

CENTRAL PENNSYLVANIA AQUATIC LEAGUE
DIVISION "1A" CHAMPIONSHIPS
HOSTED BY BIG SPRING AQUATIC CLUB
AT BIG SPRING HIGH SCHOOL
SATURDAY, FEBRUARY 26, 2011

Please review all information enclosed in this packet. We will need your assistance and cooperation with several items to help this divisional championship run successfully and smoothly.

We request that the entry forms or disk and the volunteer sheets be completed and returned **NO LATER THAN Saturday, FEBRUARY 19, 2011.** Please email or send them to:

Nick Miller
114 Wildwood Rd
Newville PA 17241
nrmwimsfast@yahoo.com

T-shirt order forms must be received *with check made payable to Big Spring Aquatic Club* **NO LATER THAN FEBRUARY 9, 2011.** Mail to:

Big Spring Aquatic Club
c/o Courtney Collare
19 Kengrey Drive
Carlisle, PA 17015
ccollare278@embarqmail.com
243-2230
386-1063

ANY QUESTIONS OR CONCERNS SHOULD BE DIRECTED TO:

Nick Miller: 717 448-4362 or nrmwimsfast@yahoo.com

GOOD LUCK TO ALL SWIMMERS
& THEIR COACHES!

BIG SPRING AQUATIC CLUB
2011 CPAL DIVISION "1A" CHAMPIONSHIPS

HOST: Big Spring Aquatic Club

LOCATION: Big Spring High School
100 Mt. Rock Road
Newville, PA 17241

***Directions may be found on the
CPAL league website.**

DATE: Saturday, February 26, 2011

| | | |
|--|-------------------|-------------------------------------|
| SESSIONS: Morning – 8 & Under | Boys,Girls | Afternoon – 11-12 Boys,Girls |
| 9-10 | Boys,Girls | 13-14 Boys,Girls |
| | | 15-18 Boys,Girls |

MORNING: Warm-up sessions begin at 7:30 – refer to the time schedule and lane assignments.
Meet begins at 9:00 AM

AFTERNOON: Warm-up sessions begin at 12:45 – refer to the time schedule and lane assignments.
Meet begins at 2:15 PM

ENTRIES: As per the CPAL guidelines, each swimmer may swim a maximum of 3 events. The events may be 3 individual events; 2 individual events and one relay; or one individual event and 2 relays. Listing a swimmer as an alternate on a relay does not count as an event.

*****All entries must be submitted in Hy-Tek Team Manager Format. In order to ensure everyone is using the same events, you can download the file from the CPAL web page under the divisionals link for 1A or go to www.eteams.com/BSAC and click on Divisionals Swimming Championships. Please remember that the championship meet file is different from those used for dual meets. No team will be entered without a complete volunteer sheet.**

ALL ENTRIES MUST BE RECEIVED BY Saturday, FEBRUARY 19, 2011:

Nick Miller
114 Wildwood Rd
Newville, PA 17241
Home 717-776-6103
Cell 717-448-4362

nrmswimsfast@yahoo.com - Hy-Tek Team manager format

BIG SPRING AQUATIC CLUB
2011 CPAL DIVISION "1A" CHAMPIONSHIPS

SCRATCH MEETING:

8:30 AM – MORNING SESSION
1:45 PM – AFTERNOON SESSION

SCRATCH MEETING LOCATION:

HEALTH ROOM 115

OFFICIALS & TIMERS MEETING:

8:30AM – MORNING SESSION
1:45 PM – AFTERNOON SESSION

OFFICIALS & TIMERS
MEETING LOCATION:

HEALTH ROOM 117

OFFICIALS:

STARTERS, STROKE & TURN
OFFICIALS, TIMERS & FINISH JUDGES
WILL BE PROVIDED BY PARTICIPATING
TEAMS. SEE THE ATTACHED VOLUNTEER
FORM.

SWIMMERS:

UPON ARRIVAL, PLEASE REPORT
TO THE GYMNASIUM.
LOCKER ROOM SPACE IS LIMITED
PLEASE USE DESIGNATED TEAM
AREAS.

