

**Capital Area Swim League**  
**2009 AAA Division Championship Meet**  
*Hosted by Cumberland Valley Aquatic Club*  
**Saturday, July 18, 2009**

Location: Cumberland Valley Aquatic Club  
6746 Carlisle Pike  
Mechanicsburg, PA 17050

Facility: The Cumberland Valley High School Natatorium is an eight (8) lane 40 meter pool divided by a bulkhead at 25 yards, with a six (6) lane warm-up/warm-down area opposite the competition pool. A fully automatic Colorado 5 timing system with display board, touch pads at the finish for 9 & over swimmers and "2-button finish" for 8&U swimmers will be used. We will be using Hy-Tek meet management software. Team areas and ready bull pen will be provided for swimmers. Spectator seating is available in the gallery area above the pool.

Meet Director: Michael Clark  
4 Country Side Dr.  
Carlisle, PA 17013  
(cell) 576-9334  
[paclarkfamily@comcast.net](mailto:paclarkfamily@comcast.net)

Entries: This meet is open to all division 3A CASL swimmers that are registered with their teams and swam a minimum of three league meets in the course of the season. Each swimmer may swim a maximum of three (3) individual or relay events. The swimmers age will be determined as of June 1, 2009. All entries should be submitted on disk using Hy-Tek meet management software. All entry times should be in meters. If no times are available, enter with a NT in the space provided. Entries must be e-mailed to [paclarkfamily@comcast.net](mailto:paclarkfamily@comcast.net); however, hard copy must follow within three (3) days. **Deadline for entries is July 12, 2009.**

Admission: Admission to the meet will be \$3.00. Divisional volunteers admitted free with proper credentials.

Programs: \$2.00 each.

Concessions: Various food items will be available throughout the day in the lobby outside the Natatorium.

Swim Shop: Action Accents is invited for the entire day for swimmers.

T-Shirts: T-Shirts are available on site in limited quantities.

Gate Time: **Gates open at 7:00 a.m.**

Meet Schedule:

**[WARM-UP LANE ASSIGNMENTS & TIMES](#)**

<u>TEAM</u>	<u>LANES</u>	<u>Time</u>
WSY	1 & 2	7:45 AM
CVAC	4 & 5	7:45 AM
Mechanicsburg	7 & 8	7:45 AM
Bobcat	1 & 2	8:15 AM
ACWS	4 & 5	8:15 AM
Dover	7 & 8	8:15 AM

***NOTE: All lanes will open for starts for the last 10 minutes of each warm-up session.***

8:20 a.m.	Scratch Meeting
8:35 a.m.	Officials and Timers Meeting
8:45 a.m.	Clear pool
9:00 a.m.	Meet Begins

Volunteers: Each Team must e-mail to the meet director names of volunteers as follows:

<b>Position</b>	<b>1<sup>st</sup> Half</b>	<b>2<sup>nd</sup> Half</b>
Finish Judge	1	1
Stroke & Turn	1	1
Timers	4	4
Colorado/Meet Mgr Asst.	1	1

**See form below for submitting volunteers. Not all volunteers will be used.**

**Note: NO team will be entered without submitting their volunteer lists.**

Meet Rules: The meet will be governed by National Federation Rules, as amended by the Capital Area Swim League.

The following rules are modifications or points of emphasis:

1. False-Start Rule: 8 & under - One false start; all other age groups - No false starts
2. Dual confirmation will be in effect for all starts and relay take-offs.
3. An air horn will supplement the electronic beeper to denote unfair starts.\*  
\*When one or more swimmers have obtained an unfair advantage at the start, the race shall continue without recall. If the recall signal is activated inadvertently the race "is recalled" and the Referee/Starter may disqualify the swimmer(s) who left the mark before the start signal. However, the Referee/Starter may also recall the entire heat "without" any false start - if not satisfied with the start. In this case it is called an "unfair start."
4. Swimmers must place feet including toes completely under surface of water prior to the backstroke starting command and until feet leave wall.
5. In-water relay take-offs for 2nd and 4th swimmers in 8 & under relays is defined as follows:

The swimmer shall enter the water when teammate has entered at the opposite end, but no later than when the head of the incoming swimmer passes under the backstroke flags nearest where take-off is to occur. The swimmer shall maintain contact with the end wall with a hand and/or foot by the time the end of the incoming swimmer passes under the backstroke flags nearest the point where take-off is to occur until the incoming swimmer touches the wall.

