

Central Penn Aquatic League
Division 4-A Championship 2010
Hosted by Northern York Aquatic Club
Saturday February 27, 2010

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

Admission: Admission: \$2 for adults; \$1 for students over 5 years of age
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 19, 2010.

A. M. Meet Director: CJ Ezell

P. M. Meet Director: Denise Miller

A. M. Head Referee: Clare O'Brien

P. M. Head Referee: Andy Miller

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 will be selling a variety of food, snacks, and beverages throughout the entire meet. 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. **All food and beverages (with the exception of water) must remain in the concession stand area.**

Staging: Swimmers will be seeded in the auxiliary gym and led to the pool deck. All swimmers must wear shoes. When swimmers are not competing, they are to remain in the auxiliary gym. The seating in the pool area is for spectators only.

Divisional T-Shirt: Divisional T-shirts will be available for pre-order only. An order form is provided in this packet. The sample design is forwarded in a separate document. Pre-orders (\$15/long sleeve; \$12/short sleeve) are due **February 17, 2010**. Please email T-shirt orders to jbrubaker129@gmail.com Each team is asked to submit ONE team check for the T-shirts. Additional details are available on the attached T-shirt 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: We are arranging to have a vendor on site selling suits, goggles, etc.

Questions or concerns regarding the meet 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

NYAC Lanes 1-3

ACWS Lanes 4-6

7:50 AM – 8:20 AM

Lampeter Lanes 1-2

Collegiate Lanes 3-4

MSC 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 22, 2010)

PM Warm-up Schedule:

12:45 PM – 1:15 PM

NYAC Lanes 1-3

ACWS Lanes 3-4

1:20 PM – 1:50 PM

Lampeter Lanes 1-2

Collegiate Lanes 3-4

MSC 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

In accordance with 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 auxiliary 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 19, 2010 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 19, 2010. Please send your entries to scott@wsyswim.org

Psych Sheets will be available for coaches' review by Saturday, February 20, 2010. Coaches have 24 hours to make corrections in accordance with CPAL rules and guidelines. Changes should be emailed to scott@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 19, 2010 by 9:00 p.m. to deedlesbj@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 auxiliary 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 19, 2010 to
deedlesdbj@earthlink.net

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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 \$3.00/each or 2 for \$5.00. Each SHOUT OUT prints out to the size of a business card.

PLEASE PRINT SHOUT OUT COMMENTS BELOW:

Return the completed form to jbrubaker129@gmail.com by **February 17, 2010**.

Each team is asked to collect all checks for the SHOUT OUTs and mail along with the T-shirt payment by **February 19, 2010** to Jennifer Brubaker 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 19, 2010** at 9:00 p.m. to deedlesdbj@earthlink.net Volunteers will not have to pay for admission. Assignments will be emailed to the Team Rep by Monday, February 22nd.

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 (5) timers for assignment.

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

Morning Timers (5):

1. _____
2. _____
3. _____
4. _____
5. _____

Afternoon Timers (5)

1. _____
2. _____
3. _____
4. _____
5. _____

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

Officials (2):

1. _____
2. _____

Finish Judge (1):

1. _____

Officials (2):

1. _____
2. _____

Finish Judge (1):

1. _____

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T-Shirt Pre-order Form

PRE-ORDERS ONLY!!!!

Price: \$15.00/each for long sleeve grey
 \$12.00/each for short sleeve grey
 \$2.00 extra for AXXL or AXXXL

All T-shirt Pre-orders must be received no later than **February 17, 2010**.
 Please send pre-order form to jbrubaker129@gmail.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 19, 2010** to:

Jennifer Brubaker
 129 Ridge Drive
 Dillsburg, PA 17019

T-Shirt Pre-Order Form

Swim Team: _____

Contact Name: _____

Phone Number: _____

E-mail Address: _____

Size:	Qty L/S:	Price:	Qty S/S:	Price:	Total:
YS	_____	\$15/each	_____	\$12/each	\$_____
YM	_____	\$15/each	_____	\$12/each	\$_____
YL	_____	\$15/each	_____	\$12/each	\$_____
AS	_____	\$15/each	_____	\$12/each	\$_____
AM	_____	\$15/each	_____	\$12/each	\$_____
AL	_____	\$15/each	_____	\$12/each	\$_____
AXL	_____	\$15/each	_____	\$12/each	\$_____
AXXL	_____	\$17/each	_____	\$14/each	\$_____
AXXL	_____	\$17/each	_____	\$14/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