

37th VIKING SWIMMING AND DIVING INVITATIONAL



The Robert F. Busbey Natatorium **CLEVELAND STATE UNIVERSITY**



October 2011

Dear Coach:

The Saint Ignatius Wildcats Swimming and Diving Team extends to you a warm invitation to compete in the 37th Viking Swimming and Diving Invitational on Saturday, December 17, 2011 at CSU. We expect to host another premiere event this year.

Location: The Robert F. Busbey Natatorium
Cleveland State University
East 24th Street between Euclid and Chester Ave.
Cleveland, Ohio [“RC” *on* csuohio.edu/aboutcsu/campusmap.pdf]

Date: Saturday, December 17, 2011
Doors open at 6:00 am

Time: Warmup for larger teams (equal or above 17 athletes entered) at 6:30am
Coaches’ meeting in hospitality area at 6:45 am
Prelims warm-ups for smaller teams at 7 am
Prelims begin at 8 am
Finals warm-ups at 5:15 pm
Finals begin at 6 pm

This packet of information is designed to help you understand all meet requirements for swimmers and divers: entry, cost, deadlines, qualifying times, diving information, USA-S observation forms, CSU waivers, and more. Please take a moment to look over this entire packet *now* to avoid surprises later on.

We are required to limit entries to *the first 600 athletes, properly entered and paid*. The Cleveland Fire Marshall has made this very clear.

- We will begin accepting entries on Friday, November 11th, 2011

- The Viking entry deadline is 5 pm., Friday, December 9th, 2011

Due to the popularity of this event, *the meet will probably close **well before the deadline.** Late or deck entries will not be accepted.* Please double-check your electronic and hard copy forms, making certain that every athlete is entered correctly, qualifying times are accurate, and fees are properly computed.

We will be following the swimming rules as dictated by the Ohio High School Athletic Association (OHSAA). Results will be posted on www.swimmeet.com after the event.

When you check in at CSU, you must turn in a *signed Cleveland State University Participant Release and Waiver of Liability form for each athlete. If the athlete is under the age of 18 years, the Parent's Consent form must also be completed and returned prior to warm-ups.* The two pages are located at the end of this packet. Likewise, diving sheets must be signed and turned in at check-in *before* the meet.

The consent forms and this entire packet will also be available online at www.stigswim.org. Parents can be directed to that site for your convenience.

Competitive Aquatic Supply (CAS/casswimshop.com) from Canton will be on hand to provide last minute necessities and bargains for your athletes. We are grateful for their professional assistance.

Feel free to contact Viking co-directors at anytime with questions or comments. We hope to see you on December 17, 2011 at CSU. Saint Ignatius Swimming and Diving wishes you all the best during the coming season!

Sincerely,

George Woznak
GBWoznak@aol.com

Mark Pophal
popjos@aol.com

Jeff Christian
jents@cox.net

Coaches' Notes

- A meeting for all coaches will be held at 6:45 am near the pool office where you checked in. At check in, you will receive heat sheets and meet rules.
- Scratches will be accepted at the scoring table until 7:45. No additions. Once the meet starts, declared false starts will be accepted by the referee.
- Athletes not intending to swim an event in the finals session must notify the scoring table no later than 30 minutes after the results have been announced.
- Athletes that have not scratched their event for finals and do not show for the event will be removed from ALL further competition unless it is determined by the Referee that the failure to compete was beyond control of the swimmer. At this time, alternates will be called.
- 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.
- There will be a 15-minute break after the Boys 50 free.
- The top ten swimmers in each individual event and top ten teams in each relay event will qualify for Finals. The next ten fastest individuals *and* relay teams will have consolation finals, except for the 500 freestyle which will be a championship final only.
- Concerning the 500 freestyle: If it is determined, based on the number of entries and the estimated timeline, that the preliminary session is too long, the 500 may be limited to the fastest 4 heats competing as normal , with the additional heats to be conducted after the 400 Free Relays. This will be announced on the St. Ignatius Swimming and Diving website (www.stigswim.org) once the timeline is established and also discussed at the coaches meeting.

Qualifying Standards (same as last year)

<u>GIRLS EVENTS</u>			<u>BOYS EVENTS</u>		
		<u>Bonus</u>			<u>Bonus</u>
200 Medley Relay	2:02.50	N/A	200 Medley Relay	1:52.50	N/A
200 Freestyle	2:07.00	2:09.49	200 Freestyle	1:55.09	1:58.09
200 IM	2:24.19	2:26.99	200 IM	2:11.69	2:15.09
50 Freestyle	26.89	27.99	50 Freestyle	24.49	25.29
100 Butterfly	1:06.29	1:07.79	100 Butterfly	1:00.09	1:02.89
100 Freestyle	58.19	1:00.79	100 Freestyle	53.59	55.19
500 Freestyle	5:32.89	5:47.39	500 Freestyle	5:17.69	5:24.29
200 Freestyle Relay	1:53.00	N/A	200 Freestyle Relay	1:38.00	N/A
100 Backstroke	1:06.19	1:07.79	100 Backstroke	59.19	1:01.09
100 Breaststroke	1:14.00	1:15.69	100 Breaststroke	1:08.89	1:12.09
400 Freestyle Relay	4:10.00	N/A	400 Freestyle Relay	3:32.00	N/A

Note: 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 may be asked to prove entry times. If proof cannot be provided, invitations to future Vikings may be withheld. Thanks for your understanding on this matter.