CLERK OF COURSE:

EVENT NUMBERS WILL BE POSTED
AND ANNOUNCED IN THE GYM.
SWIMMERS ARE RESPONSIBLE FOR
REPORTING TO THE SEEDING AREA
WHEN THEIR EVENT IS ANNOUNCED AND
POSTED ON THE BOARD. ANY SWIMMER WHO
CANNOT BE FOUND WILL BE SCRATCHED FROM
THE EVENT.

PARENT CHAPERONES:

TWO ADULT CHAPERONES MUST BE PROVIDED
BY EACH TEAM TO SUPERVISE SWIMMERS IN THE
GYM AND ASSIST IN LOCATING SWIMMERS.
MAKE SURE THEY BRING A TOWEL TO THE POOL
AREA TO KEEP HALLWAYS DRY AFTER
SWIMMING. PLEASE RESTRICT YOUR SWIMMERS
FROM WANDERING AROUND THE SCHOOL.

CONCESSION STAND:

FOOD AND DRINKS WILL BE SOLD IN THE CONCESSION AREA IN THE CAFETERIA. THERE WILL BE SEATING AVAILABLE. NO COOLERS / FOOD IS PERMITTED IN THE GYM – TABLES WILL BE AVAILABLE FOR YOUR COOLERS IN THE CAFETERIA AREA

VENDOR:

D & J SPORTS WILL HAVE SWIMSUITS, GOGGLES AND OTHER SWIMMING RELATED ITEMS AVAILABLE FOR PURCHASE

T-SHIRTS:

A LIMITED NUMBER OF EXTRA T-SHIRTS WILL BE AVAILABLE AT THE MEET. PRE-ORDER FORMS ARE INCLUDED IN THIS PACKET AND ARE DUE FEBRUARY 9th.

RESULTS:

RESULTS WILL BE POSTED AS QUICKLY AS POSSIBLE IN THE HALLWAY BETWEEN THE POOL AND THE GYM. COACHES OR LEAGUE REPS ARE ASKED TO PICK UP THEIR AWARDS AT THE END OF THE MEET. AWARDS WILL NOT BE DISTRIBUTED TO PARENTS OR SWIMMERS.

ADMISSION & PROGRAMS:

ADULTS: \$2.00 STUDENTS: \$1.00
ALL NON-SWIMMERS WILL BE CHARGED
PROGRAMS: \$3.00
HIGHLIGHTERS: \$1.00

DOORS OPEN:

7:15 AM

MEET OPERATION:

A DAKTRONICS TIMING SYSTEM WILL BE USED WITH AN 8 LANE DISPLAY. PLEASE INFORM SWIMMERS TO HIT THE WALL PORTION OF THE PAD. ALSO ENCOURAGE RELAY SWIMMERS TO EXIT THE WATER IMMEDIATELY AFTER THEIR LEG OF THE RACE.

ALL 25 YARD EVENTS WILL START FROM THE BLOCKS WITH THE TIMERS MOVING TO THE OPPOSITE END OF THE POOL. THERE WILL BE THREE TIMERS PER LANE FOR THESE EVENTS. ON ALL 8 & UNDER RELAYS, THE

SECOND AND FOURTH SWIMMERS MUST START IN THE WATER.

PLEASE REMIND YOUR SWIMMERS THAT THE STARTING DEPTH IS 4 FEET 10 INCHES.

AFTER THE START OF THE MEET, THE SHALLOW END AREA WILL BE OPEN. WARM-UP OR COOL DOWN SWIMMING WILL BE PERMITTED IN THAT AREA.

GENERAL RULES:

THE DIVISIONAL CHAMPIONSHIP MEET WILL BE GOVERNED BY THE CENTRAL PENNSYLVANIA AQUATIC LEAGUE RULES.

THE BIG SPRING BOARD OF SCHOOL DIRECTORS HAS IDENTIFIED THE GROUNDS OF THE DISTRICT TO BE A TOBACCO FREE ENVIRONMENT; THEREFORE, TOBACCO USE IS NOT PERMITTED ON THE SCHOOL PROPERTY.

NO FOOD OR DRINKS, OTHER THAN WATER, WILL BE PERMITTED IN THE POOL OR GYM AREA. ALL FOODS AND DRINKS MUST BE CONSUMED IN THE CAFETERIA AREA.

