



**Central Penn Aquatic League Bill Schmidt Memorial  
2010 All-Star Championship Meet  
(USA Accepted Meet: MA 1025 AC)**

***Hosted by Cumberland Valley Aquatic Club & Collegiate Aquatics  
Sunday, February 28, 2010***

Location: Cumberland Valley High School  
6746 Carlisle Pike  
Mechanicsburg, PA 17050

Facility: The Cumberland Valley High School Natatorium is an eight (8) lane 40 meter pool divided by a bulkhead at 25 yards, with a six (5) lane warm-up/warm-down area opposite the competition pool. A fully automatic Colorado 5 timing system with display board, touch pads at the finish for 9 & over swimmers and “2-button finish” for 8&U swimmers will be used. We will be using Hy-Tek meet management software. Team areas and ready bull pen will be provided for swimmers. Spectator seating for approximately 400 is available in the gallery area above the pool.

Meet Director: Michael Clark (CVAC)  
(cell) 576-9334  
[paclarkfamily@comcast.net](mailto:paclarkfamily@comcast.net)

Donna Sprowls (CA)  
(cell) 649-7919  
[sprowlsd@aol.com](mailto:sprowlsd@aol.com)

Eligibility: This meet is open to all CPAL swimmers that are on the roster submitted to the league, swum in a minimum of three league meets in the course of the season, and qualified from their respective divisional championship meets. Each swimmer may swim a maximum of three (3) individual or relay events. The swimmers age will be determined as of December 1, 2009.

Volunteers: Each team is required to submit the Officials/Volunteers form NLT Saturday, Feb 13, 2010. Completed forms should be e-mailed to the meet director at [paclarkfamily@comcast.net](mailto:paclarkfamily@comcast.net).

**Stroke & Turn Officials:** One per session from each team with at least one qualifying swimmer.

**Timers:** Two per session from each division 5A and 4A with at least two qualifying swimmers. One per session from division 3A, 2A and 1A teams with at least one qualifying swimmer.

Psych Sheets: The list of qualifiers and alternates for the All-Star meet will be posted on the CPAL website – [www.swimcpal.org](http://www.swimcpal.org).

Admission: **Spectators** will enter through the main lobby directly under the “CV” and proceed past concession where they will be admitted to the spectator gallery and where programs will be available. Cost of admission is \$2.00. Children under the age of 12 are admitted free. *Admission covers both sessions of the meet.*

**Volunteers, officials, and timers** should enter through the main lobby and proceed to their immediate right where they can check in and receive their volunteer wristband for free admission. You must wear this wristband in order to be admitted free, and in the case of timers and officials, to be allowed on deck.

**Coaches** should enter through the main lobby and proceed to their immediate right for their coach’s packet with credentials for deck entry. Due to limited deck space, no more than 4 coaches per team will be allowed on deck. There will be one heat sheet and one wristband given to each coach as identified on the Volunteer and Coaches Form submitted prior to the meet. Coaches too must wear their wristbands to be admitted on deck.

Programs: \$5.00 for the entire meet

Awards: Custom medals/ribbons will be given for all individual event participants (1<sup>st</sup> thru 16<sup>th</sup>) and all relay participants (1<sup>st</sup> thru 8<sup>th</sup>).

Concessions: Various food items will be available throughout the day in the lobby outside the Natatorium.

Swim Shop: Action Accents will be on site the entire day for swimmers.

T-Shirts: Custom T-shirts will be available in both short and long sleeve. Pre-orders will be taken. T-Shirts will be available on site in limited quantities.

Hospitality: The hospitality area for coaches and officials will be set up in the storage area near the warm-up pool. Food and drink will be available throughout the day. Drinks will be available on deck for coaches, officials, and timers.

Start Times: **Gates open at 7:00 a.m. for Session 1. Gates open at 11:30 a.m. for Session 2.**

NOTE: Session 2 swimmers and parents are asked not arrive before 11:30 to allow session 1 participants to depart.

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.
4. Swimmers must place feet below the gutter for backstroke starts. The toes may not curl over the edge of the gutter for the start or after the start.
5. **In-water relay take-offs for 2nd and 4th swimmers in 8 & under relays:** The 2nd and 4th swimmer must be in the water with a foot on the wall when the incoming swimmer's head passes under the backstroke flags closest to the end where the next swimmer will take-off.

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.

**BEST WISHES TO ALL SWIMMERS!**



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**Notice to parents, coaches, and spectators:**

Again this year the Central Pennsylvania Aquatic League has added four (4) more swimmers per event to each of our individual events and two more relay teams to each of our relay events. As a result, this will increase the number of people in the spectator gallery. This has prompted action needed to make the All-Star experience an enjoyable one for all of our swimmers and their guests.

The following regulations will apply to the spectator gallery at the All-Star meet:

1. No folding or "lawn" chairs will be allowed in any portion of the spectator gallery;
2. No blankets may be spread out on the floor behind the seating area or around the doors leading into or out of the spectator gallery;
3. No sitting on the stairs in the spectator gallery as this is a major fire hazard;
4. Lastly, and likely the least popular change, we will not allow the saving of seats with blankets, towels, newspapers, programs or any other means during the meet.

