

# CENTRAL PENN AQUATIC LEAGUE

## **2004 ALL-STAR CHAMPIONSHIP**

**LOCATION:** Cumberland Valley High School – 6746 Carlisle Pike – Mechanicsburg, PA 17055

**DATE:** Sunday February 22, 2004

**SESSIONS:** Morning – 8 & Under, 9-10                      Afternoon – 11-12, 13-14, 15 & over

**WARM-UPS:** Morning 7:45AM                                      Afternoon – 11:45AM

**START:** Morning 9:00AM                                      Afternoon – 1:00PM

### **WARM-UP TIMES**

**THE FOLLOWING TEAMS WILL HAVE FIRST WARM-UP IN THE MORNING AND AFTERNOON. Lane assignments will be done at the MEET.**

**BSAC-CYAA-CVAC-EPAC-EAC-HAC-MSC-NYAC-SAC-SMSC-WSR-WSY AT  
7:45AM and 11:45AM**

**THE FOLLOWING TEAMS WILL HAVE SECOND WARM-UP IN THE MORNING AND AFTERNOON. Lane assignments will be done at the MEET.**

**CHY-FSC-GETY-HAY-LVST-LEBY-MASC-NDCY-PAC-TRVY-WAY-YY  
8:10AM and 12:10PM**

***NOTE: All lanes will open for starts for the last 15 minutes of each warm-up session.***

**ADMISSION:** \$2.00 admission ( children under 12 are free ) - \$3.00 for program

**ENTRIES:** The twelve fastest times of the four combined Divisional results in each event will advance to the All-Stars finals. The next fastest qualifying times will be alternates.

**AWARDS:** All participants shall receive medals.

**POOL:** Meet will be held in an eight lane, 25 yard competition pool @ Cumberland Valley High School. Only lanes 2-7 will be used.

**VOLUNTEERS:** Each team must supply volunteers to run the meet. A form is provided and needs to be completed.

**BULL PEN:** We will be providing a bull pen for both sessions. All swimmers must report to the “Clerk of courts” in the gym as the events are called.

**SEATING:** Spectator seating is available in the balcony area. No swimmers will be allowed to lounge in the spectator area seating. All swimmers should rest between events in the gymnasium.

**CONCESSIONS:** Plenty of food and beverages will be available through both sessions of the meet at our Eagle Beach Café. **NO FOOD is allowed in the Spectator area or on the POOL Deck**

**GENERAL**

**INFORMATION:** For any additional information or questions, please call Bernie Kotalik – Meet Director @ 763-0821 or E-mail @ **bernie54@comcast.net**

**TEE SHIRT**

**SALES:** Custom designed tee-shirts will be for sale at the meet. We will be sending out an order form for those who want to order their shirts in advance. A description of the shirts will be available on the order form. Take advantage of the **early-order-form** and beat the rush for a shirt.

## **COACHES, VOLUNTEERS, SWIMMERS NOTES & REMINDERS**

- **All swimmers should report directly to the gymnasium.**  
**No swimmers will be allowed to lounge in the pool deck area or outside hallways. Sufficient room will be provided in the gymnasium. Only swimmers swimming their events or staged for an upcoming event should be on deck. Deck space is limited and we want to run an organized meet that will flow quickly.**
- Swimmers will be staged along the far side of the pool on chairs provided.
- There will be a bull-pen for the 8 & under, 9-10 (morning session). The older swimmers (afternoon session) should be able to make sure they are ready for their events on their own. However we will make sure that event progress is communicated to them so they will not miss their events.
- **Coaches should pick up their team packets before the start of the meet. The packet will include heat sheets, volunteer duty schedules ( along with name badges for all volunteers ). Coaches, please make sure volunteer assignments are communicated properly to your team. We cannot start the meet until all areas are covered where volunteers are needed.**
- **Volunteer assignments will also be posted in various areas in the pool area. Please make sure all volunteers review their responsibilities before the start of the meet.**
- There will be hospitality provided for all officials.
- Please make sure your area is free of trash & litter after each session. The high school has been very generous in allowing us to use the pool and we want to leave the facility the way we found it.

# CPAL ALL-STAR CHAMPIONSHIP

At Cumberland Valley - 2/22/04

## Events Report

BOYS

EVENT

GIRLS

### A.M. SESSION

1	8 & Under 100Y Medley Relay	2
3	9-10 200Y Medley Relay	4
5	8 & Under 25Y Free	6
7	9-10 50Y Free	8
9	8 & Under 25Y Breast	10
11	9-10 50Y Breast	12
13	8 & Under 50Y Free	14
15	9-10 100Y Free	16
17	8 & Under 25Y Back	18
19	9-10 50Y Back	20
21	8 & Under 25Y Fly	22
23	9-10 50Y Fly	24
25	8 & Under 100Y IM	26
27	9-10 100Y IM	28
29	8 & Under 100Y Free Relay	30
31	9-10 200Y Free Relay	32

### P.M. SESSION

33	Open 200Y Free	34
35	11-12 200Y Medley Relay	36
37	13-14 200Y Medley Relay	38
39	15 & Over 200Y Medley Relay	40
41	11-12 50Y Free	42
43	13-14 50Y Free	44
45	15 & Over 50Y Free	46
47	11-12 50Y Breast	48
49	13-14 100Y Breast	50
51	15 & Over 100Y breast	52
53	11-12 100Y Free	54
55	13-14 100Y Free	56
57	15 & Over 100Y Free	58
59	11-12 50Y Back	60
61	13-14 100Y Back	62
63	15 & Over 100Y Back	64
65	11-12 50Y Fly	66
67	13-14 100Y Fly	68
69	15 & Over 100Y Fly	70
71	11-12 100Y IM	72
73	13-14 200Y IM	74
75	15 & Over 200Y IM	76
77	11-12 200Y Free Relay	78
79	13-14 200Y Free Relay	80
81	15 & Over 200Y Free Relay	82

## 2004 CPAL ALL-STAR - VOLUNTEER ASSIGNMENTS

TEAM NAME: \_\_\_\_\_

<b>Positions</b>		<b>Morning Session 8 &amp; Under, 9-10</b>		<b>Afternoon Session 11-12,13-14 &amp; 15 &amp; Over</b>
<b>Timers</b>	1.)	<b>Shift #1- Events 1- 16</b>	1.)	<b>Shift #1- Events 17 - 32</b>
	2.)		2.)	
	3.)	<b>Shift #2- Events 33 - 57</b>	3.)	<b>Shift #2- Events 58 - 82</b>
	4.)		4.)	
<b>Gym Supervisor</b>	1.)		1.)	
<b>Bull Pen</b>	1.)		1.)	

***PLEASE SUBMIT THIS FORM AS SOON AS POSSIBLE***