



23rd Annual VAC Classic

**2019-MR-VAC Classic
November 15–17, 2019**

Hosted by Viking Aquatic Club

Valley Central Natatorium
Montgomery, NY

**Sanction #191102
#191150-T**

Invited Teams:

ACE-NJ, AG, AGUA, APEX, AQRC-NJ, BAD, BB-NJ, BBSC, BGNW, BMA-NJ, CAT-NJ, CENT, CFB, CFJV, COND, CSC, CSD, DA, DESC-NJ, DVWM, EAST, EHY, ESC-NJ, FA, FAST, FREE, GAEL, GATORS-NJ, HAA, HAWKS, HCY-NJ, HS, HVD, HYB, IA, JCC, JFAC, KBM, KDS, LBA, LGAC, LIAC, LIE, LS, LSA, MAKO, MPNY, MVA, MWSC, NBS, NDAC, NRYS, NYAC, NYCC, PAC, PBAC, PATS, QNS, RAC, RFAC, RY-NJ, SCY-NJ, SHY, SMC, SPAR, SS, SSC, SSCT-NJ, SSL, ST, SWAG, SWIM70-CT, TMID, TRS, TS, TSC, VAC, WAC, WAV-NJ, WEST, WSA, WSSC, WYF-NJ, YBAR, YFD

2019 Viking Classic

November 15–17, 2019

- SANCTION:** Held under the sanction of USA Swimming/Metropolitan Swimming, Inc.,
##191102 #191150-T
- LOCATION:** Valley Central High School Natatorium, 1175 Route 17K, Montgomery, NY 12549
- 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 been certified in accordance with Article 104.2.2C (4)
- SESSIONS:**
- | | |
|----------------------------------|---|
| Session 1: Friday, November 15 | W-up at 4:00 p.m. Start at 5:00 p.m. |
| Session 2: Friday, November 15 | ***W-up at 9:00 p.m. Start at 9:30 p.m. |
| Session 3: Saturday, November 16 | W-up at 7:30 a.m. Start at 9:00 a.m. |
| Session 4: Saturday, November 16 | W-up at 1:00 p.m. Start at 2:30 p.m. |
| Session 5: Sunday, November 17 | W-up at 7:30 a.m. Start at 9:00 a.m. |
| Session 6: Sunday, November 17 | W-up at 1:00 p.m. Start at 2:30 p.m. |
- ***Teams will be notified no later than November 13th, 2019 of any change in start and warm-up time.
- FORMAT:** US Swimming Rules govern this meet. All Events are Timed Finals. 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.
- ELIGIBILITY:** Open to all Invited USA Swimming/Metropolitan Swimming Inc. registered swimmers. All other teams please send email to vacentries@gmail.com. All swimmers participating in this meet must be registered by the first day of the meet.
No "Deck Registrations" will be accepted
Age on **November 15, 2019** 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 2 relays per session**. NT's will NOT be accepted. Entries will be given priority on a first come/first served basis. Swimmers entered in the 500 yard freestyle must provide their own counters. Swimmers entered in the 1000 and 1650 freestyle must supply their own timers and counters.

Email Entries/Confirm Entry Receipt: vacentries@gmail.com
Please enter swimmers in Hy-Tek Meet Manager Format Via Email.
All entries will be confirmed within 72 hours.

US Mail Entries/Payment to:
Viking Aquatic Club
PO Box 321
Montgomery, NY 12549

Please note: Sign express mail waiver allowing delivery without signature.

DEADLINE: Entries must be received by: **November 1st, 2019**.
Metro entries received between **September 1st, 2019** and **final deadline** 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 3 business days of your original email.

ENTRY FEE: A per swimmer facility surcharge of **\$4.00** and an entry fee of **\$6.00** per individual event and **\$10.00** per relay must accompany the entries.
Make check payable to: **Viking Aquatic Club**.
No credit cards accepted.
Payment must be received by **November 1st, 2019** 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: **Warm-up lanes and times will be assigned by the host team. Warm-up schedules will be posted near pool office. Coaches are responsible for enforcing feet first entry during warm-ups and supervision of swimmers. No diving is permitted except in designated sprint lanes.**

SCRATCHES: Coaches will be given scratch sheets upon check-in for each session. Coaches must present current coaches credentials in order to receive team scratch sheets. All scratches are due no later than 45 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.

Depending on entries, swimmers may be seeded from adjoining

gymnasium (mats and hand-held toys recommended). Viking Aquatic Club is not responsible for lost or stolen items.

Swimmers will not be permitted back on deck once their event is complete.

