



**Central Penn Aquatic League Division 3-A  
2017 Championship Meet**

*Hosted by the Cumberland Valley Aquatic Club  
Saturday, February 25, 2017*

**Location:** Cumberland Valley High School  
6746 Carlisle Pike  
Mechanicsburg, PA 17050

**Facility:** The Cumberland Valley High School Natatorium is an eight (8) lane 40-meter pool divided by a bulkhead at 25 yards, with a five (5) lane warm-up/warm-down area opposite the competition pool. A fully automatic Colorado 6 timing system with display board, touch pads at the finish for 9 & over swimmers and “2-button finish” for 8 & U swimmers will be used. We will be using Hy-Tek meet management software. Team areas and ready bull pen will be provided for swimmers. Spectator seating for 375 is available in the gallery area above the pool, and there is free parking next to the building.

***Special note regarding spectator seating:***

*The balcony seating is LIMITED to 375 and this is a “controlled seating.” environment. By order of the fire marshal and CV school district, we can NOT allow more than 375 spectators in the spectator gallery at any time. Thank you for your understanding. In order for all families to have a positive experience, we suggest that you bring chairs and blankets to set up in the hallway, lobby, or other available areas within the school, then walk up to the balcony to watch your swimmer.*

***Other CV school district spectator restrictions:***

- No food or drink (except water) in the seating area
- No reserving, marking, saving seats
- No blocking of designated walkways and stairs
- No large bags, backpacks, blankets, etc.
- No chairs or bleacher seats are allowed in the balcony area

**Meet Director:** Colby Smith (CVAC)  
717-571-0475 (cell -- voice or text)  
[cvacmeetdirector@gmail.com](mailto:cvacmeetdirector@gmail.com)

**Eligibility:** This meet is open to all CPAL swimmers that are on the roster submitted to the league and swam in a minimum of three league meets / qualifying invitationals in the course of the season. Each swimmer may swim a maximum of three (3) individual or relay events. The swimmers age will be determined as of December 1, 2016.

**Volunteers:** Team Reps must register coaches, official, and timers on-line here no later than 3:00 pm on Friday, 17 February (this is in lieu of submitting a written form):

[Registration - 2017 All Stars - Coaches, Officials, Timers](#)

Coaches – maximum of four per team  
Stroke & Turn Officials - Two per session from each team  
Timers - Four per session from each team  
Meet Seeding – Up to a maximum of four per team (must have state-required clearances)

**Meet File Requirements / Psych Sheets:**

Meet files are due from each team to Mike Gobrecht (Cc to [cvacmeetdirector@gmail.com](mailto:cvacmeetdirector@gmail.com)) no later than noon on Sunday, 2/19/17. Confirmation list of entries will be sent by Mike no later than noon on Monday, 2/20/17 back to the teams. Teams will have until no later than 5:00 pm on Tuesday, 2/21/17 to submit error corrections to Mike. Final psych sheets will be posted by noon on Wednesday, 2/22/17. After psych sheets are posted, NO CHANGES will be made unless they are approved at the divisional meet by all teams.

**Heat Sheets:** A very limited number of heat sheets will be available while supplies last. It is HIGHLY recommended that spectators download and print a heat sheet from the CPAL website ([CPAL Website](#)) and bring it to the meet.

**Admissions:** Spectators will enter through the main lobby (directly under the large “CV” sign) and proceed past concessions where they will pay for admission and be admitted to the spectator gallery. Cost of admission is \$3.00. Children age 12 and under are admitted free.

**Volunteers, Officials, and Timers:**

Volunteers, officials and timers should enter through the main lobby, proceed past concessions, and look for a table on the left. They can check in and receive their volunteer wristband for free admission. You must wear this wristband in order to be admitted free, and in the case of timers and officials, to be allowed on deck.

**Coaches:**

Coaches should enter through the main lobby, proceed past concessions, and look for the table on the left. They may pick up their coach’s packet with credentials for deck entry. Due to limited deck space, no more than four (4) coaches per team will be allowed on deck. There will be one heat sheet and one wristband given to each coach who is registered. Coaches must wear their wristbands to be admitted on deck.

**Awards:** Custom medals/ribbons will be given for all individual event participants (1<sup>st</sup> thru 16<sup>th</sup>) and all relay participants (1<sup>st</sup> thru 8<sup>th</sup>).

**Concessions:** Various food items will be available throughout the day in the lobby outside the Natatorium.

**Swim Shop:** Personal Best Swimwear will be on site the entire day for swimmers.

**T-Shirts:** T-shirts and other apparel will be available from JCAR. Orders will be placed by teams and/or individuals directly with the vendor on-line using the following link:

[Division 3-A Shirt Orders](#)

T-Shirts will be available at the meet; however, they will NOT be available for purchase the day of the meet.

**Hospitality:** The hospitality area for coaches and officials will be set up in the storage area, northeast corner of the pool deck, near the warm-up pool. Food and drink will be available throughout the day. Water will be available on deck for coaches, officials, and timers.

**Start Time:** Doors open at 7:00 am

**Meet Rules:** The meet will be governed by National Federation Rules, as amended by the CPAL. The following rules are modifications or points of emphasis:

1. False-Start Rule: 8U - one false start; all other age groups - no false starts
2. Dual confirmation will be in effect for all starts and relay take-offs
3. An air horn will supplement the electronic beeper to denote unfair starts
4. Swimmers must place feet below the gutter for backstroke starts; toes may not curl over the edge of the gutter for the start or after the start
5. **In-water relay take-offs for 2nd and 4th swimmers in 8 & under relays:** The 2nd and 4th swimmer must be in the water with a foot on the wall when the incoming swimmer's head passes under the backstroke flags closest to the end where the next swimmer will take-off.

