
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**Virginia  
Independent  
Schools Athletic  
Association**



# Seton December Invitational

**December 9, 2023**

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

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



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.**
  - For individual events, only scratches or additions can be accepted.
  - 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":



**Seton December Invitational**  
Upcoming • Dec 11, 2023 • SCY • Freedom Aquatic and Fitness Center - Manassas, VA, USA

Home About Rules Events Teams Swimmers Coaches Fees Files Reports



Teams Open: 16 days left

| Teams (8)                | Status     | Ind. (0) | Rel. (0) | Total (0) | Swimmers (0) | Coaches (0) | Actions |
|--------------------------|------------|----------|----------|-----------|--------------|-------------|---------|
| Fredericksburg Christian | No entries | 0        | 0        | 0         | 0            | 0           | ⋮       |
| Fresta Valley Christian  | No entries | 0        | 0        | 0         | 0            | 0           | ⋮       |
| Immanuel Christian       | No entries | 0        | 0        | 0         | 0            | 0           | ⋮       |
| Oakcrest                 | No entries | 0        | 0        | 0         | 0            | 0           | ⋮       |
| Seton                    | No entries | 0        | 0        | 0         | 0            | 0           | ⋮       |
| Carmel Wildcats          | No entries | 0        | 0        | 0         | 0            | 0           | ⋮       |
| Trinity Christian        | No entries | 0        | 0        | 0         | 0            | 0           | ⋮       |
| Trinity Meadpw           | No entries | 0        | 0        | 0         | 0            | 0           | ⋮       |



- 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:
  - **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**
  - **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:                | <ul style="list-style-type: none"> <li>All events will be seeded in advance 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>Swimmers entered without a seed time, will automatically be seeded in the slowest heat – so <b>please put a time on every entry possible</b>, even it is a coach's time (i.e., estimate).</li> <li>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.</li> </ul>   |          |                        |                 |                                  |          |                         |             |                     |          |                                  |               |                                    |            |                  |              |                       |
| Diving                  | <ul style="list-style-type: none"> <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>Back</b> category will be the required group.</li> <li>The 5 optional dives must be from at least 4 categories.</li> </ul>  |          |                        |                 |                                  |          |                         |             |                     |          |                                  |               |                                    |            |                  |              |                       |
| Scoring:                | <ul style="list-style-type: none"> <li>Every team in meet will be scored against every other team in the meet using a 3+ Dual Meet format.</li> <li>Points will be awarded as follows:             <ul style="list-style-type: none"> <li>For individual events, the first 7 places will be awarded points in the following manner: 8-6-5-4-3-2-1.</li> <li>For relay events, the first 3 places will be awarded points in the following manner: 10-5-3</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 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 Mantoath, 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 Seton | CTS Operator: | Melissa Sokban, Hume Nguyen, Seton | Announcer: | John Kleb, Seton | Hospitality: | Julie Mantoath, Seton |
| 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 Mantoath, Seton  |          |                        |                 |                                  |          |                         |             |                     |          |                                  |               |                                    |            |                  |              |                       |
| 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>  |          |                        |                 |                                  |          |                         |             |                     |          |                                  |               |                                    |            |                  |              |                       |
| 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> </ul>  |          |                        |                 |                                  |          |                         |             |                     |          |                                  |               |                                    |            |                  |              |                       |

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| Starting Procedures         | <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 VISA A 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> |
| USA Observed Swims          | <ul style="list-style-type: none"> <li>• Times swum by USA swimmers at this meet will NOT be recognized by Virginia Swimming.</li> </ul>  |
| Spectators                  | <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>  |
| Heat Sheets                 | <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>  |
| Spirit:                     | <ul style="list-style-type: none"> <li>• All swimmers should remain in the pool area throughout the meet to cheer (loudly) for their fellow swimmers.</li> <li>• <b>Please tell your swimmers to remain on deck until after the completion of the girls 400 Free Relay.</b></li> <li>• <b>We will have the traditional post-meet handshake.</b></li> </ul>  |
| Hospitality and Concessions | <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 other volunteers.</li> <li>• There will be no concessions at this meet</li> </ul>   |
| Pool Rules:                 | <ul style="list-style-type: none"> <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                  | <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 year’s past.</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>• Trinity Meadow View <ul style="list-style-type: none"> <li>○ Coach Jim Koehr, <a href="mailto:coach@koehrfamily.com">coach@koehrfamily.com</a></li> <li>○ Director Tim Maloney, <a href="mailto:tmaloney@trinityschools.org">tmaloney@trinityschools.org</a></li> <li>○ Parent Rep Andrea Kelley, <a href="mailto:japandrea@yahoo.com">japandrea@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>• Fresta Valley Christian <ul style="list-style-type: none"> <li>○ AD Jeremiah Estep, <a href="mailto:athletics@frestavalley.org">athletics@frestavalley.org</a></li> <li>○ Coach Carrie Waltz, <a href="mailto:cwaltz@frestavalley.org">cwaltz@frestavalley.org</a></li> </ul> </li> <li>• The Carmel School <ul style="list-style-type: none"> <li>○ AD/Coach Lacy Whittaker, <a href="mailto:lwhittaker@thecarmelschool.org">lwhittaker@thecarmelschool.org</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>• 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>• 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> </ul> |
|                     | <p><b>From I-66 East or West and points North</b><br/>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><br/>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>  |