

Viking Aquatic Club
Twelfth Annual
VIKING CLASSIC SWIM MEET
2008-MR VAC Viking Classic SC
November 14, 15 & 16 2008
Sanction # 081101

Sponsored by: Viking Aquatic Club

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

- Site:** Valley Central High School Natatorium, Route 17K, Montgomery, NY
- Times:** Session 1: Friday, November 14 - Warm-ups at 4:00 p.m. Session starts at 5:00 p.m.
Session 2: Friday, November 14 *****- Warm-ups at 9:00 p.m. Session Starts at 9:30 p.m.
Session 3: Saturday, November 15 - Warm-ups at 7:30 a.m. Session starts at 9:00 a.m.
Session 4: Saturday, November 15 - Warm-ups at 1:00 p.m. Session starts at 2:00 p.m.
Session 5: Sunday, November 16 - Warm-ups at 7:30 a.m. Session starts at 9:00 a.m.
Session 6: Sunday, November 16 - Warm-ups at 1:00 p.m. Session starts at 2:00 p.m.
*****Teams will be notified no later than Nov. 10, 2008 of any change in start and warm up time
- Pool:** 8-lane, 25-yard, indoor pool with non-turbulent lane dividers.
Colorado Timing System, 8-lane display scoreboard.
- Admission & Parking** \$4.00 admission per session (All-day Saturday pass - \$6; All-day Sunday pass - \$6). 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 3 individual events and 1 relay per session. Swimmers entered in the 1000 yard freestyle must supply their own timers and counters.
- Entry Format:** Please enter competitors in Hy Tek Meet Manager format via e-mail (hytekentries@vacswim.com) or on computer disk.
- 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 31, 2008. Teams from LSC's other than Metropolitan will be entered after October 31, 2008, based on the order that they are received. All entries received later than 5 p.m., October 31, 2008, will be entered in the order they are received regardless of LSC affiliation and as space allows. Entries will not be accepted after November 7, 2008, at 5 p.m. or after the meet fills to capacity.
Because Metropolitan Swimming 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 Krause
5 Chestnut Street
Cornwall, NY 12518
- Website:** www.vacswim.com
- E-mail:** hytekentries@vacswim.com
- Eligibility:** All swimmers must be USS registered. Age as of first day of meet will determine eligibility for age-group events. NT entries are not permitted. Swimmers with disabilities are encouraged to attend. Contact the meet director if you need special consideration.

Fees: \$3.00 per individual event. \$8 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.

Officials: The Viking Aquatic Club would appreciate if any teams with certified USS Officials to please ask them to contact Corinne Cody at 845-496-5842 or Corinneck@frontiernet.net to volunteer whenever possible throughout the meet.

Information: www.vacswim.com
Tim Gallagher, Meet Director (845) 778-4223 meetdirector@vacswim.com
Corinne Cody, Administrative Referee (845)496-5842 corinneck@frontiernet.net
Liz Krause, Clerk of Course (845) 534-3624 hitekentries@vacswim.com

Note: NYS Law prohibits smoking on school property.
Camera cell phones & video recording devices are not permitted in the locker rooms.
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 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 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 team entries. Host Club reserves the right to enter all its swimmers. If a 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.
- ☞ Depending on entries, swimmers may be seeded from adjoining gym. (Mats & hand held toys are recommended.)

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

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Girls Session #	EVENT	Boys Session #
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SESSION 1

Friday, Nov. 14 - 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	9 -10 200 yard freestyle	8	
9	11-12 200 yard freestyle	10	
11	Open 500 yard freestyle	12	

SESSION 2

Friday, Nov. 14 - warm-ups @ 9:00pm (warm up time may be adjusted)

13	Open 1000 yard freestyle	14	
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SESSION 3

Saturday, Nov. 15 - 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	Open 200 yard butterfly	36	
37	9-10 200 yard freestyle relay	38	
39	13-14 200 yard freestyle relay	40	

SESSION 4

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

41	11-12 100 yard freestyle	42	
43	Open 50 yard freestyle	44	
45	8/U 50 yard freestyle	46	
47	11-12 50 yard backstroke	48	
49	Open 100 yard backstroke	50	
51	11-12 50 yard butterfly		52
53	Open 100 yard butterfly	54	
55	8/U 100 yard IM	56	
57	11-12 100 yard IM	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. 16 - 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	Open 200 Back 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 100 yard freestyle	96	
97	11-12 100 yard butterfly	98	
99	Open 200 yard IM	100	
101	8/U 50 yard butterfly	102	
103	11-12 50 yard breast stroke	104	
105	Open 100 yard breast stroke	106	
107	11-12 100 yard 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	