

**Viking Aquatic Club**  
**2009 MR VAC Metro North Silver Championship SC AG**  
**Silvers Championships**  
**March 6, 2009 – March 8 2009**  
Sanction # 090301

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

**Site:** Valley Central Natatorium, Route 17K, Montgomery, NY

<b>Times:</b>	Session 1:	Friday, March 6	Warm-ups at 4:00 p.m.	Session starts at 5:00 p.m.
	Session 2:	Saturday, March 7	Warm-ups at 7:30 a.m.	Session starts at 9:00 a.m.
	Session 3:	Saturday, March 7	Warm-ups at 1:30 p.m.	Session starts at 2:30 p.m.
	Session 4:	Sunday, March 8	Warm-ups at 7:30 a.m.	Session starts at 9:00 a.m.
	Session 5:	Sunday, March 8	Warm-ups at 1:30 p.m.	Session starts at 2:30 p.m.

*Warm up and start times may be changed after entries received and time line determined.  
Teams will be notified by Tuesday, March 3, 2009 of any change in warm-up times.*

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

**Admission & Parking:** \$4.00 Admission. Parking is available at the Valley Central Middle and High Schools. Absolutely no parking in the fire zone in front of the buildings or on Route 17K. **All parking must be in designated lined space or cars will be ticketed and/or towed.**

**Awards:** Medals for 1st through 8th places and ribbons for 9th - 16th places for Silver Finishers. Ribbons (or "unique awards") to be awarded to top two heats of JO qualifiers. Coaches are to pick up their team awards at the end of the meet.

**Rules & Eligibility:** U.S. Swimming Rules govern this meet. Events are Timed Finals. **A swimmer may compete in a maximum of five events per day.** All swimmers must be USA registered. Age as of first day of meet will determine eligibility. **Entry times must have been achieved between March 3, 2008 and meet deadline February 26, 2009.** Swimmers with disabilities are strongly encouraged to attend. **Please advise the meet referee if any special accommodations will be necessary**

**Entries:** Entry times must comply with 2009 Silvers Championship time standards as published by Metropolitan Swimming. "No Time" (NT) entries are not permitted. **TEAM MANAGER PROOF OF TIMES MUST BE INCLUDED** Please enter competitors in Hy Tek Meet Manager format via e-mail [hytekentries@vacswim.com](mailto:hytekentries@vacswim.com) or on computer disk. You must receive a confirmation from a representative from the Viking Aquatic Club after your entries have been sent. **If you do not receive an e-mail confirmation within 3 days of sending, then your entries have NOT been received and your team has NOT been entered.** RE-send your entries or contact [corinneck@frontiernet.net](mailto:corinneck@frontiernet.net)

**Entry Deadline:** Entries must be received no later than Thursday, February 26, 2009. Entries received after this deadline will not be accepted. Deck entries will not be accepted. Scratch sheets are to be initialed by the coach and returned to pool office 45 minutes before the start of each session.

**Mailing address:** Viking Aquatic Club  
c/o Krause  
5 Chestnut St  
Cornwall, NY 12518

**e-mail entries:** [hytekentries@vacswim.com](mailto:hytekentries@vacswim.com)  
(Questions may also be sent to this address.)  
  
Website: [www.vacswim.com](http://www.vacswim.com)

**Fees:** \$3.00 per individual event. These fees are payable to **Viking Aquatic Club**. An additional \$1.00 Metropolitan Championship Surcharge is required for each swimmer. This additional fee is payable to **Viking Aquatic Club**.

**Food:** Food will be available at the concession stand. No food or beverages in glass bottles will be allowed on the pool deck.

**Merchandise:** “Silver Championships” T-Shirts will be available for purchase.  
Ultimate Swim Shop will offer a variety of swim suits, goggles, and other assorted swim merchandise.

**Information:** Corinne Cody, Administrative Referee – (845) 496-5842 ( [corinneck@frontiernet.net](mailto:corinneck@frontiernet.net) )  
Meet Director – Glenn Blackman ( [meetdirector@vacswim.com](mailto:meetdirector@vacswim.com) )  
Liz Krause, Clerk of Course – (845) 534-3624 ( [betta128@aol.com](mailto:betta128@aol.com) )

**Note:** NYS Law prohibits smoking on school grounds. Swimmers may be seeded from the near-by gymnasium.  
*Shoes or sandals must be worn by swimmers when not on pool deck. No exceptions*

**Lodging & Directions** See website for a list of local hotels and directions to pool. (www.vacswim.com)

**Additional Information:** Metropolitan Swimming Safety Guidelines and Warm-Up Procedures will be in effect.  
During warm-up there will be no diving except in designated sprint lanes and then only under direct supervision of a coach. The meet marshals will enforce all warm-up procedures. This meet is governed by the rules set forth in the USA Swimming. Rule Book.

