





Sanctioned by: <b>Virginia          Independent          Schools Athletic          Association</b> 	<h1>16<sup>th</sup> Annual Northern Virginia          Catholic High School Swim &amp;          Dive Invitational</h1> <h2>January 10, 2026</h2> <h3>Freedom Aquatic and Fitness Center,          Manassas, VA</h3>	Hosted by: <b>Seton Swim &amp;          Dive (SST)</b> 
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Participating Teams	<b>Swimming:</b> <ul style="list-style-type: none"> <li>• Seton (111)</li> <li>• Bishop O'Connell (75)</li> <li>• Paul VI (55)</li> <li>• Bishop Ireton (45)</li> <li>• John Paul the Great (30)</li> <li>• Oakcrest (24)</li> <li>• St. Gertrude (20)</li> <li>• Benedictine College Prep (10)</li> <li>• Seton Family Homeschool (9)</li> </ul>		<b>Diving:</b> <ul style="list-style-type: none"> <li>• Seton (18)</li> <li>• Bishop O'Connell</li> <li>• Paul VI (5)</li> <li>• Bishop Ireton (5)</li> <li>• John Paul the Great (3)</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 two (2) 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:michaellajudge@gmail.com">michaellajudge@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 2025-2026 National Federation High School <i>Swimming, Diving and Water Polo</i> rules for championship meets.			
Diving Warm-up and Competition Schedule	Seton Dive Stretching:	8:44 a.m.		
	Diving Warm-up:	9:00 a.m.	Two Boards	
	Dive Sheet Due	9:30 a.m.		
	Coaches/Officials meet:	9:45 a.m.	In Hallway behind the Scorers area	
	Prayer/National Anthem:	9:55 a.m.		
Meet Warm-up and Competition Schedule	Competition Begins:	9:59 p.m.	Boys and Girls Combined	
	Seton Stretching:	12:39 p.m.	In Racquetball Courts	
	Warm-up Session I:	1:00-1:20 p.m.	<b>Seton Swimming</b>	
	Warm-up Session II:	1:20-1:40 p.m.	Lane Assignments Published Separately	
	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	
	<b>NO</b> Coaches Meeting			
	Prayer	2:06 p.m.	Fr. Noah Moray, Bishop Ireton	
National Anthem:	2:07 p.m.	Disrespect will result in disqualification		
First Event:	2:10 p.m.			



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	<b>No break after Event #8</b>	
	Open warm-up	Four (4) lanes will be available for warm-up all during the meet
	Team Handshakes	Immediately following the conclusion of the Girls 400 Free Relay
	10 minutes after conclusion of meet	Championship award presentations

Eligibility:	<ul style="list-style-type: none"> <li>• The Meet is open to all students, 8<sup>th</sup> grade through 12<sup>th</sup> grade from a Catholic High School in the northern half of Virginia.</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 entries 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 championship meet.</li> <li>• No post-graduates are permitted to participate in VISAA events.</li> </ul>
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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> <li>• Because Diving will occur prior to the swimming competition, we will skip the Diving Events (#9 and #10) and jump from event #8 to event #11 <b>without a break.</b></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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<p>St. Peters Sprint</p>	<p>In scripture, we read of a 100-yard swim by St. Peter to our Lord: <i>"When Simon Peter heard that it was the Lord, he tucked in his garment, for he was lightly clad, and jumped into the sea. The other disciples came in the boat, for they were not far from shore, only about a hundred yards, dragging the net with the fish."</i> – John 21:7-8</p> <p>The men's 100-yard freestyle reflects Peter's passionate response upon recognizing Jesus on the shore. The event mirrors the exact distance Peter swam—100 yards—emphasizing his eagerness, faith, and determination. Swimmers are challenged to channel that same zeal as they race toward their finish with singular focus.</p> <p>We will recognize the winner of this event every year by engraving their names a specially commissioned canoe paddle that we be at the Meet.</p>
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<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 in 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 in 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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<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>Front</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>• <b>We are using the Dive Live App for running the meets and submitting dive lists/sheets.</b></li> <li>• <b>Diving Sheets must be submitted via DiveLive by 9:00 p.m. on the Thursday prior to the competition</b> <ul style="list-style-type: none"> <li>○ Dive coaches, please download the <a href="#">Dive Live app</a> 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.</li> <li>○ <a href="#">Click here</a> for tutorial videos explaining how Dive Live works.</li> <li>○ Before warm ups, Divers and Coaches must check in at the admin table to sign &amp; confirm initial dive lists.</li> <li>○ Changes to dive lists are allowed in person at the admin table until 30 min before the start of the meet.</li> <li>○ The sheets must be signed and finalized by 30 minutes before the start of the competition.</li> </ul> </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/10C0B4DABA82BAAF9C70-57742836-seton">https://www.signupgenius.com/go/10C0B4DABA82BAAF9C70-57742836-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>
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# 16<sup>th</sup> Annual Northern Virginia Catholic High School Swim & Dive Invitational

