

Sanctioned by: Virginia Independent Schools Athletic Association 	<h1>5th Annual VCAC Regular Season Dual Meet Championship</h1> <h2>January 3, 2026</h2> <h3>Freedom Aquatic and Fitness Center, Manassas, VA</h3>	Hosted by: Seton Swim & Dive (SST) 
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Participating Teams	Swimming: <ul style="list-style-type: none"> Seton Swim & Dive (112) Trinity Christian (30) Immanuel Christian (40) Fredericksburg Christian (40) Saint John Paul the Great (30) Oakcrest (30) 	Diving: <ul style="list-style-type: none"> Seton Swim & Dive (18) Trinity Christian (10) John Paul the Great (3) 	
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. There will be four (4) continuous warm-up and warm-down lanes for this meet.		
Meet Directors:	Jim Koehr Swimming 540-379-8328 Coach@koehrfamily.com	Mike Judge Entries (443) 564-1665 michaclajudge@gmail.com	Ashleigh Keapproth Diving (571) 332-9826 akeapproth@gmail.com
Rules:	The meet will be governed by 2025-2026 National Federation High School <i>Swimming, Diving and Water Polo</i> rules for championship meets.		
Eligibility:	<ul style="list-style-type: none"> The Meet is open to all students who are 8th grade through 12th grade. A swimmer must be in good standing with the school he/she represents. 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-up and Competition Schedule	Seton Dive Stretching: 8:44 a.m. Diving Warm-up: 9:00 a.m. Dive Sheet Due 9:30 a.m. Coaches/Officials meet: 9:45 a.m. Prayer/National Anthem: 9:55 a.m. Competition Begins: 9:59 p.m.	Two Boards In Hallway behind the Scorers area Boys and Girls Combined	
Swimming Meet Warm-up and Competition Schedule	Seton 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. NO Coaches Meeting	In Racquetball Courts Seton Swimming Lane Assignments Published Separately Lane Assignments Published Separately In Hallway behind the Scorers area In Hallway behind the Scorers area	

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	Prayer 2:06 p.m.	
	National Anthem: 2:07 p.m.	Disrespect will result in disqualification
	First Event: 2:10 p.m.	
	<u>No break after Event #8</u>	

Meet Format:	<ul style="list-style-type: none"> • The Meet will use a 3+ Dual, timed finals format. • All heats will be seeded based on entry times. • The Diving Competition will occur before the meet. 		
Order of Events:	Boys	Event	Girls
	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

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<p>Entry Rules:</p>	<ul style="list-style-type: none"> • Individual Events <ul style="list-style-type: none"> ○ 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" ○ Divers that are also swimmers may compete in one (1) extra individual event as "exhibition". • Relays <ul style="list-style-type: none"> ○ 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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<p>Diving</p>	<ul style="list-style-type: none"> • The Diving portion of the meet will occur prior to the swimming competition • Diving will follow the 6-Dive format per NFHS rules. <ul style="list-style-type: none"> ○ The Reverse category will be the required group per the VISAA-approved weekly rotation. ○ The 5 optional dives must be from at least 4 categories. • Exhibition divers are permitted, but they must be capable of performing a 6-Dive list that complies with all requirements above. • We are using the Dive Live App for running the meets and submitting dive lists/sheets. • Diving Sheets must be submitted via DiveLive by 9:00 p.m. on the Thursday prior to the competition <ul style="list-style-type: none"> ○ Dive coaches, please download the Dive Live app onto your phones and make sure your team (your school) is registered with the program. Have your divers download the app as well so that they can access their sheets and make changes as necessary. ○ Click here for tutorial videos explaining how Dive Live works. ○ Before warm ups, Divers and Coaches must check in at the admin table to sign & confirm initial dive lists. ○ Changes to dive lists are allowed in person at the admin table until 30 min before the start of the meet. ○ The sheets must be signed and finalized by 30 minutes before the start of the competition. • All Coaches and Officials will meet 10 minutes before the start of the competition • Visiting teams should provide qualified volunteers for judging and scoring. Coaches who plan to judge should sign up also. Please use this link to sign-up to volunteer: https://www.signupgenius.com/go/10C0B4DABA82BAAF9C70-57742836-seton • Diving entries should be submitted with the Swimming entries in the Team Manager Entry file as event 9 (boys) and 10 (girls).
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5th Annual VCAC Regular Season Dual Meet Championship

January 3, 2026

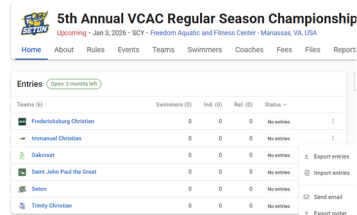
**Freedom Aquatic and Fitness Center,
Manassas, VA**