Only true “B” (Silvers) swimmers may compete in this championship meet. Any intentional entry of a non Silvers swimmer will be deemed a violation of Metropolitan Swimming championship meet requirements and the club, coach and swimmer will be subject to disciplinary proceedings for such violation. **Any swimmer not achieving the Silvers meet qualifying time will have 30 days after the meet to send proof of time to the Metropolitan Office. Any time not proven by April 8, 2009 will be subject to a \$50 fine (per event) payable to Metropolitan Swimming, Inc.**

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 all Liability or claims or damages arising by reason of injuries to anyone during the conduct of this meet. All persons on deck must be U.S.A Swimming. registered and should have their registration card visible. This is a USA Swimming rule and will be enforced.

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

**Metropolitan Scratch Procedures will be followed. Please consult your GUIDELINES.** Coaches must make sure their swimmers understand that once they are scratched (for the session), they will not be re-entered in the meet. Coaches should inform their swimmers to leave plenty of time for traffic, etc. The coach of a swimmer that was seeded in an event, and is a **No-Show (NS)**, in the event, must positively check the swimmer for the next days’ events in order for that swimmer to be eligible to compete in the rest of the meet. Swimmers who miss a race in which they were seeded and did not properly deck scratch **will be barred from their next individual event of the day.** If they miss their last event of the day they will be barred from their first event of the next day.

**Metro North Teams:** Aqua Gems, Big Blue, BGC-No. Westchester Marlins, Club Fit (Briarcliff & Jefferson Valley), Condors, Dutchess Devil Fish, Empire Swimming, Fairview Aquatic Swim Team, GAEL Aquatics, Hudson Valley Dolphins, Hudson Valley Barracudas, Marist Swim Club, Minisink Valley, Monroe Woodbury Marlins, New York Sharks, Newburgh Sharks, Northern Dutchess Aquatic, Patriots Swim Club, Pine Bush, Pacesetter, Saw Mill Ace, Silver Streaks, Suffern Sea Lions, Team Rockland, Viking Aquatic Club, Washingtonville Seahawks, White Plains Middies, White Plains YMCA.

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**Friday March 6, 2009 Warm up 4:00pm - Start 5:00pm**

Girls	Qualifying	Times	Session I	Qualifying	Times	Boys
Event #	Slower than:	Faster than:	Events	Slower than:	Faster than:	Event #
1	6:45.00	7:14.99	10 & U 500 Free	6:45.00	7:14.99	2
3	6:04.00	6:35.79	11-12 500 Free	6:04.00	6:41.99	4
5	5:36.00	6:05.59	13-14 500 Free	5:25.00	6:05.99	6
7	5:32.00	5:54.99	15-18 500 Free	5:20.00	5:29.99	8
9	5:28.00	5:59.99	11-12 400 IM	5:28.00	5:59.99	10
11	5:07.00	5:38.99	13-14 400 IM	4:55.00	5:22.79	12
13	5:05.00	5:36.29	15-18 400 IM	4:45.20	4:58.89	14

**Saturday March 7, 2009 Warm up 7:30am - Start 9:00am**

Girls	Qualifying	Times	Session 2	Qualifying	Times	Boys
Event #	Slower than:	Faster than:	Events	Slower than:	Faster than:	Event #
15	1:11.50	1:21.49	10 & U 100 Free	1:11.60	1:21.49	16
17	58.50	1:06.09	13-14 100 Free	55.00	1:02.59	18
19	36.60	45:39	10&U 50 Fly	36.80	45.39	20
21	1:05.70	1:14.59	13-14 100 Fly	1:01.60	1:14.99	22
23	1:34.00	1:51.39	10& U 100 Breast	1:36.00	1:51.39	24
25	2:43.00	3:02.99	13-14 200 Breast	2:40.00	2:59.99	26
27	37.50	44.39	10 & U 50 Back	38.00	44.39	28
29	2:22.60	2:48.99	13-14 200 Back	2:17.00	2:41.49	30
31	2:56.00	3:19.99	10 & U 200 IM	3:00.00	3:19.99	32
33	2:23.50	2:47.79	13-14 200 IM	2:15.00	2:38.99	34

**Saturday March 7, 2009 Warm up 1:30 pm – Start 2:30pm \*\*\***

Girls	Qualifying	Times	Session 3	Qualifying	Times	Boys
Event #	Slower than:	Faster than:	Events	Slower than:	Faster Than	Event #
35	1:01.80	1:11.39	11-12 100 Free	1:02.20	1:11.59	36
37	57.80	1:03.59	15-18 100 Free	52.30	57.49	38
39	2:40.00	2:59.99	11-12 200 Fly	2:40.00	2:59.99	40
41	1:05.50	1:12.59	15-18 100 Fly	59.00	1:05.59	42
43	33.30	39.09	11-12 50 Back	33.30	42.19	44
45	2:24.00	2:35.29	15-18 200 Back	2:13.10	2:22.89	46
47	37.20	44.29	11-12 50 Breast	37.60	43.79	48
49	2:36.00	2:59.99	11-12 200 Back	2:38.00	2:59.99	50
51	2:43.00	2:56.99	15-18 200 Breast	2:31.00	2:42.79	52
53	1:20.50	1:34.59	11-12 100 Breast	1:21.60	1:31.89	54
55	2:22.10	2:43.09	15-18 200 IM	2:11.00	2:33.79	56
57	2:31.50	2:54.09	11-12 200 IM	2:32.60	2:59.09	58

\*\*\* PM Warm up and start times may be adjusted after meet is seeded.