Entry Guidelines

Individual Events: There is no limit to the number of athletes a team may enter in an individual event as long as each athlete has met or bettered the qualifying standard. Each athlete may compete in a total of *four* events of which no more than *two* may be individual events. The qualifying standard must have been achieved in 2011 in any High School or sanctioned USA Swimming competition. Athletes who have not met the time standards in 2011 are welcome as spectators (\$2 in the stands). *They should not be on deck or competing in the meet.*

Relay Events: Teams may enter only 1 team per relay event. All relay-only swimmers must be submitted with the entry. Relay cards will be distributed at the meet prior to warm ups; coaches must list the names and order of their relay swimmers on the card and send the card to the blocks with the swimmers. Any swimmer listed on the card that is not in the meet database will cause the relay team to be disqualified. Teams must pay for all swimmers they have in the database, whether or not they actually swim.

There *will* be a consolation heat again this year for relay events.

Bonus Events: Swimmers qualifying for one individual event have the option to participate in a second "bonus" event. For example, if a swimmer has met the qualifying

standard in only one individual event, that swimmer will be permitted to enter a second individual "bonus" event, if he or she has a time that meets or beats the "bonus" time listed on the qualifying standard chart. Relay-only swimmers may not enter "bonus" events.

Entry Fees: The entry fee is \$12 per swimmer or diver, regardless of the number of events. Relay-only swimmers are also \$12 per swimmer, regardless of the number of relays.

Entry Deadline: All entries (electronic plus hard copy) and payments must be in the hands of Julie Bare by 5 pm on Friday, December 9th, 2011. Please retain a hard copy for your records. Teams may update their entries (adding or switching events, updating times) up to the entry deadline. New athletes may be added until the meet closes or the entry deadline, whichever comes first.

Again, the meet will be limited to the first 600 athletes entered and paid, so please email/mail entries and payments *as soon as possible*. In 2010, the meet was closed in early December. There will be no deck entries.

Once an athlete is in the database, the team must pay for that student unless the meet has not closed and it is prior to the entry deadline. No new athlete may be added to the database after the meet is closed unless there is a corresponding athlete deletion from their entry. (There can be no net increase in the number of entries per team.) Once an athlete has been accepted, however, that athlete's times and/or events may be updated until the entry deadline. No changes at all are permitted after the heat sheets have been generated.

Finally, please include the names of *all* coaches in the entry file so we know how many people will be on deck and how many ID's we will need for each team. Thank you.

Send electronic entries to the email address below using HyTek Team Manager. 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 (voice)
Email swimming entries to: juliebare@windstream.net.

Please make checks payable to: St. Ignatius High School Athletic Department. If you are not sending a school check, please mark the name of the school on the memo line.

Coach's notes regarding USA-S observation

The meet has been approved for USA-S observation. The meet will be a "blanket" observation but the proper form must be turned in at the timer's table *before* the start of warm-ups. Forms will be available at the meet. If times for relays (all swimmers must be on the same USA-S club) or lead swimmers of relays or initial distances are desired, these **MUST** be arranged ahead of time.

This form must include the swimmers USA ID and the full legal name and birth date 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 or U.S. Open qualifying standards.

NTV requests that are made after the conclusion of the meet are subject to a \$5.00 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 \$5 fee in check form made out to: **Lake Erie Swimming, Inc.**
Times are uploaded to USA Swimming and can be viewed at the fast times link:
www.usa-swimming.org

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

Awards

No team points will be awarded at this meet. Awards can be claimed at the office where coaches checked in after Finals by *the top six divers and the top **six** swimmers in individual events and the top **three** teams in relay events.* Awards *must* be claimed by the winning athletes or their coaches. Relay teams: please try to come as a group. Also, back by popular demand: Male and Female "Performer of the Meet" will be selected based on the day's highest power point total of two individual events.

Admission

Admission will be a one-time fee. Once an individual has been admitted to the meet, he or she will be stamped and allowed to re-enter. There will be no additional entry fees for Finals.

Adults	\$7
Students	\$3
Non-competing swimmers and divers	\$2
Children under 6	Free
Heat Sheets – Prelims	\$4
Heat Sheets – Finals	\$2

Help keep our database current

Last year we purchased the database for OH schools from OHSAA. It has all the coach and ad contact info. It could be your school has experienced some personnel changes over the past 18 months. If so, could you please let us know if we need a different name for swim/dive coaches or the AD at your school. Please forward that information to Viking co-director Mark Pophal @ popjos@aol.com.

Diving Information

The format for this year's 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, 2011 and December 9th, 2011.
- Diver's entries must include a completed diving sheet meeting the requirements listed below (changes to the sheet will be allowed up to 1 hour prior to the event), and 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).
- Entries (dive sheet and proof of qualifying) must be delivered to Kevin Carmichael, (see E-mail and address below) no later than Saturday, December 10th, 2011, at 5:00PM. **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 optional. 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. Dive 5122 may be used as optional dive for GIRLS ONLY.**
- Open warm-up will begin immediately after the completion of the swimming prelims and will last for 1 hour. Approximate starting time for the diving competition will be between 1:45 and 2:45 PM. We will run the girls' and boys' competition concurrently.
- 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." Diving sheets and proof of qualifying should be sent to:

Kevin Carmichael
 26477 Birchdale Dr.
 Westlake, OH. 44145
 Phone: (440) 899-9962
 Email entries can be sent to: krcarmichael@wowway.com

Please direct all questions to: Chris Dalman at 253-632-3536, or ChrisDalman@clevelanddiveteam.com.

Good Luck to all divers and their coaches.