

**Central Pennsylvania Aquatic League 2010**  
**Top 16 [http://www.swimcpal.org]**

**Meets (byDate Descending)**

| Meet Name                           | Start Date | End Date  | Course | Location                                                         | Sanction # | Age Up    | Since | Type |
|-------------------------------------|------------|-----------|--------|------------------------------------------------------------------|------------|-----------|-------|------|
| MASH at SMSC                        | 2/20/2010  | 2/20/2010 | Y      | BSHS                                                             |            | 12/1/2009 |       |      |
| WSY Valentine 9 & Under Swim Meet   | 2/14/2010  | 2/14/2010 | Y      | at the CV Natatorium                                             |            | 12/1/2009 |       |      |
| SMSC at WAY                         | 2/14/2010  | 2/14/2010 | Y      | WAY YMCA                                                         |            | 12/1/2009 |       |      |
| HAY at GETY- Winter 09-10           | 2/13/2010  | 2/13/2010 | S      | YWCA Gettysburg & Adams County                                   |            | 12/1/2009 |       |      |
| PACS At NDCY                        | 2/13/2010  | 2/13/2010 | Y      |                                                                  |            | 12/1/2009 |       |      |
| Hershey at CVAC                     | 2/7/2010   | 2/7/2010  | Y      | Cumberland Valley Natatorium                                     |            | 12/1/2009 |       |      |
| D3 Qualifier @ Northeastern         | 2/3/2010   | 2/3/2010  | Y      | NEHS                                                             |            | 2/3/2010  |       |      |
| CPAL Dual Meet 4A Thunder vs N      | 1/31/2010  | 1/31/2010 | Y      | Lampeter Strasburg Y                                             |            | 1/31/2010 |       |      |
| York YMCA vs. Marauder Aquatic Club | 1/31/2010  | 1/31/2010 | Y      | York YMCA - Graham Aquatic Center                                |            | 12/1/2009 |       |      |
| Hershey Vs LPAC                     | 1/31/2010  | 1/31/2010 | Y      | Hershey, PA                                                      |            | 12/1/2009 |       |      |
| CVAC at WSY                         | 1/31/2010  | 1/31/2010 | Y      | Northern High School                                             |            | 12/1/2009 |       |      |
| SLST vs Shippensburg                | 1/30/2010  | 1/30/2010 | Y      | PSU-Harrisburg                                                   |            | 12/1/2009 |       |      |
| Northern Dauphin @ EAC              | 1/30/2010  | 1/30/2010 | Y      | Elizabethtown Aquatic Club                                       |            | 12/1/2009 |       |      |
| FSC at LEBY                         | 1/30/2010  | 1/30/2010 | S      | Lebanon YMCA                                                     |            | 12/1/2009 |       |      |
| CYAA at SMSC                        | 1/30/2010  | 1/30/2010 | Y      | BSHS                                                             |            | 12/1/2009 |       |      |
| LFYW at PACS                        | 1/30/2010  | 1/30/2010 | Y      | Palmyra High School                                              |            | 12/1/2009 |       |      |
| Northern at MSC 1-30-10             | 1/30/2010  | 1/30/2010 | Y      | MSC                                                              |            | 12/1/2009 |       |      |
| MASC VS East Pennsboro              | 1/30/2010  | 1/30/2010 | Y      | JBHS                                                             |            | 12/1/2009 |       |      |
| WAY vs. BSAC                        | 1/30/2010  | 1/30/2010 | S      | Wayensboro YMCA                                                  |            | 12/1/2009 |       |      |
| ACWS vs COLLEGIATE                  | 1/30/2010  | 1/30/2010 | Y      | REDLAND                                                          |            | 12/1/2009 |       |      |
| Lancaster YMCA at WSY               | 1/24/2010  | 1/24/2010 | Y      | Messiah College, <a href="http://yswim.org">http://yswim.org</a> |            | 12/1/2009 |       |      |
| W20100124 BSAC at EPAC              | 1/24/2010  | 1/24/2010 | Y      | East Penn                                                        |            | 12/1/2009 |       |      |
| EAC at PACS                         | 1/23/2010  | 1/23/2010 | Y      | Palmyra High School                                              |            | 12/1/2009 |       |      |
| CVAC vs. LVO                        | 1/23/2010  | 1/23/2010 | S      | Lebanon Valley College                                           |            | 12/1/2009 |       |      |
| Lower Paxton Aquatic Club at WSY    | 1/23/2010  | 1/23/2010 | Y      | Messiah College, <a href="http://yswim.org">http://yswim.org</a> |            | 12/1/2009 |       |      |
| YORK YMCA AT HANOVER YMCA           | 1/23/2010  | 1/23/2010 | S      | HANOVER YMCA                                                     |            | 12/1/2009 |       |      |
| SLST vs Gettysburg                  | 1/23/2010  | 1/23/2010 | Y      | PSU-Harrisburg                                                   |            | 12/1/2009 |       |      |
| Collegiate at MSC 1-23-10           | 1/23/2010  | 1/23/2010 | Y      | MSC                                                              |            | 12/1/2009 |       |      |
| WAY vs CYAA                         | 1/23/2010  | 1/23/2010 | S      | Waynesboro YMCA                                                  |            | 12/1/2009 |       |      |
| LFY @ FSC                           | 1/23/2010  | 1/23/2010 | Y      | CCHS                                                             |            | 12/1/2009 |       |      |
| NDCY at LEBY                        | 1/23/2010  | 1/23/2010 | S      | Lebanon YMCA                                                     |            | 12/1/2009 |       |      |
| Ship at Mara                        | 1/23/2010  | 1/23/2010 | Y      | Millersville PA                                                  |            | 12/1/2009 |       |      |
| MASC at SMSC                        | 1/16/2010  | 1/16/2010 | Y      | BSHS                                                             |            | 12/1/2009 |       |      |
| ACWS vs LPAC                        | 1/16/2010  | 1/16/2010 | Y      | REDLAND                                                          |            | 12/1/2009 |       |      |

