







Sanctioned by: <b>Virginia          Independent          Schools Athletic          Association</b> 	<h1>Seton Icebreaker Invitational</h1> <h2>December 7, 2024</h2> <h3>Freedom Aquatic and Fitness Center,          Manassas, VA</h3>	Hosted by: <b>Seton Swim &amp;          Dive (SST)</b> 
--	---	--

Participating Teams	<b>Swimming:</b> <ul style="list-style-type: none"> <li>• Seton Swim &amp; Dive (118)</li> <li>• Immanuel Christian (41)</li> <li>• Trinity Meadowview (15)</li> <li>• Fresta Valley Christian (22)</li> <li>• The Carmel School (16)</li> <li>• Alexandria City (40)</li> <li>• The Covenant School (24)</li> <li>• Fredericksburg Christian (17)</li> </ul>	<b>Diving:</b> <ul style="list-style-type: none"> <li>• Seton Swim &amp; Dive (18)</li> <li>• Alexandria City (8)</li> </ul>	
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>		
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 four (4) continuous warm-up and warm-down lanes for this meet.		
Meet Directors:	Jim Koehr Swimming 540-379-8328 <a href="mailto:Coach@koehrfamily.com">Coach@koehrfamily.com</a>	Mike Judge Entries (443) 564-1665 <a href="mailto:michaelajudge@gmail.com">michaelajudge@gmail.com</a>	Ashleigh Keapproth Diving (571) 332-9826 <a href="mailto:akeapproth@gmail.com">akeapproth@gmail.com</a>
Rules:	The meet will be governed by 2024-2025 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. Diving Warm-up: 10:00 a.m. Dive Sheet Due 10:30 a.m. Coaches/Officials meet: 10:45 a.m. Prayer/National Anthem: 10:55 a.m. Competition Begins: 10:59 p.m.	Two Boards   In Hallway behind the Scorers area  Boys and Girls Combined	
Swimming Meet Warm-up and Competition Schedule	Seton Swim Stretching: 12:39 p.m. Warm-up Session I: 1:00-1:20 p.m. Warm-up Session II: 1:20-1:40 p.m. Warm-up Session III: 1:40-2:00 pm Officials Meeting: 1:20 p.m. Timers' Meeting: 1:35 p.m. <b>NO</b> Coaches Meeting Prayer 2:06 p.m. National Anthem: 2:07 p.m.	In Bleachers <b>Seton Swimming</b> Lane Assignments Published Separately Lane Assignments Published Separately In Hallway behind the Scorers area In Hallway behind the Scorers area  Disrespect will result in disqualification	



Sanctioned by: <b>Virginia          Independent          Schools Athletic          Association</b> 	<h1 style="margin: 0;">Seton Icebreaker Invitational</h1> <h2 style="margin: 0;">December 7, 2024</h2> <h3 style="margin: 0;">Freedom Aquatic and Fitness Center, Manassas, VA</h3>	Hosted by: <b>Seton Swim &amp;          Dive (SST)</b> 
--	---	--

	First Event: 2:10 p.m.	
	<b><u>No break after Event #8</u></b>	

Meet Format:	<ul style="list-style-type: none"> <li>The meet will use a 3+ Dual, timed finals format.</li> <li>All heats will be seeded based on entry times.</li> <li>The Diving Competition will occur <b>before</b> the meet.</li> </ul>		
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

<p>Sanctioned by:  <b>Virginia  Independent  Schools Athletic  Association</b></p> 	<h1>Seton Icebreaker Invitational</h1> <h2>December 7, 2024</h2> <h3>Freedom Aquatic and Fitness Center,  Manassas, VA</h3>	<p>Hosted by:  <b>Seton Swim &amp;  Dive (SST)</b></p> 
--	---	--

<p>Entry Rules:</p>	<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> <li>○ Divers that are also swimmers may compete in one (1) extra individual event 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>
---------------------	---

<p>Sanctioned by:  <b>Virginia  Independent  Schools Athletic  Association</b></p> 	<h1>Seton Icebreaker Invitational</h1> <h2>December 7, 2024</h2> <h3>Freedom Aquatic and Fitness Center,  Manassas, VA</h3>	<p>Hosted by:  <b>Seton Swim &amp;  Dive (SST)</b></p> 
--	---	--

