

CENTRAL PENNSYLVANIA AQUATIC LEAGUE

DIVISION "A" CHAMPIONSHIPS

HOSTED BY BIG SPRING AQUATIC CLUB

AT BIG SPRING HIGH SCHOOL

SATURDAY, FEBRUARY 17, 2007

Please review all of the 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 FRIDAY, FEBRUARY 9, 2007. Please email or send them to:

Les Stover

4 Springview Road

Carlisle, PA 17015

rstover@bigspring.k12.pa.us or Lstover@bigspring.k12.pa.us

T-shirt order forms must be completed and returned with payment NO LATER THAN FEBRUARY 2nd. Orders may be mailed, faxed or emailed to Jeri Marshall with payment due by February 9th. You may phone in your order, but remember to send payment by the 9th. Please forward your T-shirt order form summary to:

Big Spring Aquatic Club

c/o Jeri Marshall

301 High Mountain Road

Shippensburg, PA 17257

Phone: 717-532-7000 (home)

Fax: 717-245-6624

Jerimship301@pa.net

*****Checks payable to "Big Spring Aquatic Club"**

ANY QUESTIONS OR CONCERNS SHOULD BE DIRECTED TO:

Les Stover – 243-2301 or via e-mail Lstover@bigspring.k12.pa.us

Technical questions regarding downloading or file set up should be directed to Bill Gillet at gillet@bigspring.k12.pa.us

GOOD LUCK TO ALL SWIMMERS
& THEIR COACHES!

BIG SPRING AQUATIC CLUB
2007 CPAL DIVISION “A” SWIM MEET

HOST: Big Spring Aquatic Club

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

***Directions may be found on the league website.**

DATE: Saturday, February 17, 2007

**SESSIONS: Morning – 8 & under
10 & under**

**Afternoon – 12 & under
14 & under
Unlimited**

MORNING: Warm-up sessions begin at 7:30 – refer to the time schedule and lane assignments. Meet begins at 9:00 AM

AFTERNOON: Warm-up sessions begin at 12:45 – refer to the time schedule and lane assignments. Meet begins at 2:15 PM

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 on a “Meet Manager” disk or on the entry form provided. All entries should be submitted in Hy-Tek Format as either a “Meet Manager backup file” or a “Meet Manager Merge entries file”. In order to ensure that all of us are using the same events, you can download the file from the CPAL web page under the divisionals link for A or go to www.swimbigspring.org, click on the BSAC page then click Divisionals 2007 to download a full meet backup file. Please remember that the championship meet file is different than those used for dual meets. No team will be entered without a complete volunteer sheet.**

ALL ENTRIES MUST BE RECEIVED BY FRIDAY, FEBRUARY 9, 2007:

Les Stover

4 Springview Road

Carlisle, PA 17013

gillet@bigspring.k12.pa.us - meet manager format

Technical questions regarding downloading or file set up should be directed to Bill

Gillet at gillet@bigspring.k12.pa.us

BIG SPRING AQUATIC CLUB
2007 CPAL DIVISION "A" CHAMPIONSHIPS

- SCRATCH MEETING:** 8:30 AM – MORNING SESSION
1:45 PM – AFTERNOON SESSION
- SCRATCH MEETING LOCATION:** HEALTH ROOM 115
- OFFICIALS & TIMERS MEETING:** 8:40AM – MORNING SESSION
1:45 PM – AFTERNOON SESSION
- OFFICIALS & TIMERS MEETING LOCATION:** HEALTH ROOM 117
- OFFICIALS:** STARTERS, STROKE & TURN OFFICIALS, TIMERS, RUNNERS, & 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 (THE ADAPTIVE GYM) WHEN THEIR EVENT IS ANNOUNCED AND POSTED ON THE BOARD. ANY SWIMMER WHO CANNOT BE FOUND WILL BE SCRATCHED FROM THE EVENT.
- PARENT CHAPERONES:** TWO ADULT CHAPERONES MUST BE PROVIDED BY EACH TEAM TO SUPERVISE SWIMMERS IN THE GYM AND ASSIST IN LOCATING SWIMMERS. PLEASE RESTRICT YOUR SWIMMERS FROM WANDERING AROUND THE SCHOOL.
- CONCESSION STAND:** 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 & J SPORTS WILL HAVE SWIMSUITS, GOGGLES AND OTHER SWIMMING RELATED ITEMS AVAILABLE FOR PURCHASE

T-SHIRTS:

A LIMITED NUMBER OF T-SHIRTS WILL BE AVAILABLE AT THE MEET. PRE-ORDER FORMS WERE SENT OUT EARLIER AND ARE ALSO INCLUDED IN THIS PACKET. ORDERS ARE DUE FEBRUARY 2nd.

