



The Big Spring Aquatic Club



& Appalachian Running Company

Proudly Present

The Bulldog Splash Invitational

Saturday, November 12, 2016

Location	Big Spring High School 100 Mount Rock Road Newville, PA 17241 Day of Meet Emergency #: 717-776-2400
Facilities	The Big Spring High School Natatorium is a state of the art, 40 yard pool with an adjustable bulkhead. It will be configured to eight lanes, 25 yards for competition. The depth is 5 ½ feet at the starting end and 13 feet at the turning end. There is a warm up/cool down pool behind the starting end. The spectator gallery seats 75 with additional seating on deck for 150 spectators. An automated Daktronics timing system with an eight lane scoreboard display will be used. Timers will report to the turning end of the pool and use plungers for eight and under, 25 yard events. The natatorium is equipped with state of the art filtration and ventilation units. Free parking is located next to the natatorium.
Meet Director	Greg Walker 596 Mount Rock Road Newville, PA 17241 Walker.Greg28@gmail.com Phone: 717-386-0152
Eligibility	<p>Coaches' packets will be provided the day of the meet at the admissions table. There will be a scratch meeting and positive check in for the 500 free (events 69 & 70). Swimmers must provide a timer and counter for the 500 free. Lap counter cards will be provided. Swimmers may enter a maximum of four (4) events. The 500 free does NOT count toward this maximum. Swimmers' ages will be determined as of December 1, 2016. The meet director reserves the right to limit entries in any event to keep the meet timeline within a reasonable limit. If this becomes necessary, teams will be notified through their coaches/team representatives and a refund will be given for those events. Swimmers may deck enter at the meet for \$8.00 per event. The entry fee for each event is \$4.00.</p> <p>All entries are due Friday, November 4, 2016 no later than 9:00 PM. T-shirt orders are due Friday, November 4, 2016 no later than 9:00 PM. <u>Make one payment to Big Spring Aquatic Club for all entries and t-shirts.</u> Payment is due by Monday, November 7, 2016.</p> <p>Send to: James Katora 449 Meadows Road Newville, PA 17241 Phone # 717-571-7521</p>

Warm Ups, Meetings, & Start Times	<p>Doors open at 7:00 AM.</p> <p>Session One Warm Up: 7:15 – 7:45 AM</p> <p>Session Two Warm Up: 7:45 – 8:15 AM</p> <p>Session Three Warm Up: 8:15 – 8:45 AM</p> <p>Starts & Sprints should be done during warm up sessions.</p> <p>Warm up / cool down pool is available throughout the meet.</p> <p>Scratch Meeting: 8:15 AM</p> <p>Officials' Meeting: 8:15 AM</p> <p>Timers' Meeting: 8:30 AM</p> <p>National Anthem / Meet Start: 9:00 AM</p>
Rules / Safety	<p>The meet will be governed by current Federation Rules, NFHS swimming rules and safety procedures, with CPAL modifications. All events will be timed finals. The meet will be conducted using the whistle command and, with the exception of 8 & Under events, no-recall false start procedures. The one (1) false start rule will apply for all 8 & Under events. During warm ups, no diving is permitted until each team announces it will use its lane(s) for sprints. At that time, swimmers must enter from the starting block and exit from the opposite end of the pool. All entries must be feet-first other than during announced sprints. Swimmers violating safety procedures will be removed from the pool for the remainder of the warm-up session. Subsequent violations may cause disqualification from the remainder of the meet. Any swimmer observed swimming under the bulkhead will be disqualified from the meet, as determined by the meet referee. This policy will be strictly enforced. The use of audio or video recording devices, including cell phones, is prohibited in changing areas, restrooms, lockers rooms, and behind the starting blocks.</p>
Events / Sessions	<p>The meet will run in one session as a pre-seeded, timed finals event. See the attached order of events. There will be a 10-minute break following event 36 and a 15-minute break / warm up session prior to 500 free.</p>
Swimmer Seating	<p>Swimmers will be in the gym during the meet. Swimmers are responsible for reporting to the seeding area (adaptive gym adjacent to the gym) when their events are announced and posted on the board. Failure to report to the seeding area will result in a NS for the event. Swimmers will be escorted to the pool and provided a basket for their towels and flip flops while they swim.</p>
Awards	<p>Swimmers who finish first through third (1st – 3rd) will receive medals. Fourth through eighth (4th – 8th) place finishers will receive ribbons. Prizes will be awarded to each heat winner.</p>
Programs & Admission	<p>Admission is \$5.00. Children 10 & under will be admitted at no cost. Free admission is granted to all volunteers. Check in for volunteers is at the admissions table. One meet program per family will be included with the cost of admission. Additional programs are \$3.00 each.</p>
Concessions	<p>A complete selection of food and drinks will be available for purchase at the concession stand located in the cafeteria. All food and drink, with the exception of water, must be kept in the cafeteria / Commons Area. No exceptions.</p> <p>Please be sure to assist our staff by cleaning up when finished.</p>
T-Shirts	<p>Pre-ordered t-shirts are \$10.00 each. Pre-orders are due to BSAC no later than November 4, 2016 at 9:00 PM. Limited t-shirts will be available at the meet for \$15.00 each.</p>
Results	<p>Results will be posted in the hallway between the pool and the gym throughout the meet. Final meet results will be posted in printable HTML format, coaches Team Manager CL2, and Meet Manager back up files on CPAL website.</p>
Hospitality	<p>Food and drinks will be available to coaches and officials throughout the meet in the Health Room. It is located in the hallway across from the adaptive gym.</p>