**January 10, 2026**

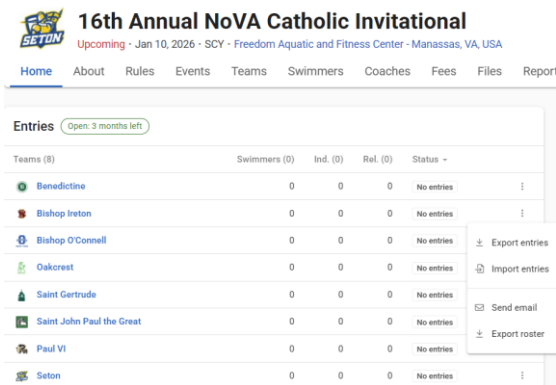
**Freedom Aquatic and Fitness Center,  
 Manassas, VA**

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





Entry  
 Submission:



- **All entries are due by 6:00 p.m. on the Wednesday before the Meet.**
- All teams must submit entries via a Hy-tek Team Manager export file. No manual 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. 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.
- **Each team may enter up to four (4) scoring swimmers for each individual event and two (2) scoring relays for each relay event.**
- **Entries must include seed times.** Seed times should be either actual or converted short-course yard times. For non-scoring Relays, please make the best seed time estimate possible.
- **Except for relay line-ups, all entries are final once the Psych Sheet has been published, hopefully by Friday afternoon.**
  - 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.


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<p>Exhibition  Entries</p>	<ul style="list-style-type: none"> <li>• To maximize participation by kids at all levels, we are allowing an <b>unlimited number of exhibition entries</b>.</li> <li>• The meet host would appreciate it if coaches would enter as many of their exhibition swimmers as possible into the 200 Medley Relay, the 200 Free Relay, the 50 Free and one other 100-yard event.</li> <li>• The meet host has no objection to exhibition entries in other individual events, but if only one or two exhibition entries result in an extra heat of an event over 100 yards, the host may respectfully request that the coach change that exhibition entry.</li> </ul>
<p>Entry Fees:</p>	<ul style="list-style-type: none"> <li>• The Meet Team Entry Fees: <ul style="list-style-type: none"> <li>○ <b>To cover the cost of the pool, each boys' or girls' swim team will be asked to contribute \$150.00 (i.e., \$300 for a coed team)</b></li> <li>○ <b>Each boys' or girls' diving team will be asked to contribute an additional \$75.00 (i.e., \$150.00 for a coed team)</b></li> </ul> </li> <li>• The fee should be mailed, with a note specifying the date of the meet, to: <p style="text-align: center;">Coach Jim Koehr  Seton Swimming  P.O. Box 1247  Warrenton, VA 20188</p> </li> <li>• Please ensure that mailed fees are <b>received</b> on or by the day of the Meet.</li> <li>• Checks should be made out to "Seton Swim Team".</li> </ul>
<p>Seeding:</p>	<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>• 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 (estimate).</li> <li>• If every team submits their entries on time, a preliminary Pysch Sheet and meet program will be distributed via e-mail prior to the day of the meet.</li> </ul>
<p>Scoring:</p>	<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 <ul style="list-style-type: none"> <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> </li> </ul>

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Meet Officials:	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
Stroke & Turn Officials	<ul style="list-style-type: none"> <li>• <b>Each team is responsible for providing at least two certified Stroke &amp; Turn officials. 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>• 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/10C0B4DABA82BAAF9C70-57742836-seton">https://www.signupgenius.com/go/10C0B4DABA82BAAF9C70-57742836-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. Timers from all teams should sign up here:  <a href="https://www.signupgenius.com/go/10C0B4DABA82BAAF9C70-57742836-seton">https://www.signupgenius.com/go/10C0B4DABA82BAAF9C70-57742836-seton</a> </li> </ul>

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<p>Traveling  Champions  Cups - The  Holy Grails:</p>	<ul style="list-style-type: none"> <li>• The Meet Host has purchased two beautiful cups to be instituted as traveling trophies for the boys and girls team champions. We've christened these cups at the "Holy Grails".</li> </ul>  <ul style="list-style-type: none"> <li>• The trophies will be awarded immediately after the completion of the swimming competition and team handshakes</li> <li>• The meet host will make arrangements for the trophies to be engraved with each year's champions.</li> <li>• It is hoped that <b>last year's boy's champion, Bishop O'Connell</b>, and <b>last year's girl's champion, Bishop O'Connell</b>, will return to the meet this year with the trophies so they may travel home with the new champion.</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>Diver of the Meet</b></li> </ul> </li> </ul>
<p>Starting  Procedures</p>	<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 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>