**Meet Seeding:**

All swimmers will be seated directly on pool deck. This will create a championship style environment and will ensure swimmers get to their events. However, seating on deck will be tight. For this reason, only coaches and volunteers will be permitted on pool deck. It is a necessity that swimmers wear footwear when entering the school hallways. This is a safety measure that will be strictly enforced. Each team is allowed up to four (4) parent volunteers tasked with getting swimmers to the starting blocks. Teams are responsible to ensure that all parents assigned on deck with meet seeding have the state-mandated clearances to work with children.

**Safety:**

There will be NO DIVING from the shallow end (non-block) at any time during warm-ups or during the meet. There will be NO DIVING from the starting blocks and no backstroke starts during warm-ups session, with this exception: Limited diving and backstroke starts from the starting blocks in sprint lanes will be permitted, BUT only when announced. These rules follow National YMCA Warm-up Safety Procedures.

**BEST WISHES TO ALL SWIMMERS FOR A GREAT MEET!**

## Meet Schedule

Session 1: 8U and 10U Age Groups

### WARM-UP TIMES

(teams will be notified of their group assignment via email by 6:00 pm pm Wednesday, 22 February)

Group I	7:45 – 8:15 am
Group II	8:15 – 8:45 am

**NOTE: All lanes will open for starts for the last 10 minutes of each warm-up session**

7:45 a.m.	Scratch Meeting in the LGI Room
8:00 a.m.	Officials Meeting in the LGI Room
8:15 a.m.	Timers Meeting in the LGI Room
8:30 a.m.	Meet Begins
11:45 a.m.	Meet Ends (estimated)

*There will be 5 lanes of continuous warm-up available throughout the meet at the north end of the pool with coach's monitoring.*



Session 2: 12U, 14U, and 15O Age Groups

### WARM-UP TIMES

(teams will be notified of their group assignment via email by 6:00 pm pm Wednesday, 22 February)

Group I	12:00 – 12:20 pm
Group II	12:25 – 12:45 pm
Group III	12:45 – 1:05 pm

**NOTE: All lanes will open for starts for the last 10 minutes of each warm-up session**

12:25 p.m.	Scratch Meeting in the LGI Room
12:40 p.m.	Timers Meeting in the LGI Room
12:55 p.m.	Officials Meeting the LGI Room
1:15 p.m.	Meet Begins
5:30 p.m.	Meet Ends (estimated)

*There will be 5 lanes of continuous warm-up available throughout the meet at the north end of the pool with coach's monitoring.*



## **Cumberland Valley Natatorium Directions**

**From North – Take I-81 South to the Route 114 exit and make a left at light - go to traffic light at Rt. 11 - (Giant Store/Sheetz's gas station on right, Silver Springs Commons on left) bear right at light (Rt. 11 south. Proceed approximately 2 miles to the CV Education Park on the right. To get to pool pass the main entrance and stadium and make right onto Dapp Road. Make right onto access road past Stadium and go straight ahead to pool parking. Enter pool at the large “CV” Entrance.**

**From South – Take I-81 North to the New Kingstown exit onto Rt. 11 North. Go approximately 3 miles to school on left - school is located along Rt. 11.**

**From the South and PA Turnpike – Take Route 83 North to Route 581 West to Route 81 South. Proceed to Route 114 (exit 57) Turn left at the end of the ramp onto Route 114 to Route 11 (Carlisle Pike). Turn right onto Carlisle Pike (at the Sheetz) and proceed approximately 2 miles to the CV Educational Park on the right.**

## Sequence of Events

### Session 1 - AM (8U, 10U)

BOYS EVENT #	AGE GROUP	DESCRIPTION	AGE GROUP	GIRLS EVENT #
1	8U	100 MEDLEY RELAY	8U	2
3	10U	200 MEDLEY RELAY	10U	4
5	8U	25 FREE	8U	6
7	10U	50 FREE	10U	8
9	8U	25 BREAST	8U	10
11	10U	50 BREAST	10U	12
13	8U	50 FREE	8U	14
15	10U	100 FREE	10U	16
17	8U	25 BACK	8U	18
19	10U	50 BACK	10U	20
21	8U	25 FLY	8U	22
23	10U	50 FLY	10U	24
25	8U	100 IM	8U	26
27	10U	100 IM	10U	28
29	8U	100 FREE RELAY	8U	30
31	10U	200 FREE RELAY	10U	32

### Session 2 - PM (12U, 14U, 15O)

BOYS EVENT #	AGE GROUP	DESCRIPTION	AGE GROUP	GIRLS EVENT #
33	11&O	200 FREE	11&O	34
35	12U	200 MEDLEY RELAY	12U	36
37	14U	200 MEDLEY RELAY	14U	38
39	15O	200 MEDLEY RELAY	15O	40
41	12U	50 FREE	12U	42
43	14U	50 FREE	14U	44
45	15O	50 FREE	15O	46
47	12U	50 BREAST	12U	48
49	14U	100 BREAST	14U	50
51	15O	100 BREAST	15O	52
53	12U	100 FREE	12U	54
55	14U	100 FREE	14U	56
57	15O	100 FREE	15O	58
59	12U	50 BACK	12U	60
61	14U	100 BACK	14U	62
63	15O	100 BACK	15O	64
65	12U	50 FLY	12U	66
67	14U	100 FLY	14U	68
69	15O	100 FLY	15O	70
71	12U	100 IM	12U	72
73	14U	200 IM	14U	74
75	15O	200 IM	15O	76
77	12U	200 FREE RELAY	12U	78
79	14U	200 FREE RELAY	14U	80
81	15O	200 FREE RELAY	15O	82