# 2007 CPAL 5A Divisional Championship Meet



### Saturday February 17, 2007

Proudly hosted by the Aquatic Club of the YMCA of York and York County

Swimmers who finish in the top twelve(12) overall from the individual events and the top six(6)relays overall from the relay events from the combined five (5) Divisional Meets will qualify to participate in the league All Star Meet.

**Location:** York YMCA Southern Branch,100 Constitution Avenue, Shrewsbury, PA.

This meet is held in our 8 lane, 25 yard pool which is equipped with the Colorado timing system. Roller rink area will be available for swimmers and

spectators when not swimming.

**Directions:** Take Route 83 South to the Shrewsbury exit. At the end of the exit ramp turn

right. Follow this road west until you come to Main Street. Turn left onto Main. Follow Main south until you come to Constitution Avenue. Turn right

onto Constitution. The Y is on the left.

Sessions: AM PM

Start 9am 1pm First Warm-ups 7:30am 11:30am

Specific times and lanes will be assigned closer to the meet

Meetings:

Scratch Meeting 8:00 am 12:00 noon

(Hallway leading to locker rooms)

Officials' Meeting 8:30 am 12:30 pm

(Front desk area)

Timer's Meeting 8:45 am 12:45 pm

(Front desk area)

**Entries:** 

A swimmer may be listed in 3 events and as an alternate in relays. The events can be two individual events and one relay, three individual events, or two relays and one individual event. If a swimmer swims 3 events at Divisionals, the swimmer cannot be an alternate in a relay at All Stars. If the swimmer swims as an alternate in a relay, then the event the swimmer will be scratched from must be listed on the entry information.

All entries should be submitted using Hy-Tek Meet Manager. Please submit all times in yards. Each team must also submit a completed official and volunteer sheet (see attached). NO ENTRIES WILL BE ACCEPTED WITHOUT A COMPLETED VOLUNTEER FORM. The file containing the events for this meet may be downloaded from our web site at <a href="https://www.swimyorky.org">www.swimyorky.org</a> or <a href="https://www.swimyorky.org">www.swimyorky.org</a> or <a href="https://www.swimyorky.org">www.swimyorky.org</a> or <a

#### Entries should be sent to:

Brian Gunn at <a href="mailto:swimyorky@comcast.net">swimyorky@comcast.net</a> or

Brian Gunn, Divisional Meet Director 722 Dogwood Circle York, PA 17403

**Admission:** Spectator admission \$2 (under 12 free); Program \$3.

**Awards:** 1<sup>st</sup> through 12<sup>th</sup> place in individual events and 1<sup>st</sup> through 6<sup>th</sup> place in relay

events will receive awards as provided by the league.

Officials & Included is a sign up sheet for volunteers. Please submit names for all Volunteers: positions requested. Officials and timers must check in to receive a badge.

**Meet Rules:** The meet will be governed by National Federation Rules, as amended by the Central Penn Aquatic League.

The following rules are modifications or points of emphasis:

1. False-Start Rule: 8 & under: 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.\*

\*When one or more swimmers have obtained an unfair advantage at the start, the race shall continue without recall. If the recall signal is activated inadvertently the race "is recalled" and the Referee/Starter may disqualify the swimmer(s) who left the mark before the start signal. However, the Referee/Starter may also recall the entire heat "without" any false start - if not satisfied with the start. In this case it is called an "unfair start."

- 4. Swimmers must place feet including toes completely under surface of water prior to the backstroke starting command and until feet leave wall.
- 5. In-water relay take-offs for 2<sup>nd</sup> and 4<sup>th</sup> swimmers in 8 & under relays is defined as follows: 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 take-off is to occur. The swimmer shall maintain contact with the end wall with a hand and/or foot by the time the end of the incoming swimmer passes under the backstroke flags nearest the point where take-off is to occur until the incoming swimmer touches the wall.

#### 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.

**General Rules**: ► No food or drink in the pool area.

- ► Each team will have a designated area in the roller rink area.
- ▶ Swimmers should remain in the roller rink area when not swimming.
- ▶ Spectators seating is available in the pool area, <u>but limited</u>. Spectators are encouraged to use the roller rink area between their swimmer's events.
- ► Seeding area will be in the hallway outside the pool.
- ► Teams are responsible for providing adult supervision for their team in the rink area.
- ▶ Please make sure that your area is free of trash and litter after each session.

**Hospitality:** The hospitality area for coaches and officials will be located behind the concession area.

**Concession:** A concession area will be available with a variety of items the entire meet.

## **GOOD LUCK TO ALL SWIMMERS!**