

Central Penn Aquatic League
2016 All - Star Meet
Hosted by The Aquatic Club of the West Shore
February 21, 2016

Location: The West Shore Natatorium
Red Land High School
560 Fishing Creek Rd
Lewisberry, PA 17339

Facility: The West Shore has a 6-lane, 25 yard pool. A Colorado timing system will be used with touch pads, plungers and manual stop watch for the finish. Touch pads will be used at both ends to allow for electronic timing for 8 & under swimmers. Hy-tek meet management software will be used.

Spectator Seating: The spectator seating area is limited to 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. There can be **NO SAVING OF SEATS**. In the event the spectator area becomes overcrowded, we reserve the right to restrict access to this area. Thank you for your understanding.

Meet Directors: Tim Kurland

Lisa Furlong
(717) 421-8492

Volunteers: Each team is required to submit the Officials/Volunteers form by Saturday, Saturday, Feb 13, 2016. Please email to furlonglm@hotmail.com. Volunteer list will be posted on the CPAL website when available. Name badges must be picked up before entering the pool deck.

Psych Sheets: Psych Sheets will be included in the program the day of the meet

Admission: \$5.00 per session (Children 12 & Under is free). Programs are included with admission one per family.

Results: Results will be posted in the hallway outside the natatorium, and on the pool deck.

Awards: Custom medals will be awarded for 1st – 12th place in individual events, and 1st through 6th for relays.

Concessions: Various food items will be available throughout the day in the cafeteria

Food and drink items, with the
Exception of water for the swimmers, are not permitted on deck or in the
Auxiliary gym.

Swim Shop: Personal Best swim shop will be available for both sessions with various Swim wear and accessory items.

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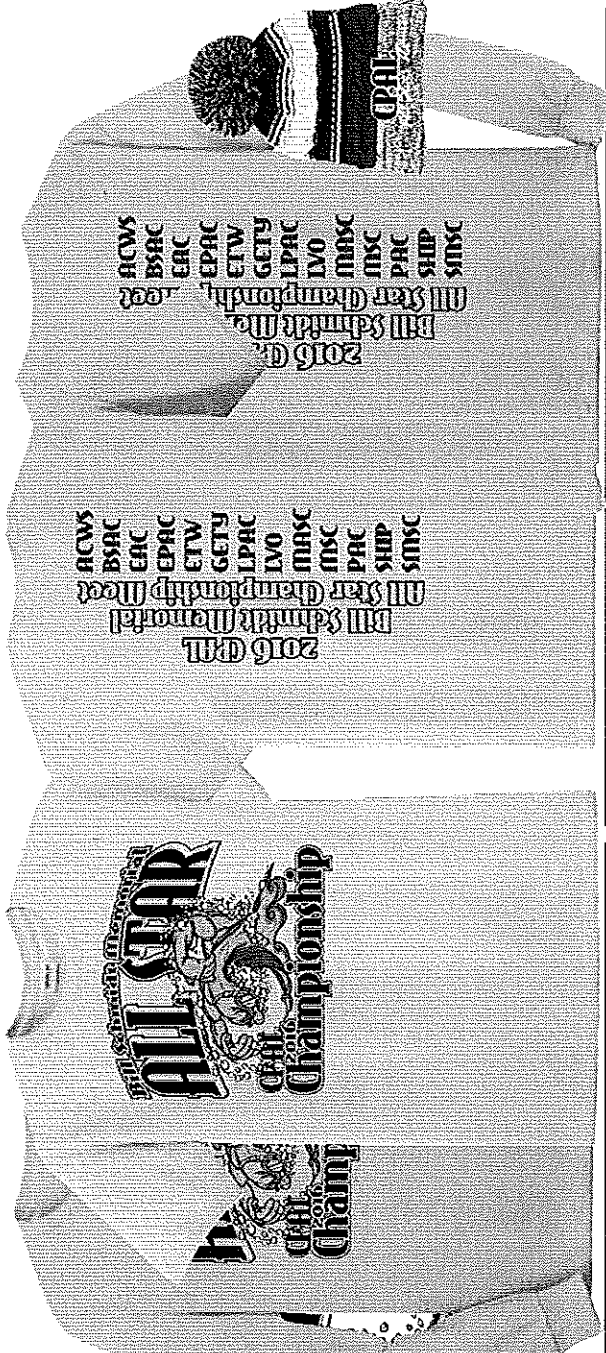
Divisional T-Shirt A custom-designed All-star Tee-Shirt is available via pre-order see link on CPAL website. Only a limited number of additional shirts will be available the day of the meet, so pre-ordering of shirts is highly recommended. An order form, including a sample design is provided in this advance packet. **Please email T-Shirt orders by 2/12/16 to Lisa Furlong at lisamfurlong@gmail.com. ALSO, please cc your email confirming the order to rpentz@cheraninc.com** Each team is requested to submit ONE check to cover the total costs of all shirts pre-ordered; Make checks payable to Aquatic Club of the West Shore Please double-check your order and bring payment amount to the meet. 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. We will take orders the day of the meet to be delivered in one week.

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*

CPAL ALL-STARS EVENT WEAR



ITEM	COLOR	Youth Small	Youth Medium	Youth Large	PRICE	Adult Small	Adult Medium	Adult Large	Adult X-Large	Adult 2X-Large	PRICE	TOTAL	
100% cotton hwwgt short sleeve tee shirt	neon green				\$12.00						\$13.00		
100% cotton hwwgt long sleeve tee shirt	lime green				\$15.00						\$16.00		
3 color (black, white, california blue imprint) full front; 1 color (black) imprint back													
ITEM	COLOR											PRICE	TOTAL
100% acrylic knit pom pom team beanie	royal, black, white											\$12.00	
											one size	PRICE	TOTAL
												\$12.00	
											TOTAL		TOTAL

Name _____

Phone _____

Paid: _____ Check # _____

Sale runs Now through February 12th; delivery February 21st

Make checks payable to Aquatic Club of the West Shore - consolidate team orders & e-mail to FurlongLM@hotmail.com - Bring payment to CPAL Meet

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SCHEDULE:

Warm Up Schedule:

Warm Up Session 1: TBD	Warm Up Session 2 TBD	Warm Up Session 3 TBD
8:30 AM to 8:55 AM	8:55 AM to 9:20 AM	9:20 AM to 9:45 AM
9:15 AM	Scratch Only Meeting	Staging Gym
9:30 AM	Timer's Meeting	Staging Gym
9:40 AM	Officials Meeting	Below Red Land Banner on Deck
10:00 AM	Meet Starts	

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 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. Meals will be available for coaches and officials near pool deck.

(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 13, 2016 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 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, 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 13, 2016 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 **Wednesday, February 13, 2016 by 7:00 pm** at lisamfurlong@gmail.com. Volunteers will receive free admission to the 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 one Meet Officials per session.

1st SESSION:	2nd SESSION

Each team must provide 2 Lane Timers per session (Total 4)

Each team must supply their own stopwatches.

1st SESSION:	2nd SESSION

Each team must provide One (1) Finish Judge per session (Total 2)

1st SESSION:	2nd SESSION

Each team must provide one (2) Staging Assistant per session whose responsibility will be to insure their swimmers get to staging area

1st SESSION:	2nd SESSION