AWARDS: Medals for 1st, 2nd, and 3rd places for individual events.
Ribbons awarded for 4th-8th places for individual events and 1st-3rd place relays.
Coaches *must* pick up their team awards at the end of the meet. Awards will not be mailed.

OFFICIALS: **Meet Referee:** Scott Lerner **Admin Official:** Debra Zupko

Email: slkr97@gmail.com

All visiting officials are encouraged and welcome to join us on deck.
Please contact Scott with your availability by **November 1, 2019**.

MEET DIRECTOR: **Aylin Ippolito**
vacentries@gmail.com

RULES: **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. Current USA Swimming Rules, including the Minor Athlete Abuse Prevention Policy ("MAAPP"), will govern this meet.

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.

"Any swimmer entered in the meet must be certified by a USA Swimming member coach as being proficient in performing a racing start or must start each race from within the water. When unaccompanied by a member-coach, it is the responsibility of the swimmer, or the swimmer's legal guardian, to ensure compliance with this requirement"

Food available is not guaranteed to be free from allergens. Please inquire before consuming.

DECK CHANGES: Deck changes are prohibited.

WATER DEPTH: **Start End: 1 meter 13' 0"; 5 meters 12' 0"; Turn End: 1 meter 3' 6"; 5**

meters 4'0"

DISCLAIMER: Upon acceptance of his/her entries, the participant waives all claims against **Valley Central School District, Viking Aquatic Club and all representatives**, Metropolitan Swimming Inc., USA Swimming Inc., their agents or representatives for any injury occurring as a result of the meet. "It is understood that USA Swimming, Inc. and Metropolitan Swimming, Inc. shall be free from liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event."

AUDIO/VISUAL STATEMENT: Use of Audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms, or behind the starting blocks.

Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach areas, spectator areas and open ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present.

ADMISSION: \$7.00 Admission per session.
"All Day" Saturday OR Sunday Admission Pass \$11.00
Meet Programs available (while supplies last) for \$3.00 per session.

MERCHANTS: Professional photographer will be available for hire during the meet. There will be a variety of t-shirts, swimsuits, goggles and other assorted swim merchandise.
Food will be available at the concession stand.
Absolutely NO food will be allowed on pool deck. Only drinks in plastic bottles allowed on deck.

PARKING: Free parking is available on-site at the Valley Central Middle & High Schools.

NO parking allowed in the fire zone in front of the buildings OR on Route 17K. If you are parked illegally...you will be ticketed and towed at your own expense.

DIRECTIONS: See website for a list of hotels and directions to the pool.

ADDITIONAL INFORMATION: All persons on deck must be USA Swimming 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 the Meet Referee who will have the final say. It is each team's responsibility to make sure their swimmers are on time to be seeded.

Any cuts will be made based on the date and time of receipt of team entries. The Host Club reserves the right to enter all its swimmers. If a swimmer is late, the Meet Referee will make the decision if the swimmer can be placed in a different heat.

NO red Gatorade is permitted at any time.

**Session 1:
Friday Evening**

Warm-ups 4:00 p.m. – Session Begins 5:00 p.m.

| GIRLS | EVENT | BOYS |
|--------------|----------------------------|-------------|
| 1 | 11-12 200 IM | 2 |
| 3 | 13 & Over 400 IM | 4 |
| 5 | 9-10 200 Freestyle | 6 |
| 7 | 11-12 200 Freestyle | 8 |
| 9 | 13 & Over 200 Breaststroke | 10 |
| 11 | 13 & Over 500 Freestyle | 12 |

**Session 2:
Friday Evening**

Warm-ups 9:00 p.m. – Session Begins 9:30 p.m.

| GIRLS | EVENT | BOYS |
|--------------|--------------------------|-------------|
| 13 | 13 & Over 1000 Freestyle | 14 |
| 15 | 15 & Over 1650 Freestyle | 16 |

**Session 3:
Saturday Morning
Warm-ups 7:30 a.m. – Session Begins 9:00 a.m.**

| GIRLS | EVENT | BOYS |
|--------------|----------------------------|-------------|
| 17 | 13-14 200 Freestyle | 18 |
| 19 | 9-10 100 IM | 20 |
| 21 | 8 & Under 50 Freestyle | 22 |
| 23 | 13-14 100 Freestyle | 24 |
| 25 | 9-10 50 Freestyle | 26 |
| 27 | 8 & Under 50 Breaststroke | 28 |
| 29 | 13-14 100 Breaststroke | 30 |
| 31 | 9-10 100 Breaststroke | 32 |
| 33 | 8 & Under 100 Freestyle | 34 |
| 35 | 13-14 100 Butterfly | 36 |
| 37 | 9-10 100 Butterfly | 38 |
| 39 | 13-14 100 Backstroke | 40 |
| 41 | 9-10 50 Backstroke | 42 |
| 43 | 8 & Under 200 Medley Relay | 44 |
| 45 | 9 & 10 200 Medley Relay | 46 |
| 47 | 13-14 200 Medley Relay | 48 |