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**Sunday March 8, 2009 Warm up 7:30am – Start 9:00 am**

<b>Girls</b>	<b>Qualifying</b>	<b>Times</b>	<b>Session 4</b>	<b>Qualifying</b>	<b>Times</b>	<b>Boys</b>
<b>Event #</b>	<b>Slower than:</b>	<b>Faster than:</b>	<b>Events</b>	<b>Slower than:</b>	<b>Faster than:</b>	<b>Event #</b>
59	2:36.00	2:55.59	10 & U 200 Free	2:40.00	2:55.59	60
61	2:08.00	2:22.99	13-14 200 Free	2:01.00	2:24.09	62
63	1:21.00	1:31.59	10 & U 100 IM	1:22.00	1:31.59	64
65	1:16.50	1:26.79	13-14 100 Breast	1:13.00	1:24.49	66
67	43:00	50.09	10 & U 50 Breast	44.00	50.09	68
69	1:06.60	1:18.29	13-14 100 Back	1:03.00	1:19.49	70
71	1:22.20	1:40.09	10& U 100 Back	1:22.20	1:40.09	72
73	27.00	30.19	13-14 50 Free	25:30	28.29	74
75	32.10	36.69	10& U 50 Free	32.00	36.69	76
77	2:31.00	2:42.59	13-14 200 Fly	2:25.00	2:38.59	78
79	1:27.10	1:40.99	10 & U 100 Fly	1:28.00	1:40.99	80

**Sunday, March 8, 2009 Warm up 1:30pm – Start 2:30 pm\*\*\***

<b>Girls</b>	<b>Qualifying</b>	<b>Times</b>	<b>Session 5</b>	<b>Qualifying</b>	<b>Times</b>	<b>Boys</b>
<b>Event #</b>	<b>Slower than:</b>	<b>Faster than:</b>	<b>Events</b>	<b>Slower than:</b>	<b>Faster than:</b>	<b>Event #</b>
81	1:12.10	1:29.19	11-12 100 Fly	1:13.50	1:28.99	82
83	2:04.50	2:16.59	15-18 200 Free	1:55.00	2:01.89	84
85	28.60	32.49	11-12 50 Free	28.30	32.49	86
87	1:06.50	1:13.09	15-18 100 Back	1:00.50	1:06.89	88
89	1:11.10	1:24.99	11-12 100 Back	1:11.60	1:25.79	90
91	1:15.20	1:23.89	15-18 100 Breast	1:07.50	1:13.89	92
93	2:56.00	3:19.99	11-12 200 Breast	3:00.00	3:19.99	94
95	31.60	37.19	11-12 50 Fly	32.10	39.69	96
97	26.60	28.49	15-18 50 Free	23.80	26.59	98
99	1:11.30	1:21.69	11-12 100 IM	1:12.30	1:22.59	100
101	2:30.00	2:39.99	15-18 200 Fly	2:18.00	2:30.99	102
103	2:14.00	2:31.89	11-12 200 Free	2:15.50	2:32.89	104

\*\*\*PM Warm up and Start times may be adjusted after meet is seeded.

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CLUB: \_\_\_\_\_ CLUB CODE: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

CITY: \_\_\_\_\_ STATE: \_\_\_\_\_ ZIP: \_\_\_\_\_

COACH: \_\_\_\_\_

PHONE: \_\_\_\_\_ E-MAIL ADDRESS: \_\_\_\_\_

CLUB CONTACT: \_\_\_\_\_ PHONE: \_\_\_\_\_

Entrv Fees: Make check payable to: **Viking Aquatic Club**

Total Individual Events \_\_\_\_\_ x \$3.00 = \_\_\_\_\_

Total Swimmers - Metro Surcharge \_\_\_\_\_ x \$1.00 = \_\_\_\_\_

**TOTAL DUE** \_\_\_\_\_

Mail to: Liz Krause, 5 Chestnut Street, Cornwall, NY 12518

e-mail entries – [hytekentries@vacswim.com](mailto:hytekentries@vacswim.com) Receipt of entries will be confirmed by a Viking Aquatic Club representative via e-mail. If you do not receive an e-mail confirmation, your entries were not received and not entered into the meet. Please follow up with Liz Krause, Clerk of Course, contact information listed below.

Express Deliveries – Liz Krause, 5 Chestnut Street, Cornwall, NY 12518 (845) 534-3624  
email – [beta128@aol.com](mailto:beta128@aol.com) or [hytekentries@vacswim.com](mailto:hytekentries@vacswim.com)

**(Please sign the "signature waiver" on envelope for entries sent by Express Mail.)**

Waiver: USA Swimming, Inc., Metropolitan Swimming, Inc., Viking Aquatic Club, Inc, Valley Central School District or representatives shall be held free and harmless from liabilities or claims for damages arising by reason of injuries to anyone during the conduct of these events.

Signed (Club Official) \_\_\_\_\_

**This signed waiver is required to insure your entries are processed.**