

CAPITAL AREA SWIMMING LEAGUE
DIVISION "A" DIVISIONAL CHAMPIONSHIPS
SPONSORED BY CAPITAL REGION INSURANCE, INC

July 24, 2004

WSY Swimming

410 Fallowfield Road

Camp Hill, PA 17011-4900

Host: West Shore YMCA



Location: Cumberland Valley High School Natatorium
6746 Carlisle Pike
Mechanicsburg, PA 17055

Schedule: 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)/CSC (lanes 5-8)
	Session III	8:30-8:50am	WSC (lanes 1-5)/Trojan (lanes 6-8)
Scratch Meeting		8:30am in Hallway behind Locker Rooms	
Officials Meeting		8:45am in Hallway behind Locker Rooms	
Meet Begins	9am		

Please note, after the entries have been received, if we have to adjust the above time line,
Notification will occur by **Tuesday, July 20 by 12 noon**

Meet Director: Judy Quigley

Facilities: The brand new Cumberland Valley High School Natatorium has an eight (8) lane 40 meter pool divided by a bulkhead at 25 meters with warm-up/warm-down area opposite competition pool. A fully automatic Colorado 6 timing system with display board will be used with touch pads at the finish end for 9 & over swimmers and "button-finish" for 8 & under swimmers. We will be using Hy-Tek meet management software. Spectator seating for 400 is available in gallery area above pool. Photos of the pool may be found on our web site. Teams will be placed in a large gym prior to their races. The gym tends to be on the "cool" side, so plan accordingly. We will have a "staging area" for swimmers prior to their event. This is an INDOOR MEET.

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 6/1/04 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 by **Sunday, July 18 at 9pm. All entries should be completed with Hy-Tek software. The Team Manager import file may be found on the CASL web site. As soon as your entries are received, you will be email confirmation of your entries. E-Mail entries to entries@wsyswim.org**

Entry File: The entry file is on the CASL and WSY web sites. Please use this file when entering your times. All entry times must be in Short Course Meters.

All entries are final as they are submitted. We will post the Psych Sheets on the WSY web site by Monday evening, July 19. The only changes permitted will be data error changes, NOT changes in events

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
FAX: (717) 728-3561
E-mail entries@wsyswim.org
WWW.WSYSWIM.ORG

Admission: Programs are \$4, admission is FREE

Entry Deadline: July 18, 2004 – www.wsyswim.org - Meet Date: July 24, 2004

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Awards

Ribbons for 1st through 8th place

Relays:

Ribbons for 1st through 8th place

Individual events:

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 or 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 2003-2004 **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 \$13. There will be a limited supply. We encourage Pre-Orders!!! An order form, and sample design will be e-mailed. Orders and fees (\$11 per shirt for Pre-Orders) are due by **Wednesday, July 14th.** 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, the HARRISBURG AREA YMCA, OR THE CUMBERLAND VALLEY SCHOOL DISTRICT 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.

Team Name

Head Coach

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:

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

TIMERS:

The Cumberland Valley Natatorium 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 = Lane 4
York YMCA = Lane 5 & 7

Wildcats = Lane 2 & 8
Trojan = Lane 6
Carlisle = Lane 3

As a result all teams will need to provide at least 2 timers, per lane assigned, at all times. 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

(Wildcat & York)

Second Shift Timers

(Wildcat & 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: Wildcat 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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Relay Entry Form:

Relay Team Designation	Age	M/F	Event #1	Event #2
			Entry Time	Entry Time
<i>Team A</i>	<i>7</i>	<i>M</i>	<i>#3</i>	<i>#33</i>
			<i>1:23.75</i>	<i>1:15.32</i>