



45TH VIKING SWIMMING & DIVING INVITATIONAL

December 20-21, 2019

September 2019

Dear Coaches,

The Saint Ignatius Swimming and Diving Team is inviting you to compete in the 45th Viking Swimming and Diving Invitational on Friday December 20th and Saturday December 21st, 2019.

Location: The Robert F. Busbey Natatorium
Cleveland State University
*East 24th Street between Euclid and Chester Ave.
2451 Euclid Ave. Cleveland, Ohio*

Date: Diving
Friday, December 20, 2019
Time: 5:00 p.m. Warm-ups
6:15 p.m. Diving Meet Start

Swimming
Saturday, December 21, 2019
6:15 a.m. Doors Open
6:30 a.m. Warm-Ups Open
6:45 a.m. Coach's meeting
8:00 a.m. A-Session Prelims
1:00 p.m. B-Session Warm up*
1:45 p.m. B-Session Start*
5:15 p.m. Finals Warm up*
6:00 p.m. Finals Start*

*NOTE: B-Session and Finals Warm up and Start times are estimated times.

If you have any questions feel free to contact the Viking co-directors at any time. Saint Ignatius Swimming and Diving Team wishes you all the best during the coming season!

Sincerely,

Kyoko Hong & Mike Slabe
VikingMeet@gmail.com

Swimming Meet Format:

Number of qualified entries per team:	<u>Unlimited</u>
Maximum number of individual events per swimmer:	<u>Two (2)</u>
Maximum number of total events per swimmer:	<u>Four (4)</u>

A-Session: Prelims / Finals

The total number of entries will be limited based on the timeline. Swimmers will be accepted in the order they are received.

- Relay Events – One (1) team entry per relay event.
 - Relay cards will be distributed at check in. They should be completed and taken to the block at the time of the swim.
 - Any 8 eligible athletes in the team's entry may be listed on relay cards.
 - Participating in a relay will count towards an athlete's 4 event limit.
 - Relay lineups may change between prelims and finals – provided no swimmer exceeds the 4 event limit.
 - Swimmer must be listed in the meet database to be eligible for a relay event.
- Bonus Events: A swimmer qualifying for one individual event in the A session has the option to participate in a second "bonus" event in the A-Session provided the swimmer meets or exceeds the bonus standard. The 500 freestyle is not an eligible bonus event.

The 500 freestyle in the A-Session may be **limited to four (4) fastest-seeded heats per gender**. Swimmers excluded from the top 4 heats will be offered the option of entering a different event on a space available basis provided they meet that event's time standards.

- Top 10 will advance to Championship finals and next 10 fastest will advance to Consolation finals in all individual and relay events **except** for the 500 free which will have Championship (top 10) finals only.
- There will be a 15 minute break following the 50 Free.

Girls			A-Session (P/F)	Boys		
Event #	Qualifying	Bonus	Event	Event #	Qualifying	Bonus
1	2:02.50	N/A	200 Medley Relay	2	1:52.50	N/A
3	2:05.99	2:08.99	200 Freestyle	4	1:55.09	1:57.99
5	2:23.19	2:25.99	200 IM	6	2:11.69	2:14.59
7	26.89	27.99	50 Freestyle	8	24.49	25.29
11	1:06.29	1:07.79	100 Butterfly	12	1:00.09	1:08
13	58.19	1:00.79	100 Freestyle	14	53.59	55.19
15	5:32.89	N/A	500 Freestyle **	16	5:17.69	N/A
17	1:53.00	N/A	200 Free Relay	18	1:38.00	N/A
19	1:06.19	1:07.79	100 Backstroke	20	59.19	1:01.09
21	1:14.00	1:15.69	100 Breaststroke	22	1:08.89	1:12.09
23	4:10.00	N/A	400 Free Relay	24	3:32.00	N/A

**Heats may be limited to the fastest 4 seeded heats.

B-Session: (Timed Finals) The total number of entries will be limited based on the allotted time. Swimmers will be accepted in the order they are received. The B-Session and Finals warm up and start times may change depending on number of entries. Updated start times for B-Session and Finals can be found on www.swimmeet.com by Thursday Dec. 19th.

