

CAPITAL AREA SWIM LEAGUE MEMBERSHIP ROSTER – 2011 SEASON

Website: www.swimcasl.org

<p>OFFICERS: Richard Janosky, President 325 Kunkle Mill Road Dover, PA 17315 Rjanos@dover.k12.pa.us 292-7261 873-0092</p>	<p>Patty Smith Neidigh, Treasurer 2785 Cambridge Road York, PA 17402 Neidighyork@aol.com 755-7181 (H) 578-8483 (C)</p>
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AAAA DIVISION

TEAM	COACHES	REPRESENTATIVES
CARLISLE SWIM CLUB 25 meters 6 lanes CSC Start: 9:00 a.m.	Gary Shank 101 Wilson Street Carlisle 17013 440-1434 243-3178 gshank1717@embarqmail.com	SAME
CUMBERLAND VALLEY 25 meters 8 lanes CVAC Start: 9:00 a.m.	Jack Weaver jweaver@cvschools.org	Brenda McVeagh 3809 Harness Lane Mechanicsburg 17055 730-9288 (H) 645-9533 (C) cvacmeetdirector@gmail.com bmcveagh1@verizon.net

<p>DOVER 25 yards 6 lanes DO Start: 8:30 a.m.</p>	<p>Richard Janosky 325 Kunkle Mill Road Dover 17315 292-7261 873-0092 Rjanos@dover.k12.pa.us</p>	<p>SAME</p>
<p>NORTHERN YORK AQUATIC CLUB 25 yards 6 lanes NYAC Start: 9:00 a.m.</p>	<p>Scott Zacharda 410 Fallowfield Road Camp Hill 17011-4900 487-9500 (C) 737-0511 (YMCA) scott@wsyswim.org Terp1516@aol.com</p>	<p>Sandra Jumper 20 Cobblestone Drive Carlisle 17015 249-8053 385-4895 (C) sandra.jumper@navy.mil deedlesdbj@earthlink.net</p>
<p>WILDCAT SWIM CLUB 25 meters 6 lanes WSC Start: 8:30 a.m.</p>	<p>Alicia Zeigler 2736 Hunt Club Drive York 17402 717-578-3888 aazeigle@aol.com</p>	<p>Richard Howley 901 Heritage Hills Drive York 17402 600-2400 (H) 887-3779 (C) richard.howley@dallastown.net</p>
<p>YORK YMCA TIDAL WAVES 25 yards 4 lanes YY Start: 8:30 a.m.</p>	<p>Nate Gentzler 1162 Ruth Street York 17408 nater284@verizon.net</p>	<p>Landy Sopko 2710 Stevenson Drive York 17404 (717) 799-0501 sopkoclan@comcast.net</p>

AAAA DIVISION (CONTINUED)

AAA DIVISION

TEAM	COACHES	REPRESENTATIVES
<p>AQUATIC CLUB OF WEST SHORE 25 meters 6 lanes ACWS Start: 9:00 a.m.</p>	<p>Dave Horton 2525 Grandview Drive York Haven 17370 (717) 938-4269 Hortonpa_0001@msn.com</p>	<p>Tim Kurland 202 Atlantha Lane Etters 17319 932-0654 (H) 525-9461 (W) tvmn4k@epix.net tk.cheran@comcast.net</p>
<p>SPRING GROVE 25 METERS 6 LANES SG Start: 8:30 A.M.</p>	<p>Peggy Kile 53 North Main Street Spring Grove 17362 225-5476 (H) 225-4731 x 7406 (W) kilep@sgasd.org pjk1656@gmail.com</p>	<p>SAME</p>
<p>TROJAN 25 yards 4 lanes TAC Start: 8:30 a.m.</p>	<p>Patty Smith Neidigh 2785 Cambridge Road York 17402 755-7181 (H) 578-8483 (C) Neidighyork@aol.com</p>	<p>Patty Smith Neidigh 2785 Cambridge Road York 17402 755-7181 (H) 578-8483 (C) Neidighyork@aol.com</p>
<p>INDIAN CREEK 25 meters 4 lanes ICAC Start: 8:30 a.m.</p>	<p>Alie Zelenky 717-645-0637 (C) Kayla Ricedorf 717-557-7652 (C) krricedo@gmail.com</p>	<p>Jim Buck 207 Beaver Drive Mechanicsburg 17050 737-3678 jimkatbuck@verizon.net</p> <p>Marlo Kent 438 Pawnee Drive Mechanicsburg 17050 303-2027 The5Kents@comcast.net</p>
<p>WEST SHORE Y 25 meters 8 lanes WSY All meets away No home meets</p>	<p>Mike Gobrecht 410 Fallow Field Road Camp Hill 17011 737-0511 (YMCA) 514-2287 (C) – use cell 728-3561 (Fax) mike@wsyswim.org http://yswim.org</p>	<p>G. Michael Gobrecht 4172 Nantucket Drive Mechanicsburg 17050 514-2287 (C) – use cell 728-3555 (H) mike@wsyswim.org http://yswim.org</p>

