

Central Penn Aquatic League
Division 4-A Championship 2007
*Hosted by YMCA of Northern York
Northern York Aquatic Club*
Saturday February 17, 2007



Location: Northern York High School
655 South Baltimore Street
Dillsburg, PA 17019

Directions can be found at:

http://www.northernpolarbears.com/5553_75527145015/site/default.asp?

Admission: Admission: \$2 for adults; \$1 for students
Volunteers are admitted free of charge.
Programs will be available for \$3.00.

Volunteers: Each team must provide names of coaches, chaperones, timers and officials
- please see attached forms and return to deedlesdbj@earthlink.net by February 10, 2007.

Meet Director: Denise Miller
Phone 225-9049

Head Referee: Andy Miller
email: twinnom1995@comcast.net

Facility: The Northern High School Pool is a six lane, 25-yard pool with full display. A Colorado timing system will be used, along with touch pads at the finish end for 50 yard and longer events and button finish for the 25 yard events for 8 & under. The meet will be run using Hy-tek Meet Management software.

Refreshments: The concession stand will be open in the High School cafeteria and selling a variety of food, snacks, and beverages throughout the entire meet. All food and beverages (with the exception of water) must remain in the concession stand area. Tables will be designated for each team. Please put coolers in the cafeteria in the areas marked for your team. There will ample tables for your use.

Divisional T-Shirt: Divisional T-shirts will be available for pre-order only. An order form, including a sample design, is provided in this packet. Pre-orders (\$12 per shirt) are due **February 2, 2007**. Please email T-shirt orders to rolinder@aol.com. Each team is asked to submit ONE team check for the T-shirts. Additional details are available on the attached T-shirts page in this packet. A team rep should pick up the shirts prior to the start of the Morning session. There will be no T-shirts for sale at the meet.

Vendor: Kast A Way Swimwear of Cincinnati, Ohio will be our Speedo Team Dealer

Questions or concerns should be directed to Sandy Jumper at 249-8053 or deedlesdbj@earthlink.net

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Start Times: Doors open at 6:45 AM

Two Sessions: Morning Session: 8 & under
9-10 year olds
Afternoon Session: 11-12 year olds
13-14 year olds
15 & Over

AM Schedules:

AM Warm-up Schedule:

7:15 AM – 7:45 AM		7:50 AM – 8:20 AM	
NYAC	Lanes 1-2	LPAC	Lanes 1-2
MECH	Lanes 3-4	LV Otters	Lanes 3-4
ACWS	Lanes 5-6	Palmyra	Lanes 5-6

7:45 AM Officials' Meeting
8:00 AM Timers' Meeting
8:00 AM Coaches' Meeting
8:30 AM Meet Starts

PM Schedules: (Tentative schedule; any changes to the warm-up and start time will be available and emailed to Team reps on Monday, February 12, 2007)

PM Warm-up Schedule:

12:45 PM – 1:15 PM		1:20 PM – 1:50 PM	
NYAC	Lanes 1-2	LPAC	Lanes 1-2
MECH	Lanes 3-4	LV Otters	Lanes 3-4
ACWS	Lanes 5-6	Palmyra	Lanes 5-6

1:15 PM Officials' Meeting
1:30 PM Timers' Meeting
1:30 PM Coaches' Meeting
2:00 PM Meet Starts

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ENTRIES and RESULTS

As per CPAL guidelines, each swimmer may swim in a maximum of 3 events. The events may be 3 individual events; 2 individual and one relay; or 1 individual and 2 relays. Listing a swimmer as an alternate on a relay does not count as an event.

Event numbers will be posted and announced in the gym. Swimmers are responsible for reporting to the seeding area when their event is announced and posted on the board. Any swimmer who cannot be located will be scratched from that event.

All entries must be in short course yards. All entries should be completed with Hy-Tek software.

DEADLINE for receipt of entries is FEBRUARY 10, 2007 at 9:00 p.m.

Event results will be posted as quickly as possible in the hallway at the end of the pool.

ALL ENTRIES MUST BE RECEIVED BY 9:00 P.M. ON FRIDAY, FEBRUARY 10, 2007. Please send your entries to mike@wsyswim.org

Psych Sheet will be available for coaches' review by Sunday, February 11, 2007. Coaches have 24 hours to make corrections in accordance with CPAL rules and guidelines. Changes should be emailed to mike@wsyswim.org

No team will be entered without completed coaches, chaperones, and other volunteer forms.