- The B-Session events will be timed finals.
- Times swum in the B-Session are not eligible to qualify for finals.
- Teams may enter swimmers only for B-Session without entering any swimmers in the A-Session.
- There will be no bonus or relay events in the B-Session.
- The events will follow the order below without any breaks. There will not be a break after the 50 Free. The 500 Free may be limited to the top two (2) fastest seeded heats of girls and top two (2) fastest seeded heats of boys. Swimmers excluded from this event will be offered entry in another event on a space available basis provided they meet that event's qualifying time standard.

B-Session (TF)				
Event #	Girls	Event	Event #	Boys
25	2:24.99	200 Freestyle	26	2:09.99
27	2:39.99	200 IM	28	2:29.99
29	no minimum	50 Free	30	no minimum
31	1:19.99	100 Butterfly	32	1:14.99
33	no minimum	100 Freestyle	34	no minimum
35	6:19.99	500 Freestyle **	36	5:59.99
37	1:19.99	100 Backstroke	38	1:14.99
39	1:29.99	100 Breaststroke	40	1:19.99

** Heats may be limited to the fastest 2 seeded heats.

Combined Meet Entries:

Swimmers may enter either or both sessions provided:

- They meet the event's qualifying time standards
- No swimmer may exceed two (2) individual events. Both A and B session events count towards this total.
- No swimmer may enter more than four (4) events for the day.

Meeting Time Standards: All qualifying swims must have occurred between the start of last year's Viking Meet (12/7/2018), and the meet closing date Saturday, December 14, 2019.

Proof of Time: We reserve the right to refuse entries by teams that abuse the qualifying times. A team that has an excessive number of athletes not making the time standards in events will be asked to prove entry times. If proof cannot be provided, team invitations to future Viking Meets may be withheld.

Resources:

- Meet warm up information will be available on www.swimmeet.com by Thursday Dec. 19.
- Viking T-shirts will be on sale at the meet on a first-come first-serve basis in limited quantities.
- Hospitality will be available for coaches and officials throughout the day.

- Results will be posted on www.swimmeet.com after the event.
- Aquatic Outfitters will be present as the swim meet vendor for last minute swim supplies.

Entries Open on Friday, November 8, 2019

- Entry Fees: \$12.50 per athlete
- Electronic: HyTek Team Manager format.
Send to: jbare@roadrunner.com
No faxed entries will be accepted or entered.
- *Send Swimming and Diving entry **hard copy and payment** to:

Julie Bare
57 East Belmeadow Lane
Chagrin Falls, Ohio 44022
440 338-8659 (home)
440 903-8428 (cell)

*There will be no one at this address after December 17th, so please bring team checks to the meet if you cannot ensure delivery by the 17th. Hard copy may be emailed.

Those who do not pay by the end of the meet must send payment to:

St. Ignatius High School
Attn: Rory Fitzpatrick; Athletic Department
1911 West 30th St.
Cleveland, OH 44113

Meet Closure

The meet will close based on the timeline or at the entry deadline, whichever comes first.

When the total number of entries reaches the meet capacity, notification of the official meet closure will be sent to all registered teams and posted on www.swimmeet.com. No further entries will be accepted after this announcement, except for the addition of relay-only swimmers which may be added up until the start of the meet at \$15 per additional relay-only swimmer. The A and B sessions will close independently.

Entry Deadline: Saturday, December 14, 2019, 12 p.m. noon

- Times may be updated until December 14, 2019. Changes/additions also will be accepted until noon on December 14th if the meet/session has not previously closed.
- **All entries (electronic plus hard copy) and payments** must be in the hands of Julie Bare by **12 p.m. noon on Saturday, December 14, 2019**. Please retain a hard copy for your records.
- Teams are responsible for paying for their entire entry, including all relay-only swimmers – regardless of athletes participating in the meet. ***No refunds are given for missed events, relay-only who are not used, and absent athletes including diving events.***
- Checks payable to: **St. Ignatius High School Athletic Department**. Please mark the name of your school on the memo line.
- **After December 14, 2019** no changes to entries or events will be accepted. There will be no deck entries.

