

**CENTRAL PENNSYLVANIA AQUATIC LEAGUE**

**DIVISION "1A" CHAMPIONSHIPS**

**HOSTED BY BIG SPRING AQUATIC CLUB**

**AT BIG SPRING HIGH SCHOOL**

**SATURDAY, FEBRUARY 21, 2015**

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 14, 2015. Please email or send them to:

Emma Killian  
29 Mount Rock Road  
Newville, PA 17241  
[swimbsac@gmail.com](mailto:swimbsac@gmail.com)

T-shirt order forms must be received *with check made payable to Big Spring Aquatic Club* NO LATER THAN FEBRUARY 6, 2015. Mail to:

Big Spring Aquatic Club  
C/O Barbara A. Titus  
203 W. Main Street  
Walnut Bottom, PA 17266  
[Runninggirly0966@aol.com](mailto:Runninggirly0966@aol.com)  
717-386-6086 – cell phone

ANY QUESTIONS OR CONCERNS SHOULD BE DIRECTED TO:  
Emma Killian 717-385-6464 or [swimbsac@gmail.com](mailto:swimbsac@gmail.com)

**GOOD LUCK TO ALL SWIMMERS & THEIR  
COACHES**

# **BIG SPRING AQUATIC CLUB**

## **2015 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 21, 2015

**SESSIONS: Morning – 8 & Under Boys, Girls**  
**9-10 Boys, Girls**

**Afternoon – 11-12 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](http://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 completed volunteer sheet. \*\*\*

**ALL ENTRIES MUST BE RECEIVED BY Saturday, FEBRUARY 14, 2015:**

Emma Killian  
29 Mount Road  
Newville, PA 17241  
Cell 717-385-6464

[swimbsac@gmail.com](mailto:swimbsac@gmail.com) - Hy-Tek Team manager format

**BIG SPRING AQUATIC CLUB**  
**2015 CPAL DIVISION “1A” CHAMPIONSHIPS**

<b>SCRATCH MEETING:</b>	8:30 AM – MORNING SESSION 1:45 PM – AFTERNOON SESSION
<b>SCRATCH MEETING LOCATION:</b>	HEALTH ROOM 115
<b>OFFICIALS &amp; TIMERS MEETING:</b>	8:30AM – MORNING SESSION 1:45 PM – AFTERNOON SESSION
<b>OFFICIALS &amp; TIMERS MEETING LOCATION:</b>	HEALTH ROOM 117
<b>OFFICIALS:</b>	STARTERS, STROKE & TURN OFFICIALS, TIMERS & FINISH JUDGES WILL BE PROVIDED BY PARTICIPATING TEAMS. SEE THE ATTACHED VOLUNTEER FORM.
<b>SWIMMERS:</b>	UPON ARRIVAL, PLEASE REPORT TO THE GYMNASIUM. LOCKER ROOM SPACE IS LIMITED PLEASE USE DESIGNATED TEAM AREAS.
<b>CLERK OF COURSE:</b>	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.
<b>PARENT CHAPERONES:</b>	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.

<b>CONCESSION STAND:</b>	<p>FOOD AND DRINKS WILL BE SOLD IN THE CONCESSION AREA IN THE CAFETERIA. THERE WILL BE SEATING AVAILABLE.</p> <p><b>NO COOLERS / FOOD IS PERMITTED IN THE GYM</b> – TABLES WILL BE AVAILABLE FOR YOUR COOLERS IN THE CAFETERIA AREA</p>
<b>VENDOR:</b>	TWO GENERATIONS WILL HAVE ITEMS AVAILABLE FOR PURCHASE
<b>T-SHIRTS:</b>	<p>A LIMITED NUMBER OF EXTRA T-SHIRTS WILL BE AVAILABLE AT THE MEET. PRE-ORDER FORMS ARE INCLUDED IN THIS PACKET AND ARE DUE <b>FEBRUARY 9th</b>.</p>
<b>RESULTS:</b>	<p>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.</p>
<b>ADMISSION &amp; PROGRAMS:</b>	<p>ADULTS: \$5.00 STUDENTS: \$3.00</p> <p>PROGRAMS: \$3.00</p> <p>ALL NON-SWIMMERS WILL BE CHARGED</p> <p>VOLUNTEERS WILL BE FREE</p>
<b>DOORS OPEN:</b>	7:15 AM
<b>MEET OPERATION:</b>	<p>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.</p> <p>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 &amp; UNDER RELAYS, THE SECOND AND FOURTH SWIMMERS MUST START IN THE WATER.</p> <p>PLEASE REMIND YOUR SWIMMERS THAT THE STARTING DEPTH IS 4 FEET 10 INCHES.</p>

