

CAPITAL AREA SWIM LEAGUE
DIVISION "1A" CHAMPIONSHIPS
HOSTED BY BIG SPRING AQUATIC CLUB
AT BIG SPRING HIGH SCHOOL
SATURDAY, JULY 23, 2011

Please review all information enclosed in this packet. We will need your assistance and cooperation with several items to help this divisional championship run successfully and smoothly.

We request that the entry forms or disk and the volunteer sheets be completed and returned **NO LATER THAN Saturday, JULY 16, 2011.** Please email or send them to:

Nick Miller
114 Wildwood Rd
Newville PA 17241
nrmwimsfast@yahoo.com

T-shirt order forms must be received *with check made payable to Big Spring Aquatic Club* **NO LATER THAN JULY 6, 2011.** Mail to:

Big Spring Aquatic Club
c/o Courtney Collare
19 Kengrey Drive
Carlisle, PA 17015
ccollare278@embarqmail.com
243-2230
386-1063

ANY QUESTIONS OR CONCERNS SHOULD BE DIRECTED TO:

Nick Miller: 717 448-4362 or nrmwimsfast@yahoo.com

GOOD LUCK TO ALL SWIMMERS
& THEIR COACHES!

BIG SPRING AQUATIC CLUB
2011 CASL DIVISION "1A" CHAMPIONSHIPS

HOST: Big Spring Aquatic Club

LOCATION: Big Spring High School
100 Mt. Rock Road
Newville, PA 17241

***Directions may be found on the
CASL league website.**

DATE: Saturday, July 23, 2011

**SESSION: Warm-up session begins at 8:00 – refer to the time schedule and lane assignments.
Meet begins at 9:00 AM**

**ENTRIES: As per the CASL guidelines, each swimmer may swim a maximum of
3 events. The events may be 3 individual events; 2 individual events and one
relay; or one individual event and 2 relays. Listing a swimmer as an alternate
on a relay does not count as an event.**

*****All entries must be submitted in Hy-Tek Team Manager Format. In order to
ensure everyone is using the same events, you can download the file from the CASL web
page under the divisionals link for 1A or go to www.eteams.com/BSAC and click on
Divisionals Swimming Championships. Please remember that the championship meet file is
different from those used for dual meets. No team will be entered without a complete
volunteer sheet.**

ALL ENTRIES MUST BE RECEIVED BY Saturday, JULY 16, 2011:

Nick Miller

114 Wildwood Rd

Newville, PA 17241

Home 717-776-6103

Cell 717-448-4362

[nrmswimsfast@yahoo.com](mailto:nrmwimsfast@yahoo.com) - Hy-Tek Team manager format

BIG SPRING AQUATIC CLUB
2011 CASL DIVISION "1A" CHAMPIONSHIPS

- SCRATCH MEETING:** 8:30 AM
- SCRATCH MEETING LOCATION:** HEALTH ROOM 115
- OFFICIALS & TIMERS MEETING:** 8:30AM – MORNING SESSION
- OFFICIALS & TIMERS MEETING LOCATION:** HEALTH ROOM 117
- OFFICIALS:** STARTERS, STROKE & TURN
OFFICIALS, TIMERS & FINISH JUDGES
WILL BE PROVIDED BY PARTICIPATING
TEAMS. SEE THE ATTACHED VOLUNTEER
FORM.
- SWIMMERS:** UPON ARRIVAL, PLEASE REPORT
TO THE GYMNASIUM.
LOCKER ROOM SPACE IS LIMITED
PLEASE USE DESIGNATED TEAM
AREAS.
- CLERK OF COURSE:** EVENT NUMBERS WILL BE POSTED
AND ANNOUNCED IN THE GYM.
SWIMMERS ARE RESPONSIBLE FOR
REPORTING TO THE SEEDING AREA
WHEN THEIR EVENT IS ANNOUNCED AND
POSTED ON THE BOARD. ANY SWIMMER WHO
CANNOT BE FOUND WILL BE SCRATCHED FROM
THE EVENT.
- PARENT CHAPERONES:** TWO ADULT CHAPERONES MUST BE PROVIDED
BY EACH TEAM TO SUPERVISE SWIMMERS IN THE
GYM AND ASSIST IN LOCATING SWIMMERS.
MAKE SURE THEY BRING A TOWEL TO THE POOL
AREA TO KEEP HALLWAYS DRY AFTER
SWIMMING. PLEASE RESTRICT YOUR SWIMMERS
FROM WANDERING AROUND THE SCHOOL.