SOUTH MIDDLETON
25 yards
6 lanes
SMSC
Start: 9:00 a.m.

Victor Elliott
Hedge Row Lane
Boiling Springs 17007
texas_elliott@yahoo.com

Dana Gossert
393 Limestone Road
Carlisle 17015
Danagossert@comcast.net

AAA DIVISION (CONTINUED)

AA DIVISION

<p>BOBCAT SWIM CLUB 25 yards 6 lanes BSC Start: 8:30 a.m.</p>	<p>Lauren Soop 276 Abbey Drive Mt. Wolf 17347 578-5483 Lauren.soop@yahoo.com</p>	<p>Dan Schaeberle 10 Boxwood Road Manchester 17345 266-4716 schaeberled@nesd.k12.pa.us</p>
<p>CAMP HILL 25 meters 8 lanes CH Start: 8:30 a.m.</p>	<p>Sean Pivovarnik pivsport@yahoo.com Jeff Boswell 323 N. 24th Street Camp Hill 17011 737-5773 (H) 236-9377 (O) jboswell@btpalaw.com bozduke323@comcast.net</p>	<p>Guy Tanguay 21 N. 21st Street Camp Hill 17011 975-0975 (H) 319-3972 (C) guy.tanguay@gmail.com</p>
<p>EAST PENNSBORO 25 yards 6 lanes EPAC Start: 6:00 p.m.</p>	<p>Luann Hetherington 303 Hickory Hill Terrace Harrisburg 17109 215-4054 (C) luann.hetherington@highmark.com</p>	<p>Liz Groff 23 Hazelwood Path Mechanicsburg 17050 728-0672 (H) 919-1335 (C) 732-0771 (W) mommybub@comcast.net eagroff@epasd.org</p>
<p>CENTRAL YORK AQUATICS 25 meters 8 lanes CYA Start: 8:00 a.m.</p>	<p>Jason Miller 610 Mundis Mill Road York 17406 846-6789 x 1375 (W) 858-4200 (C) Jmiller2@cysd.k12.pa.us</p>	<p>Karen Montgomery Karensmontgomery@gmail.com</p>
<p>LION AQUATIC CLUB 25 yard 6 lanes LAC Start: 8:30 a.m.</p>	<p>Heather Stone 1166 Delta Road Red Lion 17356 683-7556</p>	<p>Mike Vernoia 3024 Acorn Lane Red Lion 17356 424-4449 (C) mnmv99@comcast.net</p>

MECHANICSBURG	Danny Gray	John Kopacko
25 meters	132 Center Street	218 E. Chestnut Street
6 lanes	Carlisle 17013	Shiremanstown 17011
MSC	301-928-5268	761-1794 (H)
Start: 8:30 a.m.	Danielgray1983@hotmail.com	645-3971 © kopackoj@us.ibm.com

AA DIVISION (CONTINUED)