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

# BIG SPRING AQUATIC CLUB

## 2015 CPAL DIVISION “1A” CHAMPIONSHIPS

### LANE ASSIGNMENTS FOR MORNING & AFTERNOON WARM-UPS

<u>TEAM</u>	<u>LANES</u>	<u>MORNING</u>	<u>AFTERNOON</u>
BSAC	1, 2, 3 & 4	7:30 – 7:55 AM	12:45 – 1:10 PM
GETTY	5, 6, 7 & 8	7:30 – 7:55 AM	12:45 – 1:10 PM
MASC	1, 2, 3 & 4	7:55 – 8:20 AM	1:10 – 1:35 PM
MSC	5, 6, 7 & 8	7:55 – 8:20 AM	1:10 – 1:35 PM
SLST	1, 2, 3 & 4	8:20 – 8:45 AM	1:35 – 2:00 PM

### LANE ASSIGNMENTS FOR TIMERS

<b>LANE</b>	<b>1st Timer</b>	<b>2nd Timer</b>	<b>8 &amp; Under Event Timer</b>
1	SLST	GETTY	BSAC
2	MSC	MASC	SLST
3	GETTY	BSAC	MSC
4	MASC	SLST	GETTY
5	BSAC	MSC	MASC
6	SLST	GETTY	BSAC
7	MSC	MASC	SLST
8	GETTY	BSAC	MSC

### 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.

# CPAL 2015 Division 1A Divisional Championship T-Shirt Pre-Order Form

<b>Club Name</b>	
<b>Contact Person</b>	
<b>Phone Number</b>	
<b>Email Address</b>	

**PRE-ORDERS MUST BE RECEIVED NO LATER THAN Friday, JANUARY 30, 2015.**

- Indicate the number of each size shirt your club is pre-ordering. The pre-order cost is \$15 per shirt.
- Orders should be emailed to [Runninggirly0966@aol.com](mailto:Runninggirly0966@aol.com) **AND** send a check (**Made out to BSAC**) with a copy of this order form to:

Barbara A. Titus (BSAC secretary)  
203 West Main Street  
Walnut Bottom, PA 17266

**NO LATER THAN JANUARY 30, 2015**

<b>Youth S</b>	
<b>Youth M</b>	
<b>Youth L</b>	
<b>Adult S</b>	
<b>Adult M</b>	
<b>Adult L</b>	
<b>Adult XL</b>	
<b>Adult XXL</b>	
<b>Adult XXL</b>	

The design will be printed in white on a navy shirt

The design on the back of the shirt is of water droplets with the team names

**CPAL 2015 Division 1A  
Divisional Championship  
Volunteer Sign-Up Sheet**

**Team Name:** \_\_\_\_\_

Timers (First Half)	1.  2.
Timers (Second Half)	1.  2.
Stroke and Turn Official (First Half)	1.
Stroke and Turn Official (Second Half)	2.
Finish Judge	1.
Parent Monitors (First Half) Gym	1.  2.
Parent Monitors (Second Half) Gym	1.  2.



