



CENTRAL PENN AQUATIC LEAGUE BILL SCHMIDT MEMORIAL ALL-STAR MEET SUNDAY, February 23, 2022

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: <https://www.teamunify.com/team/usapapacs/page/club-information/pool-locations>

Meet Director: Stephen Lyons
Meet Referee: Maureen Rudy
Telephone: 717-679-5893
Starters: Paul Brower
Email: Stephen@slyonsfam.com

Facility: The Palmyra Natatorium has a 6-lane, 25yard pool. A Daktronics timing system will be used with touch pads, plungers and manual stop watches for the finish. Plungers will be used at the shallow end to allow for electronic timing for 8 & under swimmers. Hy-tek meet management software will be used.

Admissions: Adults and children 12 & over - \$5.00 *** Programs are included with admissions; one per family
Doors open at 6:30 AM:
Entrance to the building will be from the rear parking lot (middle set of doors).
Officials, Meet Volunteers, and Coaches will have a designated check-in area.

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.

Start Times: 8:30am (1st session) 1:00pm approximately (2nd session)

Warm –Up Times: Will be announced by Saturday, February 22, 2020

Swimmer Staging Area: ALL SWIMMERS will be staged in the hallway parallel to the natatorium. It is highly recommended that swimmers wear flip flops and a cover-up when in the staging area as well as going to and from their events. Footwear should be worn at all times when not competing in the pool area to avoid injury.

- Volunteers:** Each team is asked to provide the names of coaches, timers and officials. Please complete the following link by **February 17, 2020 by 6:00pm**. Volunteer list will be posted on the CPAL and PAC websites when available. Volunteers will need to check-in prior to the start of the meet to get their wristbands.
- https://docs.google.com/spreadsheets/d/1JvqAaCn1zGX1xMZUZjwS_IfPiAEcXSzM1Njt1YU8_1Q/edit?usp=sharing
- 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 wristband.
- Coaches:** Only four coaches per team will be permitted on deck at any one time
- Awards:** Custom medals will be awarded for 1st – 16th place in individual events, and 1st – 6th 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 in the high school cafeteria. It will provide a variety of food, snacks, and beverages throughout the entire meet. **Food and drink items, with the exception of water, ARE NOT permitted in the gym or spectator seating area.**
- 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:** All teams will be located 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. We are guests at the school and very fortunate to be able to utilize the facilities, so it is important that all swimmers and their families be respectful of the guidelines provided. **ALL CHAIRS MUST HAVE A TOWEL UNDERNEATH THEM ON THE GYM FLOOR.**
- Psych Sheets:** Psych sheets will be included in the program the day of the meet.
- 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.
- All-Stars T-Shirt** A custom-designed All-Stars Championship T-shirt and Sweatshirt are available for PRE-ORDER. Each team representative is responsible for submitting their team's orders via link provided no later than **Sunday, February 9, 2020**. Orders will be placed immediately after deadline to ensure delivery for the meet. Standard short sleeve t-shirts will be available for purchase meet day while supplies last. Orders will be taken thereafter.
- <https://www.timetosignup.com/sharkbites/form/11268>

Other Matters of Importance

- 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. All photos must be taken between the backstroke flags.

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MEET SCHEDULE:

AM Session: (8 & under and 10 & under)

<u>Warm Up</u>	<u>Times</u>	<u>Teams</u>
Session 1	6:50 - 7:10 am	TBA
Session 2	7:10 - 7:30 am	TBA
Session 3	7:30 - 8:45 am	TBA
Session 4	7:50 - 8:10 am	TBA

7:30 am	Scratch Meeting	Classroom 103
7:40 am	Timers Meeting	Classroom 103
7:50 am	Officials Meeting	Classroom 103
8:30 am	Meet Starts	

PM Session: (12 & Under, 14 & Under and 15 – 18 age group)

