

2007 CPAL 5A Divisional Championship Meet

Central Penn
Aquatic League



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 (Hallway leading to locker rooms)	8:00 am
Officials' Meeting (Front desk area)	8:30 am
Timer's Meeting (Front desk area)	8:45 am
	12:00 noon
	12:30 pm
	12:45 pm

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 2nd and 4th 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, but limited. 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!