Late Payment: Each team is required to pay their entry fees by **December 14, 2019**. Failure to pay by December 14th may affect future invitations to the Viking Swim and Dive Meet.

Awards: Winning athletes or their coaches must pick up their awards by the end of the meet as they will not be mailed out. Relay teams are asked to come as a group. Girl and Boy “Performer of the Meet” will be selected based on the A-Session’s highest NISCA power point total of their two individual events.

- Top **six (6)** divers
- Top **six (6)** swimmers in individual event
- Top **three (3)** teams in relay events.
- ***“Performer of the Meet”*** – 1 Girl and 1 Boy

Admissions: One-time fee. Re-entry is allowed with proof of entry.

Adults	\$10
Students / Seniors	\$5
Children under 6	Free
Heat Sheets – Prelims / B-session	\$5
Heat Sheets – Finals	\$2
Finals Only Admission	\$5
Diving	\$5

Meet Rules:

Waivers Are Required for each swimmer: You must provide the appropriate *signed* waiver for each swimmer. These will be collected at the meet entry table.

- Cleveland State University Participant Release and Waiver of Liability form *for each swimmer*.
- Parent’s Consent form - *If the swimmer is under the age of 18 years*

Scratches

Swimmers who qualify for Championship Finals or Consolation Finals are expected to swim unless they scratch. If they do not intend to swim in the evening, they will have thirty (30) minutes after the announcement of qualifiers for a particular event to declare their intention to scratch at the official's table. Any swimmer qualifying for any Finals race in an individual event who fails to compete in said final race shall be disqualified from that event. (Rule 3.2.3)

Notes from the Referee:

- We will be following the swimming rules as dictated by the Ohio High School Athletic Association (OHSA).
- A meeting for all coaches will be held before the start of warm-ups at 6:45 a.m. near the pool office where you checked in.
- At check in, you will receive heat sheets and meet rules. Because it will be a crowded event, it is our hope that your athletes will comport themselves respectfully, keep their area clear of debris, and be watchful of their belongings. Please discourage swimmers and divers from bringing valuables on deck.

- Scratches will be accepted at the scoring table within 15 minutes of the conclusion of the coaches meeting. No additions. Once the meet starts, declared false starts (DFS) will be accepted by the referee. Swimmers not showing for their event will be disqualified from that event (3.2.3.2)
- We will be doing dive-overs during the preliminary session for all events using the forward start. Please make sure you tell your swimmers to remain in the pool until after the next heat has started. Also, there will be a 15-minute break after the Boys 50 free during the A-Session only.
- Due to the crowding around the starting block, please ask your swimmers to stay back from the blocks (stay behind the timers)
- The top ten (10) swimmers in each individual event and top ten teams in each relay event will qualify for Championship Finals. The next ten fastest individuals *and* relay teams will be invited to compete in the Consolation Final heat. However, there will not be a Consolation Final for the 500 Freestyle.
- Swimmers not intending to swim in the finals session must notify the scoring table no later than 30 minutes after the event has been announced. See above.

Regarding USA-S observation

The meet has been approved for USA-S observation. The meet will be a “blanket” observation but swimmers need to have their full legal name, date of birth and USA Swimming membership number entered in your meet file or pick up the necessary forms at the scoring table and submit it to the Referee *before* the start of warm-ups. For relay times (all swimmer must be on the same USA-S club). Times for lead-off swimmers on relays or initial distances MUST be designated prior to the swim or relay with the referee (See the attached forms). This form must include the swimmers USA ID and the full legal name and birthdate of the athlete. Forms without the USA ID cannot be processed. Please make your own duplicate copies as required. Swims to be observed must have a reasonable chance of meeting USA Swimming Championship, National, World Cup sectional or U.S. Open qualifying standards.

