



42nd VIKING SWIMMING & DIVING INVITATIONAL
The Robert F. Busbey Natatorium
CLEVELAND STATE UNIVERSITY



November 2, 2016

Dear Coach,

The Saint Ignatius Wildcats Swimming and Diving Team is inviting you to compete in the 42nd Viking Swimming and Diving Invitational on Friday & Saturday, December 16 and 17, 2016 at CSU.

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

	<u>Diving</u>	<u>Swimming</u>
Date:	Friday, December 16, 2016	Saturday, December 17, 2016
Time:	5:00 p.m. Warm-ups 6:15 p.m. Diving Meet Start	6:15 a.m. Doors Open 6:30 a.m. Warm-Ups Open 6:45 a.m. Coaches' meeting 8:00 a.m. A-Meet Prelims 1:00 p.m. B-Meet Warm up 1:45 p.m. B-Meet Begins 5:15 p.m. A-Meet Finals Warm ups 6:00 p.m. A-Meet Finals Start

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

Sincerely,

Dan Wepplo, Kyoko Hong & Nathan Hessler

VikingMeet@gmail.com

Meet Format – Swimming:

A-Meet: (Prelims / Finals)

- Maximum number of qualified entries per team: Unlimited
- Maximum number of individual events per swimmer: Two (2)
- Maximum number of total events per swimmer: Four (4)
- Relay Events – One (1) team entry per relay event.
 - Relay cards will be distributed at check in and collected on deck.
 - Any 8 qualified 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-Meet provided the swimmer meets or exceeds the bonus standard. The 500 freestyle is not an eligible bonus event.
- *The 500 freestyle in the A-Meet may be **limited to four (4) heats for girls and four (4) heats for boys.** Selections will be based on seed times. Swimmers excluded from the top 4 heats will be offered the option of entering a different event, provided they meet that event's time standards. There will not be a 500 consolation event in the finals.*
- There will be a 15 minute break following the 50 Free.

Event #	Girls		Event	Event #	Boys	
	Qualifying	Bonus			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-Meet: (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-Meet will be timed finals.
- Times swam in the B-Meet are not eligible to qualify for the A-Meet finals.
- Team must have at least one athlete qualified, accepted, and Swimming in the Viking A-Meet in order to enter the B-Meet
- Maximum number of qualified entries per team: Unlimited
- Maximum number of B-Meet individual events per swimmer: Two (2)
- There will be no relays or bonus events in the B-Meet.
- 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, provided they meet that event’s qualifying time standard.

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	1:14.99	100 Freestyle	34	1:04.99
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 meet or swim in both provided:

- They meet the event’s qualifying time standards
- No swimmer may exceed two (2) individual events. Both A-Meet and B-Meet events count towards this total.
- No Swimmer may enter more than four(4) events when totaling their entries in A-Meet Individual events, B-Meet Individual events, and A-Meet Relays.

Meeting Time Standards: All qualifying swims must have occurred between last year’s Viking Meet (12/19/2015), and the meet closing date Friday, December 9, 2016.

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. Thank you for your understanding.

Meet Entry Procedure and Timeline: - This applies to both the A-Meet and the B-Meet.

Entries Open: Friday, November 11, 2016.

- Entry Fees: \$12.50 per athlete
- Electronic: HyTek Team Manager format.
Send to: jbare@roadrunner.com
No faxed entries will be accepted or entered.
- Swimming and Diving entry **hard copy and payment** to:
Julie Bare
57 East Belmeadow Lane
Chagrin Falls, Ohio 44022
440 338-8659 (voice)

Meet Closure - Maximum Entries Received

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 Lake Erie Swimming and Swimmeet.com. No further entries will be accepted after this announcement. The A and B sessions will close independently.

Meet Closure to Entry Deadline (December 9, 2016)

- A team's total number of entries cannot change.
- Upon coaches' request, a swimmer's times may be updated.
- **All entries (electronic plus hard copy) and payments** must be in the hands of Julie Bare by 5 p.m. on Friday, December 9, 2016. Please retain a hard copy for your records.
- Teams are responsible for paying for their entire entry – regardless if the athlete participates in the meet.
- Checks payable to: St. Ignatius High School Athletic Department. Please mark the name of your school on the memo line.

After December 9, 2016 - no changes to entries, events or times will be accepted.

There will be no deck entries.

Each team is required to pay their entry fees by December 9, 2016. Failure to pay by December 11th may affect future invitations to the Viking Swim Meet.

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 A-Meet 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 a consolation final or finals race in an individual event who fails to compete in said final race shall be barred from further competition for the remainder of the meet, except as noted below in "Exceptions for Failure to Compete."

Exceptions for Failure to Compete - No penalty shall apply for failure to withdraw or compete in an individual event if

- (1) The Referee is notified in the event of illness or injury and accepts the proof thereof.
- (2) A swimmer qualifying for a consolation final or final race following preliminaries notifies the Referee or designee within thirty (30) minutes after the announcement of the qualifiers for that race that the swimmer may not intend to compete. The swimmer must declare within thirty (30) minutes following his last individual preliminary event a final intention to scratch or swim.
- (3) It is determined by the Referee that failure to compete is caused by circumstances beyond the control of the swimmer.

Official's Notes

- We will be following the swimming rules as dictated by the Ohio High School Athletic Association (OHSAA).
- 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 until the conclusion of the coaches meeting. No additions. Once the meet starts, declared false starts will be accepted by the referee. Swimmers not showing for their event will be disqualified from that event (3.2.3.1)

- 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-Meet only.
- The top ten (10) 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 be invited to compete in a consolation final heat. However, there will not be a consolation finals 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.

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 and birthday entered in your meet file or a upload data form can be picked up at the scoring table and submitted at the timer’s table *before* the start of warm-ups. Forms will be available at the meet. If times for relays (all swimmer 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 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 web site within two weeks, contact Chuck Kunsman with the relevant information at: chuck163@yahoo.com.

Resources:

- Aquatic Outfitters of Ohio (www.aquaticoutfittersofohio.com) will be present for any last minute equipment needs.
- Viking T-shirts will be on sale again. These extremely popular shirts often sell out early.
- Breakfast, Lunch and other snacks will be available for coaches throughout the day.
- Results will be posted on www.swimmeet.com after the event.

Awards - A-Meet Only

- *top six (6) divers*
- *top **six** (6) swimmers in individual event*
- *top **three** (3) teams in relay events.*

Awards *must* be claimed by the winning athletes or their coaches. Relay teams, please try to come as a group. Girl and Boy “Performer of the Meet” will be selected based on the day’s highest NISCA power point total of two individual events.

Admission

Admission will be a one-time fee. Re-entry is allowed with proof of entry.

Adults	\$9
Students / Seniors	\$5
Children under 6	Free
Heat Sheets – Prelims	\$5
Heat Sheets – Finals	\$2
Finals Only Admission	\$5
Diving	\$5

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, 2016 and December 11, 2016; <OR> a minimum score of 300 points for boys and 290 points for girls for 11 Dives in a USA Diving Event.
- 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 must be in hand no later than Friday, December 16, 2016, 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.**
- Open warm-up will began 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

Diving sheets, proof of qualifying, and all questions should be sent to:

Tom Blankenship
St. Ignatius Diving Coach
1030 Brook Lane
Rocky River, OH 44114

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 W AIVER 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