

**Central Penn Aquatic League
2015 Division 2-A Championship Meet**

Divisional T-Shirt A custom-designed Divisional Championship Tee-Shirt is available via pre-order at a price of \$12 per short sleeve shirt and \$14 per long sleeve shirt. Only a limited number of additional shirts will be available the day of the meet, at a price of \$15 per shirt, so pre-ordering of shirts is highly recommended. An order form, including a sample design is provided in this advance packet. **Please email T-Shirt orders by 2/7/15 to Kim Maher at eastend05@comcast.net.** Each team is requested to submit ONE check to cover the total costs of all shirts pre-ordered to

Michelle Spencer
c/o ACWS
PO Box 88
Lewisberry PA 17339.

Please double-check your order and payment amount to avoid delays. A team representative should be assigned to pick up the t-shirts prior to the start of the meet. T-Shirts for sale the day of the meet will be on a first come - first serve basis.

Other Matters of Importance

- ALL SWIMMERS are to wear flip flops or other footwear at all times when not competing in the pool area to avoid injury. It is also highly recommended that swimmers wear flip flops when going to and from their events.
- The meet venue area includes the pool, the natatorium lobby, the gymnasiums, the cafeteria, the observation deck above the pool, and the entrance lobby of the school. Anyone found outside these areas will be asked to leave the building, which is monitored by security and observation cameras.
- Only swimmers competing or staged in their events, team coaches, meet officials, and designated volunteers are allowed on the pool deck throughout the duration of the meet. All others will be asked to return to the spectator area or the observation deck in the Natatorium lobby.
- First Aid & Medical Services will be available as needed. Please see one of the Host Club volunteers (Yellow Shirt indicating Volunteer) if you require first aid or other medical services.
- No flash photography on the start of events.
- Only swimmers competing or staged in their events, team coaches, meet officials, and designated volunteers are allowed on the pool deck throughout the duration of the meet. All others will be asked to return to the spectator area or the observation deck in the Natatorium lobby.

Thank you for your consideration. We hope that you enjoy the meet
The ACWS Board of Directors

Central Penn Aquatic League
2012 Division 2-A Championship Meet
Hosted by The Aquatic Club of the West Shore
February 21, 2015

MEET TIMELINE AT A GLANCE

SESSION 1 : 8-under and 10-under swimmers

Doors open at 7:15 am

Warm-ups: Lane assignments will be posted prior to the meet based on team size and geography. All lanes will be open for one-way sprints during the last 10 minutes of each warm-up session. No diving is allowed until that time.

Session 1: 7:45 – 8:15 am

Session 2 : 8:15 – 8:45 am

Scratch Meeting: 8:00 am

Officials Meeting: 8:15 am

Timer Meeting: 8:30 am

Meet Begins: 9:00 am

SESSION 2 : 11 and older swimmers

Doors open at 11:30 am

Warm-ups: Lane assignments will be posted prior to the meet based on team size and geography. All lanes will be open for one-way sprints during the last 10 minutes of each warm-up session. No diving is allowed until that time.

Session 1 : 11:55 am – 12:20 pm

Session 2 : 12:20 – 12:45 pm

Session 3 : 12:45 – 1:10 pm

Scratch Meeting: 12:30 pm

Officials Meeting: 12:45 pm

Timer Meeting: 1:00 pm

Meet Begins: 1:30 pm

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TEAM ENTRIES:

According to CPAL guidelines, each swimmer may swim in a maximum of 3 events. The events may be 3 individual events; 2 individual and one relay; or 1 individual and 2 relays. Listing a swimmer as an alternate on a relay does not count as an event.

All entries with seed times must be in short course yards and completed using Hy-Tek software. Entry **deadline (CPAL Rules) for receipt of divisional entries is Saturday, February 14th, 2015 at 9:00 PM to ensure psych sheets can be printed in time for the meet.** Entries should be sent to mike@michaelgobrecht.com. You will receive an entry list to "proof" by Monday, February 16th at 6pm and will have 24 hours to make any changes

STAGING/SEEDING OF SWIMMERS:

Swimmers will be housed in the large gym with areas designated for each team. Staging of Events will be posted and swimmers will be directed by each team's staging volunteers to the staging bull-pen where ACWS volunteers will be on hand for event staging. Swimmers are responsible for reporting to the staging area when their event is announced and posted to the board. Swimmers who do not report and/or cannot be located will unfortunately be scratched from that event. Each team's volunteers must assume the task of locating their swimmers in time. The meet will not be held up to locate swimmers.