CONCESSION STAND:

FOOD AND DRINKS WILL BE SOLD IN THE CONCESSION AREA IN THE CAFETERIA. THERE WILL BE SEATING AVAILABLE. NO COOLERS / FOOD IS PERMITTED IN THE GYM – TABLES WILL BE AVAILABLE FOR YOUR COOLERS IN THE CAFETERIA AREA

VENDOR:

D & J SPORTS WILL HAVE SWIMSUITS, GOGGLES AND OTHER SWIMMING RELATED ITEMS AVAILABLE FOR PURCHASE

T-SHIRTS:

A LIMITED NUMBER OF EXTRA T-SHIRTS WILL BE AVAILABLE AT THE MEET. PRE-ORDER FORMS ARE INCLUDED IN THIS PACKET AND ARE DUE JULY 6th.

RESULTS:

RESULTS WILL BE POSTED AS QUICKLY AS POSSIBLE IN THE HALLWAY BETWEEN THE POOL AND THE GYM. COACHES OR LEAGUE REPS ARE ASKED TO PICK UP THEIR AWARDS AT THE END OF THE MEET. AWARDS WILL NOT BE DISTRIBUTED TO PARENTS OR SWIMMERS.

ADMISSION & PROGRAMS:

ADULTS: \$2.00 STUDENTS: \$1.00
ALL NON-SWIMMERS WILL BE CHARGED
PROGRAMS: \$3.00
HIGHLIGHTERS: \$1.00

DOORS OPEN:

7:30 AM

MEET OPERATION:

A DAKTRONICS TIMING SYSTEM WILL BE USED WITH AN 8 LANE DISPLAY. PLEASE INFORM SWIMMERS TO HIT THE WALL PORTION OF THE PAD. ALSO ENCOURAGE RELAY SWIMMERS TO EXIT THE WATER IMMEDIATELY AFTER THEIR LEG OF THE RACE.

ALL 25 METER EVENTS WILL START FROM THE BLOCKS WITH THE TIMERS MOVING TO THE OPPOSITE END OF THE POOL. THERE WILL BE THREE TIMERS PER LANE FOR THESE EVENTS. ON ALL 8 & UNDER RELAYS, THE

SECOND AND FOURTH SWIMMERS MUST START IN THE WATER.

PLEASE REMIND YOUR SWIMMERS THAT THE STARTING DEPTH IS 4 FEET 10 INCHES.

AFTER THE START OF THE MEET, THE SHALLOW END AREA WILL BE OPEN. WARM-UP OR COOL DOWN SWIMMING WILL BE PERMITTED IN THAT AREA.

GENERAL RULES:

THE DIVISIONAL CHAMPIONSHIP MEET WILL BE GOVERNED BY THE CAPITAL AREA SWIM LEAGUE RULES.

THE BIG SPRING BOARD OF SCHOOL DIRECTORS HAS IDENTIFIED THE GROUNDS OF THE DISTRICT TO BE A TOBACCO FREE ENVIRONMENT; THEREFORE, TOBACCO USE IS NOT PERMITTED ON THE SCHOOL PROPERTY.

NO FOOD OR DRINKS, OTHER THAN WATER, WILL BE PERMITTED IN THE POOL OR GYM AREA. ALL FOODS AND DRINKS MUST BE CONSUMED IN THE CAFETERIA AREA.

IF YOU ARE PLANNING TO BRING LAWN CHAIRS, THEY MUST BE PLACED ON A TOWEL OR BLANKET TO AVOID MARKING THE GYMNASIUM FLOOR.

THE BIG SPRING AQUATIC CLUB WILL NOT BE RESPONSIBLE FOR ANY LOST OR STOLEN ITEMS. PLEASE MAKE SURE YOUR SWIMMERS KEEP TRACK OF THEIR CLOTHING AND ANY OTHER PERSONAL BELONGINGS.

PLEASE KEEP THE GYM FLOOR DRY.

HORSEPLAY OR GAMES (FOOTBALL, BASKETBALL, ETC...) WILL NOT BE PERMITTED.