NTV requests that are made ***after*** the conclusion of the meet are subject to a \$25.00 administrative processing fee for each request. Late requests should be made directly to:

Chuck Kunsman, Viking Referee
 NTV Chair, Lake Erie Swimming, Inc.
 26800 Farringdon Ave.
 Euclid, OH 44132

Please include \$25 fee in check form made out to: ***Lake Erie Swimming, Inc.***

Times are uploaded to USA Swimming and can be viewed at: www.usa-swimming.org

If you or a coach requested a time and do not find it on the website within two weeks, contact Chuck Kunsman with the relevant information at: chuck163@yahoo.com.

Diving Information

The format for this year's dive meet is as follows:

- To qualify, divers must achieve a minimum score of 190 points for boys and 185 for girls, in a six-dive dual meet format. The dual meet must be held between the dates of January 1, 2019 and December 14, 2019.
- Proof of qualifying in the form of an official meet result sheet, signed by the diver, his/her coach, and an official (name and phone number must be legible) must be sent to Tom Blankenship by December 17, 2019.
- Final updated lists must be in hand no later than **Friday, December 20, 2019, at 5:00 p.m. If more than 18 entries for boys or 18 for girls are received, the field will be cut to the top 18 scores in each group.**
- The competition will be an 11-dive format. In the preliminary rounds (first 5 dives), the diver must do 2 voluntaries and 3 optional dives. In the semi-final rounds (next 3 dives) the diver must do 2 voluntaries, and 1 optional. The diver must perform at least 1 dive from each group by the end of the 8th round. In the final round (last 3 dives), the diver must do 1 voluntary, and 2 optionals. One of the three final dives must be the diver's sixth optional.
- The six optional dives to be performed in the meet must have a minimum degree of difficulty of 12.7 for girls, and 13.5 for boys. **All optional dives must have a minimum degree of difficulty of 2.0; girls may use 5122D as an optional.**
- Open warm-up will begin at 5 PM and will last for 1 hour. The Diving Meet will start at 6:15 PM. We will run the girls' and boys' competition concurrently.
- **Cuts will be determined on time constraints.** If needed, we will cut to the top ten divers after the preliminary rounds, and the top six after the semi-final rounds.
- Diving event entries and fees should be sent in along with the swimming entries as specified earlier in "Entry Guidelines."
- Diver entries need to be submitted with the TM File sent to Julie Bare **and also** sent to Tom Blankenship
- **Edive Entries must be submitted to John Christensen, (johnrchristensen@gmail.com) by December 18, 2019.**
- Diving sheets, proof of qualifying, and all questions should be sent to:

Tom Blankenship
St. Ignatius Diving Coach
216-650-9459
tom.blankenship23@gmail.com

Cleveland State University
Release and Waiver of Liability

As consideration for my participation in the _____, (the "event") I hereby for myself, family, heirs, executors, administrators and assigns waive, release and forever discharge Cleveland State University and its Board of Trustees, officers, employees and agents from any and all liabilities, demands, claims, damages, losses, costs (including attorney's fees), actions and causes of action arising out of or in connection with my participation in the above listed event and/or the use of Cleveland State University facilities, furnishings, or equipment during this event, except to the extent such liabilities, demands, claims, damages, losses, costs (excluding attorney's fees), actions and causes of action are attributable to the negligent actions of Cleveland State University or its Trustees, officers, employees, or agents while acting within the course of their employment, as set forth in Ohio Revised Code Section 2743.02. I also acknowledge that Cleveland State University and its Trustees, officers, employees and agents assume no responsibility for any bodily injury, death, loss, illness or accident to myself or others or damage to personal property which may arise out of my participation in this event.

I fully understand and hereby acknowledge that participation in this event involves many risks, including the risks of serious bodily injury and death. In consideration of being allowed to participate in the event listed above, I voluntarily accept and assume all responsibility for and risk of such personal injury arising from such participation.