IF YOU ARE PLANNING TO BRING LAWN CHAIRS, THEY MUST BE PLACED ON A TOWEL OR BLANKET TO AVOID MARKING THE GYMNASIUM FLOOR.

THE BIG SPRING AQUATIC CLUB WILL NOT BE RESPONSIBLE FOR ANY LOST OR STOLEN ITEMS. PLEASE MAKE SURE YOUR SWIMMERS KEEP TRACK OF THEIR CLOTHING AND ANY OTHER PERSONAL BELONGINGS.

PLEASE KEEP THE GYM FLOOR DRY.

HORSEPLAY OR GAMES (FOOTBALL, BASKETBALL, ETC...) WILL NOT BE PERMITTED.

PLEASE KEEP THE AREA IMMEDIATELY IN FRONT OF THE STAGING AREA CLEAR.

NO DIVING IN THE SHALLOW END OF THE POOL.

COACHES PLEASE MONITOR YOUR WARM-UP SESSION. LIFEGUARDS WILL BE ON DUTY, BUT IT IS YOUR RESPONSIBILITY TO CONTROL YOUR SWIMMERS' WARM-UP PROCEDURE.

TAKE TOWELS TO THE POOL AREA TO DRY OFF BEFORE RETURNING TO THE GYM IN ORDER TO KEEP HALLWAYS DRY AND SAFE.

BIG SPRING AQUATIC CLUB
2011 CPAL DIVISION "1A" CHAMPIONSHIPS

LANE ASSIGNMENTS FOR MORNING & AFTERNOON WARM-UPS

| TEAM | LANES | MORNING | AFTERNOON |
|-------------|--------------|----------------|------------------|
| BSAC | 1, 2, 3 & 4 | 7:30 – 7:55 AM | 12:45 – 1:10 PM |
| SAC | 5, 6, 7 & 8 | 7:30 – 7:55 AM | 12:45 – 1:10 PM |
| MAC | 1, 2, 3 & 4 | 7:55 – 8:20 AM | 1:10 – 1:35 PM |
| GETY | 5, 6, 7 & 8 | 7:55 – 8:20 AM | 1:10 – 1:35 PM |
| ACWS | 1, 2, 3 & 4 | 8:20 – 8:45 AM | 1:35 – 2:00 PM |
| MASC | 5, 6, 7 & 8 | 8:20 – 8:45 AM | 1:35 – 2:00 PM |

LANE ASSIGNMENTS FOR TIMERS

| LANE | 1st Timer | 2nd Timer | 8 & Under Event Timer |
|-------------|------------------|------------------|----------------------------------|
| 1 | ACWS | Gettysburg | Big Spring |
| 2 | Mechanicsburg | Mercersburg | Shippensburg |
| 3 | Big Spring | Gettysburg | Mechanicsburg |
| 4 | Mercersburg | Shippensburg | ACWS |
| 5 | Gettysburg | Mechanicsburg | Mercersburg |
| 6 | Shippensburg | ACWS | Big Spring |
| 7 | Mechanicsburg | Mercersburg | Big Spring |
| 8 | ACWS | Shippensburg | Gettysburg |

BACK-UP TIMERS BSAC (BOTH SESSIONS)

ALL TIMERS AND OFFICIALS WILL BE ADMITTED TO THE MEET FREE OF CHARGE. NAME TAGS WILL BE AVAILABLE AT THE ADMISSIONS TABLE. ALL TIMERS/OFFICIALS MUST WEAR THEIR NAME TAGS. RELIEF TIMERS WILL TAKE OVER AFTER EVENT #16 IN THE MORNING SESSION AND AFTER EVENT #58 IN THE AFTERNOON SESSION.

