

CENTRAL PENN AQUATIC LEAGUE
DIVISION 3A CHAMPIONSHIP
Saturday, February 20, 2016

Hosted by the Palmyra Aquatic Club
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



Meet Director: Stephen Lyons

Meet Referee:

Telephone: 717-679-5893
Email: Stephen@slyonsfam.com

Entries: Entry deadline is February 13, 2016, by 6:00pm. All entries should be emailed to Michael Gobrecht at mike@michaelgobrecht.com

Admissions: Adults and children 12 & over - \$3.00 Programs: \$2.00

CHANGE FROM PREVIOUS YEAR: Entrance to the building will be from the rear parking lot (far left set of doors) The entrance is marked **POOL** on concrete above doors. Officials, Meet Volunteers, and Coaches will have a designated check-in area.

PLEASE NOTE: ALL SWIMMERS AND SPECTATORS MUST ENTER THE HIGH SCHOOL THROUGH THE "POOL ENTRANCE."
ABSOLUTELY NO ENTRY WILL BE PERMITTED THROUGH THE ATRIUM ENTRANCE.

Warm –Up and Start Times:

To Be Determined ~ we will notify everyone on Saturday, February 13, 2016

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 by **February 14, 2016**. 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.

Central Penn Aquatic League
2015 Division 3-A Championship Meet
Saturday, February 20, 2016

- 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
- Awards:** First through twelve for individual events; first through six for relays
Coaches or Team Reps are required to pick up awards at the end of the meet. Awards will not be given to swimmers or parents.
- Refreshments:** The concession stand will be located down the hallway, past the entrance to the pool area. It will provide a variety of food, snacks and beverages throughout the entire meet.
- Hospitality:** 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.
- Supervision/Team Area:** Each team will have a designated area in the school gymnasium. 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.
- Spectator Seating:** 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 **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.
- Psych Sheets:** Psych sheets will be posted to the CPAL Website by 5pm on Wednesday, February 17, 2016
- Results:** Results will be posted in the hallway outside the gym.. You may also follow your swimmer on Meet Mobile.
- Swim Shop:** Personal Best Swim Shop will be available for both sessions with various swimwear and accessory items for sale.
- Divisional T-Shirt** A custom-designed Divisional Championship T-shirt and Sweatshirt are available for PRE-ORDER ONLY. All orders are due January 30, 2016. Each team representative is responsible for submitting their teams orders via link provided no later than Sunday, February 1, 2016.

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.