



Quick Freeze Sprint Swim
Meet

2016 MR VAC – Quick Freeze Sprint SC

January 30th, 2016

Sanction # 160116

Sponsored by the VIKING AQUATIC CLUB

2016 Quick Freeze Swim Meet

January 30, 2016

- SANCTION:** Held under the sanction of USA Swimming/Metropolitan Swimming, Inc., # **160116**
- LOCATION:** **Valley Central High School Natatorium, 1175 Route 17K, Montgomery, NY 12549**
- FACILITY:** **8-Lane, 25-yard, indoor pool with non-turbulent lane dividers. Colorado Timing System, 8-Lane Display Scoreboard. Tiered bleacher seating for spectators.**
The pool **has not** been certified in accordance with Article 104.2.2C (4)
- SESSIONS:** **Session 1: Saturday, January 30** **W-up at 8:00 a.m. Start at 9:00 a.m.**
Session 2: Saturday, January 30 **W-up at 1:30 p.m. Start at 2:30 p.m.**
- FORMAT:** **US Swimming Rules govern this meet. All Events are Timed Finals. 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.**
- ELIGIBILITY:** Open to all USA Swimming/Metropolitan Swimming Inc. registered swimmers. All swimmers participating in this meet must be registered by the first day of the meet. Age on **January 30, 2016** will determine age for the entire meet.
- DISABILITY SWIMMERS:** Swimmers with disabilities are encouraged to attend. Contact the meet director if you need special consideration. The athlete (or the athlete's coach) is also responsible for notifying the meet referee of any disability prior to the competition.
- ENTRIES:** **Swimmers may enter up to 5 individual events per session.**

NT's are not accepted. All entries must be in Hy-tek or TU Format

Metropolitan LSC Clubs will be given priority on a first come/first served basis. Teams other than Metropolitan will be entered based on the order they are received. Entries will not be accepted after January 17, 2015 or after the meet fills to capacity.

Email Entries/Confirm Entry Receipt: info@minisinkvalleyaquatics.com
Please enter swimmers in Hy-Tek Meet Manager Format Via Email

US Mail Entries/Payment to:
Minisink Aquatics/ VAC
PO Box 2
Slate Hill, NY 10940

- DEADLINE:** 1: Metro LSC teams will be given priority on a first come/first served basis. Metro teams entries must be received by **January 14, 2016**.
2: The final entry deadline for this meet is **January 17, 2016**.
3: Metro entries received between **January 15, 2015** and **January 17, 2015** and all entries from other LSC's will be entered in the order they were received, as space allows.
An email confirming receipt of entries if you provide an email contact. **Please contact Meet Director if you do not receive such a report within 2 days of your original email.**
- ENTRY FEE:** An entry fee of \$**4.00** per individual event must accompany the entries. Make check payable to: **Viking Aquatic Club**. Payment must be received by **January 17, 2015** for email entries. Payment must be included with all mail entries. Failure to pay entry fees by this deadline could result in teams being barred from the meet.
- WARM-UP:** **Warm-up lanes and times will be assigned by the host team. Warm-up schedules will be posted near pool office. Coaches are responsible for enforcing feet first entry during warm-ups.**
- SCRATCHES:** Coaches will be given scratch sheets upon check-in for each session. **Coaches must present current coaches credentials in order to receive team scratch sheets.** All scratches are due no later than 30 minutes prior to the start of the session. Coaches are asked to indicate clearly individual events scratches and which swimmers will not be participating in the session.
- COACHES:** In accordance with Metropolitan Swimming Inc. Policy, only those coaches who display current, valid USA Swimming credentials will be permitted to act in a coaching capacity at this meet. Coaches who do not possess these credentials will be required to leave the deck area.
- Depending on entries, swimmers may be seeded from adjoining gymnasium (mats and hand-held toys recommended). Viking Aquatic Club is not responsible for lost or stolen items.
- Swimmers will not be permitted back on deck once their event is complete.
- AWARDS:** **Medals for 1st, 2nd, 3rd, and 4th places for individual events. Ribbons awarded for 5th-8th places for individual events and 1st-3rd place relays. Coaches are to pick up their team awards at the end of the meet.**