<p>Diving</p>	<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. <ul style="list-style-type: none"> <li>○ The <b>Back</b> category will be the required group per the VISAA-approved weekly rotation.</li> <li>○ The 5 optional dives must be from at least 4 categories.</li> </ul> </li> <li>• <b>Exhibition divers are permitted, but they must be capable of performing a 6-Dive list that complies with all requirements above.</b></li> <li>• Diving Sheets must be completed, signed, and turned at least 20 minutes before the start of the competition.</li> <li>• All Coaches and Officials will meet 10 minutes before the start of the competition</li> <li>• <b>Visiting teams should provide qualified volunteers for judging and scoring.</b> Coaches who plan to judge should sign up also. Please use this link to sign-up to volunteer:  <a href="https://www.signupgenius.com/go/10C0B4DABA82BAAF9C70-50870135-seton#/">https://www.signupgenius.com/go/10C0B4DABA82BAAF9C70-50870135-seton#/</a></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>
---------------	--

Sanctioned by:  
**Virginia  
Independent  
Schools Athletic  
Association**



# Seton Icebreaker Invitational

**December 7, 2024**

**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 hard-copy 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, they are encouraged if no other time is available so that swimmers can get in competitive heats.
- Except for relays, **all scoring entries are final once the Psych Sheet is published, usually the day prior to the Meet.**
  - For individual events, only scratches or additions can be accepted.
  - Text Mike Judge at (443) 564-1665 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":



The screenshot shows the SwimCloud interface for the Seton Icebreaker Invitational. The page title is "Seton Icebreaker Invitational" with a subtitle "Upcoming - Dec 2, 2023 - SCDY - Freedom Aquatic and Fitness Center - Manassas, VA, USA". The navigation menu includes Home, About, Rules, Events, Teams, Swimmers, Coaches, Fees, Files, and Reports. The main content area is titled "Teams (8)" and shows a table with columns for Status, Ind. (0), Rel. (0), Total (0), Swimmers (0), Coaches (0), and Actions. The table lists several teams, all with "No entries" and zero counts in the other columns. The teams listed are Alexandria, Fresta Valley Christian, Immanuel Christian, Seton, Carmel Wildcats, Covenant School, Heights School, and Trinity Meadow. Each team row has a three-dot menu icon in the Actions column.

Teams (8)	Status	Ind. (0)	Rel. (0)	Total (0)	Swimmers (0)	Coaches (0)	Actions
Alexandria	No entries	0	0	0	0	0	⋮
Fresta Valley Christian	No entries	0	0	0	0	0	⋮ Export entries
Immanuel Christian	No entries	0	0	0	0	0	⋮ Import entries
Seton	No entries	0	0	0	0	0	⋮ Send email
Carmel Wildcats	No entries	0	0	0	0	0	⋮ Export roster
Covenant School	No entries	0	0	0	0	0	⋮
Heights School	No entries	0	0	0	0	0	⋮
Trinity Meadow	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".

Sanctioned by: <b>Virginia          Independent          Schools Athletic          Association</b> 	<h1>Seton Icebreaker Invitational</h1> <h2>December 7, 2024</h2> <h3>Freedom Aquatic and Fitness Center,          Manassas, VA</h3>	Hosted by: <b>Seton Swim &amp;          Dive (SST)</b> 
--	---	--

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>																		
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="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, Will Waldron, Seton</td> </tr> <tr> <td>Scorer:</td> <td>Mike Judge, Bill Dealey, Seton</td> </tr> <tr> <td>CTS Operator:</td> <td>Melissa Sokban, Hume Nguyen, Seton</td> </tr> <tr> <td>Dolphin Stopwatches:</td> <td>Eric Beltran, Seton</td> </tr> <tr> <td>Announcer:</td> <td>John Kleb, Michael Bingham, Seton</td> </tr> <tr> <td>Hospitality:</td> <td>Julie Mantooth, Seton</td> </tr> </table>	Referee:	Charles Seltman, Seton	Admin Referees:	A Volunteer from a Visiting Team	Starter:	Richard Borneman, Seton	Head Timer:	Chris Condon, Will Waldron, Seton	Scorer:	Mike Judge, Bill Dealey, Seton	CTS Operator:	Melissa Sokban, Hume Nguyen, Seton	Dolphin Stopwatches:	Eric Beltran, Seton	Announcer:	John Kleb, Michael Bingham, Seton	Hospitality:	Julie Mantooth, Seton
Referee:	Charles Seltman, Seton																		
Admin Referees:	A Volunteer from a Visiting Team																		
Starter:	Richard Borneman, Seton																		
Head Timer:	Chris Condon, Will Waldron, Seton																		
Scorer:	Mike Judge, Bill Dealey, Seton																		
CTS Operator:	Melissa Sokban, Hume Nguyen, Seton																		
Dolphin Stopwatches:	Eric Beltran, Seton																		
Announcer:	John Kleb, Michael Bingham, Seton																		
Hospitality:	Julie Mantooth, 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. VCAC Conference teams and large teams should plan to provide at least two (2).</b></li> <li>If more officials volunteer, the Meet Referee will be able to rotate officials into periodic breaks.</li> <li>Officials should dress for the role: <b>a white polo shirt or blouse; navy blue shorts, pants, or skirt; and white socks and shoes.</b></li> <li>Stroke &amp; Turn Judges from all teams should sign up here:  <a href="https://www.signupgenius.com/go/10C0B4DABA82BAAF9C70-50870135-seton#/">https://www.signupgenius.com/go/10C0B4DABA82BAAF9C70-50870135-seton#/</a></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>																		