A DIVISION

TEAM	COACHES	REPRESENTATIVES
<p>THE ATHLETIC CLUB OF YORK 25 yard 4 lanes ACY Start: 9:00 a.m. All meets away No home meets</p>	<p>Denise Miller 6447 Lauren Lane Spring Grove 17362 225-9049 (H) 825-8810 (C) twinmom1995@comcast.net</p>	<p>Denise Miller 6447 Lauren Lane Spring Grove 17362 225-9049 (H) 825-8810 (C) twinmom1995@comcast.net</p>
<p>HANOVER YMCA 25 meters 6 lanes HAY Start: 9:00 a.m.</p>	<p>Josh Miller 500 Hanover YMCA North George Street Hanover 17331 632-8211 coachjoshmiller@gmail.com</p>	<p>Susan Clauser 202 Garden Lane East Berlin 17316 259-0724 SUEC@aol.com</p>
<p>SHIPPENSBURG 25 yards 6 lanes SAC Start: 9:00 a.m.</p>	<p>Jeff Kaminski 713-0453 Jk2979@yahoo.com</p>	<p>Tina Gray P. O. Box 324 Newburg 17240 423-6056 (H) 860-0912 (C) 5grays@embarqmail.com</p> <p>Scott Wright 17 S.M.E. Shippensburg 17257 729-7062 (C) Bigmac17257@yahoo.com</p>
<p>GETTYSBURG YWCA 25 meter 6 lanes GET Start: 9:00 a.m.</p>	<p>Megan Maslowski/Matt Teeter Gettysburg YWCA 909 Fairfield Road Gettysburg 17325 Megan – 253-1706 (C) Matt – 253-4933 (C) 334-8797 (Fax) sharkscoaches@gmail.com</p>	<p>Jay Ondrizek 1525 Biglerville Road Gettysburg 17325 ondrizej@comcast.net</p>

HAMPDEN

25 meters
8 lanes
HAC
Start: 8:30 a.m.

Justin Kassab
6028 William Drive
Mechanicsburg 17050
979-5047
jkassab2005@yahoo.com

Kathy Bass
18 Ellington Road
Mechanicsburg 17050
433-0254 (C)
kmjbass@verizon.net

BIG SPRING

25 meters
8 lanes
BS
Start: 9:00 a.m.

Nick Miller
114 Wildwood Road
Newville 17241
776-6103 (H)
448-4362 (C)
nrmswimsfast@yahoo.com

Roger Thrush
15 Beecher Drive
Carlisle 17015
385-3714 (C)
rthrush@kuhncom.net

Revised May 9, 2011 by League Committee

CAPITAL AREA SWIM LEAGUE CONSTITUTION

I. PURPOSE

To provide a summer competitive swimming program, as governed by the Capital Area Swim League (referred to as the "League").

II. CONSTITUENCY

The constituency shall consist of those pools and their membership who conform to the following:

- A. Have a written policy as to participating membership and fees for membership.
- B. Agree to uphold the league rules and regulations.
- C. An annual League fee will be charged to each participating team to meet operating expenses. The Fee for each team is determined by the number of registered swimmers @ \$5.00 per swimmer.
- D. The League will not assess an entry fee for each swimmer/event for the Divisional, All-Star, or Mid-Cap meets.
- E. The number and location, as well as conditions for entry of teams into the league, will be determined by the League Committee.

III. ORGANIZATION

- A. The League is governed by a committee composed of one representative from each of the teams in the League. This committee shall be known as the League Committee.
- B. The League Committee will meet in accordance with the following:
 - 1. In the Spring, to conduct League business.
 - 2. In the Fall, to conclude all League business, including the election of officers.
 - 3. The President has the prerogative to call the League Committee into session for any purpose concerning the business and welfare of the League.

- C. At the Fall meeting, the officers, including a President, Vice-President, Secretary, Treasurer, and League Scorer, will be elected from the League Committee to serve for a two-year period.
- D. The Executive Committee will be comprised of the elected officers. The Executive Committee will make decisions as necessary to enforce the League's requirements, rules, and regulations. The Executive Committee will do planning and will make decisions not covered under the Constitution and rules and regulations of the League.
- E. The League will have two (2) paid position, the League Scorer and the Webmaster, with the payment for each position set by the League Committee.

IV. RULES AND REGULATIONS

By recommendation of the Executive Committee, this Constitution and rules thereunder may be revised by a 2/3 (two-thirds) vote of approval by the League Committee.

V. PROGRAM

The program shall consist of:

- A. Age group competitive dual swim meets within specified divisions of the league.
- B. A Divisional Championship Meet, on an individual basis, which shall be a qualifying meet for the All-Star Meet.
- C. An All-Star Meet which will have champions from each division, then the next best times league-wide competing against each other, and which shall be a qualifying meet for the Mid-Cap Meet.
- D. A Mid-Cap Meet shall have the best times from the Capital Area Swim League against the best times from the Mid-Penn Swim League.

CAPITAL AREA SWIM LEAGUE RULES AND REGULATIONS

I. GENERAL

- A. League Rules are current National Federation Swim Rules unless otherwise defined herein or amended or altered by the League committee.

- B. Any rule or regulation not covered will be presented to the Executive Committee and, if necessary, to the League Committee for consideration and a decision.
- C. Any violation of rules or regulations must be reported to the President and the Secretary who will engage the Executive Committee for action.

