

2007 Capital Area Swim League AAAA Divisional Meet
Hosted by the
Aquatics Club of the West Shore

LOCATION: Redland High School – 560 Fishing Creek Road, Lewisberry, PA 17339

DATE: Saturday, July 21, 2007

WARM-UPS: 7:45AM

START: 9:00AM

ADMISSION: \$2.00 for both sessions (Children under 12 free admission)

PROGRAMS: \$3.00 for the entire meet

MORNING SESSION:

Warm up session 1: 7:45 – 8:15

Lanes 1-2 ACWS

Lanes 3-4 WSY

Lanes 5-6 Carlisle

Warm up session 2: 8:20 – 8:50

Lanes 1-2 Wildcat

Lanes 3-4 Spring Grove

Lanes 5-6 York Y

Scratch Only Meeting 8:30 at the locker room entrance

Timers meeting 8:40 at the locker room entrance

Officials Meeting 8:45 at the locker room entrance

MEET STARTS: 9:00 a.m.

Please watch for future announcements for warm-up time changes based on entries.

All warm-ups are feet first entry. Final 5-10 minutes of each warm-up session will be available for one-way sprints. Once all swimmers have cleared the lane the cone can be removed from the block to make the lane available for sprints.

A hospitality area will be located in the staging gym for coaches, officials and volunteers. Water will be available on deck.

Due to the limited deck seating available swimmers will be housed in the main gym. Swimmers will be staged in the auxiliary gym and ushered down the rear stairs to their event. After the swimmers have swum their event they will exit by the ramp across from the locker room entrance.

VOLUNTEERS: Each team must supply a completed volunteer sheet with entries. Entries will not be accepted without a volunteer sheet. All volunteers listed may not be needed. Coaches, volunteers and officials will receive their badges at the admissions table the day of the meet

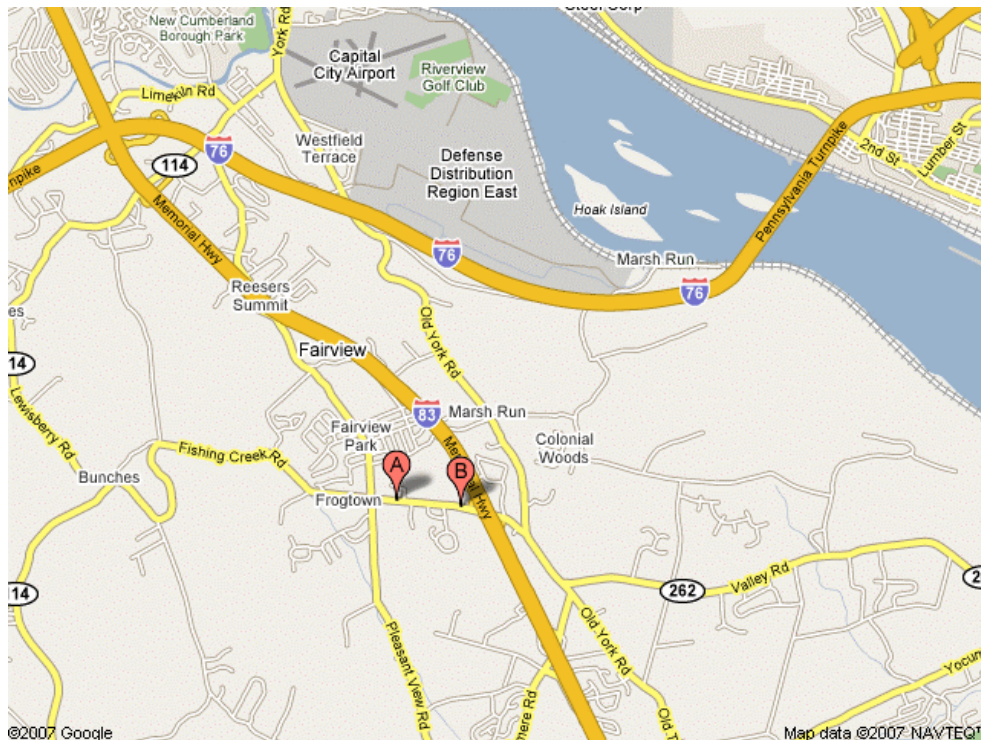
BULL PEN: AM Session- Each swimmer will have a “Deck Card” to get them to the blocks. These cards will be used only to get swimmers to the blocks. Cards will be placed in the plastic receptacle next to the block before the race. Lane timer sheets will be provided timers for recording results and collected by runners at the end of each event.

ENTRIES: Submit entries in Hy-Tek Meet Manager of Team Manager format to casldiv4a@comcast.net. Each team will receive an email verification of swimmers entries and any exception reports. Times received from Hy-Tek software will be used for seeding events. Once the meet program is printed events will NOT be re-seeded. Later entries will only be entered if a lane is available. Entries must be received no later than Saturday, July 14. (PLEASE!!!!!!)