**Session 4:
Saturday Afternoon
Warm-ups 1:00 p.m. – Session Begins 2:30 p.m.**

| GIRLS | EVENT | BOYS |
|--------------|-------------------------------|-------------|
| 49 | 15 & Over 200 Butterfly | 50 |
| 51 | 11-12 50 Butterfly | 52 |
| 53 | 15 & Over 50 Freestyle | 54 |
| 55 | 11-12 50 Freestyle | 56 |
| 57 | 15 & Over 100 Backstroke | 58 |
| 59 | 11-12 100 IM | 60 |
| 61 | 15 & Over 100 Breaststroke | 62 |
| 63 | 11-12 100 Breaststroke | 64 |
| 65 | 15 & Over 200 Backstroke | 66 |
| 67 | 11-12 50 Backstroke | 68 |
| 69 | 15 & Over 200 Freestyle Relay | 70 |
| 71 | 11-12 200 Freestyle Relay | 72 |

Session 5: Sunday Morning

Warm-ups 7:30 a.m. – Session Begins 9:00 a.m.

| GIRLS | EVENT | BOYS |
|-------|-------------------------------|------|
| 73 | 13-14 200 IM | 74 |
| 75 | 9-10 50 Butterfly | 76 |
| 77 | 8 & Under 50 Butterfly | 78 |
| 79 | 13-14 50 Freestyle | 80 |
| 81 | 9-10 100 Freestyle | 82 |
| 83 | 8 & Under 50 Backstroke | 84 |
| 85 | 13-14 200 Backstroke | 86 |
| 87 | 9-10 100 Backstroke | 88 |
| 89 | 8 & Under 100 IM | 90 |
| 91 | 13-14 200 Breaststroke | 92 |
| 93 | 9-10 50 Breaststroke | 94 |
| 95 | 8 & Under 200 Freestyle Relay | 96 |
| 97 | 9 & 10 200 Freestyle Relay | 98 |
| 99 | 13-14 200 Freestyle Relay | 100 |

Session 6: Sunday Afternoon

Warm-ups 1:00 p.m. – Session Begins 2:30 p.m.

| GIRLS | EVENT | BOYS |
|-------|----------------------------|------|
| 101 | 15 & Over 200 Freestyle | 102 |
| 103 | 11-12 100 Freestyle | 104 |
| 105 | 15 & Over 100 Butterfly | 106 |
| 107 | 11-12 100 Butterfly | 108 |
| 109 | 15 & Over 100 Freestyle | 110 |
| 111 | 11-12 50 Breaststroke | 112 |
| 113 | 15 & Over 200 IM | 114 |
| 115 | 11-12 100 Backstroke | 116 |
| 117 | 15 & Over 200 Medley Relay | 118 |
| 119 | 11-12 200 Medley Relay | 120 |



Metropolitan Swimming Photographer Registration Form

As of 05/18/16 - All Metropolitan Teams need to include this in the meet information packet as well as file this form with Safety in Sport Coordinator, prior to the start of the meet.

This form must be completed by any photographer (video or still) who intends to take pictures at an Metropolitan Swimming sanctioned meet, and is taking those pictures of anyone other than his or her own child, from any location on deck. Submit the form to the Meet Director prior to commencing activity.

THERE WILL BE NO FLASH PHOTOGRAPHY PERMITTED AT THE START.

Name _____

Phone Number _____

Government ID (driver's license preferred) or USA Swimming Registration Card:

Type of ID _____ # _____

Taking photos of _____

On behalf of _____

Purpose _____

Professional photographers/videographers will be allowed on deck at the discretion of the Meet Director and Meet Referee, and must adhere to the following guidelines:

Do not stand on the starting end of the pool, or in the starter's box; use of the bulkhead is at the discretion of the Meet Director and Meet Referee.

Do not stand on the edge of the pool (leave approximately two feet for officials and coaches).

Leave the deck when not actively photographing.

Respond immediately to direction from the Meet Referee.

Signature _____ Today's Date _____

Meet _____ Location _____

Date(s) of meet _____