

# 2010 CPAL 1A Divisional Meet

*Hosted by the York YMCA Aquatic Club*



Saturday, February 27, 2010

## General Information:

<b>LOCATION</b>	York YMCA – Graham Aquatic Center 543 N. Newberry St. York, PA 17404 Day of meet emergency phone # 717-586-4573
<b>FACILITIES</b>	The Graham Aquatic Center is a 25 yd, 8-lane pool with a moveable bulkhead, non-turbulent lane lines, Daktronics Timing System and an 8-lane display. Water depth at the starting end is 6 feet. Six additional 25-yd lanes are available for warm-up/warm-down during the meet. Seating is available for approximately 600 spectators. <b>FOOD:</b> A selection of food will be available throughout the meet. <b>PARKING:</b> Available in the GAC lot, as well as on-street parking around the facility.
<b>MEET DIRECTOR</b>	Nate Gentzler 717-586-4573 <a href="mailto:nater284@gmail.com">nater284@gmail.com</a>
<b>OFFICIALS COORDINATOR</b>	Brian Gunn 717-676-1335 <a href="mailto:bgunn@accomhs.com">bgunn@accomhs.com</a>
<b>ELIGIBILITY</b>	This meet is open to all CPAL Division 1A swimmers who have competed in a minimum of three (3) CPAL dual meets during the 2009-2010 season. Swimmers' age is as of December 1, 2009. Swimmers may swim a maximum of three (3) events total – two (2) of which may be relays.
<b>EVENTS / SESSIONS</b>	Order of events and session breakdown is attached to this meet information packet.
<b>WARM-UP &amp; START TIMES</b>	Session 1 (10&U) – Warm Ups: 8:00 AM, Meet Start: 9:00 AM Session 2 (11&O) – Warm Ups: 12:00 PM, Meet Start: 1:00 PM  <u>All warm-up sessions will be “open” warm-up.</u> There will be 14 lanes available. Team warm-up lanes will not be assigned.  Continuous warm-up/ warm-down will be available throughout the meet.  No diving will be permitted during warm-ups, except limited diving from the starting block end in announced sprint lanes. When diving is permitted, the swimmer must enter from the

	starting block end and exit from the opposite end of the pool. All entries must be feet-first other than the above mentioned.
<b>ENTRIES</b>	Electronic entries shall be submitted using Hy-Tek software. Entries for which a swimmer has no time shall be entered as "NT". Electronic entries shall be emailed to <a href="mailto:nater284@gmail.com">nater284@gmail.com</a> .
<b>ENTRY DEADLINE</b>	<b>Saturday, February 20, 2010 at 8:00 PM.</b>
<b>VOLUNTEERS</b>	<b>Each team is responsible for providing three (3) timers, one (1) certified stroke &amp; turn official, and one (1) awards / seeding volunteer per session.</b> Additional volunteers are also welcome. All volunteers will receive free admission and a name badge at the admission table. Volunteer lists should be emailed to <a href="mailto:nater284@gmail.com">nater284@gmail.com</a> with team entries.
<b>SWIMMER SEATING/ STAGING</b>	Swimmer seating will be available on the pool deck, and in ½ of the bleachers on the south side of the pool. A bullpen/seeding area will be used for the AM (10 & Under) session only. PM session swimmers (11 & Over) will be responsible for getting to the starting blocks on their own.
<b>RULES / SAFETY</b>	<p>This meet will be conducted according to current NFHS swimming rules, except where modifications have been made by the CPAL. This meet will be conducted using the whistle command and, with the exception of 8 &amp; under events, no-recall false start procedures.</p> <p>Swimmers observed disobeying pool safety rules may be removed from warm-ups and/or competition. <b>ANY SWIMMER OBSERVED SWIMMING UNDER THE BULKHEAD BY AN OFFICIAL OR SAFETY MONITOR AT THE MEET WILL BE DISQUALIFIED FROM THAT SWIMMER'S NEXT INDIVIDUAL EVENT, OR FROM THE REMAINDER OF THE MEET, AS DETERMINED BY THE MEET REFEREE. THIS POLICY WILL BE STRICTLY ENFORCED.</b></p> <p>NO SPECTATORS WILL BE ALLOWED ON THE POOL DECK AT ANY TIME. Swimmers are not permitted to be in the spectator seating at any time. Swimmers and parents may meet in the café area.</p>
<b>AWARDS</b>	Ribbons will be awarded to the swimmers who finish in the top 12 overall in each event.
<b>PROGRAMS &amp; ADMISSION</b>	Programs \$3.00, Admission \$2.00. Children under 5 admitted free. Free admission to all volunteers.
<b>T-SHIRTS</b>	Divisionals t-shirts will be available by pre-order, and in <u>extremely</u> limited quantities at the meet. An order form and the sample design are included in this meet information packet. A team representative should be designated to complete the team pre-order and to pick up the shirts at the meet. Only ONE check from each team will be accepted.
<b>RESULTS</b>	Results will be posted on the York YMCA swimming websites: <a href="http://www.swimyorky.org">www.swimyorky.org</a> and <a href="http://www.swimtidalwaves.org">www.swimtidalwaves.org</a>
<b>DIRECTIONS</b>	See next page.

