

# Viking Aquatic Club

*Second Annual*

## **SHORT and SWEET MEET**

2003-MR VAC Short & Sweet SC Invitational

**December 6, 2003**

**Sanction # 031205**

**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: Saturday, December 6 - Warm-ups at 8:00 a.m. Meet starts at 9:00 a.m.  
Session 2: Saturday, December 6 - 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** \$2.00 admission. Free parking is available at the Valley Central Middle and High School.
- & Parking:** *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. Also, a "sweet treat" will be awarded to heat winners. 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.
- Entries:** 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 26, 2003.
- Mailing Address:** Viking Aquatic Club  
P. O. Box 321  
Montgomery, NY 12549
- Website:** [www.vacswim.com](http://www.vacswim.com)
- E-mail:** [ewanich@hvc.rr.com](mailto: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) 534-8076 (ewanich@hvc.rr.com)

**Note:** Smoking is not permitted on school property.  
Shoes or sandals must be worn by swimmer when not on deck.

**Additional**

**Information:** Swimmers may enter up to 3 individual events and 1 relay per session.

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 list of hotels and directions to pool. [www.vacswim.com](http://www.vacswim.com)

**SHORT AND SWEET WINTER CLASSIC  
VIKING AQUATIC CLUB  
December 6, 2003**

GIRLS EVENT #

**EVENTS**

BOYS EVENT #

**SESSION 1**

**Saturday December 6 - warm ups @ 8a.m.**

1	8/U 50 yard freestyle	2
3	Open 50 yard freestyle	4
5	11-12 100 yard freestyle	6
7	8/U 25 yard backstroke	8
9	Open 100 yard backstroke	10
11	11-12 100 yard backstroke	12
13	8/U 25 yard breast stroke	14
15	11-12 50 yard breast stroke	16
17	Open 400 yard IM	18
19	11-12 50 yard butterfly	20
21	Open 100 yard butterfly	22
23	8/U 100 yard freestyle relay	24
25	Open 200 yard freestyle relay	26
27	11-12 200 yard freestyle relay	28

**SESSION 2**

**Saturday December 6 - warm ups @ 1 p.m.**

29	13-14 50 freestyle	30
31	9-10 50 freestyle	32
33	13-14 100 yard backstroke	34
35	9-10 100 yard backstroke	36
37	13-14 100 yard breast stroke	38
39	9-10 50 yard breast stroke	40
41	13-14 200 yard butterfly	42
43	9-10 50 yard butterfly	44
45	13-14 100 yard freestyle	46
47	9-10 100 yard freestyle	48
49	13-14 200 yard butterfly	50
51	9-10 200 yard freestyle relay	52
53	13-14 200 yard freestyle relay	54