Coaches or Team Reps are required to pick up the ribbons at the end of the meet.
RIBBONS WILL NOT BE GIVEN TO SWIMMERS or PARENTS.

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COACHES

Please list all coaches below and return with the completed forms.

Name_____ Name_____

Name_____ Name_____

Name_____ Name_____

****Please return this completed form by February 10, 2007 by 9:00 p.m. to
deedlesdbj@earthlink.net**

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PARENT CHAPERONES

Each team must designate two adult chaperones to supervise its swimmers while in the gym area.

The following rules will be strictly enforced:

- Swimmers must report to the auxiliary gym upon arrival.
- Each team will have a designated area in the gym area. Please keep your team together.
- Help keep the gym floor dry.
- Concessions allowed in the concession area only. No food or drink allowed in the gym or pool area. However, water is permitted in the auxiliary gym and in the pool area.
- Coolers should be placed in the cafeteria on the floor around or on the designated team tables.
- No swimmers are allowed in the spectator area.
- No horseplay is permitted which includes running, throwing balls, Frisbees, etc.
- Locker room space is limited. Please restrict these areas to swimmers for restroom and changing purposes only.
- **NO DIVING IN THE SHALLOW END.**
- **SWIMMERS MUST HAVE FOOTWEAR TO LEAVE THE AUXILIARY GYM AREA.**

Team Name: _____

Chaperone Name (AM): _____

Chaperone Name (AM): _____

Chaperone Name (PM): _____

Chaperone Name (PM): _____

Please return this completed form by February 9, 2007 to deedlesdbj@earthlink.net

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<http://www.swimnyac.org>

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SHOUT OUTS!

The Divisional Program will include SHOUT OUTs. Those people wanting to include comments on the SHOUT OUT pages should print messages in the space provided. Fee is \$5.00 per listing. Each SHOUT OUT prints out to the size of a business card.

PLEASE PRINT SHOUT OUT COMMENTS BELOW:

Return the completed form to rolinder@aol.com by **February 2, 2007**.

Each team is asked to collect all checks for the SHOUT OUTs and mail along with the T-shirt payment by **February 9, 2007** to Sharon Gallagher at the address on the t-shirt order page. Checks should be made payable to WSY.

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Volunteers

Each team **MUST** provide volunteers. Please send volunteer list to Sandy Jumper by **February 10, 2007** at 9:00 p.m. at deedlesdbj@earthlink.net Volunteers will not have to pay for admission.

Team Name: _____

Bull Pen/Seating: NYAC

Computer/Colorado timing: NYAC

Ribbons: NYAC

For both the morning and afternoon sessions, each team will be responsible for providing timers for the lanes, as assigned below:

NYAC: Lanes 1 and 3

MECH: Lanes 1 and 4

ACWS: Lanes 2 and 5

LVO: Lanes 3 and 5

Palmyra: Lanes 2 and 6

LPAC: Lanes 4 and 6

Each timer will receive a name tag upon entering. Please provide names below:

Morning Timers (4):

1. _____

2. _____

3. _____

4. _____

Afternoon Timers (4)

1. _____

2. _____

3. _____

4. _____

Official assignments will be emailed to Team Reps prior to Divisionals.

Officials (2):

1. _____

2. _____

Officials (2):

1. _____

2. _____

Finish Judge (1):

1. _____

Finish Judge (1):

1. _____

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T-Shirt Pre-order Form
PRE-ORDERS ONLY!!!!

Price: \$12.00

All T-shirt Pre-orders must be received no later than **February 2, 2007**.

Please send pre-order form to sharon1231@msn.com

Each team should submit ONE check for t-shirts for its team members. Make checks payable to WSY. Please send ONE check by **February 10, 2007** to:

Sharon Gallagher
14 Montadale Drive
Dillsburg, PA 17019

T-Shirt Pre-Order Form

Swim Team: _____

Contact Name: _____

Phone Number: _____

E-mail Address: _____

Size:	Quantity:	Price:	Total Due:
YS	_____	\$12/each	\$_____
YM	_____	\$12/each	\$_____
YL	_____	\$12/each	\$_____
Adult Small	_____	\$12/each	\$_____
Adult Medium	_____	\$12/each	\$_____
Adult Large	_____	\$12/each	\$_____
Adult X-Large	_____	\$12/each	\$_____

Total amount due \$_____

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A.M. SESSION --- 8 and Under; 9-10 year olds

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

P.M. SESSION --- 11-12; 13-14; 15 & 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