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COACHES

Due to the nature of the Divisional Championship meet and space limitations, we must limit the number of coaches on the pool deck to **four (4)** from each participating team.

Please list all coaches below and return with the completed forms. Coaches and their Assistants will be issued badges the day of the meet, which we request are worn at all times during the meet. Meal vouchers will be issued in the Coaches' packets.

(PLEASE PRINT CLEARLY)

Head Coach: _____

Assistant Coach: _____

Assistant Coach: _____

Assistant Coach: _____

Please Note: If coaches bring deck seating to the pool, we ask that they position their chairs back away from the pool perimeter; allowing open passage for swimmers, officials and volunteers to pass.

NOTE: Please return this completed form by **February 14, 2015 at 7:00 pm** to lisamfurlong@gmail.com.

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PARENT CHAPERONES

Each team is requested to submit the names of at least two ADULT chaperones to supervise your team's swimmers while they are in the gym area.

The following rules will serve as guidelines for Chaperones. We ask that all guests please observe the following rules while in attendance at the Divisional meet.

- ◆ The West Shore School District has identified the grounds of the Red Land High School to be a smoke free environment; therefore, **smoking is not permitted ANYWHERE** on the school property.
- ◆ **No food or drinks (other than water) will be permitted in the gym area or the pool balcony.** All other food and drink must be consumed in the concession area.
- ◆ The ACWS 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 to avoid slips and injury. If you observe a wet area please inform a volunteer.
- ◆ Horseplay or games (football, basketball, etc.) will not be permitted in the team gym or the staging gym.
- ◆ Swimmers are requested to remain in the gym area and not in the spectator area.
- ◆ Locker room space is limited and is restricted to swimmers for restroom and changing purposes only.
- ◆ Other than for the use of Officials, Coaches and Volunteers, cell phones will not be permitted on the pool deck or in the locker rooms.
- ◆ No diving in the shallow end of the pool. Feet first entry.
- ◆ Please inspect your team area at the end of the session to ensure that all items have been removed and all trash is placed in trash containers.
- ◆ The meet venue area includes the pool, the lobby, cafeteria, gymnasiums, the observation deck above the pool, and the entrance lobby. Anyone found outside these areas will be asked to leave the building, which will be monitored by security and observation cameras.
- ◆ First aid and medical services will be available as needed.
- ◆ Only swimmers competing or staged in their events, coaches, officials, and designated volunteers are allowed on the pool deck.

Team Name: _____

Chaperone #1 _____

Chaperone #2 _____

Please return this completed form by **February 14, 2015** to
lisamfurlong@gmail.com

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VOLUNTEERS

Each team must provide volunteers to assist in the operation of the meet. Please forward your volunteer list to Lisa Furlong by **Saturday, February 14, 2015 by 7:00 pm** at lisamfurlong@gmail.com. Volunteers will receive free admission to the Divisional meet. Volunteers should report to the volunteer table upon entering the registration area to receive name tags which must be worn at all times to be admitted to the pool deck area.

TEAM NAME: _____

EMAIL CONTACT: _____

Each team must provide two Meet Officials per session (AM & PM).

AM Volunteers	PM Volunteers

Each team must provide 2 Lane Timers per session (Total 6)
Timers will be rotated 1/3rd through each session. **Each team must supply their own stop watches.**

AM Volunteers	PM Volunteers

Each team must provide One (1) Finish Judge per session (Total 3).

AM Volunteer	PM Volunteer

Each team must provide one (1) Staging Assistant per session whose responsibility will be to insure their swimmers get to staging area.
ACWS Volunteers will stage swimmers in the Bull Pen

AM Volunteer	PM Volunteer

Each team must provide One (1) Ribbon Volunteer per session

AM Volunteer	PM Volunteer

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SHOUT OUTs!

The Divisional Program will include SHOUT OUTs. Those people wanting to include comments on the SHOUT OUT pages should print messages in the space provided. Fee is \$2.00 per listing.

Each SHOUT OUT will print out to the size of a business card.