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| CVAC Snowflake Splash 2010                    | 1/10/2010  | 1/10/2010  | Y      | CV High School                 |            | 12/1/2009 |       |      |
| LPAC at CVAC                                  | 1/9/2010   | 1/9/2010   | Y      | Cumberland Valley Natatorium   |            | 12/1/2009 |       |      |
| Sea Lion at Hanover                           | 1/9/2010   | 1/9/2010   | S      | Haover YMCA                    |            | 12/1/2008 |       |      |
| MARA at GETY- Winter 09/10                    | 1/9/2010   | 1/9/2010   | S      | YWCA Gettysburg & Adams County |            | 12/1/2009 |       |      |
| Lebanon Valley Otters at WSY                  | 1/9/2010   | 1/9/2010   | Y      | Northern High School           |            | 12/1/2009 |       |      |
| Big Spring at Carlisle YMCA                   | 1/9/2010   | 1/9/2010   | Y      | Carlisle Family YMCA           |            | 12/1/2009 |       |      |
| ACWS vs MECHANICSBURG                         | 1/9/2010   | 1/9/2010   | Y      | REDLAND                        |            | 12/1/2009 |       |      |
| W2009-10 SMSC at EPAC                         | 1/9/2010   | 1/9/2010   | Y      | East Pennsboro                 |            | 12/1/2009 |       |      |
| PACS @ FSC                                    | 1/9/2010   | 1/9/2010   | Y      | CCHS                           |            | 12/1/2009 |       |      |
| Lebanon YMCA @ EAC                            | 1/9/2010   | 1/9/2010   | Y      | Elizabethtown Aquatic Club     |            | 12/1/2009 |       |      |
| Hershey Vs Lancaster Family YMCA              | 1/9/2010   | 1/9/2010   | Y      | Hershey, PA                    |            | 12/1/2009 |       |      |
| EAC Frosty Frolic                             | 1/3/2010   | 1/3/2010   | Y      | Elizabethtown College Pool     |            | 1/3/2010  |       |      |
| Hershey vs. LVO                               | 1/2/2010   | 1/2/2010   | S      | Lebanon Valley College         |            | 12/1/2009 |       |      |
| LPAC vs. LVO                                  | 12/19/2009 | 12/19/2009 | S      | Lebanon Valley College         |            | 12/1/2009 |       |      |
| MASC VS Waynesboro                            | 12/12/2009 | 12/12/2009 | Y      | JBHS                           |            | 12/1/2009 |       |      |
| marauder at hanover                           | 12/12/2009 | 12/12/2009 | S      | Haover YMCA                    |            | 12/1/2009 |       |      |
| Lancaster YMCA White Lightning @ EAC          | 12/12/2009 | 12/12/2009 | Y      | Elizabethtown Aquatic Club     |            | 12/1/2008 |       |      |
| PALMYRA at LEBY                               | 12/12/2009 | 12/12/2009 | S      | Lebanon YMCA                   |            | 12/1/2009 |       |      |
| CPAL Dual Meet 5A Blue Bolts vs CVAC          | 12/12/2009 | 12/12/2009 | Y      | Lancaster Family YMCA          |            | 12/1/2009 |       |      |
| Big Spring at MSC 12/12/09                    | 12/12/2009 | 12/12/2009 | Y      | MECHANICSBURG                  |            | 12/1/2009 |       |      |