BIG SPRING AQUATIC CLUB
2011 CPAL DIVISION "1A" CHAMPIONSHIPS
VOLUNTEER SHEET

*****MUST BE RETURNED WITH TEAM ENTRIES*****

TEAM NAME _____

TIMERS

TIMERS, PLUS RELIEF TIMERS (**OPTIONAL**), ARE NEEDED FROM EACH TEAM FOR THE MORNING AND AFTERNOON SESSIONS. TEAMS ARE ASSIGNED TO SPECIFIC LANES. **PLEASE REFER TO LANE ASSIGNMENTS TO SEE HOW MANY TIMERS YOU WILL BE RESPONSIBLE TO PROVIDE. PLEASE REMEMBER TO HAVE AN EXTRA PERSON AVAILABLE FOR THE 8 & UNDER 25 YARD EVENTS.**

AM SESSION

AM SESSION RELIEF

NAME _____ NAME _____

NAME _____ NAME _____

NAME _____ NAME _____

8 & UNDER 3RD TIMER: _____

PM SESSION

PM SESSION RELIEF

NAME _____ NAME _____

NAME _____ NAME _____

NAME _____ NAME _____

OFFICIALS

EACH TEAM WILL PROVIDE OFFICIALS – ASSIGNMENTS ARE LISTED BELOW. IT IS YOUR OPTION IF YOU WISH TO PROVIDE RELIEF FOR YOUR OFFICIALS. EACH TEAM WILL ALSO PROVIDE A REPRESENTATIVE FOR THE CHAMPIONSHIP COMMITTEE. THIS COMMITTEE WILL BE RESPONSIBLE FOR “MAKING DECISIONS ON MATTERS NOT SPECIFICALLY COVERED BY THE RULES OR ON THE MISAPPLICATION OF A RULE DURING THE MEET.” THIS REP MAY ALSO FUNCTION AS AN OFFICIAL.

AM SESSION

Stroke and Turn Officials / Finish Judges

If any of the volunteers listed are interested in being the Starter/Referee please place a star by their name

(ACWS) _____

(Mechanicsburg) _____

(ACWS) _____

(Mechanicsburg) _____

(Big Spring) _____

(Mercersburg) _____

(Big Spring) _____

(Mercersburg) _____

(Gettysburg) _____

(Shippensburg) _____

(Gettysburg) _____

(Shippensburg) _____

PM SESSION

Stroke and Turn Officials / Finish Judges

If any of the volunteers listed are interested in being the Starter/Referee please place a star by their name

(ACWS) _____

(Mechanicsburg) _____

(ACWS) _____

(Mechanicsburg) _____

(Big Spring) _____

(Mercersburg) _____

(Big Spring) _____

(Mercersburg) _____

(Gettysburg) _____

(Shippensburg) _____

(Gettysburg) _____

(Shippensburg) _____

CHAMPIONSHIP COMMITTEE REPRESENTATIVE:

AM: _____

PM: _____

COACHES NAMES: PLEASE LIST ALL COACHES

NAME _____

NAME _____

NAME _____

NAME _____

NAME _____

NAME _____

CPAL Division "1A" Championships

Championship Rules:

A swimmer may declare a false start. The swimmer must be present at the meet and the false start must be declared at the scratch meeting.

A swimmer must have swum in the Divisional meet in order to be eligible to swim in the All-Star meet (in case of relays).

"In-Water Relay Take-offs". In 8 and under relays, the swimmer shall enter the water when teammate has entered at the opposite end, but no later than when the head of the incoming swimmer passes under the backstroke flags nearest where the take-off is to occur. The swimmer shall maintain contact with the end wall with either a hand and/or foot by the time the head of the incoming swimmer passes under the backstroke flags nearest the point where the take-off is to occur.

The top 16 finishers in each individual event and the top 8 relays must declare their intentions for the All-Star meet (whether they are attending or not) no later than one hour after the Divisional meet or session is completed. The responsible person to receive this information shall be the team representative or a person designated by him/her.

A list of swimmers who have qualified for the All-Star meet but are NOT intending on swimming in the All-Star meet must be given to the Divisional host within ½ hour of the completion of their Divisional meet. *CPAL By-laws clearly state that the All-Star scratches should be registered at the Divisional meet.**

We will provide the final scratch information to the coach of each team, hopefully within 1 hour of the completion of the last Divisional meet.