II. LEAGUE DIVISION

- A. The league will be divided into divisions. The number of teams in a division and the number of divisions will be determined by the League Committee.
- B. Each year the composition of the division will change based on the standings of the previous year. The top team in each division will move up to the next higher division and the bottom team will move down.
- C. New teams accepted into the league will enter the lowest division.
- D. Division championships will be based on won-lost percentages. In the case of two-way ties the outcome of the dual meet held between the two teams will be used to decide the ranking in the division. In the case of three-way ties the order of finish is determined by the total points scored against the other two teams tied.
- E. Scoring will be determined by the number of lanes at the pool. Score will be kept by age group only to determine age-group winners. The meet winner will be the team scoring the most total points.

III. ELIGIBILITY

- A. All swimmers must be current members of the pool they represent.
- B. A swimmer may compete with only one Capital Area Swim League team during any one season.
- C. The maximum swimming age limit is 19 years old, if attending high school or just graduating from high school the June preceding the dual meet season.
- D. The eligibility of a competitor to compete in a particular age group shall be determined by his/her age on the first day of June.

- E. Swimmers may move up two age groups. Swimmers may also compete in their own age group even if they move up for an event within the dual meet.
- F. In order to compete for points in a dual meet a swimmer must be listed on his or her Team Roster at least 24 hours prior to the start time for a dual meet. Swimmers joining after the 3rd dual meet can only swim as an exhibition entry.
- G. A Team Roster must be provided by email to the League Secretary and Treasurer prior to the season, with the deadline for submission being 24 hours before each team's 1st dual meet, and updated as needed. A \$50.00 fine will be assessed against any team for late submission. The Roster shall include team coaches by name and contact information and all swimmers by first and last name and birth date. Each Team's Roster is final after the 3rd dual meet.

IV. ENTRIES

- A. Final entry sheets or disk shall be provided to the scoring table by coaches at least 45 minutes prior to the start of the meet. Changes can be made until the meet starts. Entry sheets and result sheets must include a competitor's first and last name. No changes may be made to the entry sheets or disk computer after submission to the scoring table, except for sickness or for other reasonable circumstances prompting a change.
- B. Substitutions may be made in individual or relay events when necessary because of sickness, injury, or absence of competitors. No competitor who is already entered in four events may be scratched and used as a substitute. No changes will be permitted except upon mutual consent of the coaches and the scoring table must be advised of changes.
- C. Scratched competitors are eligible to compete in other events in which they are entered in dual meets.
- D. Irregular entries discovered before or after an event is swum shall be scratched and no substitutions shall be permitted. The score shall be adjusted if necessary.
- E. Swimmers 9 and older may enter a maximum of four events, three of which may be individual events. This pertains to dual meets only. Championship meets will still have a limit of three events per swimmer. Swimmers 8 and under may enter a maximum of three events.
- F. All 8 & under individual events should start off the blocks.
- G. In all 8 & under relays the second and fourth swimmer will start in the water at all meets with his or her foot in contact with the wall until the first or third swimmer touches the wall.

- H. No swimmer shall wear jewelry during the warm-up or during any event.
- I. Exhibition heats shall be limited to one heat per event and shall be run after the actual event unless a change is agreed upon by mutual consent of the coaches.
- J. A medley relay shall be swum at the beginning of the meet and a free style relay shall be swum at the end of the meet for all age groups. (See order of events on page 7)
- K. Boys will swim as boys. Girls will swim as girls. Co-ed relays may be entered as exhibition entries.

V. DISQUALIFICATIONS

- A. It is the duty of the disqualifying official to notify the coach of the disqualification before the next event.

VI. PROTESTS

- A. All parties concerned should make all possible effort to resolve their differences at the meet. Failing this, the protest may be referred in writing to the League President within three days of the date of the meet. The League President will engage the Executive Committee which will review the protest and make a final decision which shall be binding to all parties prior to the All-Star Meet.

VII. RECORDS AND RESULTS

- A. The League shall maintain a set of records for all events swum in All-Star competition.
- B. All records must be timed according to NFHS and submitted on official time slips to the League Secretary.
- C. Times must be recorded for all places in dual meets.
- D. The home team is required to send by e-mail the complete meet results and entry sheets to the League Scorer, the Secretary, and the Treasurer by 12:00 midnight on Sunday following the scheduled meet. A \$25.00 fine will be imposed on the home team for failure to report the full

results, by designated time. A team's head coach will be disqualified for any championship meet until all fines are paid. Failure to do so may result in forfeiture of the meet, as determined by the Executive Committee.