- OFFICIALS:** **Meet Referee:** [Ken Graham, ksg@alumni.caltech.edu](mailto:ksg@alumni.caltech.edu)
All visiting officials are encouraged and welcome to join us on deck. Please contact Ken with your availability by **January 28, 2015**.
Admin Off: [Julie Coache, info@minisinkvalleyaquatics.com](mailto:info@minisinkvalleyaquatics.com)
- MEET DIRECTOR:** [Julie Coache](mailto:info@minisinkvalleyaquatics.com)
[845-697-5029](tel:845-697-5029) or [845-467-0622](tel:845-467-0622)
info@minisinkvalleyaquatics.com
- RULES:** The current USA Swimming Rules and Regulations will apply.
The USA Swimming Code of Conduct is in effect for the duration of the meet.
The overhead start procedure may be used at the discretion of the meet Referee.
- SAFETY:** Metropolitan Safety and Warm-up procedures will be in effect. Marshals will be present throughout warm-ups and competition, and have the authority to remove, with the concurrence of the meet Referee, any swimmer, coach, club, or spectator for failure to follow the safety rules.
“Any swimmer entered in the meet must be certified by a USA Swimming member coach as being proficient in performing a racing start or must start each race from within the water. When unaccompanied by a member-coach, it is the responsibility of the swimmer, or the swimmer’s legal guardian, to ensure compliance with this requirement”

Except where the venue facilities require otherwise, changing into or out of swimsuits other than in the locker rooms or other designated areas is not appropriate and is strongly discouraged.
- WATER DEPTH:** [Start End...1 meter 13’ 0”](#); [5 meters 12’ 0”](#); [Turn End...1 meter 3’ 6”](#); [5 meters 4’ 0”](#)
- DISCLAIMER:** **DISCLAIMER:** Upon acceptance of his/her entries, the participant waives all claims against [Valley Central School District, Viking Aquatic Club and all representatives](#), Metropolitan Swimming Inc., USA Swimming Inc., their agents or representatives for any injury occurring as a result of the meet. "It is understood that USA Swimming, Inc. and Metropolitan Swimming, Inc. shall be free from liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event."
- AUDIO/VISUAL STATEMENT:** **Use of Audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms or behind the blocks.**
- ADMISSION:** [\\$5.00 Admission per session.](#)
[“All Day” Admission Pass \\$8.00](#)
[Meet Programs available \(while supplies last\) for \\$2.00 per session.](#)
- MERCHANTS:** [Professional photographer will be available for hire during the meet.](#)
[There will be a variety of t-shirts, swimsuits, goggles and other assorted swim merchandise.](#)
[Food will be available at the concession stand.](#)

Absolutely NO food will be allowed on pool deck. Only drinks in plastic bottles allowed on deck.

PARKING: Free parking is available on-site at the Valley Central Middle & High Schools.

NO parking allowed in the fire zone in front of the buildings OR on Route 17K. If you are parked illegally...you will be ticketed and towed at your own expense.

DIRECTIONS: See website for a list of hotels and directions to the pool.

ADDITIONAL INFORMATION: All persons on deck must be USA Swimming registered and should have their registration card visible. This is a USA Swimming rule and will be enforced. The USA Swimming Code of Conduct is in effect for the duration of the meet.

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

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

Session 1: Saturday Morning
Warm-ups 8:00 a.m. – Session Begins 9:00 a.m.

GIRLS	EVENT	BOYS
1	9-10 50 Freestyle	2
3	11-12 50 Free	4
5	8 & under 50 Free	6
7	9-10 100 I.M.	8
9	11-12-100 IM	10
11	8 & Under 50 Backstroke	12
13	9-10 50 Breaststroke	14
15	11-12 50 Breaststroke	16
17	8 & Under 50 Breaststroke	18
19	9-10 50 Backstroke	20
21	11-12 50 Backstroke	22
23	9-10 50 Butterfly	24
25	11-12 50 Butterfly	26
27	9-10 100 Free	28
29	11-12 100 Free	30

Session 2: Saturday Afternoon
Warm-ups 1:30 p.m.–Session Begins 2:30 p.m.

GIRLS	EVENT	BOYS
31	15 & Over 100 Freestyle	32
33	13-14 100 Freestyle	34
35	15 & Over 100 Breaststroke	36
37	13-14 100 Breaststroke	38
39	15 & Over 100 Backstroke	40
41	13-14 100 Backstroke	42
43	15 & Over 50 Freestyle	44
45	13-14 50 Freestyle	46
47	15 & Over 100 Butterfly	48
49	13-14 100 Butterfly	50
51	15 & Over 200 I.M.	52
53	13-14 200 I.M.	54