

CENTRAL PENNSYLVANIA AQUATIC LEAGUE DIVISION
“1A” CHAMPIONSHIPS HOSTED BY BIG SPRING AQUATIC
CLUB AT BIG SPRING HIGH SCHOOL SATURDAY,
FEBRUARY 20, 2016

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 13, 2016. Please email or send them to:

Greg Walker
596 Mount Rock Road
Newville, PA 17241
walker.greg28@gmail.com

T-shirt order forms must be received with check made payable to Big Spring Aquatic Club NO LATER THAN FEBRUARY 6, 2016. Mail to:
Big Spring Aquatic Club
Julie Lavery
JJWOL33@aol.com

ANY QUESTIONS OR CONCERNS SHOULD BE DIRECTED TO:
Greg Walker 717-386-0152 or walker.greg28@gmail.com

GOOD LUCK TO ALL SWIMMERS & THEIR COACHES

BIG SPRING AQUATIC CLUB
2016 CPAL DIVISION “1A” CHAMPIONSHIPS

HOST: Big Spring Aquatic Club

LOCATION: Big Spring High School
100 Mt. Rock Road
Newville, PA 17241

DATE: Saturday, February 20, 2016

Warm-up sessions begin at 7:55 – refer to the time schedule and lane assignments. Meet begins at 9:00 AM

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 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. ***

**BIG SPRING AQUATIC CLUB
2016 CPAL DIVISION “1A” CHAMPIONSHIPS**

SCRATCH MEETING: 8:30 AM

SCRATCH MEETING LOCATION: HEALTH ROOM 115

OFFICIALS & TIMERS MEETING: 8:30AM

**OFFICIALS & TIMERS MEETING LOCATION: HEALTH
ROOM 117**

OFFICIALS: STARTERS, STROKE & TURN OFFICIALS,
TIMERS & FINISH JUDGES WILL BE
PROVIDED BY PARTICIPATING TEAMS.
SEE THE ATTACHED VOLUNTEER FORM.

SWIMMERS: UPON ARRIVAL, PLEASE REPORT TO THE
GYMNASIUM. LOCKER ROOM SPACE IS
LIMITED PLEASE USE DESIGNATED TEAM
AREAS.

CLERK OF COURSE: 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.

CHAPERONES: 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.

CONCESSION: FOOD AND DRINKS WILL BE SOLD IN THE CONCESSION AREA IN THE CAFETERIA. THERE WILL BE SEATING AVAILABLE. **NO COOLERS / FOOD IS PERMITTED IN THE GYM** – TABLES WILL BE AVAILABLE FOR YOUR COOLERS IN THE CAFETERIA AREA

VENDOR: D AND J SPORTS

T-SHIRTS: NO SHIRTS WILL BE ON SITE BUT WE WILL BE TAKING ORDERS.

RESULTS: 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.

ADMISSION: ADULTS: \$5.00 WITH PROGRAM
STUDENTS: \$3.00
PROGRAMS: \$3.00 FOR ANY ADDITIONAL
ALL NON-SWIMMERS WILL BE CHARGED
VOLUNTEERS AND 12 AND UNDER WILL BE FREE

DOORS OPEN: 7:15 AM

MEET OPERATION: 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.

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 & UNDER RELAYS, THE SECOND AND FOURTH SWIMMERS MUST START IN THE WATER.

PLEASE REMIND YOUR SWIMMERS THAT THE STARTING DEPTH IS 4 FEET 10 INCHES. 4 AFTER THE START OF THE MEET, THE SHALLOW END AREA WILL BE OPEN. WARMUP OR COOL DOWN SWIMMING WILL BE PERMITTED IN THAT AREA.

GENERAL RULES:

FLIP FLOPS MUST BE WORN BY ALL SWIMMERS IN THE HALLWAYS TO THE POOL DECK.

- 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.

LANE ASSIGNMENTS FOR WARM-UPS

BSAC	1, 2, 3 & 4	7:55 – 8:20 AM
GETTY	5, 6, 7 & 8	7:55 – 8:20 AM
MASC	1, 2, 3 & 4	8:20 – 8:45 AM
MSC	5, 6, 7 & 8	8:20 – 8:45 AM

LANE ASSIGNMENTS FOR TIMERS

LANE	1st Timer	2nd Timer	8 & Under Event Timer
1	GETTY	BSAC	
2	MSC	MASC	
3	BSAC	MSC	
4	MASC	GETTY	
5	BSAC	MSC	
6	GETTY	BSAC	
7	MSC	MASC	
8	GETTY	BSAC	

BACK-UP TIMERS: BSAC

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.

**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) 1.

Finish Judge 1.

Parent Monitors
(First Half) Gym 1.
 2.

Parent Monitors
(Second Half) Gym 1.
 2.

CHAMPIONSHIP COMMITTEE REPRESENTATIVE:

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.

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 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.
- 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 12 place finishers who will not be participating in the All Star Meet. This must be submitted to the scorer's table within onehalf hour of the conclusion of each session.