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 & PROGRAMS:

**ADULTS: \$2.00 STUDENTS: \$1.00
ALL NON-SWIMMERS WILL BE CHARGED
PROGRAMS: \$3.00
HIGHLIGHTERS: \$1.00**

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.

AFTER THE START OF THE MEET, THE SHALLOW END AREA WILL BE CLOSED. NO WARM-UP OR COOL DOWN SWIMMING WILL BE PERMITTED IN THAT AREA.

GENERAL RULES:

- ❖ 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.
- ❖ PLEASE KEEP THE GYM FLOOR DRY.
- ❖ 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.

BIG SPRING AQUATIC CLUB
2007 CPAL DIVISION "A" CHAMPIONSHIPS
VOLUNTEER SHEET

*****MUST BE RETURNED WITH TEAM ENTRIES*****

TEAM NAME _____

TIMERS

TIMERS, PLUS RELIEF TIMERS (OPTIONAL), ARE NEEDED FROM EACH TEAM FOR THE MORNING AND AFTERNOON SESSIONS. TEAMS ARE ASSIGNED TO SPECIFIC LANES. PLEASE REFER TO LANE ASSIGNMENTS TO SEE HOW MANY TIMERS YOU WILL BE RESPONSIBLE TO PROVIDE. PLEASE REMEMBER TO HAVE AN EXTRA PERSON AVAILABLE FOR THE **8 & UNDER 25 YARD EVENTS.**

AM SESSION

AM SESSION RELIEF

NAME _____ NAME _____

NAME _____ NAME _____

NAME _____ NAME _____

8 & UNDER 3RD TIMER: _____

PM SESSION

PM SESSION RELIEF

NAME _____ NAME _____

NAME _____ NAME _____

NAME _____ NAME _____

OFFICIALS

EACH TEAM WILL PROVIDE OFFICIALS – ASSIGNMENTS ARE LISTED BELOW. IT IS YOUR OPTION IF YOU WISH TO PROVIDE RELIEF FOR YOUR OFFICIALS. EACH TEAM WILL ALSO PROVIDE A REPRESENTATIVE FOR THE CHAMPIONSHIP COMMITTEE. THIS COMMITTEE WILL BE RESPONSIBLE FOR HANDLING ANY DISCREPANCIES IN RULES INTERPRETATION ARISING DURING THE MEET. THIS REP MAY ALSO FUNCTION AS AN OFFICIAL.

AM SESSION

STROKE: SAC: _____

MASC: _____

CYAA: _____

HAY: _____

TURN: BSAC: _____

GETY: _____

FINISH JUDGE: SAC: _____

MASC: _____

CYAA: _____

PM SESSION

STROKE: HAY: _____

BSAC: _____

GETY: _____

SAC : _____

TURN: MASC: _____

CYAA: _____

FINISH JUDGE: HAY: _____

BSAC: _____

GETY: _____

CHAMPIONSHIP COMMITTEE REPRESENTATIVE:

AM: _____

PM: _____

COACHES NAMES: PLEASE LIST ALL COACHES

NAME _____

NAME _____

NAME _____

NAME _____

2007 CPAL DIVISION "A" CHAMPIONSHIPS

SUMMARY T-SHIRT ORDER FORM

Please pre-order by Feb 2nd^h to guarantee your order. Orders may be placed by completing the form below and phoning it, faxing it, or emailing it. Even if an order is phoned in, please forward the order form to:

Big Spring Aquatic Club
% Jeri Marshall
301 High Mountain Rd
Shippensburg, PA 17257
Phone: 717-532-7000
Fax: 717-245-6624
Jerimship301@pa.net
Team Name: _____

	Long Sleeve		Short Sleeve	
	<u>\$16 each</u>		<u>\$12 each</u>	
<u>SIZE</u>	<u>Quantity</u>	<u>\$ Total</u>	<u>Quantity</u>	<u>\$ Total</u>
Youth medium:	_____	_____	_____	_____
Youth large:	_____	_____	_____	_____
Adult small:	_____	_____	_____	_____
Adult medium:	_____	_____	_____	_____
Adult large:	_____	_____	_____	_____
Adult X-large:	_____	_____	_____	_____
Adult XX:	_____	_____	_____	_____
(\$2.00 more)		(\$18 each)		(\$14 each)
Adult XXX:	_____	_____	_____	_____
(\$2.00 more)		(\$18 each)		(\$14 each)
Total shirts:	_____	_____	_____	_____
Total \$:		_____	+	_____ =

Grand Total \$ Due: _____ **Checks payable to BSAC**



BIG SPRING AQUATIC CLUB **CARLISLE YMCA**
SHIPPENSBURG AQUATIC CLUB **HANOVER YMCA**
MERCERBURG AREA SWIM CLUB **GETTYSBURG YWCA**