- E. All meet information, in paper and electronic form, must be kept until the end of the season.
- F. The League requires every team to use Meet Manager for all meets.

VIII. CONDUCT OF THE MEET

- A. All dual meets will be held on Saturday morning no later than 9:00 A.M. unless a different start time is listed on the League Roster or unless both coaches agree on another time at least two (2) days before the scheduled meet.
- B. The host team will cancel any dual meet due to weather conditions only at the latest possible time, following NFHS Guidelines.
- C. Postponement of a meet in progress will be at the discretion of the Referee, who shall follow the NFHS Guidelines. A maximum delay of 30 minutes will be permitted. Postponement will be allowed for reason of inclement weather only. The referee and coaches will arrange to complete the meet prior to the next regularly scheduled league meet.
- D. Number of officials required as listed below. Each team should supply the officials designated.
 - 1. Two timers on each lane. (one from each team)
 - 2. Four stroke and turn judges. (two from each team)
 - 3. One HEAD TIMER. (from home team)
 - 4. One starter. (from home team) Starter may also act as Referee.
 - 5. One Referee. (from home team)
 - 6. Three finish judges. (two from visiting team, one from home team)
 - 7. Two record clerks. (one from each team).
- E. Requirements for running the meet:
 - 1. Announcer should use public address system.
 - 2. Officials should meet with Referee 15 minutes prior to meet.
 - 3. Materials required 30 minutes prior to meet:
 - a. Starting Device (no guns permitted per PIAA)
 - b. Score Sheets
 - c. Event Cards

- F. A standard event card may be used to record the results of each race. The cards should be made up before the meet and placed in the order of events. The announcer will use the official line-up to announce the meet.
- G. Swim suits must be one piece and cannot contain zippers or other fastening systems.
 - 1. Male swim suits shall not extend above the waist nor beyond the top of the kneecap.
 - 2. Female swim suits shall not extend beyond the shoulders nor beyond the top of the kneecap.
- H. The home team shall swim in odd lanes. The visiting team shall swim in even lanes.

IX. DIVISIONAL CHAMPIONSHIP MEET

- A. A Divisional Championship Meet will be held at the conclusion of the dual meet season. The time and place of each Divisional Meet will be determined by the committee members of each respective division. The selected pools must be all be either meters or yards.
- B. All entry times for the Divisional Meets must be accomplished by a swimmer in the current dual meet season.
- C. A swimmer must have swum in at least 50 percent of the league meets in order to be eligible for the Divisional Championships.
- D. A swimmer must swim in his own age group in individual events and is permitted to swim in higher age groups in relays.
- E. A swimmer may enter only 3 events.
- F. There are no restrictions on the number of entries in individual events. However, a coach should realize that this is a championship meet and enter only those swimmers he feels has a chance to place. A maximum of two relay entries in each age group will be permitted per team.
- G. A seeding meeting may be held at the pool of the Division host team on the Monday before the meet. No additions to the meet will be added after this meeting.
- H. After the Divisional Meet the coaches and/or representatives must be present at the seeding meeting for the All-Star Meet to be held immediately following the Divisional Meet. It is the coach's responsibility to notify those on his/her team who have qualified.

- I. Awards for the Divisional Meet will be ribbons for the top eight (8) places.

X. ALL-STAR MEET

- A. The best times swum in the Divisional Meets will qualify for this meet. For individual events, the winner of each Divisional meet plus the next fastest swimmers by time will qualify. The number of swimmers will be determined by the league.
- B. The officials for this meet will be taken from the list brought by the division hosts for this purpose.
- C. The same order of events will be used in this meet as is used in all meets.
- D. Awards will be medals for places 1 through 8 and will be rosette ribbons for places 9 through 16. The 1st place swimmer in each individual event will also receive an All-Star swim cap.