<u>Warm Up</u>	<u>Times</u>	<u>Teams</u>
Session 1	11:30 - 11:50 am	TBA
Session 2	11:50 - 12:10 pm	TBA
Session 3	12:10 - 12:30 pm	TBA
Session 4	12:30 - 12:50 pm	TBA

12:10 pm	Scratch Meeting	Classroom 103
12:20 pm	Timers Meeting	Classroom 103
12:30 pm	Officials Meeting	Classroom 103
1:00 pm	Meet Starts	

*** One-way sprints will occur during the last 5 minutes of designated warm-up.**

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Order of Events

BOYS

GIRLS

SESSION ONE

1	8 & U	100	Medley Relay	2
3	9-10	200	Medley Relay	4
5	8 & U	25	Free	6
7	9-10	50	Free	8
9	8 & U	25	Breast	10
11	9-10	50	Breast	12
13	8 & U	50	Free	14
15	9-10	100	Free	16
17	8 & U	25	Back	18
19	9-10	50	Back	20
21	8 & U	25	Fly	22
23	9-10	50	Fly	24
25	8 & U	100	IM	26
27	9-10	100	IM	28
29	8 & U	100	Free Relay	30
31	9-10	200	Free Relay	32

SESSION TWO

33	11 & O	200	Free	34
35	11-12	200	Medley Relay	36
37	13-14	200	Medley Relay	38
39	15 & O	200	Medley Relay	40
41	11-12	50	Free	42
43	13-14	50	Free	44
45	15 & O	50	Free	46
47	11-12	50	Breast	48
49	13-14	100	Breast	50
51	15 & O	100	Breast	52
53	11-12	100	Free	54
55	13-14	100	Free	56
57	15 & O	100	Free	58
59	11-12	50	Back	60
61	13-14	100	Back	62
63	15 & O	100	Back	64
65	11-12	50	Fly	66
67	13-14	100	Fly	68
69	15 & O	100	Fly	70
71	11-12	100	IM	72
73	13-14	200	IM	74
75	15 & O	200	IM	76
77	11-12	200	Free Relay	78
79	13-14	200	Free Relay	80
81	15 & O	200	Free Relay	82

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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 on the official/volunteer sign-up link. All coaches will be issued a wristband the day of the meet, which we request are worn at all times during the meet. Coaches will have access to the hospitality area located on the pool deck. Coaches should check in at the timing table on the pool deck to receive your wristband and coaches' packet.

Please note: Coaches standing on the spectator side of the pool will be asked to remain behind the line marked on the pool deck to allow the fans the best opportunity to watch the swimming. Please utilize the concrete benches for post-swim discussions.

VOLUNTEERS

Please submit your completed Official and Volunteer information by Monday, February 17, 2020 by 6:00 pm using the link provided. Volunteer assignments will be posted on the CPAL and PAC websites. All volunteers must report to the volunteer table upon entering the admission area to receive their wristband which must be worn at all times to be admitted to the pool deck area. Volunteers will receive free admission to the meet.

Official/Volunteer Link

https://docs.google.com/spreadsheets/d/1JvqAaCn1zGX1xMZUZjwS_lfPiAEcXSzM1Njt1YU8_1Q/edit?usp=sharing

Each team is required to provide the following:

Timers: (2) per session – **Teams must provide their own stopwatches**

Stroke/Turn Official: (2) per session – **Must be certified**

Parent Chaperones: (1) per session (**see attached**)

Staging Assistant: (2) per session - **Responsibility will be to ensure their swimmers get to the staging area.**

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 will serve as guidelines for the chaperones. We ask that all guests please observe the following rules while in attendance at the meet.

- The Palmyra Area School District has identified the school grounds as 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 food and drink must be consumed in the concession area.**
- **ALL CHAIRS must have a towel underneath them while on the gym floor.**
- The Palmyra 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.
- Please keep the gym floor dry to avoid slips and falls. 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 staging area. This includes water bottle flipping.
- 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.
- 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.
- First aid and medical services will be available as needed.