

# Viking Aquatic Club

Seventh Annual

## **VIKING CLASSIC SWIM MEET**

2003-MR VAC Viking Classic SC Invitational

November 14, 15, and 16, 2003

Sanction # 031105

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:** Session 1: Friday, November 14 - Warm-ups at 4:00 p.m. Meet starts at 5:00 p.m.  
Session 2: Friday, November 14 - Warm-ups 10 minutes after conclusion of Session 1  
(Session 2 starts NLT 9:30 p.m.)  
Session 3: Saturday, November 15 - Warm-ups at 8:00 a.m. Meet starts at 9:00 a.m.  
Session 4: Saturday, November 15 - Warm-ups at 1:00 p.m. Meet starts at 2:00 p.m.  
Session 5: Sunday, November 16 - Warm-ups at 8:00 a.m. Meet starts at 9:00 a.m.  
Session 6: Sunday, November 16 - Warm-ups at 1:00 p.m. Meet starts at 2:00 p.m.

**Pool:** 8 lanes, 25 yards, indoor pool with non-turbulent lane dividers  
Colorado Timing System, 8-line display scoreboard

**Admission & Parking:** \$2.00 admission. Free parking is available at the Valley Central Middle and High School.  
*Absolutely NO parking in the fire zone in front of the buildings OR on Route 17K.*

**Awards:** Medals for 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> place.  
Ribbons will be awarded for 4<sup>th</sup> - 6<sup>th</sup> places for individual events and 1<sup>st</sup> - 3<sup>rd</sup> 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 5 individual events and 1 relay per session.

**Entry Format:** Please enter competitors in Hy Tek Meet Manager format via e-mail or on computer disk if possible, *with a paper copy of your entries*. If not on disk, entries must be on an official Metro Entry Sheet.

**Entry Deadline:** Entries must be received no later than November 5, 2003.

**Mailing Address:** Viking Aquatic Club  
P. O. Box 321  
Montgomery, NY 12549  
**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. \$6.00 per relay.  
Make checks payable to VAC. All fees must accompany entries.

**Food:** Food will be available at the concession stand.  
*Absolutely no food or drink will be allowed on the pool deck.*

**Merchandise:** There will be a variety of T-shirts, swim suits, goggles and other assorted swim merchandise for sale.

**Information:** [www.vacswim.com](http://www.vacswim.com)  
Chris Joyce, Meet Director (845) 457-6027 (chris@joycenet.us)  
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 on the basis of time. Host Club reserves the right to enter all its swimmers independent of time. If swimmer is late, the referee or meet director makes the decision if the swimmer can be placed in a different heat.

**Coaches:**

- ☞ On deck seeding is in effect for the meet.
- ☞ 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:  
1<sup>st</sup> offense = Warning and coach informed  
2<sup>nd</sup> offense = Entry card pulled

**Lodging & Directions** See Web Site for a list of hotels and directions to the pool. [www.vacswim.com](http://www.vacswim.com)

**VIKING CLASSIC INVITATIONAL**  
**Viking Aquatic Club**  
**November 14, 15 & 16, 2003**

**Girls Session #                      EVENT                      Boys Session #**

**SESSION 1**

**Friday, Nov. 14 - warm ups @ 4:00 p.m.**

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

**SESSION 2**

**Friday, Nov. 14 - warm up 15 minutes after end of Session 1**

13	Open 1000 yard freestyle	14
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**SESSION 3**

**Saturday, Nov. 15 - warm-ups @ 8:00 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. 15 - warm ups @ 1:00 p.m.**

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	8/U 25 yard backstroke	50
51	11-12 50 yard butterfly	52
53	Open 100 yard butterfly	54
55	8/U 25 yard butterfly	56
57	11-12 100 yard IM	58
59	Open 200 yard freestyle	60
61	8/U 50 yard breast stroke	62
63	11-12 100 yard breast stroke	64

65	Open 200 yard freestyle relay	66
67	8/U 100 yard freestyle relay	68
69	11-12 200 yard freestyle relay	70

### SESSION 5

#### Sunday, Nov. 16 - warm ups @ 8:00 a.m.

71	9-10 50 yard freestyle	72
73	13-14 100 yard freestyle	74
75	9-10 100 yard butterfly	76
77	13-14 200 yard IM	78
79	9-10 50 yard breast stroke	80
81	13-14 100 yard breast stroke	82
83	9-10 100 yard backstroke	84
85	13-14 200 yard backstroke	86
87	9-10 200 yard medley relay	88
89	13-14 200 yard medley relay	90

### SESSION 6

#### Sunday, Nov. 16 - warm ups @ 1:00 p.m.

91	11-12 50 yard freestyle	92
93	Open 100 yard freestyle	94
95	8/U 25 yard freestyle	96
97	11-12 100 yard butterfly	98
99	Open 200 yard IM	100
101	8/U 100 yard IM	102
103	11-12 50 yard breast stroke	104
105	Open 100 yard breast stroke	106
107	8/U 25 yard breast stroke	108
109	11-12 100 yard backstroke	110
111	Open 200 backstroke	112
113	8/U 50 yard backstroke	114
115	11-12 200 yard medley relay	116
117	Open 200 yard medley relay	118
119	8/U 100 yard medley relay	120