I understand that any University personnel or agents participating in this event are not necessarily medically trained to care for any physical or medical problems that may occur during this event. I release all such personnel from any claim whatsoever on account of first aid or service rendered to me during my participation in this event.

By placing my signature below, I acknowledge that I have adequate medical and hospitalization insurance for any injuries that I may incur as a result of participating in this event.

I attest and verify that I am 18 years of age or older, that I have had a recent physical examination and that I have no known health problems or conditions that could prevent me from successfully participating in this activity.

IF APPLICANT IS LESS THAN 18 YEARS OF AGE, THE *PARENT'S CONSENT, RELEASE AND WAIVER OF LIABILITY* ON THE BACK OF THIS FORM MUST ALSO BE COMPLETED AND SIGNED.

Participant's Name (Please print)

(_____)_____
Participant's Phone

Participant's Address

I have read and fully understand the entire **RELEASE AND WAIVER OF LIABILITY** and my signature below confirms my full understanding and voluntary acceptance of such **RELEASE AND WAIVER OF LIABILITY**.

Participant's Signature

Date

Cleveland State University
Parent's Consent, Release and Waiver of Liability

IF APPLICANT IS LESS THAN 18 YEARS OF AGE, BOTH SIDES OF THIS FORM MUST BE COMPLETED AND SIGNED.

I hereby give my consent for my minor child, _____ to participate in _____, (the "event").

If my child becomes ill or is injured while participating in this event, please contact either of the following:

Daytime

Name _____ Phone (_____) _____

Name _____ Phone (_____) _____

Evening

Name _____ Phone (_____) _____

Name _____ Phone (_____) _____

In the event that reasonable attempts to contact the above-mentioned persons are unsuccessful or impractical, I hereby give my consent for emergency medical treatment to be administered to my child and/ or the transfer of my child to a treatment facility. I also release all such personnel from any claim whatsoever on account of first aid or service rendered to my child during participation in the event listed above.

I have read and fully understand the entire **RELEASE AND WAIVER OF LIABILITY**, including the paragraph relating to no known health problems or conditions and my consent to emergency treatment. In consideration for my child's participation in the event listed above, I do hereby agree to assume all the risks and responsibilities surrounding such participation and do hereby also for and on behalf of myself, my minor child, my heirs, executors, administrators and assigns waive, release and forever discharge Cleveland State University, its Board of Trustees, officers, employees, and agents from any and all liabilities, demands, claims, damages, losses, costs (including attorney's fees), actions and causes of action arising out of my child's participation in this event.

Parent's/Legal Guardian's Signature

Date

Parent's/Legal Guardian's Name (please print)

(_____) _____
Parent's/Legal Guardian's Phone

Parent's/Legal Guardian's Address

LAKE ERIE SWIMMING
REQUEST FOR INITIAL DISTANCE

This form should be completed when a swimmer requests that he or she receive recognition for an initial distance so that the time can be entered into SWIMS. Three watches should be provided for the initial distance split and the times recorded on this form. Officials should observe the “finish” at the initial distance to verify that the initial distance was completed in accordance with the finish rules of the relevant stroke. The swimmer must complete the event or the initial distance will not be recognized. Send completed form to Pam Cook, 301 Rockledge Drive, Bay Village, OH 44140-2712.

Swimmer's Name _____ **Club** _____ **LSC** _____

Swimmer's USS # _____

Event # & Description _____

Initial Distance: (circle) 50 100 200 400 500 800 1000 other _____

Watch times _____

Pad time _____

Official time _____

The initial distance was completed in accordance with USA Swimming technical rules for the stroke, including the finish.
The swimmer completed the event.

Signature of Meet Referee _____

Signature of Administrative Official _____

Date _____

Meet _____ **Sanction/Approval #** _____

Form C

First Day of Meet_____

ATHLETE ROSTER – FULL LEGAL NAMES ONLY

[illegible]