

# CENTRAL PENN AQUATIC LEAGUE

## DIVISION 3A CHAMPIONSHIP

Saturday, February 21, 2015

**Hosted by the Palmyra Aquatic Club**  
**[www.palmyrasharks.com](http://www.palmyrasharks.com)**

**Location:** Palmyra Area Senior High School  
1125 Park Drive  
Palmyra, PA 17078

Directions can be found at: [http://www.palmyrasharks.com/uploads/1/4/4/5/14457590/pac\\_winter\\_directions.pdf](http://www.palmyrasharks.com/uploads/1/4/4/5/14457590/pac_winter_directions.pdf)

**Meet Director:** Stephen Lyons  
Telephone: 717-679-5893  
Email: [Stephen@slyonsfam.com](mailto:Stephen@slyonsfam.com)

**Meet Referee:** Tara Betz (AM session)  
Bob Betchel (PM session)

**Entries:** Entry deadline is February 14, 2015, by 6:00pm. All entries should be emailed to Michael Gobrecht at [mike@michaelgobrecht.com](mailto:mike@michaelgobrecht.com)

**Admissions:** Adults and children 12 & over - \$3.00      Programs: \$3.00

Entrance to the building will be from the rear parking lot (middle set of doors). Officials, Meet Volunteers, and Coaches will have a designated check-in area.

**Warm –Up and  
Start Times:**

	Location	Session 1	Session 2
Scratch Meeting	Staging Area	8:00 AM	12:00 PM
Timers Meeting	Staging Area	8:25 AM	12:25 PM
Officials Meeting	Staging Area	8:35 AM	12:35 PM
Meet Start		9:00 AM	1:00 PM

### **Warm Up Sessions:**

Session 1	Session 2	Lanes 1,2,3	Lanes 4,5,6
7:45-8:05	11:45-12:05	PAC	PAC
8:05-8:25	12:05-12:25	LVO	EAC
8:25-8:45	12:25-12:45	LPAC	CVAC

**Volunteers:** Each team is asked to provide the names of coaches, timers and officials. Please complete the attached form and return it to [Stephen@slyonsfam.com](mailto:Stephen@slyonsfam.com) by **February 15, 2015**. Entries will not be accepted without your completed officials and volunteer sheet. Volunteers will need to check-in prior to the start of the meet to get their deck badge.

**Officials:** On deck officials, please wear white tops and navy bottoms and have applicable official's patch visible. Officials will need to check-in prior to the start of the meet to get their deck badge.

**Coaches:** Only four coaches per team will be permitted on deck at any one time

<b>Awards:</b>	First through twelve for individual events; first through six for relays <b>Coaches or Team Reps are required to pick up awards at the end of the meet.</b> <b>Awards will not be given to swimmers or parents.</b>
<b>Refreshments:</b>	The concession stand will be located outside the gym entrance and will provide a variety of food, snacks and beverages throughout the entire meet.
<b>Hospitality:</b>	The Coaches and Officials hospitality area will be located in the girls' pool office which is in the corner opposite the gallery at the shallow end of the pool.
<b>Supervision/Team Area:</b>	Each team will have a designated area in the school cafeteria. The Palmyra High School and the Palmyra Aquatic Club requires that each team provide adult supervision in their team area and comply with the Palmyra High School regulations. Anyone found defacing the property, not abiding by school regulations, and/or displaying unsportsmanlike conduct will be asked to leave the premises.
<b>Spectator Seating:</b>	The spectator seating area is limited 300 spectators. In order for all families to have a positive experience, we will ask that spectators leave the spectator seating area after watching their swimmer swim. The can be <b>NO SAVING OF SEATS</b> . In the event the spectator area becomes overcrowded, we reserve the right to restrict access to this area. Thank you for your understanding.
<b>Psych Sheets:</b>	Psych sheets will be posted to the CPAL Website by 5pm on Wednesday, February 18, 2015
<b>Results:</b>	Results will be posted in the hallway outside the cafeteria. You may also follow your swimmer on Meet Mobile.
<b>Swim Shop:</b>	A swim shop will be available for both sessions with various swimwear and accessory items for sale.
<b>Divisional T-Shirt</b>	A custom-designed Divisional Championship T-shirt and Hoodie will be available for purchase the day of the meet. No pre-orders will be available. The cost of the T-Shirt is \$10.00 (additional \$2.50 for 2XL-3XL) and Hoodie is \$25.00 (additional \$3.50 for 2XL-3XL). Only a limited number of shirts/hoodies will be available the day of meet. After that, orders will be taken and delivered to the next League meeting for your dispersement to your team. –CASH/CHECK ONLY.

#### **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.
- 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.
- First Aid & Medical Services will be available as needed. Please see one of the volunteers if you require first aid or other medical services.
- No flash photography on the start of events