

Palmyra Aquatic Club, Inc.



TO: CPAL Division 3A Coaches and Reps

FROM: Palmyra Aquatic Club

SUBJECT: Winter Divisionals 2009

The Palmyra Aquatic Club looks forward to hosting the Central Penn Aquatic League Division 3A Meet on Saturday, February 14, 2009. Please review the information on the attached sheets. If there are any questions, concerns or missed information, please contact me.

All entries for the meet must be submitted electronically via Hy-Tek software by February 7, 2009, at 6:00 p.m. and should be emailed to me at kasheriff@comcast.net. As a reminder, all times should be in yards using Hy-Tek Software for conversions. All entries must be accompanied by your completed official and volunteer sheet. Entries will not be accepted without your volunteer information. Please note that all teams must provide their own watches for their timers. **Coaches please remember to refer to CPAL's By-Laws for the Championship Guidelines regarding entry limitations.**

We will be swimming the meet in a dual meet format with the addition of medley relays for the 8 & under and 10 & under age groups and freestyle relays for the 12 & under, 14 & under and 15-18 age groups. Also, the meet will be divided into two (2) sessions (morning and afternoon) as follows:

Session 1 9:00 AM--- 8 & under and 10 & under age groups;
Session 2 1:00 PM--- 12 & under, 14 & under, 15-18 age groups.

The top sixteen (16) individuals and the top eight (8) relays from the combined results of all five (5) divisions will qualify for the All Star Meet co-hosted by the WSY and NYAC on Sunday, February 15, 2009. Information regarding this meet will be provided by the host team.

Good luck to all teams. Thank you for your cooperation in making this a safe and fun meet for all.

Sincerely,

Karen Sheriff
Meet Director

636 West Walnut Street
Palmyra, PA 17078
Telephone: (717) 574-2289
Email: kasheriff@comcast.net

Information sheets included with this packet:

- *Coaches/League representative general information sheet*
- *Officials/Volunteer sign-up form*
- *Schedule of Events*
- *Advertising Sponsor form*
- *Division 3A Clothing Order Form*

Post Office Box 525, Palmyra, PA 17078
Email: palmyrasharks@comcast.net | www.palmyrasharks.com

CENTRAL PENN AQUATIC LEAGUE DIVISION 3A CHAMPIONSHIP Saturday, February 14, 2009

Hosted by the Palmyra Aquatic Club
www.palmyrasharks.com

Location: Palmyra Area High School
1125 Park Drive
Palmyra, PA 17078

Directions can be found at: www.palmyrasharks.com

Meet Director: Karen Sheriff

Meet Referee: Susan Strano

Telephone: (717) 574-2289
Email: kasheriff@comcast.net

Telephone: (717) 838-9882
Email: lsfh27@comcast.net

Entries: Entry deadline is February 7, 2009, by 6:00 p.m. All entries should be emailed to kasheriff@comcast.net.

Admissions: Adults and children 12 and over - \$2.00 Programs - \$3.00

Entrance to the building will be from the rear parking lot (middle set of doors). Officials, Meet Volunteers, and Coaches will have a designated check-in area.

**Warm-Ups and
Start Times:**

Building Opens 7:15 a.m.

	Location	Session 1	Session 2
Scratch Meeting	Staging Area	8:00 a.m.	12:00 p.m.
Officials Meeting	Staging Area	8:30 a.m.	12:30 p.m.
Timers Meeting	Staging Area	8:45 a.m.	12:45 p.m.
Meet Start		9:00 a.m.	1:00 p.m.

Warm Up Sessions			
Session 1	Session 2	Lanes 1,2,3	Lanes 4,5,6
7:45-8:05	11:45-12:05	PAC	FSC
8:05-8:25	12:05-12:25	LEBY	EAC
8:25-8:45	12:25-12:45	LFYL	NDCY

One-way sprints will occur during the last 5 minutes of designated warm-up.

Volunteers:	Each team is asked to provide the names of coaches, timers and officials. Please complete the attached form and return it to kasheriff@comcast.net by February 4, 2009 . Entries will not be accepted without your completed officials and volunteer sheet. Volunteers will need to check-in prior to the start of the meet to get their deck badge.
Officials:	On deck officials, please wear white tops and navy bottoms and have applicable official's patch visible. Officials will need to check-in prior to the start of the meet to get their deck badge.
Coaches:	Only four coaches per team will be permitted on deck at any one time.
Awards:	First through twelve for individual events; first through six for relays. Coaches or Team Reps are required to pick up awards at the end of the meet. <u>Awards will not be given to swimmers or parents.</u>
Refreshments:	The concession stand will be located outside the gym entrance and will provide a variety of food, snacks, and beverages throughout the entire meet.
Hospitality:	The Coaches and Officials hospitality area will be located in the girls' pool office which is in the corner opposite the gallery at the shallow end of the pool.
Supervision/Team Area:	Each team will have a designated area in the school gym. The Palmyra High School and the Palmyra Aquatic Club require that each team provide adult supervision in their team area and comply with the Palmyra High School regulations. Anyone found defacing the property, not abiding by school regulations, and/or displaying unsportsmanlike conduct will be asked to leave the premises.