# Directions to Graham Aquatic Center

**Note:** The following directions will lead you directly to the Graham Aquatic Center, which is where swimmers may be dropped off. However, parking for the facility is located on Parkway Boulevard. There will be additional parking available at Met-Ed, and along the streets. There is easy access to the facility from the parking area via a pedestrian path and bridge. The address of the facility is 543 North Newberry Street, York, PA 17404.

## From northbound Interstate 83:

Take Interstate 83 north to PA Exit 21 B (US Route 30 West). At the end of the ramp, merge onto US Route 30. Proceed on Route 30 west to the first traffic signal at North George Street. Turn left onto George and proceed for approximately a mile. After you pass a cemetery on the right, you will come to a traffic signal at Parkway Boulevard. Turn right and follow Parkway for about a half mile to North Newberry Street. Turn left onto Newberry. The pool will be on the left; Kiwanis Lake will be on the right.

## From southbound Interstate 83:

Take Interstate 83 south to PA Exit 22 (North George Street). At the end of the ramp, turn right onto George Street. **NOTE:** Follow signs for Route 30. The first right towards the end of the ramp will be Lightner Road. Go past Lightner, and turn right at the traffic light onto George. Proceed on George across US Route 30 and continue for approximately a mile. After you pass a cemetery on the right, you will come to a traffic signal at Parkway Boulevard. Turn right and follow Parkway for about a half mile to North Newberry Street. Turn left onto Newberry. The pool will be on the left; Kiwanis Lake will be on the right.



