

Capital Area Swimming League
Division "A" Championships
sponsored by Capital Region Insurance Agency, Inc.
Saturday, July 20, 2002
at the YMCA Outdoor Center
YMCA Drive
New Cumberland, PA 17070

Location: West Shore YMCA Outdoor Center
 YMCA Drive
 New Cumberland, PA 17070
 774-0281

Start Times/Warm-Up Times

All Age Groups

☎	Warm-Ups	Session I	7:40-8:00am	WSY (lanes 1-4)/Hampden (lanes 5-8)
		Session II	8:05-8:25am	YY (lanes 1-4)/S. Grove (lanes 5-8)
		Session III	8:05-8:25am	WSC (lanes 1-4)EPAC(lanes 5-8)
	Scratch Meeting		8:30am	Under Scoreboard
	Officials Meeting		8:45am	Under Score Board
☎	Meet Begins	9am		

Please note, after the entries have been received, if we have to adjust the above time line,
 you will be notified by **Tuesday, July 16 by 12 noon**

Facilities

The West Shore YMCA Outdoor Center has an eight (8) lane 25 meter pool with warm-down areas, and a 9 foot starting end. A fully automatic Colorado 5 timing system, with touch pads at the finish end for 9 & Over swimmers and "button-finish" for 8 & under swimmers. A single line display board will be used. We will be using Hy-Tek meet management software. There will be bleachers for seating. Teams will be placed on the "hill" by the pool. We will have a "staging area" for swimmers prior to their event

Entries:

Entries must be received (*not Postmarked*), by **Sunday, July 14, if you are entering on disk. If you will enter using the attached forms, your entries will be due Saturday, July 13 by 3pm.**

Each swimmer **MUST** be on their teams active roster that was submitted to the league, and must have swam in at least three (3) league meets.

A swimmer may be listed in three (3) events. If a swimmer swims three (3) individual events at Divisionals, they may not be an alternate in relays at the All-Star meet. Being listed as an alternate in a relay at the Divisional meet does **NOT** count as another event. Swimmers must swim their age group as of 6/1/02 at the Divisional meet with the exception of relays, in which case a swimmer may move up no more than two (2) age groups.

Capital Area Swimming League
Division "A" Championships
sponsored by Capital Region Insurance Agency, Inc.
Saturday, July 20, 2002
at the YMCA Outdoor Center
YMCA Drive
New Cumberland, PA 17070

Entry Forms

There are official entry forms attached. Please make separate copies for each age group. Separate relay entry forms are also supplied. **Please use these forms ONLY!!!** However, we encourage all teams to enter on disk to minimize any data entering errors.

Entry times are to be in Meter times only. If you are using the entry forms, please complete the forms carefully. All entries are final as they are submitted. If you are using disk entry, please provide a copy of the commlink printout. We will post the Psych Sheets on the WSY web site by Monday evening, July 15. The only changes permitted will be data error changes, NOT changes in events

Send Entries: Entries must be received by the deadlines above. Send all entries to:

Division A Divisional Swim Meet

C/O G. Michael Gobrecht
410 Fallowfield Road
Camp Hill, PA 17011-4900
FAX: (717) 975-1897

E-mail Mike@wsyswim.org
WWW.WSYSWIM.ORG

Entry Fee: **There is No entry fee for this meet!!!**

Admission: Programs are \$3, admission is FREE

Awards *Individual events:*
Ribbons for 1st through 8th place
Relays:
Ribbons for 1st through 8th place

Volunteers: Please refer to the Volunteer assignments included with this packet. Please have your volunteers ready to work at the meet.

Capital Area Swimming League
Division "A" Championships
sponsored by Capital Region Insurance Agency, Inc.
Saturday, July 20, 2002
at the YMCA Outdoor Center
YMCA Drive
New Cumberland, PA 17070

Refreshments: Being that this meet is over the Breakfast and Lunch hours, we will have a wide variety of food, snacks, and other beverages throughout the entire meet.

Meet Rules: The CASL Division A Divisional Swimming Championships will be governed by the current 2001-2002 **National Federation Rules, as amended by the Capital Area Swim League**. All events will be timed finals. There will be no false start with the exception of one (1) false start given to 8 & Under swimmers. There will be a coaches meeting prior to the start of the session. It will be the coaches responsibility to get their swimmers to the seeding area prior to the start of each event.

Attention -- Safety Notice

There will be **No Diving** from the shallow end (non block end) at any time during the warm-up and during the meet. There will be **No Diving** from the starting blocks and no backstroke starts during the warm-up period, 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.

Final Results: One copy of the final results will be sent to each team. Results, INCLUDING **COACHES DOWNLOAD FILES** will also be available on the WSY Web Site at WWW.WSYSWIM.ORG, and the CASL Web Site at WWW.SWIMCASL.ORG

Meet Director: Maury Hennessy

Commemorative Meet T-Shirts - Custom Meet T-shirts will be on sale during the meet for \$12. There will be a limited supply. We encourage Pre-Orders!!! An order form, and sample design will be e-mailed. Orders and fees (\$10 per shirt for Pre-Orders) are due by **Monday, July 8th**. All T-Shirts are Adult Sizes!!!!

Capital Area Swimming League

Division "A" Championships

sponsored by **Capital Region Insurance Agency, Inc.**

Saturday, July 20, 2002

at the **YMCA Outdoor Center**

YMCA Drive

New Cumberland, PA 17070

Summary of Events

Name of Team: _____

Address: _____

Team Representative: _____ Phone: _____

Coach(es): _____ Phone: _____

E-mail _____

"Release and Hold Harmless Agreement"

In consideration for being permitted by the Capital Area Swimming League and the Harrisburg Area YMCA to participate in the Swimming Championships, and for other good and valuable consideration, the undersigned, for himself, his successors and assigns, hereby releases and forever discharges the Capital Area Swimming League & the Harrisburg Area YMCA, and their respective Boards of Directors and/or Boards of Trustees and each of them and their officers, agents, employees, members, successors, and assigns, and all other persons in anyway connected with the event, from any and all liabilities, claims, demands, actions or causes of action of whatever kind or character arising out of or in connection with said event. Further, the undersigned shall indemnify and hold harmless the Capital Area Swimming League and the Harrisburg Area YMCA and the officers, trustees, agents, and employees and members of foregoing, and all other persons in anyway connected with the event from any and all losses, expenses, damages, demands and claims arising out of or in connection with any injury, including death, or alleged injury or damage or alleged damage to property sustained or alleged to have been sustained in connection with or to have arisen out of said event.

Executed this _____ day of _____, 2002

Signature of Coach: _____

Signature of Executive Director of YMCA: _____

or President of Parent Association