

CAPITAL AREA SWIM LEAGUE

2007 "AAA" DIVISION CHAMPIONSHIPS

LOCATION: Cumberland Valley High School – 6746 Carlisle Pike – Mechanicsburg, PA 17055

DATE: Saturday July 21, 2007

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>
Hampden	7 & 8	7:45AM
CVAC	4 & 5	7:45AM
Mechanicsburg	1 & 2	7:45AM
Lion Aquatic	7 & 8	8:10AM
Indian Creek	4 & 5	8:10AM
Dover	1 & 2	8:10AM

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

ADMISSION: Programs are \$4.00, 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. No food will be allowed on the pool deck.

ENTRIES: [Mail entries POSTMARKED by JULY 15, 2007 or Email all info by JULY 14, 2007 to jckaminski1@hotmail.com](mailto:jckaminski1@hotmail.com) AND paclarkfamily@comcast.net.

**Benet Toon
1211 High Hollow
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 6/1/07 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: All teams must enter submittals using “Hy-Tek Meet Manager”. Additionally, **NO team will be entered without completing and returning the attached “volunteer sheet”.**

Entry times 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 18th. The only changes permitted will be date error changes, Not changes in events.

AWARDS: Individual events: Ribbons for 1st through 8th place
Relays Ribbons for 1st through 8th 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 and returned volunteer sheet. (attached).**

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 Mike Clark – Meet Director @ 576-9334 or

E-mail @ [**paclarkfamily@comcast.net**](mailto:paclarkfamily@comcast.net)

TEE SHIRT

SALES:

Custom designed tee-shirts will be for sale at the meet. All tee-shirt sales will be made on premises the day of the meet through Metro Swim Shop.

[COACHES, VOLUNTEERS, SWIMMERS NOTES & REMINDERS](#)

- **All swimmers and teams should set up outside in the area around the pool. Teams should bring tents and other equipment used for an outdoor meet. No swimmers will be allowed to lounge in the pool deck area or outside hallways. 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 outside in the area by the doors behind the starting blocks 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.