## From eastbound US Route 30:

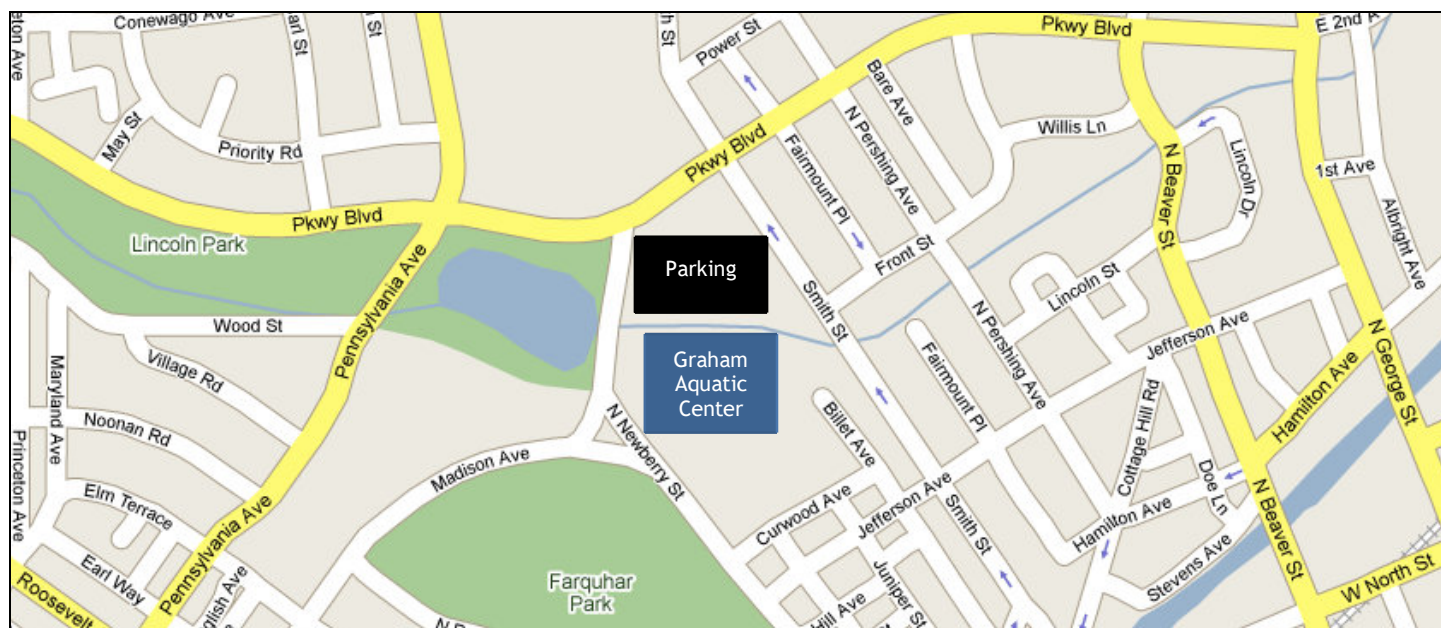
Follow US Route 30 east into the light cycle in York. After you pass several Apple car dealerships on the right, you will come to a traffic signal at Roosevelt Avenue. There will be a Denny's on the left corner and a Mitsubishi dealership on the right corner. Turn right and follow Roosevelt approximately a half mile to Parkway Boulevard. Turn left onto Parkway and continue for about a half mile until you proceed through a traffic signal and pass Kiwanis Lake on the right. Immediately after you pass the lake, turn right onto North Newberry Street. The pool will be on the left; Kiwanis Lake will still be on the right.

## From westbound US Route 30:

Follow US Route 30 west into the light cycle in York. The first traffic signal after you pass under Interstate 83 will be North George Street. Turn left onto George and continue for approximately a mile. After you pass a cemetery on the right, you will come to a traffic signal at Parkway Boulevard. Turn right and follow Parkway for about a half mile to North Newberry Street. Turn left onto Newberry. The pool will be on the left; Kiwanis Lake will be on the right.

## From southbound PA Route 74:

Follow PA Route 74 south past US Route 30 and continue until you pass the York Fair on the right. At the first traffic signal immediately after the fairgrounds, turn left onto Madison Avenue. Proceed on Madison until it ends at North Newberry Street. Farquhar Park will be to the right of the intersection. Turn left onto Newberry. The pool will be on the right; Kiwanis Lake will be on the left.



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**MEET EVENT LIST**

**Session 1 – 10 & Under**

- 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
- 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
- 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
- 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

