



25th Annual VAC Classic  
2023-MR-VAC Classic  
November 10-12, 2023  
Hosted by Viking Aquatic Club & NYS  
Valley Central Natatorium  
Montgomery, NY

Sanction # **231106**  
TT Sanction # **231153-TT**

**Invited Teams:** ACE-NJ, 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, 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, MWDA, NBS, NDAC, NRYS, NYAC, NYCC, 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, YFD

# 25th Annual VAC Classic

November 10–12, 2023

- SANCTION:** Held under the sanction of USA Swimming/Metropolitan Swimming, Inc., # 231106
- 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 competition course has been certified in accordance with Article 104.2.2C (4). The copy of such certification is on file with USA Swimming.
- SESSIONS:**
- |                                  |                                      |
|----------------------------------|--------------------------------------|
| Session 1: Friday, November 10   | W-up at 4:00 p.m. Start at 4:30 p.m. |
| Session 2: Friday, November 10   | W-up at 6:00 p.m. Start 7:00 p.m.    |
| Session 3: Saturday, November 11 | W-up at 7:30 a.m. Start at 9:00 a.m. |
| Session 4: Saturday, November 11 | W-up at 1:00 p.m. Start at 2:30 p.m. |
| Session 5: Sunday, November 12   | W-up at 7:30 a.m. Start at 9:00 a.m. |
| Session 6: Sunday, November 12   | W-up at 1:00 p.m. Start at 2:30 p.m. |
- FORMAT:** 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 swimmers participating in this meet must be registered by the first day of the meet. No swimmer will be permitted to compete unless the swimmer is a member as provided in Article 302. No Deck Registrations will be accepted. Age on **November 10, 2023** will determine age for the entire meet.
- DISABILITY SWIMMERS:** Swimmers with disabilities are encouraged to enter and participate. Please notify the meet director of any accommodations you might require. 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.
- U.S. Mail Entries/Payment to:  
**NYSA Goshen**  
**C/O Cathy Sommer**  
**15 Peter Terrace**  
**Monroe NY 10950**
- Email Entries/Confirm Entry Receipt: [newyorksharksaquatics@gmail.com](mailto:newyorksharksaquatics@gmail.com)  
**Please note: Sign express mail waiver allowing delivery without signature.**
- DEADLINE:** Entries must be received by: **October 27th, 2023**  
An email confirming receipt of entries if you provide an email contact. Please contact the Meet Director if you do not receive such a report within 2 days of your original email.
- ENTRY FEE:** A per swimmer facility surcharge of **\$10.00** and an entry fee of **\$8.00** per individual event and **\$15.00** per relay must accompany the entries  
Make check payable to: **Viking Aquatic Club**  
Payment must be received by **November 10, 2023** 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.

Host Club may waive meet entry fees & facility surcharge for registered outreach swimmers.

Coaches should contact the Meet director and identify registered swimmers whom they wish considered for waiver of fees when submitting meet entries.

- WARM-UP:** Warm-up lanes and times will be assigned by the hos team. Warm-up schedules will be posted near the 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 event 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: Ron Sommer (2sommer@2sommer.net)  
Officials wishing to volunteer should contact the Meet Referee by November 1, 2023.
- ADMIN. OFFICIAL:** Administrative Official: Cathy Sommer (newyorksharksentries@gmail.com)
- MEETDIRECTOR:** Cathy Sommer (newyorksharksentries.@gmail.com)
- 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 Swimming 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 without the use of the backstroke ledge. 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.
- There will be lifeguards on duty for the duration of the meet. An AED will be available in the building.
- MAAPP POLICY:** All adults participating in or associated with this meet acknowledge that they are subject to the provisions of the USA Swimming Minor Athlete Abuse Prevention Policy ("MAAPP"), and that they understand that compliance with MAAPP is a condition of participation in the conduct of this competition.
- 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, NYSA Goshen 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, locker rooms.

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.

**DECK CHANGING:** Deck changes are prohibited.

**ADMISSION:** **\$10.00 Admission per session.**  
**“All Day” Saturday OR Sunday Admission Pass \$15.00**  
**Meet Programs available (while supplies last) for \$5.00 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 the 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.**

**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 4:00pm - Session Begins 4:45pm**

| GIRLS | EVENT                    | BOYS |
|-------|--------------------------|------|
| 1     | 13 & Over 1000 Freestyle | 2    |
| 3     | 13 & Over 1650 Freestyle | 4    |

**Session 2**  
**Friday Evening**  
**Warm-ups 6:00pm - Session Begins 7:00pm**

| GIRLS | EVENT                      | BOYS |
|-------|----------------------------|------|
| 5     | 11-12 200 IM               | 6    |
| 7     | 13 & Over 400 IM           | 8    |
| 9     | 9-10 200 Freestyle         | 10   |
| 11    | 11-12 200 Freestyle        | 12   |
| 13    | 13 & Over 200 Breaststroke | 14   |
| 15    | 13 & Over 500 Freestyle    | 16   |

**Session 3**  
**Saturday Morning**  
**Warm-ups 7:30am - Session Begins 9:00am**

| 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 100 Medley Relay | 44   |
| 45    | 9-10 200 Medley Relay      | 46   |
| 47    | 13-14 200 Medley Relay     | 48   |

**Session 4**  
**Saturday Afternoon**  
**Warm-ups 1:00pm - Session Begins 2:30pm**

| <b>GIRLS</b> | <b>EVENT</b>                  | <b>BOYS</b> |
|--------------|-------------------------------|-------------|
| 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 7:30am - Session Begins 9:00am**

| <b>GIRLS</b> | <b>EVENT</b>                  | <b>BOYS</b> |
|--------------|-------------------------------|-------------|
| 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 100 Freestyle Relay | 96          |
| 97           | 13-14 200 Freestyle Relay     | 98          |
| 99           | 9-10 200 Freestyle Relay      | 100         |

**Session 6**  
**Sunday Afternoon**  
**Warm-ups 1:00pm - Session Begins 2:30pm**

| <b>GIRLS</b> | <b>EVENT</b>               | <b>BOYS</b> |
|--------------|----------------------------|-------------|
| 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

**All Metropolitan Swimming Teams need to include this in the meet information packet. Please file this form with the Safety 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 a 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 \_\_\_\_\_