PLEASE KEEP THE AREA IMMEDIATELY IN FRONT OF THE STAGING AREA CLEAR.

NO DIVING IN THE SHALLOW END OF THE POOL.

COACHES PLEASE MONITOR YOUR WARM-UP SESSION. LIFEGUARDS WILL BE ON DUTY, BUT IT IS YOUR RESPONSIBILITY TO CONTROL YOUR SWIMMERS' WARM-UP PROCEDURE.

TAKE TOWELS TO THE POOL AREA TO DRY OFF BEFORE RETURNING TO THE GYM IN ORDER TO KEEP HALLWAYS DRY AND SAFE.

BIG SPRING AQUATIC CLUB
2011 CASL DIVISION "1A" CHAMPIONSHIPS

LANE ASSIGNMENTS FOR WARM-UPS

<u>TEAM</u>	<u>LANES</u>	<u>TIME</u>
Big Spring Aquatic Club	1, 2, 3	8:00 - 8:20 AM
Shippensburg Aquatic Club	4, 5, 6	8:00 - 8:20 AM
Hampden Aquatic Club	7, 8	8:00 - 8:20 AM
Gettysburg YWCA	1, 2, 3, 4	8:20 - 8:40 AM
Hanover YMCA	5, 6, 7	8:20 - 8:40 AM
Athletic Club of York	8	8:20 - 8:40 AM

LANE ASSIGNMENTS FOR TIMERS

LANE	1st Timer	2nd Timer	8 & Under Event Timer
1	Shippensburg	Gettysburg	Big Spring
2	Hampden	Hanover	Shippensburg
3	Gettysburg	Big Spring	Hampden
4	Hanover	Shippensburg	Gettysburg
5	Big Spring	Hampden	Hanover
6	Shippensburg	Gettysburg	Big Spring
7	Hampden	Hanover	Shippensburg
8	Gettysburg	Hampden	Hanover

BACK-UP TIMERS **BSAC, Athletic Club of York**

ALL TIMERS AND OFFICIALS WILL BE ADMITTED TO THE MEET FREE OF CHARGE. NAME TAGS WILL BE AVAILABLE AT THE ADMISSIONS TABLE. ALL TIMERS/ OFFICIALS MUST WEAR THEIR NAME TAGS. RELIEF TIMERS WILL TAKE OVER HALFWAY THROUGH THE MEET.

VOLUNTEER SHEET

*****MUST BE RETURNED WITH TEAM ENTRIES*****

TEAM NAME _____

TIMERS

TIMERS, PLUS RELIEF TIMERS FOR THE SECOND HALF, ARE NEEDED FROM EACH TEAM. TEAMS ARE ASSIGNED TO SPECIFIC LANES. **PLEASE REFER TO LANE ASSIGNMENTS TO SEE HOW MANY TIMERS YOU WILL BE RESPONSIBLE TO PROVIDE.**

1ST HALF

2ND HALF

NAME _____	NAME _____
NAME _____	NAME _____
NAME _____	NAME _____
NAME _____	NAME _____
NAME _____	NAME _____

OFFICIALS

EACH TEAM WILL PROVIDE FOUR OFFICIALS. EACH TEAM WILL ALSO PROVIDE A REPRESENTATIVE FOR THE CHAMPIONSHIP COMMITTEE. THIS COMMITTEE WILL BE RESPONSIBLE FOR “MAKING DECISIONS ON MATTERS NOT SPECIFICALLY COVERED BY THE RULES OR ON THE MISAPPLICATION OF A RULE DURING THE MEET.” THIS REP MAY ALSO FUNCTION AS AN OFFICIAL.

Stroke and Turn Officials

If any of the volunteers listed are interested in being the Starter/Referee please place a star by their name

NAME _____	NAME _____
NAME _____	NAME _____

CHAMPIONSHIP COMMITTEE REPRESENTATIVE:

PARENT CHAPERONES IN GYM TO ASSIST IN GETTING SWIMMERS TO BULLPEN SEEDING AREA

NAME _____	NAME _____
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COACHES NAMES: PLEASE LIST ALL COACHES

NAME _____	NAME _____
NAME _____	NAME _____
NAME _____	NAME _____

Championship Rules:

A swimmer may declare a false start. The swimmer must be present at the meet and the false start must be declared at the scratch meeting.