**Session 2 – 11 & Over**

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

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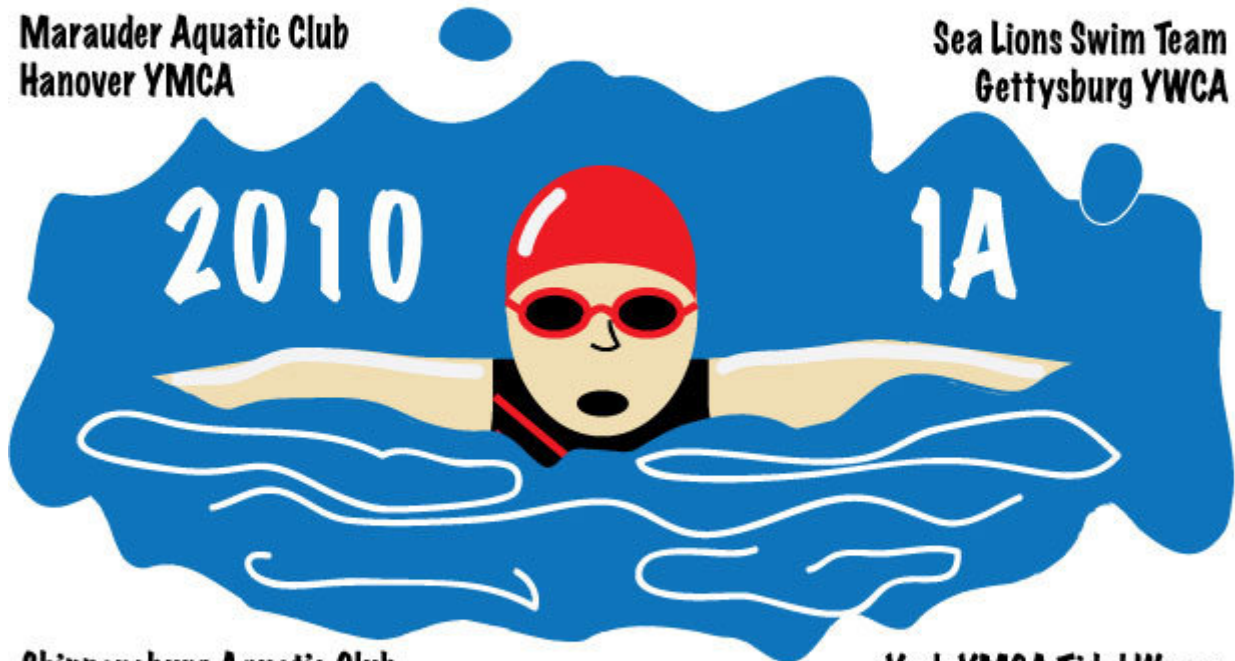
MEET T-SHIRT DESIGN

T-shirts will be white, short-sleeved. Design will be printed on the front only.

**C.P.A.L.**

**Marauder Aquatic Club  
Hanover YMCA**

**Sea Lions Swim Team  
Gettysburg YWCA**



**Shippensburg Aquatic Club**

**York YMCA Tidal Waves**

**DIVISIONALS**

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**MEET T-SHIRT ORDER FORM**

*\*Each team should designate one volunteer to collect pre-orders for their team. The designated person should calculate the number of shirts needed for each size and then complete the form below.*

**Order deadline: Saturday, Feb 20, 2010**

Team: \_\_\_\_\_

Person responsible for picking up t-shirts at the meet: \_\_\_\_\_

Phone number: (\_\_\_\_)\_\_\_\_\_

Total number of shirts needed:

Youth Small: \_\_\_\_\_

Adult Medium: \_\_\_\_\_

Youth Medium: \_\_\_\_\_

Adult Large: \_\_\_\_\_

Youth Large: \_\_\_\_\_

Adult XL: \_\_\_\_\_

Adult Small: \_\_\_\_\_

Adult XXL: \_\_\_\_\_

**Total:** \_\_\_\_\_ x \$12/ea. = \$\_\_\_\_\_

Please send this form along with ONE check to:

York YMCA  
Attn: Nate Gentzler  
90 N. Newberry St.  
York, PA 17401

Make check payable to "York YMCA Aquatic Club". Only ONE check per team will be accepted.

Orders will be accepted via email at [nater284@gmail.com](mailto:nater284@gmail.com) but payment must still be sent to the above address. **ORDERS WILL NOT BE ACCEPTED UNTIL PAYMENT IS RECEIVED!**

Thank you for your order.