| CPAL Dual Meet 4A Thunder vs AC of West Shore | 12/12/2009 | 12/12/2009 | Y      | oreLampeter Strasburg YMCA     |            | 12/1/2009 |       |      |
| FSC at NDCY                                   | 12/12/2009 | 12/12/2009 | Y      | NDCY                           |            | 12/1/2009 |       |      |
| MSC at CVAC                                   | 12/5/2009  | 12/5/2009  | Y      | Cumberland Valley Natatorium   |            | 12/1/2009 |       |      |
| ACWS at NYAC                                  | 12/5/2009  | 12/5/2009  | Y      | Northern York High School      |            | 12/1/2009 |       |      |
| Sealion vs Marauder                           | 12/5/2009  | 12/5/2009  | Y      | Millersville University        |            | 12/1/2009 |       |      |
| GETYat SAC- 12-5-09                           | 12/5/2009  | 12/5/2009  | Y      | Shippensburg, PA               |            | 12/1/2009 |       |      |
| BSAC vs South Middleton                       | 12/5/2009  | 12/5/2009  | Y      | Big Spring Middle School       |            | 12/1/2009 |       |      |
| MASC VS Carlisle 12-5-09                      | 12/5/2009  | 12/5/2009  | Y      | JBHS                           |            | 12/1/2009 |       |      |
| Collegiate @ Northern York Aquatic Club       | 11/21/2009 | 11/21/2009 | Y      | NorthernYork High School       |            | 12/1/2009 |       |      |
| HAY @ SAC                                     | 11/21/2009 | 11/21/2009 | Y      | SASHS                          |            | 12/1/2009 |       |      |
| CPAL Dual Meet Blue Bolts vs LPAC             | 11/21/2009 | 11/21/2009 | Y      | Lancaster Family YMCA          |            | 12/1/2009 |       |      |
| East Pennsboro at Carlisle YMCA               | 11/21/2009 | 11/21/2009 | Y      | Carlisle Family YMCA           |            | 12/1/2009 |       |      |
| Jeremy Naylor Memorial Invitational           | 11/7/2009  | 11/7/2009  | Y      | Northern York High School      |            | 11/7/2009 |       |      |
| Newkirk Meet 2009 - Pentathlon                | 10/31/2009 | 10/31/2009 | S      | Chambersburg                   |            | 12/1/2009 |       | INV  |

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|-------------------------|-------------------|-----------------|---------------|-------------------------------------|-------------------|---------------|--------------|-------------|
| CVAC AquaFest           | 10/31/2009        | 10/31/2009      | Y             | CV High School                      |                   | 10/31/2009    |              |             |
| CHAMBERSBURG AT HANOVER | 10/24/2009        | 10/24/2009      | S             | at Hanover YMCA                     |                   | 12/1/2009     |              |             |
| WSY Kick Off Classic    | 10/18/2009        | 10/18/2009      | Y             | at the Cumberland Valley Natatorium |                   | 12/1/2009     |              |             |
| LANCASTER at LEBY       | 1/17/2009         | 1/17/2009       | S             | Lebanon YMCA                        |                   | 12/1/2009     |              |             |

**Total Number of Meets:**      **72**