**CPAL DIVISION "1A" CHAMPIONSHIPS
BIG SPRING HIGH SCHOOL
2/26/2011
(8 LANE, 25 YARD POOL)
A.M. SESSION --- 10 & UNDER**

| Event # | Gender | Age Group | Distance | Stroke |
|----------------|---------------|------------------|-----------------|---------------|
| 1 | M | 8 & under | 100 Y | Medley Relay |
| 2 | W | 8 & under | 100 Y | Medley Relay |
| 3 | M | 9 & 10 | 200 Y | Medley Relay |
| 4 | W | 9 & 10 | 200 Y | Medley Relay |
| 5 | M | 8 & under | 25 Y | Free |
| 6 | W | 8 & under | 25 Y | Free |
| 7 | M | 9 & 10 | 50 Y | Free |
| 8 | W | 9 & 10 | 50 Y | Free |
| 9 | M | 8 & under | 25 Y | Breast |
| 10 | W | 8 & under | 25 Y | Breast |
| 11 | M | 9 & 10 | 50 Y | Breast |
| 12 | W | 9 & 10 | 50 Y | Breast |
| 13 | M | 8 & under | 50 Y | Free |
| 14 | W | 8 & under | 50 Y | Free |
| 15 | M | 9 & 10 | 100 Y | Free |
| 16 | W | 9 & 10 | 100 Y | Free |
| 17 | M | 8 & under | 25 Y | Back |
| 18 | W | 8 & under | 25 Y | Back |
| 19 | M | 9 & 10 | 50 Y | Back |
| 20 | W | 9 & 10 | 50 Y | Back |
| 21 | M | 8 & under | 25 Y | Fly |
| 22 | W | 8 & under | 25 Y | Fly |
| 23 | M | 9 & 10 | 50 Y | Fly |
| 24 | W | 9 & 10 | 50 Y | Fly |
| 25 | M | 8 & under | 100 Y | IM |
| 26 | W | 8 & under | 100 Y | IM |
| 27 | M | 9 & 10 | 100 Y | IM |
| 28 | W | 9 & 10 | 100 Y | IM |
| 29 | M | 8 & under | 100 Y | Free Relay |
| 30 | W | 8 & under | 100 Y | Free Relay |
| 31 | M | 9 & 10 | 200 Y | Free Relay |
| 32 | W | 9 & 10 | 200 Y | Free Relay |

**CPAL DIVISION "1A" CHAMPIONSHIPS
BIG SPRING HIGH SCHOOL
2/26/2011
(8 LANE, 25 YARD POOL)
P.M. SESSION --- 11 & OVER**

| Event # | Gender | Age Group | Distance | Stroke |
|---------|--------|-----------|----------|--------------|
| 33 | M | 11 & Over | 200 Y | Free |
| 34 | W | 11 & Over | 200 Y | Free |
| 35 | M | 11 & 12 | 200 Y | Medley Relay |
| 36 | W | 11 & 12 | 200 Y | Medley Relay |
| 37 | M | 13 & 14 | 200 Y | Medley Relay |
| 38 | W | 13 & 14 | 200 Y | Medley Relay |
| 39 | M | 15 & Over | 200 Y | Medley Relay |
| 40 | W | 15 & Over | 200 Y | Medley Relay |
| 41 | M | 11 & 12 | 50 Y | Free |
| 42 | W | 11 & 12 | 50 Y | Free |
| 43 | M | 13 & 14 | 50 Y | Free |
| 44 | W | 13 & 14 | 50 Y | Free |
| 45 | M | 15 & Over | 50 Y | Free |
| 46 | W | 15 & Over | 50 Y | Free |
| 47 | M | 11 & 12 | 50 Y | Breast |
| 48 | W | 11 & 12 | 50 Y | Breast |
| 49 | M | 13 & 14 | 100 Y | Breast |
| 50 | W | 13 & 14 | 100 Y | Breast |
| 51 | M | 15 & Over | 100 Y | Breast |
| 52 | W | 15 & Over | 100 Y | Breast |
| 53 | M | 11 & 12 | 100 Y | Free |
| 54 | W | 11 & 12 | 100 Y | Free |
| 55 | M | 13 & 14 | 100 Y | Free |
| 56 | W | 13 & 14 | 100 Y | Free |
| 57 | M | 15 & Over | 100 Y | Free |
| 58 | W | 15 & Over | 100 Y | Free |
| 59 | M | 11 & 12 | 50 Y | Back |
| 60 | W | 11 & 12 | 50 Y | Back |
| 61 | M | 13 & 14 | 100 Y | Back |
| 62 | W | 13 & 14 | 100 Y | Back |
| 63 | M | 15 & Over | 100 Y | Back |
| 64 | W | 15 & Over | 100 Y | Back |
| 65 | M | 11 & 12 | 50 Y | Fly |
| 66 | W | 11 & 12 | 50 Y | Fly |

