

Viking Aquatic Club

Eighth Annual

VIKING CLASSIC SWIM MEET

2004-MR VAC Viking Classic SC Invitational

November 12, 13, and 14, 2004

Sanction # 041104

Sponsored by: Viking Aquatic Club

Held under the Sanction of the Metropolitan Swim Committee Association of United States Swimming

- Site:** Valley Central Natatorium, Route 17K, Montgomery, NY
- Times:**
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| Session 1: Friday, November 12 | - Warm-ups at 4:00 p.m. Session starts at 5:00 p.m. |
| Session 2: Friday, November 12 | - Warm-ups 10 minutes after conclusion of Session 1.
(Session 2 starts no later than 9:30 p.m.) |
| Session 3: Saturday, November 13 | - Warm-ups at 7:30 a.m. Session starts at 9:00 a.m. |
| Session 4: Saturday, November 13 | - Warm-ups 30 minutes after conclusion of Session 3.
Session 4 starts no later than 2:00 p.m. |
| Session 5: Sunday, November 14 | - Warm-ups at 7:30 a.m. Session starts at 9:00 a.m. |
| Session 6: Sunday, November 14 | - Warm-ups 30 minutes after conclusion of Session 5.
Session 6 starts no later than 2:00 p.m. |
- Pool:** 8 lanes, 25 yards, indoor pool with non-turbulent lane dividers
Colorado Timing System, 8-lane display scoreboard
- Admission & Parking:** \$3.00 admission per session (All-day Saturday pass - \$5; All-day Sunday pass - \$5). Free parking is available on-site at the Valley Central Middle and High Schools.
Absolutely NO parking in the fire zone in front of the buildings OR on Route 17K.
- Awards:** Medals for 1st, 2nd, 3rd & 4th places.
Ribbons will be awarded for 5th - 8th places for individual events and 1st - 3rd places for relays.
High point trophy for each male and female high point scorer in each age group. Coaches are to pick up their team awards at the end of the meet.
- Rules:** U.S. Swimming Rules govern this meet. Events are Timed Finals.
Swimmers may enter up to 4 individual events and 1 relay per session.
- Entry Format:** Please enter competitors in Hy Tek Meet Manager format via e-mail (ewanich@hvc.rr.com) or on computer disk. *Please send us a paper copy of your entries no matter how you have submitted them.*
If not on disk, entries must be on an official Metro Entry Sheet.
- Entries:** Metropolitan LSC Clubs will be given priority on a first come/first served basis if their entries are received by 5 p.m. October 27, 2004. Teams from LSC's other than Metropolitan will be entered after October 27, 2004, based on the order that they are received. All entries received later than 5 p.m. October 27, 2004, will be entered in the order they are received regardless of LSC affiliation and as space allows. Entries will not be accepted after November 3, 2004, at 5 p.m. or after the meet fills to capacity.
- Because Metropolitan requires pre-screening of all swimmers' USS registrations before they are permitted to swim, *deck entries will not be accepted.*
- Mailing Address:** Viking Aquatic Club
c/o Ewanich, P. O. Box 448
687 Orrs Mills Rd.
Cornwall, NY 12518
- Website:** www.vacswim.com
- E-mail:** ewanich@hvc.rr.com

Eligibility: All swimmers must be USS registered. Age as of first day of meet will determine eligibility for age-group events. Swimmers with disabilities are encouraged to attend.

Fees: \$3.00 per individual event. \$6 per relay. Checks payable to VAC. All fees must accompany entries.

Food: Food will be available at the concession stand.
Absolutely no food will be allowed on the pool deck. Only drinks in plastic bottles allowed on deck.

Merchandise: There will be a variety of T-shirts, swim suits, goggles and other assorted swim merchandise for sale from the Ultimate Swim Shop.

Information: www.vacswim.com
Chris Joyce, Meet Director (845) 457-6027
Corinne Cody (845)496-5842 (corinne@warwick.net)
Liz Ewanich (845) 534-4230 (ewanich@hvc.rr.com)

Note: NYS Law prohibits smoking on school property.
Shoes or sandals must be worn by swimmers when not on deck. (No Exceptions)

Additional Information: United States Swimming, Inc.; Metropolitan Swimming Inc.; Valley Central School District; and Viking Aquatic Club and their agents or representatives shall be held free and harmless from any liabilities or claims or damages arising by reason of injuries to anyone during the conduct of this event.

All persons on deck must be USS registered and should have their registration card visible. This is a US Swimming rule and will be enforced.

