



VAC's January Quick Freeze SWIM MEET

First Annual

2011-MR VAC January Quick Freeze SC

January 22, 2011

Sanction #110110

Sponsored by the VIKING AQUATIC CLUB

**VAC January Quick Freeze
January 22, 2011**

- SANCTION:** Held under the sanction of USA Swimming/Metropolitan Swimming, Inc., Sanction #110110
- LOCATION:** **Valley Central High School Natatorium, Route 17K, Montgomery, NY**
- 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 22, 2011 Warm-ups at 8:00 a.m. Session starts at 9:00 a.m.
Session 2: Saturday, January 22, 2011 Warm-ups at 1:30 p.m. Session Starts at 2:30 p.m.**
- FORMAT:** **US Swimming Rules govern this meet. All Events are Timed Finals**
- ELIGIBILITY:** Open to all USA Swimming/Metropolitan Swimming Inc. registered swimmers.
All swimmers participating in this meet must be registered by the first day of the meet.
Age on January 15, **2011** 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 4 individual events and 1 relay for the AM Session and 3 individual events and 1 relay for the PM session.
Metropolitan LSC Clubs will be given priority on a first come/first served basis if their entries are received by 5 pm, January 8, 2011. Teams from LSC's other than Metropolitan will be entered after January 8, 2011, based on the order that they are received. All entries received later than 5 pm, January 8, 2011 will be entered in the order they are received regardless of LSC affiliation and as space allows. Entries will not be accepted after January 12, 2011 at 5 pm 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.***
- U.S. Mail Entries/Payment to :
- Mailing Address: Viking Aquatic Club
PO Box 321
Montgomery, NY 12549**
- Website: vacswim.com
Email: ejrcd88@yahoo.com**
- Please enter competitors in Hy Tek Meet Manager format via email (hytekentries@vacswim.com)**
- Email Entries/Confirm Entry Receipt:
- DEADLINE:** 1: Metro LSC teams will be given priority on a first come/first served basis. Metro teams entries must be received by 1/5/2011.
2: The final entry deadline for this meet is 1/10/2011
3: Metro entries received between 1/5/2011 and 1/10/2011 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 2 days of your original email.

- ENTRY FEE:** An entry fee of \$3.00 per individual event must accompany the entries.
Additionally \$8.00 per Relay
All fees must accompany entries.
Make check payable to: **VAC**.
Payment must be received by 1/10/2011 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:** First 45 minutes will be general warm-up. Lane assignments will be given at meet.
Last 15 minutes: lanes 2 thru 7 will be open for one-way sprint. Lanes 1 and 8 will be general warm-up.
- SCRATCHES:** Coaches will be given scratch sheets upon check-in for each session. 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.
- *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 and hand held toys are recommended.
- AWARDS:** **Ribbons for 1st, 2nd, 3rd and 4th places and 1st-3rd place relays.**
Coaches are to pick up their team awards at the end of the meet.
- OFFICIALS:** **Meet Referee:** **Corrine Cody** email: Corinneck@frontiernet.net or cell: 914-443-0457
Officials wishing to volunteer should contact Meet Referee by **1/10/2011**.
- MEET DIRECTOR:** **Lisa Heilig** **Cindy Bacigal**
845-978-9569 **845-294-8292**
- 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.
- DISCLAIMER:** Upon acceptance of his/her entries, the participant waives all claims against **Valley Central School District, Viking Aquatic Club**, Metropolitan Swimming Inc., USA Swimming Inc., their agents or representatives for any injury occurring as a result of the meet.
- ADMISSION:** **\$4.00 Admission per session. (All Day Pass-\$7)/ Session programs \$3.00**

- Merchants:** 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.
- PARKING:** 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
Should you park illegally...you will be towed!!
- DIRECTIONS:** See Website for a list of hotels and directions to the pool. www.vacswim.com

ADDITIONAL INFORMATION

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.

EVENTS

Session I - 10 & Under's - 8:00 am warmup, 9:00 am start

Girls #	Event	Boys #
1	8 & Under 100 Free Relay	2
3	10 & Under 200 Free Relay	4
5	8 Year Old 100 Free	6
7	7 & Under 50 Free	8
9	6 & Under 25 Free	10
11	9-10 200 Free	12
13	6 & Under 25 Back	14
15	7 & Under 25 Back	16
17	8 Year Old 25 Back	18
19	9-10 50 Back	20
21	7 & Under 25 Fly	22
23	8 Year Old 25 Fly	24
25	9-10 50 Fly	26
27	7 & Under 25 Breast	28
29	8 Year Old 25 Breast	30
31	9-10 50 Breast	32
33	8 Year Old 100 IM	34
35	9-10 200 IM	36

Limit: 4 events and 1 relay for the AM session

EVENTS

Session II - 11 & Over's – 1:30 pm warmup, 2:30 pm start

Girls #	Event	Boys#
37	11-12 200 Free Relay	38
39	Open 200 Free Relay	40
41	11-12 200 IM	42
43	Open 400 IM	44
45	11-12 100 Free	46
47	Open 200 Free	48
49	11-12 50 Back	50
51	Open 200 Back	52
53	11-12 50 Fly	54
55	Open 200 Fly	56
57	11-12 50 Breast	58
59	Open 200 Breast	60

Limit 3 events and 1 relay for the PM Session