



VAC Quick Freeze

**2017-MR-VAC Quick Freeze
January 21st, 2017**

Hosted by Viking Aquatic Club

Valley Central Natatorium
Montgomery, NY

Sanction #170107

Invited Teams:

AG, AGUA, APEX, BAD, BBNJ, BGNW, CAT-NJ, COND, DA, DESC-NJ, EAST, FAST, FREE, GAEL, GATORS-NJ, HAA, HAWKS, HCY-NJ, HS, HVD, IA, JCC, LGAC, LIAC, LIE, LS, LSA, MAKO, MPNY, MVA, MWSC, NBS, NDAC, PAC, PBAC, PATS, QNS, RAC, RFAC, SMC, SPAR, SS, SSC, SSL, SWAG, SWIM70-CT, TMID, TRS, TS, VAC, WAC, WAV-NJ, WEST, WSA, WSSC, YBAR, YFD

2017 Viking Quick Freeze

January 21st, 2017

- SANCTION:** Held under the sanction of USA Swimming/Metropolitan Swimming, Inc., #
- 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 21 | W-up at 8:00 a.m. Start at 9:00 a.m. |
| Session 2: Saturday, January 21 | W-up at 12:00 p.m. Start at 1:00 p.m. |
| Session 3: Saturday, January 21 | W-up at 3:00 p.m. Start at 4:00 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:** All invited teams will be given priority on a first come first serve basis. All other teams please send email to vacentries@gmail.com. All swimmers participating in this meet must be a registered USA swimmer by the first day of the meet. Age on **January 21st, 2017** 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 **3 individual events and 1 relay per session**. NT's will NOT be accepted. Entries will be given priority on a first come/first served basis. **Swimmers entered in the 500 & 1000-yard freestyle must supply their own timers and counters.**

Email Entries/Confirm Entry Receipt: vacentries@gmail.com
Please enter swimmers in Hy-Tek Meet Manager Format Via Email.
All entries will be confirmed within 72 hours.

US Mail Entries/Payment to:
Viking Aquatic Club
PO Box 321
Montgomery, NY 12549

Please note: Sign express mail waiver allowing delivery without signature.

DEADLINE:

- 1: All invited teams will be given priority based on a first come first serve basis. Metro teams entries must be received by **January 5th, 2017**.
- 2: The final entry deadline for this meet is **January 8th, 2017**.
- 3: Metro entries received between **January 5th, 2017** and **final deadline** 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 3 days of your original email.

ENTRY FEE:

A per swimmer surcharge of **\$3.00** and an entry fee of **\$4.00** per individual event and **\$8.00** per relay must accompany the entries.
Make check payable to: **Viking Aquatic Club**.
Payment must be received by **January 8th, 2017** 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 and supervision of swimmers. No diving is permitted except in designated sprint lanes.

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 **MUST** pick up their team awards at the end of the meet. Awards will not be mailed.

OFFICIALS: **Meet Referee:** Ronald Sommer **Admin Official:** Jenn Ginda-Krzeminski

Email: 2sommer@2sommer.com

All visiting officials are encouraged and welcome to join us on deck.

Please contact Ron with your availability by **January 13th, 2017**.

MEET DIRECTOR: **Jenn Ginda-Krzeminski**
914-469-1197
vacentries@gmail.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”

DECK CHANGES: **Deck changes are prohibited.**

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 starting blocks.

DRONES: Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach areas, spectator areas and open ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present.

ADMISSION: \$5.00 Admission per session.
"All Day" Admission Pass \$8.00
Meet Programs available (while supplies last) for \$2.00 per session.

MERCHANTS: 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 Mid-Day
Warm-ups 12:00 p.m. – Session Begins 1:00 p.m.

GIRLS	EVENT	BOYS
31	11-12 200 IM	32
33	13 & Over 400 IM	34
35	9-10 200 Freestyle	36
37	11-12 200 Freestyle	38
39	13 & Over 200 Breaststroke	40
41	13 & Over 500 Freestyle	42
43	13 & Over 1000 Freestyle	44

**Session 3:
Saturday Evening
Warm-ups 3:00 p.m. – Session Begins 4:00 p.m.**

GIRLS	EVENT	BOYS
45	15 & Over 100 Freestyle	46
47	13-14 100 Freestyle	48
49	15 & Over 100 Breaststroke	50
51	13-14 100 Breaststroke	52
53	15 & Over 100 Backstroke	54
55	13-14 100 Backstroke	56
57	15 & Over 50 Freestyle	58
59	13-14 50 Freestyle	60
61	15 & Over 100 Butterfly	62
63	13-14 100 Butterfly	64
65	15 & Over 200 I.M.	66
67	13-14 200 I.M.	68