Grievances (disputed finishes, etc.) must be made to Referee who will have final say. It is each team's responsibility to make sure their swimmer is on time to be seeded.

Any cuts will be made based on the date and time of receipt of entries. Host Club reserves the right to enter all its swimmers independent of time. If swimmer is late, the referee will make the decision if the swimmer can be placed in a different heat.

Coaches:

- ☞ On deck seeding is in effect for the meet. (Host Club reserves the right to seed from off deck depending on number of entries accepted. Team representatives will be notified of any change)
- ☞ Scratch sheets will be issued to Coaches prior to each session. Scratches are to be indicated and initialed by the Coach and returned to the score table one-half hour before the session starts.
- ☞ Coaches will pick up relay cards with scratch sheets. Relay swimmers' names must be listed on card in the order they will swim. Relay cards must be initialed by the coach and turned in by the start of the session. Swimmers and the order they are swimming may not be changed once cards are submitted.

Discipline of Swimmers: Meet Director:
1st offense = Warning and coach informed
2nd offense = Entry card pulled

Lodging & Directions See Web Site for a list of hotels and directions to the pool. www.vacswim.com

VIKING CLASSIC INVITATIONAL
Viking Aquatic Club
November 12, 13 & 14, 2004
Sanction #041104

Girls Session #	EVENT	Boys Session #
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SESSION 1

Friday, Nov. 12 – warm-ups @ 4:00 p.m.

1	11-12 200 yard IM	2
3	13-14 400 yard IM	4
5	Open 400 yard IM	6
7	10/U 200 yard freestyle	8
9	11-12 200 yard freestyle	10
11	Open 500 yard freestyle	12

SESSION 2

Friday, Nov. 12 - warm up 15 minutes after end of Session 1

13	Open 1000 yard freestyle	14
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SESSION 3

Saturday, Nov. 13 - warm-ups @ 7:30 a.m.

15	9-10 100 yard freestyle	16
17	13-14 50 yard freestyle	18
19	9-10 50 yard backstroke	20
21	13-14 100 yard backstroke	22
23	9-10 100 yard breast stroke	24
25	13-14 100 yard butterfly	26
27	9-10 50 yard butterfly	28
29	13-14 200 yard freestyle	30
31	9-10 100 yard IM	32
33	13-14 200 yard butterfly	34
35	9-10 200 yard freestyle relay	36
37	13-14 200 yard freestyle relay	38

SESSION 4

Saturday, Nov. 13 - warm-ups 30 minutes after conclusion of Session 3

39	11-12	100 yard freestyle	40	
41	Open	50 yard freestyle	42	
43	8/U	50 yard freestyle	44	
45	11-12	50 yard backstroke	46	
47	Open	100 yard backstroke	48	
49	11-12	50 yard butterfly		50
51	Open	100 yard butterfly	52	
53	8/U	100 yard IM	54	
55	11-12	100 yard IM	56	
57	Open	200 yard freestyle	58	
59	8/U	50 yard breast stroke	60	
61	11-12	100 yard breast stroke	62	
63	Open	200 yard freestyle relay	64	
65	8 /U	200 yard freestyle relay	66	
67	11-12	200 yard freestyle relay	68	

SESSION 5

Sunday, Nov. 14 – warm-ups @ 7:30 a.m.

69	9-10	50 yard freestyle	70	
71	13-14	100 yard freestyle	72	
73	9-10	100 yard butterfly		74
75	13-14	200 yard IM	76	
77	9-10	50 yard breast stroke	78	
79	13-14	100 yard breast stroke	80	
81	9-10	100 yard backstroke	82	
83	13-14	200 yard backstroke	84	
85	9-10	200 yard medley relay	86	
87	13-14	200 yard medley relay	88	

SESSION 6

Sunday, Nov. 14 - warm-ups 30 minutes after conclusion of Session 5

89	11-12	50 yard freestyle		90
91	Open	100 yard freestyle		92
93	8/U	100 yard freestyle	94	
95	11-12	100 yard butterfly	96	
97	Open	200 yard IM	98	
99	8/U	50 yard butterfly	100	
101	11-12	50 yard breast stroke	102	
103	Open	100 yard breast stroke	104	
105	11-12	100 yard backstroke	106	
107	Open	200 backstroke	108	
109	8/U	50 yard backstroke		110
111	11-12	200 yard medley relay	112	
113	Open	200 yard medley relay	114	
115	8/U	200 yard medley relay	116	