PLEASE PRINT SHOUT OUT COMMENTS BELOW:
(Please Print Clearly)

Return the completed form to hortonpa_0001@msn.com by **February 14, 2015**. Each team is asked to collect all checks for the SHOUT OUTs notating "Shout Outs" on the memo area of the check. Check can be included with the T-shirt payment to the ACWS at the address provided

Checks should be made payable to ACWS

ACWS
PO Box 88
Lewisberry PA 17339

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Divisionals Sequence of Events

Event	Distance	Description	Event	Distance	Description
1	200	Boys Open Freestyle	43	25	Boys 8 & Under Backstroke
2	200	Girls Open Freestyle	44	25	Girls 8 & Under Backstroke
3	100	Boys 8 & Under Medley Relay	45	50	Boys 9 & 10 Backstroke
4	100	Girls 8 & Under Medley Relay	46	50	Girls 9 & 10 Backstroke
5	200	Boys 9 & 10 Medley Relay	47	50	Boys 11 & 12 Backstroke
6	200	Girls 9 & 10 Medley Relay	48	50	Girls 10 & 12 Backstroke
7	200	Boys 11 & 12 Medley Relay	49	100	Boys 13 & 14 Backstroke
8	200	Girls 11 & 12 Medley Relay	50	100	Girls 13 & 14 Backstroke
9	200	Boys 13 & 14 Medley Relay	51	100	Boys 15 & Over Backstroke
10	200	Girls 13 & 14 Medley Relay	52	100	Girls 15 & Over Backstroke
11	200	Boys 15 & Over Medley Relay	53	25	Boys 8 & Under Butterfly
12	200	Girls 15 & Over Medley Relay	54	25	Girls 8 & Under Butterfly
13	25	Boys 8 & Under Freestyle	55	50	Boys 9 & 10 Butterfly
14	25	Girls 8 & Under Freestyle	56	50	Girls 9 & 10 Butterfly
15	50	Boys 9 & 10 Freestyle	57	50	Boys 11 & 12 Butterfly
16	50	Girls 9 & 10 Freestyle	58	50	Girls 11 & 12 Butterfly
17	50	Boys 11 & 12 Freestyle	59	100	Boys 13 & 14 Butterfly
18	50	Girls 11 & 12 Freestyle	60	100	Girls 13 & 14 Butterfly
19	50	Boys 13 & 14 Freestyle	61	100	Boys 15 & Over Butterfly
20	50	Girls 13 & 14 Freestyle	62	100	Girls 15 & Over Butterfly
21	50	Boys 15 & Over Freestyle	63	100	Boys 8 & Under IM
22	50	Girls 15 & Over Freestyle	64	100	Girls 8 & Under IM
23	25	Boys 8 & Under Breaststroke	65	100	Boys 9 & 10 IM
24	25	Girls 8 & Under Breaststroke	66	100	Girls 9 & 10 IM
25	50	Boys 9 & 10 Breaststroke	67	100	Boys 11 & 12 IM
26	50	Girls 9 & 10 Breaststroke	68	100	Girls 11 & 12 IM
27	50	Boys 11 & 12 Breaststroke	69	200	Boys 13 & 14 IM
28	50	Girls 11 & 12 Breaststroke	70	200	Girls 13 & 14 IM
29	100	Boys 13 & 14 Breaststroke	71	200	Boys 15 & Over IM
30	100	Girls 13 & 14 Breaststroke	72	200	Girls 15 & Over IM
31	100	Boys 15 & Over Breaststroke	73	100	Boys 8 & Under Freestyle Relay
32	100	Girls 15 & Over Breaststroke	74	100	Girls 8 & Under Freestyle Relay
33	50	Boys 8 & Under Freestyle	75	200	Boys 9 & 10 Freestyle Relay
34	50	Girls 8 & Under Freestyle	76	200	Girls 9 & 10 Freestyle Relay
35	100	Boys 9 & 10 Freestyle	77	200	Boys 11 & 12 Free Relay
36	100	Girls 9 & 10 Freestyle	78	200	Girls 11 & 12 Free Relay
37	100	Boys 11 & 12 Freestyle	79	200	Boys 13 & 14 Free Relay
38	100	Girls 11 & 12 Freestyle	80	200	Girls 13 & 14 Free Relay
39	100	Boys 13 & 14 Freestyle	81	200	Boys 15 & Over Free Relay
40	100	Girls 13 & 14 Freestyle	82	200	Girls 15 & Over Free Relay
41	100	Boys 15 & Over Freestyle			
42	100	Girls 15 & Over Freestyle			