DIRECTIONS To Redland High School Natatorium:

From the North & West – Take I-581 East to I-83 South. Follow I-83 S to Exit 36, PA-262, Fishing Creek Rd. and exit. At the end of the exit ramp make a right onto Fishing Creek Rd. Proceed on Fishing Creek Rd ½ mile to the entrance to Redland High School on the left. Park in the lot and walk up the last stairway to the Natatorium entrance

From the South – Take I-83 North to Exit 36, PA-262, Fishing Creek Rd. and exit. At the end of the exit ramp make a left onto Fishing Creek Rd. Proceed over I-83 on Fishing Creek Rd ½ mile to the entrance to Redland High School on the left. Park in the lot and walk up the last stairway to the Natatorium entrance



A – Redland High School B- West Shore School District Administration Building

Meet Event List

Boys	Event Name	Girls
1	8 & Under 100 Medley Relay	2
3	9-10 200 Medley Relay	4
5	11-12 200 Medley Relay	6
7	13-14 200 Medley Relay	8
9	15 & Over 200 Medley Relay	10
11	9-10 100 IM	12
13	11-12 100 IM	14
15	13-14 100 IM	16
17	15 & Over 100 IM	18
19	8 & Under 25 Freestyle	20
21	9-10 50 Freestyle	22
23	11-12 50 Freestyle	24
25	13-14 50 Freestyle	26
27	15 & Over 50 Freestyle	28
29	8 & Under 25 Backstroke	30
31	9-10 50 Backstroke	32
33	11-12 50 Backstroke	34
35	13-14 50 Backstroke	36
37	15 & Over 50 Backstroke	38
39	9-10 100 Freestyle	40
41	11-12 100 Freestyle	42
43	13-14 100 Freestyle	44
45	15 & Over 100 Freestyle	46
47	8 & Under 25 Breaststroke	48
49	9-10 50 Breaststroke	50
51	11-12 50 Breaststroke	52
53	13-14 50 Breaststroke	54
55	15 & Over 50 Breaststroke	56
57	8 & Under 25 Butterfly	58
59	9-10 50 Butterfly	60
61	11-12 50 Butterfly	62
63	13-14 50 Butterfly	64
65	15 & Over 50 Butterfly	66
67	8 & Under 100 Freestyle Relay	68
69	9-10 200 Freestyle Relay	70
71	11-12 200 Freestyle Relay	72
73	13-14 200 Freestyle Relay	74
75	15 & Over 200 Freestyle Relay	76

TEE SHIRT SALES: A custom-designed meet tee-shirts will be for sale at the meet.. Take advantage of the **early-order-form** attached and beat the rush for a shirt. Orders received the day of the meet will be delivered to team representatives at the September league meeting. Please only one advance order form per team with checks payable to ACWS. Your canceled check is your receipt. Sorry, no cash orders. Shirt Pre-Order forms must be received no later than Monday, July 9th to guarantee availability. Send order form and check to:

ACWS
c/o Mike Sherbo
40 Locust Circle
Etters, PA 17319

Also please send an email confirming the order to casldiv4a@comcast.net to ensure that orders are inadvertently missed.

Shirt pricing is:

Pre-Order Sales \$12
Day of the Meet \$15

2007 CASL Division AAAA Meet T-Shirt



Youth Small____ Youth Medium____ Adult Small____ Adult Medium ____

Adult Large____ Adult XL____ Adult XXL____

Swim Club Name_____

Name_____

Phone Number_____

Event Sponsors – Want to send a special message to your swimmer? Print a little message in the program (36 Characters Max) to cheer them on. Sponsor ads are printed under the event number in the heat sheets and are available for \$2.00 each.

Event Sponsor Selection

Choice #1 Event # _____ Message _____

Choice #2 Event # _____ Message _____

Choice #3 Event # _____ Message _____

E-mail Event Sponsor entries to casldiv4a@comcast.net. Follow up with a check payable to ACWS to:

ACWS
C/O Mike McKee
128 Deerfield Rd
Camp Hill, PA 17011

VOLUNTEER SIGN-UP SHEET

TEAM CONTACT PERSON _____ Phone & e-mail _____

Each Team must provide two officials per session. Please Identify Capacity. Any other available officials can be added if desired.

_____ Starter/Referee/S&T/Finish

_____ Starter/Referee/S&T/Finish

_____ Starter/Referee/S&T/Finish

Each Team must make timers available for events 1-38 and events 39-76

Events 1-38 Timers

Events 39-76 Timers

Staging/Bullpen

MUST BE RETURN WITH HY-TEK ENTRIES. EACH TEAM MUST PROVIDE THEIR OWN WATCHES. NOT ALL TIMERS/OFFICIALS MAY BE REQUIRED TO WORK AND ACWS RESERVES THE RIGHT TO SELECT.