Sanctioned by: <b>Virginia          Independent          Schools Athletic          Association</b> 	<h1>Seton Icebreaker Invitational</h1> <h2>December 7, 2024</h2> <h3>Freedom Aquatic and Fitness Center,          Manassas, VA</h3>	Hosted by: <b>Seton Swim &amp;          Dive (SST)</b> 
--	---	--

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 to 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 so that we can 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 years past.</b></p>

<p>Sanctioned by:  <b>Virginia  Independent  Schools Athletic  Association</b></p> 	<h1>Seton Icebreaker Invitational</h1> <h2>December 7, 2024</h2> <h3>Freedom Aquatic and Fitness Center,  Manassas, VA</h3>	<p>Hosted by:  <b>Seton Swim &amp;  Dive (SST)</b></p> 
--	---	--

<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>○ Diving Coach Ashley Keapproth, <a href="mailto:akeapproth@gmail.com">akeapproth@gmail.com</a></li> <li>○ Entries, Mike Judge, <a href="mailto:michaclajudge@gmail.com">michaclajudge@gmail.com</a></li> <li>○ AD Dan Vander Woude, <a href="mailto:setonschool@aol.com">setonschool@aol.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 Ken Burgess, <a href="mailto:kenburgess11@gmail.com">kenburgess11@gmail.com</a></li> <li>○ Parent Rep Katie Kim Wolf, <a href="mailto:katiekimwolf@gmail.com">katiekimwolf@gmail.com</a></li> </ul> </li> <li>• Trinity Meadowview <ul style="list-style-type: none"> <li>○ Coach Anna Kenna, <a href="mailto:akenna123@gmail.com">akenna123@gmail.com</a></li> <li>○ Asst Coach Kelley Arllen, <a href="mailto:tsmvswim@gmail.com">tsmvswim@gmail.com</a></li> <li>○ AD Jimmy Escobar, <a href="mailto:jescobar@trinityschools.org">jescobar@trinityschools.org</a></li> <li>○ Parent Rep Andrea Kelley, <a href="mailto:andreatkelley@gmail.com">andreatkelley@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>• Alexandria City <ul style="list-style-type: none"> <li>○ Coach John Gullickson, <a href="mailto:john.gullickson@gmail.com">john.gullickson@gmail.com</a></li> <li>○ Diving Coach Diller Matthews, <a href="mailto:diller.matthews@acps.k12.va.us">diller.matthews@acps.k12.va.us</a></li> </ul> </li> <li>• The Covenant School <ul style="list-style-type: none"> <li>○ AD Jason Bennett, <a href="mailto:jbennett@covenantschool.org">jbennett@covenantschool.org</a></li> <li>○ Coach Cosmo DiFazio, <a href="mailto:cdifazio@covenantschool.org">cdifazio@covenantschool.org</a></li> </ul> </li> <li>• Fredericksburg Christian (44) <ul style="list-style-type: none"> <li>○ AD Jonathan Crawford, <a href="mailto:jcrawford@gofcs.org">jcrawford@gofcs.org</a></li> <li>○ Coach Eric Thompson, <a href="mailto:eric.thomp1992@gmail.com">eric.thomp1992@gmail.com</a></li> </ul> </li> </ul>
---------------------	---

	<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>
--	---