

Central Penn Aquatic League
2012 AAAA Division Championship Meet
Hosted by Cumberland Valley Aquatic Club &
Lower Paxton Aquatic Club
Saturday, February 25, 2012

Location: Cumberland Valley High School
6746 Carlisle Pike
Mechanicsburg, PA 17050

Facility: The Cumberland Valley High School Natatorium is an eight (8) lane 40 meter pool divided by a bulkhead at 25 yards, with a six (6) lane warm-up/warm-down area opposite the competition pool. A fully automatic Colorado 5 timing system with display board, touch pads at the finish for 9 & over swimmers and "2-button finish" for 8&U swimmers will be used. We will be using Hy-Tek meet management software. Team areas will be designated for all swimmers on the pool deck, We ask that each team complies and stays within their designated area. Swimmers are expected to stay on pool deck. Spectator seating is available in the gallery area above the pool.

Meet Director: Lisa Furlong - CVAC Steve Burkholder – LPAC
(717) 421-8492 (717) 554-4211

Meet Referee: Session 1: Colby Smith -CVAC Session 2: Mike Pompei - LPAC

Eligibility: This meet is open to all division 4A CPAL swimmers that are registered with their teams and swam a minimum of three league meets in the course of the season. The swimmers age will be determined as of December 1, 2011.

Entry Limit: Each swimmer may swim a maximum of three (3) individual or relay events. All entries should be submitted using Hy-Tek meet management software. All entry times should be in yards. If no times are available, enter with a NT in the space provided. Entries must be e-mailed to thommata@yahoo.com. **You must put in the subject your team name and Entries for 4a Divisional Championships. Also include in the email the entry report for your team.** A hard copy must follow within three (3) days. **Deadline for entries is February 18, 2012.**

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. Awards will not be given to swimmers or parents.**

Results: Final results will be posted in the hallway across from the locker rooms, on the pool deck and on the CPAL website (www.swimcpal.org) after the meet.

Admission: Admission to the meet will be \$5.00. Divisional volunteers admitted free with proper credentials. Children under the age of 12 are admitted free.
Programs: Included in Admission Cost. Please request families bring small bills the day of the meet to assist in expediting admission process.

Concessions: Various food items will be available throughout the day in the lobby outside the Natatorium.

Swim Shop: Metro Swim Shop will be the swimming vendor on site for your swimming needs.

T-Shirts: **Team pre-orders are recommended. Pre-Order Deadline is February 13, 2012**
Short Sleeve T-Shirts will be available onsite in limited quantities.

Start Times: **Doors open at 7:00 a.m. for Session 1.**
Doors open at 11:30 a.m. for Session 2.

NOTE: Session 2 swimmers and parents are asked not arrive before 11:30 to allow session 1 participants to depart.

Warm Ups: Warm-ups are subject to the following procedures:

The warm-ups sessions may be divided into periods of equal length depending on the number of swimmers entered into each session.

Warm-up schedules and Team Lane assignments will be posted on the web site prior to the meet, emailed to the team representatives and will be made available to coaches at the meet.

All lanes will be available for one way sprints the last 10 minutes end of each warm-up session.

No diving or backstroke starts will be permitted except in sprint lanes, when designated.

The referee may remove anyone from the warm-up for failure to comply with the warm-up rules.

Meet Schedule:

Session 1 Warm Ups- Times TBD

7:45 – 8:45 Warm up lane assignments TBD – Info will be sent out to teams
8:15 a.m. Scratch Meeting
8:35 a.m. Officials and Timers Meeting
8:50 a.m. Clear pool
9:00 a.m. Meet Begins

Session 2 Warm Ups- Times TBD

11:45 -12:45 Warm up lane assignments TBD – Info will be sent out to teams
12:15 p.m. Scratch Meeting
12:35 p.m. Officials and Timers Meeting
12:55 p.m. Clear pool
1:00 p.m. Meet Begins

Hospitality: Food and drinks will be available for officials and coaches during both sessions.

Volunteers: Each team is responsible to submit volunteer names via www.timetosignup.com/swimcvac. Contact meet directors with any questions.

List of volunteers per team as follows:

Position	AM	PM
Stroke & Turn	3	3
Timers	4	4
Colorado/Meet Mgr Asst.	1	1
Bull Pen Coordinator	1	1

Not all volunteers will be used. A detailed list of the volunteers used will be emailed to each league rep the week prior to divisionals.

Each Team is to provide stop watches for each teams volunteer timers.

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

Meet Rules: The meet will be governed by National Federation Rules, as amended by the Central Penn Aquatic League.