XI. ORDER OF EVENTS

- | | | | |
|----|-------------------------------------|----|------------------------------|
| 1 | 100 meter medley relay 8 & U Boys | 39 | 100 meter free 10 & U Boys |
| 2 | 100 meter medley relay 8 & U Girls | 40 | 100 meter free 10 & U Girls |
| 3 | 200 meter medley relay 10 & U Boys | 41 | 100 meter free 12 & U Boys |
| 4 | 200 meter medley relay 10 & U Girls | 42 | 100 meter free 12 & U Girls |
| 5 | 200 meter medley relay 12 & U Boys | 43 | 100 meter free 14 & U Boys |
| 6 | 200 meter medley relay 12 & U Girls | 44 | 100 meter free 14 & U Girls |
| 7 | 200 meter medley relay 14 & U Boys | 45 | 100 meter free Open Boys |
| 8 | 200 meter medley relay 14 & U Girls | 46 | 100 meter free Open Girls |
| 9 | 200 meter medley relay Open Boys | 47 | 25 meter breast 8 & U Boys |
| 10 | 200 meter medley relay Open Girls | 48 | 25 meter breast 8 & U Girls |
| 11 | 100 meter IM 10 & U Boys | 49 | 50 meter breast 10 & U Boys |
| 12 | 100 meter IM 10 & U Girls | 50 | 50 meter breast 10 & U Girls |
| 13 | 100 meter IM 12 & U Boys | 51 | 50 meter breast-12 & U Boys |
| 14 | 100 meter IM 12 & U Girls | 52 | 50 meter breast 12 & U Girls |
| 15 | 100 meter IM 14 & U Boys | 53 | 50 meter breast 14 & U Boys |
| 16 | 100 meter IM 14 & U Girls | 54 | 50 meter breast 14 & U Girls |
| 17 | 100 meter IM Open Boys | 55 | 50 meter breast Open Boys |
| 18 | 100 meter IM Open Girls | 56 | 50 meter breast Open Girls |
| 19 | 25 meter free 8 & U Boys | 57 | 25 meter fly 8 & U Boys |
| 20 | 25 meter free 8 & U Girls | 58 | 25 meter fly 8 & U Girls |
| 21 | 50 meter free 10 & U Boys | 59 | 50 meter fly 10 & U Boys |
| 22 | 50 meter free 10 & U Girls | 60 | 50 meter fly 10 & U Girls |

23 50 meter free 12 & U Boys
 24 50 meter free 12 & U Girls
 25 50 meter free 14 & U Boys
 26 50 meter free 14 & U Girls
 27 50 meter free Open Boys
 28 50 meter free Open Girls
 29 25 meter back 8 & U Boys
 30 25 meter back 8 & U Girls
 31 50 meter back 10 & U Boys
 32 50 meter back 10 & U Girls
 33 50 meter back 12 & U Boys
 34 50 meter back 12 & U Girls
 35 50 meter back 14 & U Boys
 36 50 meter back 14 & U Girls
 37 50 meter back Open Boys
 38 50 meter back Open Girls

61 50 meter fly 12 & U Boys
 62 50 meter fly 12 & U Girls
 63 50 meter fly 14 & U Boys
 64 50 meter fly 14 & U Girls
 65 50 meter fly Open Boys
 66 50 meter fly Open Girls
 67 100 m free relay 8 & U Boys
 68 100 m free relay 8 & U Girls
 69 200 m free relay 10 & U Boys
 70 200 m free relay 10 & U Girls
 71 200 m free relay 12 & U Boys
 72 200 m free relay 12 & U Girls
 73 200 m free relay 14 & U Boys
 74 200 m free relay 14 & U Girls
 75 200 m free relay Open Boys
 76 200 m free relay Open Girls

XII. CURRENT CHANGES FROM NATIONAL FEDERATION RULES

- A. Delete Rule 1, Sec. 1, Art. 1 When a team is accepted into the League, it is understood that their facilities and equipment, on a year-to-year basis, are completely acceptable. Each team must submit a written list of variances that differ from Rule 1 to the League Secretary.
- B. Delete Rule 3, Sec. 1, Art. 1 - Championship entries and dual meet entries.
- C. Amend Rule 3. Sec. A, Art. 1 - First sentence to read, "A competitor shall be permitted to enter a maximum of 4 events, no more than three of which shall be individual events."
- D. Delete Rule 5. Sec. 3, Art. 5 - See seeding arrangements in GUIDELINES FOR DIVISIONAL CHAMPIONSHIP AND ALL-STAR MEETS.
- E. Delete Rule 5. Sec. 4, Art. 2 - Eight (8) swimmers to qualify for MidCap championships from All-Stars.
- F. All eight (8) and under swimmers are permitted one false start before they are disqualified.
- G. The Federation "Jewelry Rule" is modified. Swimmers are discouraged from wearing jewelry. Swimmers should be warned if jewelry is observed. If they fail to heed the warning, they may be disqualified.

