

**CAPITAL AREA SWIMMING LEAGUE**  
**DIVISION "A" DIVISIONAL CHAMPIONSHIPS**  
**SPONSORED BY CAPITAL REGION INSURANCE, INC**  
*July 19, 2003*

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*WSY Swimming*

*410 Fallowfield Road*

*Camp Hill, PA 17011-4900*

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**Host: West Shore YMCA**

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

**Schedule:** All Age Groups

<b>Warm-Ups</b>	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	8:30-8:50am	WSC (lanes 1-4)/CSC(lanes 5-8)
<b>Scratch Meeting</b>		<b>8:30am Under Scoreboard</b>	
<b>Officials Meeting</b>		<b>8:45am Under Score Board</b>	
<b>Meet Begins</b>	<b>9am</b>		

Please note, after the entries have been received, if we have to adjust the above time line,  
Notification will occur by **Tuesday, July 15 by 12 noon**

**Meet Director:** Maury Henessy

**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

**Eligibility:** 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.

**Entries:** 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, unless they scratch an individual event at All-Stars. 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 6/1/03 at the Divisional meet with the exception of relays, in which

case a swimmer may move up no more than two (2) age groups.

**Entries Close:** Entries must be received (*not Postmarked*), by **Sunday, July 13, at 9pm if you are entering electronically. If you will enter using the attached forms, your entries will be due Saturday, July 12 by 3pm.** E-Mail entries to [entries@wsyswim.org](mailto:entries@wsyswim.org)

**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 electronically 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 electronic entry, please provide a copy of the meet entry printout, sorted by name. We will post the Psych Sheets on the WSY web site by Monday evening, July 14. The only changes permitted will be data error changes, NOT changes in events

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**Entry Deadline: July 13, 2003 – [www.wsyswim.org](http://www.wsyswim.org) - Meet Date: July 19, 2003**

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**Entry Deadline:** Entries must be received by the deadlines above. We encourage e-mail entries. 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 entries@wsyswim.org**  
[WWW.WSYSWIM.ORG](http://WWW.WSYSWIM.ORG)

**Admission:** Programs are \$4, admission is FREE

**Awards**

**Individual events:**

Ribbons for 1<sup>st</sup> through 8<sup>th</sup> place

**Relays:**

Ribbons for 1<sup>st</sup> through 8<sup>th</sup> place

**Notes:** Notification of any changes to the meet will be made to contact person from each team. Please list the contact person, address, telephone number and E-Mail address on the Meet Entry Summary form.

**Results:** [www.wsyswim.org](http://www.wsyswim.org) or [www.swimcasl.org](http://www.swimcasl.org)

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

**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 2001-2003 **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.

**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.

**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 **Wednesday, July 9th**. All T-Shirts are Adult Sizes!!!!

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## Meet Entry Summary Sheet:

### Team Information:

Team Name: \_\_\_\_\_ Abbreviation: \_\_\_\_\_  
Coach: \_\_\_\_\_ Daytime phone \_\_\_\_\_  
(coach on deck at meet) Evening phone \_\_\_\_\_

### Contact : Name and Address of the person to receive ALL communication

Name \_\_\_\_\_  
Address \_\_\_\_\_  
City/Town \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
Daytime Phone \_\_\_\_\_ Evening Phone \_\_\_\_\_  
E-mail \_\_\_\_\_

### Waiver:

In consideration of your acceptance of this application, I hereby, for myself and my swimmers, our heirs, executors and administrators, waive and release any and all rights and claims for damage we may have against the WEST SHORE YMCA or the HARRISBURG AREA YMCA, their agents, representing clients or successors from any and all liabilities, claims, demands, actions, or causes of actions arising out of or in connection with said event. Further I release the above mentioned from any and all losses, expenses, damages, demands and claims arising out of or in connection with any injury or alleged injury in, on or at said meet and premises.

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Team Name

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Head Coach

Date

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Parent Association President

Date

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**Volunteers**

**Team Name:** \_\_\_\_\_

Note: The meet will be divided into two shifts as follows. Each team should alert their volunteers of their appropriate shift and changes:

1<sup>st</sup> Half – Events 1 to 38 (after Backstroke)  
2<sup>nd</sup> Half – Events 39 to 76 (begin 100 Freestyle)

**TIMERS:**

The WSY Outdoor Center is an 8 lane metered pool. Each team is being assigned a specific lane to cover for the entire meet as follows:

**WSY = Lane 1**

**Hampden = Lanes 4 & 8**

**York YMCA = Lane 5 & 7**

**Wildcats = Lane 2**

**Spring Grove = Lane 6**

**Carlisle = Lane 3**

**As a result all teams will need to provide at least 2 timers, per lane assigned, at all time s.** In order to ensure that there is adequate coverage during the meet, we would appreciate the names of these individuals with the submission of your team entry packet.

**First Shift Timers**

\_\_\_\_\_

(Hampden & York)

\_\_\_\_\_

**Second Shift Timers**

\_\_\_\_\_

(Hampden & York)

\_\_\_\_\_

**Stroke and Turn Judges**

Please provide the names of two stroke and turn judges. We request that all judges have current certifications (i.e. NCAA, PIAA, MID-PENN, etc.).

Note: Hampden and York YMCA, please provide 3 judges, if possible.

\_\_\_\_\_

**Finish Judges**

Please provide the names of at least one finish judge:







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