2. 4-color full-back image - navy - wht - ath' gold - kelly - purple

2007
CPAL
DIVISIONAL
CHAMPIONSHIP

1. 2-color left-chest image - navy/wht

BIG SPRING AQUATIC CLUB
2007 CPAL DIVISION "A" CHAMPIONSHIPS

LANE ASSIGNMENTS FOR MORNING & AFTERNOON WARM-UPS

TEAM	LANES	MORNING	AFTERNOON
BSAC	1, 2, 3 & 4	7:30 – 7:55 AM	12:45 – 1:10 PM
CYAA	5, 6, 7 & 8	7:30 – 7:55 AM	12:45 – 1:10 PM
SAC	1, 2, 3 & 4	7:55 – 8:20 AM	1:10 – 1:35 PM
HAY	5, 6, 7 & 8	7:55 – 8:20 AM	1:10 – 1:35 PM
GETY	1, 2, 3 & 4	8:20 – 8:45 AM	1:35 – 2:00 PM
MASC	5, 6, 7 & 8	8:20 – 8:45 AM	1:35 – 2:00 PM

LANE ASSIGNMENTS FOR TIMERS

LANE	TEAMS	8 & UNDER EVENTS
1	SAC/BSAC	GETY
2	CYAA/MASC	HAY
3	BSAC/GETY	SAC
4	MASC/HAY	CYAA
5	GETY/SAC	BSAC
6	HAY/CYAA	MASC
7	SAC/BSAC	GETY
8	CYAA/MASC	HAY

BACK-UP TIMERS BSAC (BOTH SESSIONS)

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. RELIEF TIMERS WILL TAKE OVER AFTER EVENT #16 IN THE MORNING SESSION AND AFTER EVENT #58 IN THE AFTERNOON SESSION.

CPAL Division “A” Championships

Championship Rules:

- 1. 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.**
- 2. 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).**
- 3. “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.**
- 4. The top 12 finishers in each individual event and the top 6 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.**
- 5. 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.**
- 6. 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.**

**CPAL DIVISION "A" CHAMPIONSHIPS
BIG SPRING HIGH SCHOOL
2/17/2007
(8 LANE, 25 YARD POOL)
A.M. SESSION --- 10 & UNDER**

Event #	Gender	Age Group	Distance	Stroke
1	M	8 & under	100 Y	Medley Relay
2	W	8 & under	100 Y	Medley Relay
3	M	9 & 10	200 Y	Medley Relay
4	W	9 & 10	200 Y	Medley Relay
5	M	8 & under	25 Y	Free
6	W	8 & under	25 Y	Free
7	M	9 & 10	50 Y	Free
8	W	9 & 10	50 Y	Free
9	M	8 & under	25 Y	Breast
10	W	8 & under	25 Y	Breast
11	M	9 & 10	50 Y	Breast
12	W	9 & 10	50 Y	Breast
13	M	8 & under	50 Y	Free
14	W	8 & under	50 Y	Free
15	M	9 & 10	100 Y	Free
16	W	9 & 10	100 Y	Free
17	M	8 & under	25 Y	Back
18	W	8 & under	25 Y	Back
19	M	9 & 10	50 Y	Back
20	W	9 & 10	50 Y	Back
21	M	8 & under	25 Y	Fly
22	W	8 & under	25 Y	Fly
23	M	9 & 10	50 Y	Fly
24	W	9 & 10	50 Y	Fly
25	M	8 & under	100 Y	IM
26	W	8 & under	100 Y	IM
27	M	9 & 10	100 Y	IM
28	W	9 & 10	100 Y	IM
29	M	8 & under	100 Y	Free Relay
30	W	8 & under	100 Y	Free Relay
31	M	9 & 10	200 Y	Free Relay
32	W	9 & 10	200 Y	Free Relay

CPAL DIVISION "A" CHAMPIONSHIPS

BIG SPRING HIGH SCHOOL

2/17/2007

(8 LANE, 25 YARD POOL)

P.M. SESSION --- 11 & OVER

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

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 which are very new. 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.

1. No food or drink in the pool area, with the exception of water.
2. **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.
3. 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.
4. No ball playing or horseplay in the gym.
5. Swimmers are expected to wait in the gym, pool spectator area, or Commons area when they are not swimming. There will be close circuit television set up in the Gym and Commons areas to encourage swimmers to remain in these areas.
6. The Pool is a **no jewelry facility**. Please remind your swimmers to remove all jewelry before entering the pool area.
7. D & J Sports will be located in the Commons area.
8. 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.
9. 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.
10. 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.

GOOD LUCK!!!

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 Ronnie Stover at the scorer's table within one-half hour of the conclusion of each session.