The following rules are modifications or points of emphasis:

1. False-Start Rule: 8 & under - One false start; all other age groups - No false starts
2. Dual confirmation will be in effect for all starts and relay take-offs.
3. An air horn will supplement the electronic beeper to denote unfair starts.*
*When one or more swimmers have obtained an unfair advantage at the start, the race shall continue without recall. If the recall signal is activated inadvertently the race "is recalled" and the Referee/Starter may disqualify the swimmer(s) who left the mark before the start signal. However, the Referee/Starter may also recall the entire heat "without" any false start - if not satisfied with the start. In this case it is called an "unfair start."
4. Swimmers must place feet including toes completely under surface of water prior to the backstroke starting command and until feet leave wall.
5. In-water relay take-offs for 2nd and 4th swimmers in 8 & under relays is defined as follows:

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 take-off is to occur. The swimmer shall maintain contact with the end wall with a hand and/or foot by the time the end of the incoming swimmer passes under the backstroke flags nearest the point where take-off is to occur until the incoming swimmer touches the wall.

Deck Seeding / Team Seeding:

All teams will be assigned team seating areas and will be directed to maintain these areas during the meet. Please advise all swimmers to respect these areas and not encroach on other teams areas. In the event additional space is required, please see one of the meet directors the day of the meet.

Seeding will take place behind the blocks. Please do not have swimmers approach the blocks until they are seeded in the established chairs.

Safety: There will be **NO DIVING** from the shallow end (non-block) at any time during warm-ups or during the meet. There will be **NO DIVING** from the starting blocks and no backstroke starts during warm-ups session, with this exception: Limited diving and backstroke starts from the starting blocks in sprint lanes will be permitted, **BUT** only when announced. These rules follow National YMCA Warm- UP Safety Procedures.

Note: Swimmers violating safety procedures will be removed from the warm-up for the remainder of the warm-up session. Subsequent violations may cause the swimmer to be disqualified from the remainder of the meet. Any swimmer observed swimming under or through the Bulkhead by an Official or Safety Monitor at the Meet will be disqualified from that swimmer's next Individual Event or from the remainder of the Meet, as determined by the Meet Referee. This policy will be strictly enforced.

Cumberland Valley Natatorium Directions

From North – Take I-81 South to the Route 114 exit and make a left at light - go to traffic light at Rt. 11 - (Giant Store/Sheetz's gas station on right, Silver Springs Commons on left) bear right at light (Rt. 11 south. Proceed approximately 2 miles to the CV Education Park on the right. To get to pool pass the main entrance and stadium and make right onto Dapp Road. Make right onto access road past Stadium and go straight ahead to pool parking. Enter pool at the large "CV" Entrance.

From South – Take I-81 North to the New Kingstown exit onto Rt. 11 North. Go approximately 3 miles to school on left - school is located along Rt. 11.

From the South and PA Turnpike – Take Route 83 North to Route 581 West to Route 81 South. Proceed to Route 114 (exit 57) Turn left at the end of the ramp onto Route 114 to Route 11 (Carlisle Pike). Turn right onto Carlisle Pike (at the Sheetz) and proceed approximately 2 miles to the CV Educational Park on the right.

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Session 1 Events				
Boys		Event		Girls
1		8 & Under 100 Yd Medley Relay		2
3		9-10 200 Yd Medley Relay		4
5		8 & Under 25 Freestyle		6
7		9-10 50 Freestyle		8
9		8 & Under 25 Breaststroke		10
11		9-10 50 Breaststroke		12
13		8 & Under 50 Freestyle		14
15		9-10 100 Freestyle		16
17		8 & Under 25 Backstroke		18
19		9-10 50 Backstroke		20
21		8 & Under 25 Butterfly		22
23		9-10 50 Butterfly		24
25		8 & Under 100 IM		26
27		9-10 100 IM		28
29		8 & Under 100 Yd Freestyle Relay		30
31		9-10 200 Yd Freestyle Relay		32

Session 2 Events				
Boys		Event		Girls
33		11&O 200 Yd Freestyle		34
35		11-12 200 Yd Medley Relay		36
37		13-14 200 Yd Medley Relay		38
39		15&O 200 Yd Medley Relay		40
41		11-12 50 Freestyle		42
43		13-14 50 Freestyle		44
45		15&O 50 Freestyle		46
47		11-12 50 Breaststroke		48
49		13-14 100 Breaststroke		50
51		15&O 100 Breaststroke		52
53		11-12 100 Freestyle		54
55		13-14 100 Freestyle		56
57		15&O 100 Freestyle		58
59		11-12 50 Backstroke		60
61		13-14 100 Backstroke		62
63		15&O 100 Backstroke		64
65		11-12 50 Butterfly		66
67		13-14 100 Butterfly		68
69		15&O 100 Butterfly		70
71		11-12 100 IM		72
73		13-14 200 IM		74
75		15&O 200 IM		76
77		11-12 200 Freestyle Relay		78
79		13-14 200 Freestyle Relay		80
81		15&O 200 Freestyle Relay		82