Directions	<p>From the North: Take I-81 South to Exit 44 (Allen Road). Turn right off the exit onto Route 465. At the second light, Route 11 (there is a Sheetz on the left), turn left. Follow Route 11 approximately 5 miles to Mount Rock Road. Turn right onto Mount Rock Road. Agar Welding and the Mount Rock Church flank Mount Rock Road. Follow Mount Rock Road for 3.4 miles. The high school entrance is on the left.</p> <p>From the South: Take I-81 North to Exit 37 (Newville). Turn left onto PA-233 N toward Newville. Turn right onto US-11 N. In 1.2 miles, turn left onto Graham Road. In 1.6 miles, turn left onto Mount Rock Road. The high school is one mile on the left.</p>
Hotels	<p>All hotels are approximately 10 miles from the high school.</p> <p><u>Days Inn</u>: Alexander Spring Road, Carlisle PA. 717-258-4147</p> <p><u>Fairfield Inn Carlisle</u>: 1528 Commerce Ave, Carlisle PA 717-243-2080</p> <p><u>Country Inn & Suites</u>: 529 Commerce Ave, Carlisle PA 717-241-4900</p> <p><u>Super 8</u>: 100 Alexander Spring Road, Carlisle PA 717-245-9898</p>

Release Statement: The Big Spring School District, Big Spring Aquatic Club, and meet sponsor shall be held free and harmless from any and all liabilities or claims for damages arising by reason of injuries to anyone during this event.

Order of Events

Boys #	Event Description	Girls #
1	Open 200 Free	2
3	8 & Under 25 Free	4
5	9 – 10 50 Free	6
7	11 – 12 50 Free	8
9	13 – 14 50 Free	10
11	15 – 18 50 Free	12
13	Open 200 Back	14
15	8 & Under 25 Breast	16
17	9 – 10 50 Breast	18
19	11 – 12 50 Breast	20
21	13 – 14 100 Breast	22
23	15 – 18 100 Breast	24
25	Open 200 Fly	26
27	8 & Under 50 Free	28
29	9 -10 100 Free	30
31	11 – 12 50 Free	32
33	13 – 14 100 Free	34
35	15 – 18 100 Free	36
	10 Minute Break	
37	Open 200 Breast	38
39	8 & Under 25 Back	40
41	9 – 10 50 Back	42
43	11 – 12 50 Back	44
45	13 – 14 100 Back	46
47	15 – 18 100 Back	48
49	8 & Under 25 Fly	50
51	9 – 10 50 Fly	52
53	11 – 12 50 Fly	54
55	13 – 14 100 Fly	56
57	13 – 18 100 Fly	58
59	8 & Under 100 IM	60
61	9 – 10 100 IM	62
63	11 – 12 100 IM	64
65	13 – 14 200 IM	66
67	15– 18 200 IM	68
	15 Minute Break and Warm Ups	
69	Open 500 Free	70