

Mid-Cap Meet Information

Saturday July 26, 2008 10:00 Start
Hosted by Dover Area Aquatic Club & Wildcat Swim Club
Cumberland Valley High School, Mechanicsburg, PA

- **Admissions:**

*Swimmers, Coaches, Officials, and Timers Entrance– Enter the Cumberland Valley High School complex from the student parking lot through the entrance located by the auditorium and pool lobby. Coaches, Officials or Timers should proceed directly to either the Coaches’ check in table or the Timers & Officials check in table (look for signs). **Each Head Coach must “check in” in order to receive their coaching packet & commemorative T-shirts for their team. Just a reminder that only four coaches per team will be allowed on deck. The admitted coaches must have been on the roster at the beginning of the season and must wear the provided wristband at all times.**

*Spectator Entrance – Spectators should enter the Cumberland Valley High School complex from the student parking lot through the entrance located by the auditorium and pool lobby and proceed directly to the pool balcony.

*\$3.00 for **Spectator Admission** (under 12 free); \$4.00 **Program & Heat sheets**

- **Arrival and Parking:**

Parking lots open at 6:30AM. Please be observant & follow all posted signs especially Handicapped and NO parking areas. **Vehicles parked illegally will be towed.** See enclosed directions for travel.

- **Awards:**

Commemorative T-shirts will be provided for all entered swimmers and two (2) coaches. PLEASE complete the enclosed form and submit the form at the scratch meeting for Mid-Caps at the conclusion of your All-Star meet. Additional coaches’ shirts may be ordered at a cost of \$6.00. All swimming events will receive custom rosette ribbons. Awards are provided for 16 individual places and 8 relay teams. **Coaches: Please do not enter the awards room until after the meet is completed.**

- **Hospitality:**

In the Head Coach’s packet will be four (4) vouchers for lunch. Coaches may use these vouchers at the snack bar for lunch at their convenience.

- **Meeting Times:** All meetings will be held in the CVHS adaptive physical education gymnasium unless otherwise announced.

COACHES SCRATCH MEETING	9:00AM
(At least one coach from each team <u>must</u> attend)	
OFFICIALS MEETING	9:25AM
TIMERS MEETING	9:40AM

Mid-Cap Meet Information Cont...

Rules Cont...

- In-water relay take-offs for 2nd and 4th swimmers in 8 & under relays. The 2nd and 4th swimmer must be in the water with a **foot** on the wall when the incoming swimmer's head passes under the backstroke flags closest to the end where the next swimmer will take-off.
- Relays cards do not need to indicate the actual order of the swimmers in that heat.

- **Apparel Stand:**

An extensive swimming apparel stand will be available on site for your convenience.

- **First Aid:**

The Cumberland Valley School District Aquatics Staff will be in charge of first aid requests.

- **Supervision:**

The Dover Area Aquatic Club & Wildcat Swim Club requests that each team provide adult supervision for their team area. Anyone defacing property and/or displaying unsportsmanlike conduct will be requested to leave the premises. **Cumberland Valley School District has requested that all participants and spectators stay off all outside athletic fields and equipment.**

- **Seeding Area:**

Swimmers will be seeded on the pool deck using the bleacher area at the shallow end of the pool. Only coaches and deck personnel who have a wristband will be allowed in the seeding area.

- **Warm Up lanes:**

The competition pool will be used for warm up purposes until 9:55 AM. and during the twenty (20) minute break after event #38 15-18 Backstroke. All entries must be feet first entries. After 10:00 AM the non-competition area will be available for continuous warm up and warm down only. **ALL SWIMMERS MUST ADHERE TO THE CV LIFEGUARD(S) DIRECTIONS.**


- **Team Fees:**

\$3.00/Individual Event

\$12.00/Relay Event

These fees are payable in the form of a check to Capital Area Swim League and submitted at the scratch meeting for Mid-Caps following the conclusion of your All-Star Meet.

Mid-Cap Meet Information Cont...

- **Warm-up Sessions:** Each session 20 minutes in length


Session 1	7:30 – 7:50	Teams T.B.A.
Session 2	7:53 – 8:13	Teams T.B.A.
Session 3	8:16 – 8:36	Teams T.B.A.
Session 4	8:39 – 8:59	Teams T.B.A.
Session 5	9:02 – 9:22	Teams T.B.A.
Session 6	9:25 – 9:40	One-way Sprints for West Shore Teams
Session 7	9:40 – 9:55	One-way Sprints for East Shore Teams

Lane assignments for all sessions will be posted on the Mid-Cap links located on the www.swimmpsl.org and the www.swimcasl.org sites