

# CAPITAL AREA SWIM LEAGUE

## **2006 "AAAA" DIVISION CHAMPIONSHIPS**

**LOCATION:** Cumberland Valley High School – 6746 Carlisle Pike – Mechanicsburg, PA 17055  
**DATE:** Saturday July 22, 2006  
**START:** 9:00AM

### WARM-UP LANE ASSIGNMENTS & TIMES

Lanes 3 & 6 are open for large teams to use.

<u>TEAM</u>	<u>LANES</u>	<u>Time</u>
WEST SHORE Y	7 & 8	7:45AM
CARLISLE SWIM CLUB	4 & 5	7:45AM
CVAC	1 & 2	7:45AM
WILDCAT SWIM CLUB	7 & 8	8:10AM
AQUATIC CLUB OF WEST SHORE	4 & 5	8:10AM
YORK Y	1 & 2	8:10AM

***NOTE: All lanes will open for starts for the last 15 minutes of each warm-up session.***

**ADMISSION:** Programs are \$3.00, admission is FREE

**FACILITY:** Cumberland Valley High School Natatorium has an 8 lane , 25 meters pool with warm-down areas, and a 13 foot starting end. A fully automatic Colorado timing system , with touch pads at the finish end for 9 & Over swimmers and a 2 button-finish for the 8 & under swimmers. A 8 line display board will be used. We will be using Hi-Tek meet manager software. Spectator seating is available in the balcony area. **No swimmers** will be allowed to lounge in the spectator area seating.

**ENTRIES:** [Mail entries POSTMARKED by JULY 13, 2006 or Email all info by JULY 14, 2006 to hotheats@comcast.net](mailto:hotheats@comcast.net)

**Ty Bornman**  
**37 Mayberry Lane**  
**Mechanicsburg, PA 17050**

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 Divisional, they may be a 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 6/1/05 at the Divisional meet with the exception of relays, in which case a swimmer may move up no more than two (2) age groups.

**ENTRY FORMS:** There are official entry forms attached Please make separate copies for each age groups. Separate Relay entry forms are also supplied. Please use these forms only!!! **However, we encourage all teams enter submittals using “Hy-Tek Meet Manager”. NO team will be entered without a completed “volunteer sheet”. See attached sheet for volunteer assignments.**

Entry time are to be in Meter times only. If you are using the entry forms, please complete the form carefully. All entries are final as they are submitted. If you are using disk entry, please send a copy of the commlink printout. We will post the Psych Sheets on our web page by July 18<sup>th</sup>. The only changes permitted will be date error changes, Not changes in events.

**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

**VOLUNTEERS:** Each team must supply volunteers to run the meet. A form is provided and needs to be completed. **NO entries will be accepted without a completed volunteer sheet.**

**CONCESSIONS:** Plenty of food and beverages will be available at the meet in our Eagle Beach Café.

#### **GENERAL**

**INFORMATION:** For any additional information or questions, please call Bernie Kotalik – Meet Director @ 763-0821 or

E-mail @ **bernie54@comcast.net**

#### **TEE SHIRT**

##### **SALES:**

Custom designed tee-shirts will be for sale at the meet. We will be sending out an order form for those who want to order their shirts in advance. A description of the shirts will be available on the order form. Take advantage of the **early-order-form** and beat the rush for a shirt.

## **COACHES, VOLUNTEERS, SWIMMERS NOTES & REMINDERS**

- **All swimmers should report directly to the gymnasium. No swimmers will be allowed to lounge in the pool deck area or outside hallways. Sufficient room will be provided in the gymnasium. Only swimmers swimming their events or staged for an upcoming event should be on deck. Deck space is limited and we want to run an organized meet that will flow quickly.**
- Swimmers will be staged along the far side of the pool on chairs provided.
- **Coaches should pick up their team packets before the start of the meet. The packet will include heat sheets, volunteer duty schedules ( along with name badges for all volunteers ). Coaches, please make sure volunteer assignments are communicated properly to your team. We cannot start the meet until all areas are covered where volunteers are needed.**
- **Volunteer assignments will also be posted in various areas in the pool area. Please make sure all volunteers review their responsibilities before the start of the meet.**
- There will be hospitality provided for all officials and volunteers.
- Please make sure your area is free of trash & litter after each session. The high school has been very generous in allowing us to use the pool and we want to leave the facility the way we found it.

# CASL "AAAA" DIVISION CHAMPIONSHIP

At Cumberland Valley - 7/23/06

## Events Report

<u>BOMS</u>	<u>EVENT</u>	<u>GIRLS</u>
1	8 & Under 100M Medley Relay	2
3	9-10 200M Medley Relay	4
5	11-12 200M Medley Relay	6
7	13-14 200M Medley Relay	8
9	15 & Over 200M Medley Relay	10
11	9-10 100M IM	12
13	11-12 100M IM	14
15	13-14 100M IM	16
17	15 & Over 100M IM	18
19	8 & Under 25M Free	20
21	9-10 50M Free	22
23	11-12 50M Free	24
25	13-14 50M Free	26
27	15 & Over 50M Free	28
29	8 & Under 25M Back	30
31	9-10 50M Back	32
33	11-12 50M Back	34
35	13-14 50M Back	36
37	15 & Over 50M Back	38
39	9-10 100M Free	40
41	11-12 100M Free	42
43	13-14 100M Free	44
45	15 & Over 100M Free	46
47	8 & Under 25M Breast	48
49	9-10 50M Breast	50
51	11-12 50M breast	52
53	13-14 50M Breast	54
55	15 & Over 50M breast	56
57	8 & Under 25M Fly	58
59	9-10 50M Fly	60
61	11-12 50M Fly	62
63	13-14 50M Fly	64
65	15 & Over 50M Fly	66
67	8 & Under 100M Free Relay	68
69	9-10 200M Free Relay	70
71	11-12 200m Free Relay	72
73	13-14 200M Free Relay	74
75	15 & Over 200M Free Relay	76

# 2006 CASL "AAAA" DIVISION - VOLUNTEER ASSIGNMENTS

TEAM NAME: \_\_\_\_\_

Positions		First Half		Second Half
		Events 1-38		Events 39-76
Starter/Referee ( If available )	1.)		1.)	
Stroke & Turn	1.)		1.)	
	2.)		2.)	
	3.)		3.)	
Timers	1.)		1.)	
	2.)		2.)	
	3.)		3.)	
	4.)		4.)	
Proof Readers	1.)		1.)	
Gym Supervisor	1.)		1.)	
Bull Pen	1.)		1.)	

**PLEASE SUBMIT THIS FORM WITH SWIMMER ENTRIES. ENTRIES WILL NOT BE ACCEPTED WITHOUT THIS LIST BEING COMPLETED.**