



THE BIG SPRING AQUATIC CLUB

Proudly Presents

The Bulldog Splash Invitational

Saturday, December 17, 2022

Location	Big Spring High School 100 Mount Rock Road Newville, PA 17241 Day of Meet Emergency #: 717-448-6767
Facilities	An automated Daktronics timing system with an eight lane scoreboard display will be used. Timers will report to the turning end of the pool and use plungers for eight and under, 25 yard events. The natatorium is equipped with state of the art filtration and ventilation units. Free parking is located next to the natatorium.
Meet Director	Amanda Vioral E-mail: SwimBigSpring@gmail.com Phone: 717-448-6767
Eligibility	Coaches' packets will be provided the day of the meet at the admissions table. There will be a scratch meeting and positive check in for the 500 free (events 69 & 70). Swimmers must provide a timer and counter for the 500 free. Lap counter cards will be provided. Swimmers may enter a maximum of four (4) events. The 500 free does NOT count toward this maximum. Swimmers' ages will be determined as of December 1, 2022. The meet director reserves the right to limit entries in any event to keep the meet timeline within a reasonable limit. If this becomes necessary, teams will be notified through their coaches/team representatives and a refund will be given for those events. Swimmers may deck enter at the meet for \$8.00 per event. The entry fee for each event is \$4.00. All entries are due Friday, December 2, 2022 no later than 9:00 PM. Entries will be placed online through the BSAC website, www.swimbsac.org. The link for entries is on the home page. Email ejarusewski@bigsspringsd.org for any questions regarding entry files/entries.
Volunteers	While volunteering for our invitational is not mandatory, we would greatly appreciate any assistance you are willing to provide. Timers and officials will be needed. The sign up link for volunteers is on the BSAC website, www.swimbsac.org . The link for volunteers is on the home page.

<p>Warm Ups, Meetings, & Start Times</p>	<p>Doors open at 7:00 AM. Session One Warm Up: 7:15 – 7:45 AM Session Two Warm Up: 7:45 – 8:15 AM Session Three Warm Up: 8:15 – 8:45 AM Starts & Sprints should be done during warm up sessions. Warm up / cool down pool is available throughout the meet. Scratch Meeting: 8:15 AM Officials’ Meeting: 8:15 AM Timers’ Meeting: 8:30 AM National Anthem / Meet Start: 9:00 AM</p>
<p>Rules / Safety</p>	<p>The meet will be governed by current Federation Rules, NFHS swimming rules and safety procedures, with CPAL modifications. All events will be timed finals. The meet will be conducted using the whistle command and, with the exception of 8 & Under events, no-recall false start procedures. The one (1) false start rule will apply for all 8 & Under events. During warm ups, no diving is permitted until each team announces it will use its lane(s) for sprints. At that time, swimmers must enter from the starting block and exit from the opposite end of the pool. All entries must be feet-first other than during announced sprints. Swimmers violating safety procedures will be removed from the pool for the remainder of the warm-up session. Subsequent violations may cause disqualification from the remainder of the meet. Any swimmer observed swimming under the bulkhead will be disqualified from the meet, as determined by the meet referee. This policy will be strictly enforced. The use of audio or video recording devices and cameras, including cell phones, is prohibited in changing areas, restrooms, locker rooms, and behind the starting blocks. Photos and recordings may only occur between the flags.</p>
<p>Events / Sessions</p>	<p>The meet will run in one session as a pre-seeded, timed finals event. See the attached order of events. There will be a 10-minute break following event 36. Events 69 - 78 are mixed relays. Each relay must include two girls and two boys, relay order is determined by the coach.</p>
<p>Swimmer Seating</p>	<p>Swimmers will be in the gym during the meet. Swimmers are responsible for reporting to the seeding area (adaptive gym adjacent to the gym) when their events are announced and posted on the board. Failure to report to the seeding area will result in a NS for the event. Swimmers will be escorted to the pool and provided a basket for their towels and flip flops while they swim.</p>
<p>Awards</p>	<p>Swimmers who finish first through third (1st – 3rd) will receive medals. Fourth through eighth (4th – 8th) place finishers will receive ribbons. Prizes will be awarded to each heat winner.</p>
<p>Programs & Admission</p>	<p>Admission is \$5.00. Free admission for Children 10 & under. Free admission is granted to all volunteers. Check in for volunteers is at the admissions table. One meet program per family included while supplies last.</p>
<p>Concessions</p>	<p>A complete selection of food and drinks will be available for purchase at the concession stand located in the cafeteria. All food and drink, with the exception of water, must be kept in the cafeteria / Commons Area. No exceptions. Please be sure to assist our staff by cleaning up when finished.</p>
<p>T-Shirts</p>	<p>T-shirts will be available, made to order, the day of the meet. Cost will vary with options.</p>
<p>Results</p>	<p>Results will be posted on MeetMobile. Results will be posted in the hallway between the pool and the gym throughout the meet. Final meet results will be posted in printable HTML format, coaches Team Manager CL2, and Meet Manager back up files on CPAL website.</p>
<p>Hospitality</p>	<p>Coaches and officials will be presented with meal coupons for the concession stand. Complimentary water will be available on the pool deck throughout the meet for coaches, officials, timers, and other volunteers.</p>

