

2012 Mid-Cap Championship Swim Meet

Saturday July 28, 2012 10:00 AM Start
Hosted by Dover Area Aquatic Club & Cumberland Valley Aquatic Club
Cumberland Valley High School Natatorium, Mechanicsburg, PA

Dear Coaches and League Representatives:

The Dover Area Aquatic Club & Cumberland Valley Aquatic Club welcomes you and your teams' swimmers to the 2012 Mid-Cap Championship Swim Meet on Saturday, July 28, 2012. Your teams' swimmers will have achieved the accomplishment of qualifying by being the top eight (8) swimmers from individual events and the top four (4) relays from the relay events at your respective All-Star meets: *Capital Area Swim League (CASL - West Shore)* - *Mid Mid-Penn Swim League (MPSL - East Shore)*. The meet will be swum using two (2) individual heats and one (1) relay heat in a championship-seeding format. The meet will be divided into two (2) sessions with a 20-minute break between the sessions.

Session 1 Medley Relays – Event 38 (Girls 15-18 50 Backstroke)

20 MINUTE REAK FOR WARM UPS

Session 2 Event 39 (Boys 9-10 100 Freestyle) – Freestyle Relays

Information sheets in this packet include:

- Coaches/League representative general information sheets
- Directions to Cumberland Valley Natatorium
- Schedule of Events
- Officials/Volunteer sign-up form
- T-shirt order procedures
- Event Sponsor Form
- Program Ad Form

Please read all the enclosed information completely and carefully. Any questions or concerns, please direct them to:

Dave Webb (717) 324-5094 e-mail: gotaram@yahoo.com

Lisa Furlong (717) 421-8492 e-mail: cvacmeetdirector@gmail.com

Copies of any of the sheets provided in the packet may be obtained by clicking the Mid-Cap link from the CASL web site www.swimcasl.org or the Mid-Penn site www.swimmpsl.org

Thank-you for your commitment to swimming and upholding the tradition of this championship meet in the interest of our young athletes.

Sincerely,

Dave Webb & Lisa Furlong