**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**  
**2/21/2015**  
**(8 LANE, 25 YARD POOL)**  
**A.M. SESSION -- 10 & UNDER**

<b>EVENT</b>	<b>GENDER</b>	<b>AGE GROUP</b>	<b>DISTANCE</b>	<b>STROKE</b>
1	M	8 & under	100 Y	Medley Relay
2	F	8 & under	100 Y	Medley Relay
3	M	9 & 10	200 Y	Medley Relay
4	F	9 & 10	200 Y	Medley Relay
5	M	8 & under	25 Y	Free
6	F	8 & under	25 Y	Free
7	M	9 & 10	50 Y	Free
8	F	9 & 10	50 Y	Free
9	M	8 & under	25 Y	Breast
10	F	8 & under	25 Y	Breast
11	M	9 & 10	50 Y	Breast
12	F	9 & 10	50 Y	Breast
13	M	8 & under	50 Y	Free
14	F	8 & under	50 Y	Free
15	M	9 & 10	100 Y	Free
16	F	9 & 10	100 Y	Free
17	M	8 & under	25 Y	Back
18	F	8 & under	25 Y	Back
19	M	9 & 10	50 Y	Back
20	F	9 & 10	50 Y	Back
21	M	8 & under	25 Y	Fly
22	F	8 & under	25 Y	Fly
23	M	9 & 10	50 Y	Fly
24	F	9 & 10	50 Y	Fly
25	M	8 & under	100 Y	IM

26	F	8 & under	100 Y	IM
27	M	9 & 10	100 Y	IM
28	F	9 & 10	100 Y	IM
29	M	8 & under	100 Y	Free Relay
30	F	8 & under	100 Y	Free Relay
31	M	9 & 10	200 Y	Free Relay
32	F	9 & 10	200 Y	Free Relay

**CPAL DIVISION “1A” CHAMPIONSHIPS**  
**BIG SPRING HIGH SCHOOL**  
**2/21/2015**  
**(8 LANE, 25 YARD POOL)**  
**P.M. SESSION — 11 & OVER**

<b>EVENT</b>	<b>GENDER</b>	<b>AGE GOUP</b>	<b>DISTANCE</b>	<b>STROKE</b>
33	M	11 & Over	200 Y	Free
34	F	11 & Over	200 Y	Free
35	M	11 & 12	200 Y	Medley Relay
36	F	11 & 12	200 Y	Medley Relay
37	M	13 & 14	200 Y	Medley Relay
38	F	13 & 14	200 Y	Medley Relay
39	M	15 & Over	200 Y	Medley Relay
40	F	15 & Over	200 Y	Medley Relay
41	M	11 & 12	50 Y	Free
42	F	11 & 12	50 Y	Free
43	M	13 & 14	50 Y	Free
44	F	13 & 14	50 Y	Free
45	M	15 & Over	50 Y	Free
46	F	15 & Over	50 Y	Free
47	M	11 & 12	50 Y	Breast
48	F	11 & 12	50 Y	Breast
49	M	13 & 14	100 Y	Breast

50	F	13 & 14	100 Y	Breast
51	M	15 & Over	100 Y	Breast
52	F	15 & Over	100 Y	Breast
53	M	11 & 12	100 Y	Free
54	F	11 & 12	100 Y	Free
55	M	13 & 14	100 Y	Free
56	F	13 & 14	100 Y	Free
57	M	15 & Over	100 Y	Free
58	F	15 & Over	100 Y	Free
59	M	11 & 12	50 Y	Back
60	F	11 & 12	50 Y	Back
61	M	13 & 14	100 Y	Back
62	F	13 & 14	100 Y	Back
63	M	15 & Over	100 Y	Back
64	F	15 & Over	100 Y	Back
65	M	11 & 12	50 Y	Fly
66	F	11 & 12	50 Y	Fly
67	M	13 & 14	100 Y	Fly
68	F	13 & 14	100 Y	Fly
69	M	15 & Over	100 Y	Fly
70	F	15 & Over	100 Y	Fly
71	M	11 & 12	100 Y	IM
72	F	11 & 12	100 Y	IM
73	M	13 & 14	200 Y	IM
74	F	13 & 14	200 Y	IM
75	M	15 & Over	200 Y	IM
76	F	15 & Over	200 Y	IM
77	M	11 & 12	200 Y	Free Relay
78	F	11 & 12	200 Y	Free Relay
79	M	13 & 14	200 Y	Free Relay
80	F	13 & 14	200 Y	Free Relay
81	M	15 & Over	200 Y	Free Relay
82	F	15 & Over	200 Y	Free Relay

## **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.
- Two Generations 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!!**