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USA Observed Swims	<ul style="list-style-type: none"> <li>• Times swum by USA swimmers at this meet will be recognized by Virginia Swimming.</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 using the <b>legal first and last names and birthdate that corresponds 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>
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>• To encourage team solidarity and spirit, each team will be assigned a team area.</li> <li>• Teams are strongly encouraged to bring banners and posters to display in their team area. The Freedom Center does not allow us to hang banners on the walls with anything except blue painter’s tape. Their staff can also assist in hanging them with rope if you provide your banner to them prior to the meet.</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 through the end of the 400 Free Relay.</li> <li>• All teams will <b>form a handshake line</b> at the conclusion of the competition, so please have all of your swimmers on deck to participate.</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 volunteers.</li> <li>• There will be no concessions at this meet</li> <li>• Parents from each team who wish to contribute can sign up here: <a href="https://www.signupgenius.com/go/508084DABA82CA2FA7-46128637-seton">https://www.signupgenius.com/go/508084DABA82CA2FA7-46128637-seton</a></li> </ul>

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<p>Pool Rules:</p>	<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>
<p>Pool Entry</p>	<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>

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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>• Paul VI Catholic High School <ul style="list-style-type: none"> <li>○ AD Billy Emerson, <a href="mailto:bemerson@paulvi.net">bemerson@paulvi.net</a></li> <li>○ Coach Matt Haupt, <a href="mailto:mhaupt@pvipanther.net">mhaupt@pvipanther.net</a></li> <li>○ Diving Coach Joe Smolinske, <a href="mailto:jsmolinske@pvipanther.net">jsmolinske@pvipanther.net</a></li> </ul> </li> <li>• Bishop O'Connell Catholic High School <ul style="list-style-type: none"> <li>○ AD Joe Wootten, <a href="mailto:jwootten@bishopoconnell.org">jwootten@bishopoconnell.org</a></li> <li>○ Coach Lauren Simonson, <a href="mailto:lsimonson@bishopoconnel.org">lsimonson@bishopoconnel.org</a></li> <li>○ Alysia Desbiens, <a href="mailto:alysia@stanfordalumni.org">alysia@stanfordalumni.org</a></li> </ul> </li> <li>• Bishop Ireton <ul style="list-style-type: none"> <li>○ AD Dwayne Bryant, <a href="mailto:dwayne.bryant@bishopireton.org">dwayne.bryant@bishopireton.org</a></li> <li>○ Coach Kaitlyn Gerke, <a href="mailto:kaitlyn.gerke@bishopireton.org">kaitlyn.gerke@bishopireton.org</a></li> <li>○ Diving Parent Rep Molly McKone, <a href="mailto:molly.mckone@bishopireton.org">molly.mckone@bishopireton.org</a></li> </ul> </li> <li>• Saint John Paul the Great Catholic High School <ul style="list-style-type: none"> <li>○ Coach Cameron Tefft, <a href="mailto:cameron.tefft@jpthegreat.org">cameron.tefft@jpthegreat.org</a></li> <li>○ AD Donald Palmer, <a href="mailto:donald.palmer@jpthegreat.org">donald.palmer@jpthegreat.org</a></li> <li>○ Diving Coach, Melissa Rauschelbach, <a href="mailto:melissa.rauschelbach@jpthegreat.org">melissa.rauschelbach@jpthegreat.org</a></li> <li>○ Asst Coach, Katherine Mills, <a href="mailto:katherine.mills@jpthegreat.org">katherine.mills@jpthegreat.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>• St. Gertrude Catholic School <ul style="list-style-type: none"> <li>○ AD Fran Pochily, <a href="mailto:fpochily@saintgertrude.org">fpochily@saintgertrude.org</a></li> <li>○ Coach Denis Schmidt, <a href="mailto:Beiserfan@yahoo.com">Beiserfan@yahoo.com</a></li> </ul> </li> <li>• Benedictine High School <ul style="list-style-type: none"> <li>○ AD Fran Pochily, <a href="mailto:fpochily@saintgertrude.org">fpochily@saintgertrude.org</a></li> <li>○ Coach Denis Schmidt, <a href="mailto:Beiserfan@yahoo.com">Beiserfan@yahoo.com</a></li> </ul> </li> </ul>
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	<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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