

**CPAL Division AA
Championship
Meet Entry Packet**

**Saturday, February 26, 2011
Cedar Crest High School
John W. Davis Natatorium
Evergreen Road, Lebanon, PA
Hosted by the Falcon Swim Club**

www.falconswimclub.com



Entries due Tuesday, February 15th, 2011 by 6:00 P.M.

Please carefully review the enclosed information. Any questions, concerns, or missed information note, please notify or Lisa Frazier.

Meet Referee: Chris Palazzari (717)273-7328

Meet Director: Lisa Fraizer (717)269-2067

Facility Information: The John W. Davis Natatorium holds a 6-lane, 25 yard pool equipped with lane lines, starting blocks, a Colorado Timing System with six lane display and separate spectator area located in the pool balcony for viewing. Refreshments will be available throughout the event at the concession stand. An unlimited amount of parking is available.

Admission: \$2.00 (children 8 and under free)

Program: \$3.00

Volunteers: Each team is asked to complete the attached volunteer sheet and email it to Lisa Frazier at msfrazier@comcast.net by February 11, 2011 6:00 pm. Registered volunteers will be admitted free. FSC cannot efficiently run a meet without the full cooperation of all participating teams. **Teams unsuccessful in providing volunteers will void their swimmers' eligibility.**

Swimmer Eligibility: This championship meet is open to all swimmers registered with CPAL that have competed in 50 percent of their dual meets. *In addition, a team volunteer sheet must be submitted by February 11th, 6:00 p.m. for swimmers to be registered.*

Entries: Each swimmer may enter a maximum of 3 events per session. The events may be 3 individual; 2 individual and 1 relay; or 1 individual and 2 relays.

*****Please submit entries in Hy-Tek format as a "Meet Manager Merge Entries File" or Meet Manager Back-Up File" accompanied by a hard copy.**

Entries must be received by 6:00 pm Tuesday, February 15th:

Lisa Frazier
1138 Garden Avenue
Lebanon, PA 17046
msfrazier@comcast.net

Rules: Current National Federation rules, except for the changes that have been enacted during the life of CPAL. (4/06/1988) Please refer to CPAL 2009-2010 By Laws. The whistle start and no recall false start rules will be in use. Starts and relay take-offs will have dual confirmation. The eight/under age group are allowed one false start.

Awards: 1-12 place for individual events and 1- 6 place for relay events.

Deck Access: Deck access is limited to coaches, officials and essential meet personnel displaying proper identification.

Meet Format

Session 1: 8/Under, 9-10

Session 2: 11-12, 13-14, UL

<u>Schedule:</u>	<u>Session 1</u>	<u>Session 2</u>
Gates Open:	7:00 am	12:00 pm
Warm-ups begin:	7:20 am	12:20 pm
*Scratch Meeting:	7:45 am	12:45 pm
*Officials Meeting:	8:00 am	1:00 pm
*Timers Meeting	8:15 am	1:15 pm
Warm-ups end:	8:20 am	1:20 pm
Meet Starts:	8:30 am	1:30 pm

***Location of all meetings will be in Room 701. Please see map of facility.**

Warm-Up's:

- Swimmers will enter the pool feet first during the warm-up sessions.
- **Diving will be permitted during one-way sprints only;** an announcement will be made by the referee.
- All warm-ups will be 20 minutes in duration.
- One way sprints will occur during the last 5 minutes of the designated warm-up session.

Warm-Up Sessions:			
Session 1	Session 2	Lanes1,2,3	Lanes 4,5,6
7:20am-7:40am	12:20pm-12:40pm	FSC	PACS
7:40am-8:00am	12:40pm-1:00pm	SLST	MARA
8:00am-8:20am	1:00pm-1:20pm	CA	EPAC

Officials: On deck officials are expected to wear navy pants and a white shirt with their certification visible.

Coaches: Please pick up your team packet before the start of the meet. The packet will include heat sheets, volunteer duty schedules and name badges for all volunteers, and food passes for the coaches and officials. Please note: **Room 701 will serve as the hospitality room for officials and coaches.**

Supervision: The Falcon Swim Club requests that each team provide adult supervision of their team. Please pay particular attention to the younger swimmers so they do not miss their events.

Anyone found defacing or damaging property or not bidding by CCHS regulations will be disqualified and asked to leave the premises.

T-Shirts and Sweatshirts: Please submit the pre-order form included in this packet by **February 7th** to Lisa Frazier * 138 Garden Avenue * Lebanon, PA * 17046. msfrazier@comcast.net Shirts will be ordered based on your pre-order request. Cash and checks will be accepted. Shirts can be ordered the day of the meet. There will be a stand set up the day of the meet if you wish to order divisional clothing.

Vendor: D & J Sports will be available for all of your swimming needs. You may visit their website at www.djsports.com to view their merchandise.

Meet Results: Final results will be posted on the CPAL website (www.swimcpal.org)

Directions: See attached.

In case of an emergency on the day of the meet, please call 717-269-2067.

Attachments:

**Team Volunteer Sign-Up Sheet
Clothing Pre-Order Form
Patron ads**

**Central Pennsylvania Aquatic League
Division AAA Championship
Saturday, February 27th, 2010**

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

CENTRAL PENN AQUATIC LEAGUE DIVISION AA CHAMPIONSHIP Saturday, February 26, 2011

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 11, 2011, with your Meet Volunteer and Officials Form.

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

Submitted Completed Form to: Lisa Frazier

msfrazier@comcast.net

1138 Garden Avenue Lebanon, PA 17046