Safety:

There will be **NO DIVING** from the shallow end (non-block) at any time during warm-ups or during the meet. There will be **NO DIVING** from the starting blocks and no backstroke starts during warm-ups session, 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.

**BEST WISHES TO ALL SWIMMERS!**

# Cumberland Valley Natatorium Directions

**From North** – Take I-81 South to the Route 114 exit and make a left at light - go to traffic light at Rt. 11 - (Giant Store/Sheetz's gas station on right, Silver Springs Commons on left) bear right at light (Rt. 11 south. Proceed approximately 2 miles to the CV Education Park on the right. To get to pool pass the main entrance and stadium and make right onto Dapp Road. Make right onto access road past Stadium and go straight ahead to pool parking. Enter pool at the large “CV” Entrance.

**From South** – Take I-81 North to the New Kingstown exit onto Rt. 11 North. Go approximately 3 miles to school on left - school is located along Rt. 11.

**From the South and PA Turnpike** – Take Route 83 North to Route 581 West to Route 81 South. Proceed to Route 114 (exit 57) Turn left at the end of the ramp onto Route 114 to Route 11 (Carlisle Pike). Turn right onto Carlisle Pike (at the Sheetz) and proceed approximately 2 miles to the CV Educational Park on the right.

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**Event Listing**

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

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**Coaches and Volunteers Sheet**

Submit completed form to [paclarkfamily@comcast.net](mailto:paclarkfamily@comcast.net) by Sat. July 11, 2009.

**Team Name:** \_\_\_\_\_ **Abbreviation:** \_\_\_\_\_

Daytime phone \_\_\_\_\_

Evening phone \_\_\_\_\_

**Contact :** Name and Address of the person(s) to receive ALL communication

Head Coach \_\_\_\_\_ Head Coach Email: \_\_\_\_\_

Team Contact \_\_\_\_\_ Team Contact Email: \_\_\_\_\_

Contact Cell # \_\_\_\_\_

**Timers (Name & Phone Number):**

1<sup>st</sup> Half \_\_\_\_\_

1<sup>st</sup> Half \_\_\_\_\_

1<sup>st</sup> Half \_\_\_\_\_

1<sup>st</sup> Half \_\_\_\_\_

2<sup>nd</sup> Half \_\_\_\_\_

2<sup>nd</sup> Half \_\_\_\_\_

2<sup>nd</sup> Half \_\_\_\_\_

2<sup>nd</sup> Half \_\_\_\_\_

**Stroke and Turn Officials/Finish Judges (Name & Phone Number):**

1<sup>st</sup> Half S&T \_\_\_\_\_ 1<sup>st</sup> Half FJ \_\_\_\_\_

2<sup>nd</sup> Half S&T \_\_\_\_\_ 2<sup>nd</sup> Half FJ \_\_\_\_\_

**Colorado/Meet Manager Assistants (Name & Phone Number):**

1<sup>st</sup> Half \_\_\_\_\_

2<sup>nd</sup> Half \_\_\_\_\_

**Only the names listed on this sheet will be given FREE Admission and Heat Sheet, if used.**

**Name of person completing this sheet:** \_\_\_\_\_

**Final Assignments will be e-mailed to the Team Contact by July 15, 2009**

Submit completed form to [paclarkfamily@comcast.net](mailto:paclarkfamily@comcast.net) by Sat. July 11, 2009.