**CENTRAL PENN AQUATIC LEAGUE
DIVISION 3A CHAMPIONSHIP
Saturday, February 14, 2009**

Order of Events

BOYS

GIRLS

SESSION ONE

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

SESSION TWO

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

DIVISION 3A CHAMPIONSHIP MEET

Palmyra Area High School

Custom Designed Clothing Order Form

The Palmyra Aquatic Club will be accepting pre-orders for our custom designed long sleeve T-shirts and Hooded Sweatshirts commemorating the Division 3A Championship meet on Saturday, February 14, 2009.

The T-shirts and Hooded Sweatshirts are black with screen printing on the front left, sleeve and back of the shirts. Artwork is enclosed and will also be posted on our website at www.palmyrasharks.com. We will only have a limited number of T-shirts and Sweatshirts available the day of the meet. If your team would like to place an advance order, please complete the form below and mail to Ellie Leach at 424 Royal Road, Palmyra, PA 17078 along with your team check payable to PAC, Inc. by no later than **February 2, 2009**. If you have any questions, please contact Ellie at (717) 926-2240.

Pre-Ordered shirts can be picked up the day of the meet by the team rep at the coaches/volunteers check-in station.

LONG SLEEVE T-SHIRTS			
Sizes	Quantity	Cost	Total
Youth Medium		\$15.00	
Youth Large		\$15.00	
Adult Small		\$15.00	
Adult Medium		\$15.00	
Adult Large		\$15.00	
Adult X-Large		\$15.00	
Adult XX-Large		\$16.50	
HOODED SWEATSHIRTS			
Sizes	Quantity	Cost	Total
Youth Medium		\$25.00	
Youth Large		\$25.00	
Adult Small		\$25.00	
Adult Medium		\$25.00	
Adult Large		\$25.00	
Adult X-Large		\$25.00	
Adult XX-Large		\$27.00	
	Order Total:		
	One check per team please. Checks should be made payable to PAC, Inc.		

THANK YOU FOR YOUR ORDER!!

**CENTRAL PENN AQUATIC LEAGUE
DIVISION 3A CHAMPIONSHIP
Saturday, February 14, 2009**

MEET OFFICIALS & VOLUNTEERS SHEET

**DUE February 4, 2009. ENTRIES WILL NOT BE ACCEPTED WITHOUT YOUR COMPLETED
OFFICIALS AND VOLUNTEER SHEET.**

TEAM NAME: _____

- I. TIMERS:** 10 timers will be needed from each team (Five per session) (Teams must provide their own watches)

SESSION ONE

SESSION TWO

EVENTS 1-16

EVENTS 17-32

EVENTS 33-58

EVENTS 59-82

1

1

1

1

2

2

2

2

BACKUP TIMER

BACKUP TIMER

- II. STROKE & TURN:** (2 per team/per session)

Session One

Session Two

1. _____

1. _____

2. _____

2. _____

- III. STARTER/RECALL:** (1 per team)

1. _____ (Indicate which session available)

- IV. FINISH JUDGE:** (1 per team)

1. _____ (Indicate which session available)

- V. RIBBONS:** (2 per team/per session)

1. _____ (Session 1) 3. _____ (Session 2)

2. _____ (Session 1) 4. _____ (Session 2)

Submitted Completed Form to:

Karen Sheriff

kasheriff@comcast.net

636 West Walnut St, Palmyra, PA 17078

**CENTRAL PENN AQUATIC LEAGUE
DIVISION 3A CHAMPIONSHIP
Saturday, February 14, 2009**

COACHES

TEAM NAME: _____

Please list all coaches below and return with the completed forms.

Name: _____ Name: _____

Name: _____ Name: _____

Name: _____ Name: _____

Please return this completed form by February 4, 2009, with your Meet Volunteer and Officials Form.

****REMEMBER ONLY FOUR COACHES WILL BE PERMITTED ON DECK AT ANY ONE TIME****

Submitted Completed Form to: Karen Sheriff
kasheriff@comcast.net
636 West Walnut St, Palmyra, PA 17078

PALMYRA AQUATIC CLUB
2009 DIVISION 3A SWIM MEET
ADVERTISING FORM

DEADLINE: Wednesday, February 4, 2009

RETURN TO: Karen Sheriff
636 West Walnut Street
Palmyra, PA 17078
Or e-mail to kasheriff@comcast.net

COST: \$60 FULL PAGE Advertisement
\$35 ½ PAGE Advertisement
\$20 Business Card Advertisement

Please make checks payable to "PAC, Inc."

Detach & Return with Ad

BUSINESS NAME: _____

CONTACT PERSON: _____

TELEPHONE NO.: _____

Please circle the ad size you would like:

\$60 FULL PAGE Advertisement
\$35 ½ PAGE Advertisement
\$20 Business Card Advertisement

*******IMPORTANT NOTE*******
Please attach a camera-ready advertisement
or business card!



2009 CPAL AAA DIVISIONAL MEET

CPAL AAA DIVISIONAL MEET

ELIZABETHTOWN AQUATIC CLUB

FALCON SWIM CLUB

LANCASTER FAMILY Y LIGHTNING

LEBANON YMCA

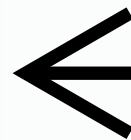
NORTHERN DAUPHIN COUNTY YMCA

PALMYRA AQUATIC CLUB

FEBRUARY 14, 2009

FEBRUARY 14, 2009

CPAL AAA DIVISIONAL MEET

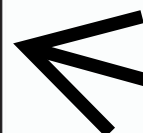


Front Left

Sleeve



CPAL AAA DIVISIONAL MEET



Back