| | | | | |
|----|---|-----------|-------|------------|
| 67 | M | 13 & 14 | 100 Y | Fly |
| 68 | W | 13 & 14 | 100 Y | Fly |
| 69 | M | 15 & Over | 100 Y | Fly |
| 70 | W | 15 & Over | 100 Y | Fly |
| 71 | M | 11 & 12 | 100 Y | IM |
| 72 | W | 11 & 12 | 100 Y | IM |
| 73 | M | 13 & 14 | 200 Y | IM |
| 74 | W | 13 & 14 | 200 Y | IM |
| 75 | M | 15 & Over | 200 Y | IM |
| 76 | W | 15 & Over | 200 Y | IM |
| 77 | M | 11 & 12 | 200 Y | Free Relay |
| 78 | W | 11 & 12 | 200 Y | Free Relay |
| 79 | M | 13 & 14 | 200 Y | Free Relay |
| 80 | W | 13 & 14 | 200 Y | Free Relay |
| 81 | M | 15 & Over | 200 Y | Free Relay |
| 82 | W | 15 & Over | 200 Y | Free Relay |

Front of T-shirt



Back of T-shirt



2011 CPAL DIVISION "1A" CHAMPIONSHIPS
SUMMARY T-SHIRT ORDER FORM

Please pre-order by Feb 9th to guarantee your order. Please forward the order form *with payment* to:

Big Spring Aquatic Club
c/o Courtney Collare
19 Kengrey Drive
Carlisle, PA 17015
ccollare278@embarqmail.com
243-2230 386-1063

Team Name: _____

Short Sleeve
\$10 each

| <u>SIZE</u> | <u>Quantity</u> | <u>\$ Total</u> |
|-----------------------------|------------------------|------------------------|
| Youth small: | _____ | _____ |
| Youth medium: | _____ | _____ |
| Youth large: | _____ | _____ |
| Adult small: | _____ | _____ |
| Adult medium: | _____ | _____ |
| Adult large: | _____ | _____ |
| Adult X-large: | _____ | _____ |
| Adult XX: (\$2.00 more) | _____ | _____ (\$12 each) |
| Adult XXX: (\$2.00 more) | _____ | _____ (\$12 each) |
| Total shirts: | _____ | |

Grand Total \$ Due: _____ **Checks payable to BSAC**

**Reminders for all
Participants & Spectators**

Parents and coaches of visiting teams, please help us with these reminders for our swimmers. Big Spring School District has very graciously allowed us to use their facilities. If our Division wants to be able to hold future events at our pool, we **must** take some extra responsibility to ensure that the following rules are adhered to closely.

No food or drink in the pool area, with the exception of water.

Absolutely no food or drink (except water) in the Gym area. This will be strictly enforced.
Swimmers / Spectators may eat in the Commons area, adjacent to the gym.

No coolers or other heavy containers that may mark the floor may be kept in the Gym area. Such objects may be stored in the Commons area. Please place towels under all chairs.

No ball playing or horseplay in the gym.

Swimmers are expected to wait in the gym, pool spectator area, or Commons area when they are not swimming. There will be closed circuit television set up in the Gym and Commons areas to encourage swimmers to remain in these areas.

The Pool is a **no jewelry facility**. Please remind your swimmers to remove all jewelry before entering the pool area.

D & J Sports will be located in the Commons area.

Swimmers must be supervised in the Gym and Commons areas. Each team is responsible for providing two gym supervisors to assist us with this task.

Big Spring Board of School Directors has declared the buildings and grounds of the Big Spring School District to be **TOBACCO FREE!!!** This means ALL TOBACCO USE in the parking lot is also prohibited. Please do not violate this policy.

There will be Big Spring School District Security Guards on hand to ensure that the above rules are enforced.

We hope all of your swimmers have an outstanding meet and swim their best times.

REMINDER: Coaches need to identify any top 16 place finishers who will not be participating in the All Star Meet. This must be submitted to the scorer's table within one-half hour of the conclusion of each session.

GOOD LUCK!!