- H. Amend Rule 8, Sec. 1, Art.1- The Starter or Referee may instruct forward start swimmers to correct their position before starting an event. In the Medley Relay and individual backstroke events, the starter, prior to the command, "Take your mark," shall say, "Place your feet."

XIII. GUIDELINES FOR DIVISIONAL CHAMPIONSHIPS

A. COACHES

1. A swimmer must compete in at least 50 percent of the dual meets in order to be eligible for the Divisional Meet. (Adjusted for unequal divisions.)
2. A swimmer must compete in his/her own age group for individual events, but may swim up in relay events. A swimmer may compete in three events only, including relays.
3. Teams are restricted to a maximum of two entries in the relay events, but are permitted an unlimited number of entries for individual events.
4. Coaches are requested to be realistic in the number of swimmers that they submit. While there are no qualifying times required, the best swimmers should be selected from the children who confirm that they will be present for the meet.
5. There will be no substitutions after the entry sheets are submitted for seeding. Only listed alternates may swim in relays in the event of a scratch.
6. Use meter times. Converted times may be used by teams having swum most of their meets in yard pools, but only the League approved aqua converter may be used, and both meter and yard time must be listed on the sheet.
7. Entries are due by 9:00 P.M. on Sunday following the final dual meet.
8. Eight and under events will start from the starting end of the pool.

B. REPRESENTATIVE

1. Representatives of each host team will send instructions to division teams at least 21 days before the Divisional meet.

2. After Divisionals, a representative or a coach for every team will attend the seeding meeting for the All-Star Meet. It is the coach's responsibility to inform his/her swimmers of qualification for the All-Star Meet.

XIV. GUIDELINES FOR ALL-STARS

A. SEEDING

1. Each host representative must meet immediately following the Divisional Meet at a time and place designated by the League President for the purpose of seeding the All-Star program.
2. At the conclusion of the seeding meeting, coaches may pick up a copy of the All-Star program at a time and place to be determined by the League President. It is the coach's responsibility to notify his/her swimmers.
3. Those relay competitors recording the eight fastest times in the combined Divisional Meets will be eligible to compete. Those swimmers ranked 9th and 10th will be alternates. In case of ties for eighth place, a swim-off will be held prior to the All-Star Meet.
4. Those individual competitors winning a Divisional event plus the next 12 fastest swimmers by time from the combined Divisional results will be eligible to compete. Those swimmers ranked 17th and 18th will be alternates.

B. OFFICIALS

1. Each team representative will provide at least five names to the Meet Director at the seeding meeting.
2. The Meet Director will advise the team representative of the selection of officials.
3. The following number of officials are required:

1 Referee	16 Timers (fewer if automatic timing is used)
2 Starter (1 boys, 1 girls)	2 Clerk of Course
1 Chief Timer	2 Computer Operators
6 Stroke & Turn Judges	2 Timing Machine Records
1 Announcer	4 Awards Table People
4. Each team will provide one awards person.

5. Following the All-Star Meet there will be a brief scratch meeting to confirm qualifiers for the Mid-Cap Meet.

XV. CASL OLYMPIC COMMITMENT

The Capital Area Swim League (CASL) will contribute to the properly and legally established expense fund of any swimmer who has participated in the CASL as long as the swimmer meets the requirements set up by the League, when he or she becomes a member of the United States Olympic Swimming Team.

A swimmer who participates in the League for three seasons up to and including the age of 13, fulfilling the requirements to participate in the end of season championships, and then leaves to swim other places, will receive \$500. If the swimmer swims past 13, but does not meet the requirements of the 14 to 18 age category, but has a total of 3 years participation, the swimmer will still qualify for the \$500 award.

A swimmer who swims for 3 seasons between the age of 14 and 18, fulfilling the requirements to participate in the end of season championships, and becomes a member of the US Olympic Swimming Team any time in the future qualifies to receive the following grant. The CASL will contribute \$1,000 to the swimmer's properly and legally established expense fund when the swimmer becomes a member of the United States Olympic Swimming Team.

There is no age limitation to this award. To receive an award, the swimmer must have participated in the League during his or her period of CASL eligibility. A swimmer can receive this grant only once every four (4) years.

Revised by League Committee, May 9, 2011