A swimmer must have swum in at least 50% of the league meets in order to be eligible for the Divisional Championships. A swimmer must have swum in the Divisional meet in order to be eligible to swim in the All-Star meet (in case of relays).

A swimmer must swim in his own age group in individual events and is permitted to swim in higher age groups in relays. A swimmer may enter only 3 events.

“In-Water Relay Take-offs”. In 8 and under relays, 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 the take-off is to occur. The swimmer shall maintain contact with the end wall with either a hand and/or foot by the time the head of the incoming swimmer passes under the backstroke flags nearest the point where the take-off is to occur.

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.

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.

Entries are due Saturday evening or Sunday morning following the final dual meet.

Eight and under events will start from the starting end of the pool

After Divisionals, representatives should meet to do the entries for the All-Star Meet. Coaches should make arrangements with the representatives to pick up the information or make arrangements with the league chairman to pick up the information. It is the coach's responsibility to inform his/her swimmers of qualification for the All-Star Meet.

CASL DIVISION "1A" CHAMPIONSHIPS
BIG SPRING HIGH SCHOOL
7/23/2011
(8 LANE, 25 METER POOL)

BOYS Event #	Event Name	GIRLS Event #
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	15-18 200 Medley Relay	10
11	9-10 100 IM	12
13	11-12 100 IM	14
15	13-14 100 IM	16
17	15-18 100 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	15-18 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	15-18 50 Backstroke	38
39	9-10 100 Freestyle	40
41	11-12 100 Freestyle	42
43	13-14 100 Freestyle	44
45	15-18 100 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	15-18 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	15-18 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	15-18 200 Freestyle Relay	76

2011 CASL DIVISION "1A" CHAMPIONSHIPS
SUMMARY T-SHIRT ORDER FORM

Please pre-order by JULY 6th to guarantee your order. Please forward the order form *with payment* to:

Big Spring Aquatic Club
c/o Courtney Collare
19 Kengrey Drive
Carlisle, PA 17015
ccollare278@embarqmail.com
243-2230 386-1063

Team Name: _____

Short Sleeve
\$10 each

<u>SIZE</u>	<u>Quantity</u>	<u>\$ Total</u>
Youth small:	_____	_____
Youth medium:	_____	_____
Youth large:	_____	_____
Adult small:	_____	_____
Adult medium:	_____	_____
Adult large:	_____	_____
Adult X-large:	_____	_____
Adult XX: (\$2.00 more)	_____	_____ (\$12 each)
Adult XXX: (\$2.00 more)	_____	_____ (\$12 each)
Total shirts:	_____	

Grand Total \$ Due: _____ **Checks payable to BSAC**

**Reminders for all
Participants & Spectators**

Parents and coaches of visiting teams, please help us with these reminders for our swimmers. Big Spring School District has very graciously allowed us to use their facilities. If our Division wants to be able to hold future events at our pool, we *must* take some extra responsibility to ensure that the following rules are adhered to closely.

No food or drink in the pool area, with the exception of water.

Absolutely no food or drink (except water) in the Gym area. This will be strictly enforced.
Swimmers / Spectators may eat in the Commons area, adjacent to the gym.

No coolers or other heavy containers that may mark the floor may be kept in the Gym area. Such objects may be stored in the Commons area. Please place towels under all chairs.

No ball playing or horseplay in the gym.

Swimmers are expected to wait in the gym, pool spectator area, or Commons area when they are not swimming. There will be closed circuit television set up in the Gym and Commons areas to encourage swimmers to remain in these areas.

The Pool is a **no jewelry facility**. Please remind your swimmers to remove all jewelry before entering the pool area.

D & J Sports will be located in the Commons area.

Swimmers must be supervised in the Gym and Commons areas. Each team is responsible for providing two gym supervisors to assist us with this task.

Big Spring Board of School Directors has declared the buildings and grounds of the Big Spring School District to be **TOBACCO FREE!!!** This means ALL TOBACCO USE in the parking lot is also prohibited. Please do not violate this policy.

There will be Big Spring School District Security Guards on hand to ensure that the above rules are enforced.

We hope all of your swimmers have an outstanding meet and swim their best times.

GOOD LUCK!!