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, but they are also 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":



- 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 \$75 for 1-4 divers, \$150 for 5-9 divers, \$200 for 10-15 divers, and \$250 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"> 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. 																		
Scoring:	<ul style="list-style-type: none"> 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: <ul style="list-style-type: none"> 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:	<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>Tommy Reynolds, Seton</td> </tr> <tr> <td>Head Timer:</td> <td>Yudi Sokban, 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>Michael Bingham, Seton</td> </tr> <tr> <td>Hospitality:</td> <td>Mary Partridge, Stephanie Gibaldi, Seton</td> </tr> </table>	Referee:	Charles Seltman, Seton	Admin Referees:	A Volunteer from a Visiting Team	Starter:	Tommy Reynolds, Seton	Head Timer:	Yudi Sokban, Will Waldron, Seton	Scorer:	Mike Judge, Bill Dealey, Seton	CTS Operator:	Melissa Sokban, Hume Nguyen, Seton	Dolphin Stopwatches:	Eric Beltran, Seton	Announcer:	Michael Bingham, Seton	Hospitality:	Mary Partridge, Stephanie Gibaldi, Seton
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Stroke & Turn Officials	<ul style="list-style-type: none"> Each team is responsible for providing at least two (2) certified Stroke & Turn officials. Please do not consider this requirement optional. The certification process was sent out previously. Certificates from the training of each teams’ Stroke & Turn officials should be submitted to Coach Jim Koehr at Coach@KoehrFamily.com prior to the Meet. If more officials volunteer, the Meet Referee will be able to rotate officials into periodic breaks. Officials should dress for the role: a white polo shirt or blouse; navy blue shorts, pants, or skirt; and white socks and shoes. Stroke & Turn Judges from all teams should sign up here: https://www.signupgenius.com/go/10C0B4DABA82BAAF9C70-57742836-seton 																		

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Timing:	<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: https://www.signupgenius.com/go/10C0B4DABA82BAAF9C70-57742836-seton
Starting Procedures	<ul style="list-style-type: none"> • The Referee and Starter will use a whistle start procedure for this Meet. • The whistle start procedure is used at all VISAA State Championship meets • The procedure will be as follows: <ul style="list-style-type: none"> ○ 4 or 5 consecutive whistles means to get ready ○ The starter 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 keep the meet moving quickly. Swimmers should not exit the pool until the next heat has started over top of them.
USA Observed Swims	<ul style="list-style-type: none"> • Times swum by USA swimmers at this meet will NOT be recognized by Virginia Swimming.
Spectators	<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/
Heat Sheets	<ul style="list-style-type: none"> • 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 www.setonswimming.org
Spirit:	<ul style="list-style-type: none"> • 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 so that we can have the traditional post-meet handshake.

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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. • Teams are strongly encouraged to contribute food and drinks to the Hospitality area. https://www.signupgenius.com/go/508084DABA82CA2FA7-46128637-seton • We will also be experimenting with paid concessions at the Meet. The concession stand will be in the hallway at the entrance to the pool area.
Pool Rules:	<ul style="list-style-type: none"> • 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. <u>DO NOT</u> enter through the side door of the facility as we have done in years past.
Key Contacts	<ul style="list-style-type: none"> • Seton Swim & Dive <ul style="list-style-type: none"> ○ Coach Jim Koehr, coach@koehrfamily.com ○ Diving Coach Ashley Keapproth, akeapproth@gmail.com ○ Entries, Mike Judge, michaellajudge@gmail.com ○ AD Dan Vander Woude, setonschool@aol.com • Trinity Christian School <ul style="list-style-type: none"> ○ Coach Alyssa Knauf, Alyssa.Knauf@gmail.com ○ AD Zach Coyle, zcoyle@tcsfairfax.org • Immanuel Christian <ul style="list-style-type: none"> ○ AD Caleb Aylor, caleb.aylor@icsva.ort ○ Coach Ken Burgess, kenburgess11@gmail.com ○ Parent Rep Katie Kim Wolf, katiekimwolf@gmail.com • Fredericksburg Christian <ul style="list-style-type: none"> ○ AD Jonathan Crawford, jcrawford@gofcs.org ○ Coach Eric Thompson, eric.thomp1992@gmail.com • Saint John Paul the Great <ul style="list-style-type: none"> ○ Coach Cameron Tefft, Cameron.tefft@jpthegreat.org ○ AD Donald Palmer, Donald.Palmer@jpthegreat.org • Oakcrest <ul style="list-style-type: none"> ○ Coach/AD Caroline Heeter, cheeter@oakcrest.org

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	<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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