Directions	<p>From the North: Take I-81 South to Exit 44 (Allen Road). Turn right off the exit onto Route 465. At the second light, Route 11 (there is a Sheetz on the left), turn left. Follow Route 11 approximately 5 miles to Mount Rock Road. Turn right onto Mount Rock Road. Agar Welding and the Mount Rock Church flank Mount Rock Road. Follow Mount Rock Road for 3.4 miles. The high school entrance is on the left.</p> <p>From the South: Take I-81 North to Exit 37 (Newville). Turn left onto PA-233 N toward Newville. Turn right onto US-11 N. In 1.2 miles, turn left onto Graham Road. In 1.6 miles, turn left onto Mount Rock Road. The high school is one mile on the left.</p>
Hotels	<p>All hotels are approximately 10 miles from the high school.</p> <p><u>Days Inn:</u> Alexander Spring Road, Carlisle PA. 717-258-4147</p> <p><u>Fairfield Inn Carlisle:</u> 1528 Commerce Ave, Carlisle PA 717-243-2080</p> <p><u>Country Inn & Suites:</u> 529 Commerce Ave, Carlisle PA 717-241-4900</p> <p><u>Super 8:</u> 100 Alexander Spring Road, Carlisle PA 717-245-9898</p>

Release Statement: The Big Spring School District, Big Spring Aquatic Club, and meet sponsor shall be held free and harmless from any and all liabilities or claims for damages arising by reason of injuries to anyone during this event.

Order of Events

Boys #	Event Description	Girls #
1	Open 200 Free	2
3	8 & Under 25 Free	4
5	9 – 10 50 Free	6
7	11 – 12 50 Free	8
9	13 – 14 50 Free	10
11	15 – 18 50 Free	12
13	Open 200 Back	14
15	8 & Under 25 Breast	16
17	9 – 10 50 Breast	18
19	11 – 12 50 Breast	20
21	13 – 14 100 Breast	22
23	15 – 18 100 Breast	24
25	Open 200 Fly	26
27	8 & Under 50 Free	28
29	9 -10 100 Free	30
31	11 – 12 100 Free	32
33	13 – 14 100 Free	34
35	15 – 18 100 Free	36
	10 Minute Break	
37	Open 200 Breast	38
39	8 & Under 25 Back	40
41	9 – 10 50 Back	42
43	11 – 12 50 Back	44
45	13 – 14 100 Back	46
47	15 – 18 100 Back	48
49	8 & Under 25 Fly	50
51	9 – 10 50 Fly	52
53	11 – 12 50 Fly	54
55	13 – 14 100 Fly	56
57	15 – 18 100 Fly	58
59	8 & Under 100 IM	60

61	9 – 10 100 IM	62
63	11 – 12 100 IM	64
65	13 – 14 200 IM	66
67	15– 18 200 IM	68
69	15 - 18 200 Mixed Medley Relay	70
71	13 - 14 200 Mixed Medley Relay	72
73	11 - 12 200 Mixed Medley Relay	74
75	9 - 10 100 Mixed Medley Relay	76
77	8 & Under 100 Mixed Medley Relay	78
79	Open 500 Free	80