We are asking all teams to pass this information on to your parents that will be attending the All- Star Meet.

This policy will be posted on the web site, and emailed to each Team Representative.

We ask your cooperation in providing a safe, comfortable, and enjoyable experience for ALL our guests and a great championship meet experience for all our swimmers.

Michael C. Clark  
All Star Meet Director



Meet Schedule:      **Session 1:      8&U – 10&U Age Groups**

**WARM-UP LANE ASSIGNMENTS & TIMES**

Group I	7:30 – 8:00 am	Lanes by Assignment
Group II	8:05 – 8:35 am	Lanes by Assignment

***NOTE: All lanes will open for starts for the last 10 minutes of each warm-up session.***

8:15 a.m.	Scratch Meeting in the LGI Room
8:25 a.m.	Timers Meeting in the LGI Room
8:35 a.m.	Officials Meeting in the LGI Room
9:00 a.m.	Meet Begins
11:30 a.m.	Meet Ends (approx.)

*There will be 5 lanes of continuous warm-up available throughout the meet at the west end of the pool with coaches monitoring.*



**Session 2:      12&U, 14&U – 15&O Age Groups**

**WARM-UP LANE ASSIGNMENTS & TIMES**

Group I	11:55 – 12:25 pm	Lanes by Assignment
Group II	12:30 – 1:00 pm	Lanes by Assignment
Group III	1:05 – 1:35 pm	Lanes by Assignment
Group IV	1:40 – 2:10 pm	Lanes by Assignment

***NOTE: All lanes will open for starts for the last 10 minutes of each warm-up session.***

1:15 p.m.	Scratch Meeting in the LGI Room
1:30 p.m.	Timers Meeting in the LGI Room
1:50 p.m.	Officials Meeting the LGI Room
2:30 p.m.	Meet Begins
6:00 p.m.	Meet Ends (approx.)

*There will be 5 lanes of continuous warm-up available throughout the meet at the west end of the pool with coaches monitoring.*



## Cumberland Valley Natatorium Directions

- From North** – Take I-81 South to the Route 114 exit and make a left at light - go to traffic light at Rt. 11 - (Giant Store/Sheetz's gas station on right, Silver Springs Commons on left) bear right at light (Rt. 11 south. Proceed approximately 2 miles to the CV Education Park on the right. To get to pool pass the main entrance and stadium and make right onto Dapp Road. Make right onto access road past Stadium and go straight ahead to pool parking. Enter pool at the large “CV” Entrance.
- From South** – Take I-81 North to the New Kingstown exit onto Rt. 11 North. Go approximately 3 miles to school on left - school is located along Rt. 11.
- From the South and PA Turnpike** – Take Route 83 North to Route 581 West to Route 81 South. Proceed to Route 114 (exit 57) Turn left at the end of the ramp onto Route 114 to Route 11 (Carlisle Pike). Turn right onto Carlisle Pike (at the Sheetz) and proceed approximately 2 miles to the CV Educational Park on the right.



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**AM SESSION --- 8 and Under & 9-10 year olds**

- 1 Boys 8 & Under 100 Medley Relay
- 2 Girls 8 & Under 100 Medley Relay
- 3 Boys 9-10 200 Medley Relay
- 4 Girls 9-10 200 Medley Relay
- 5 Boys 8 & Under 25 Freestyle
- 6 Girls 8 & Under 25 Freestyle
- 7 Boys 9-10 50 Freestyle
- 8 Girls 9-10 50 Freestyle

**Break: 10 Minutes**

- 9 Boys 8 & Under 25 Breaststroke
- 10 Girls 8 & Under 25 Breaststroke
- 11 Boys 9-10 50 Breaststroke
- 12 Girls 9-10 50 Breaststroke
- 13 Boys 8 & Under 50 Freestyle
- 14 Girls 8 & Under 50 Freestyle
- 15 Boys 9-10 100 Freestyle
- 16 Girls 9-10 100 Freestyle

**Break: 10 Minutes**

- 17 Boys 8 & Under 25 Backstroke
- 18 Girls 8 & Under 25 Backstroke
- 19 Boys 9-10 50 Backstroke
- 20 Girls 9-10 50 Backstroke
- 21 Boys 8 & Under 25 Butterfly
- 22 Girls 8 & Under 25 Butterfly
- 23 Boys 9-10 50 Butterfly
- 24 Girls 9-10 50 Butterfly

**Break: 10 Minutes**

- 25 Boys 8 & Under 100 IM
- 26 Girls 8 & Under 100 IM
- 27 Boys 9-10 100 IM
- 28 Girls 9-10 100 IM
- 29 Boys 8 & Under 100 Freestyle Relay
- 30 Girls 8 & Under 100 Freestyle Relay
- 31 Boys 9-10 200 Freestyle Relay
- 32 Girls 9-10 200 Freestyle Relay



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**PM SESSION --- 11-12, 13-14, Senior**

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