



CHAMPIONSHIPS 2012

Mid-Cap Meet Information

Saturday July 28, 2012 10:00 Start

Hosted by Dover Area Aquatic Club & Cumberland Valley Aquatic Club
Cumberland Valley High School, Mechanicsburg, PA

- **Co-Meet Directors:**

- **Dave Webb, DAAC (C) 717-324-5094**
- **Lisa Furlong, CVAC (C) 717-421-8492**

- **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 and 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 those indicating Handicap 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 \$10.00. All swimming events will receive custom medals. Awards are provided for 16 individual places and 8 relay teams. **COACHES WILL NOT BE ALLOWED TO ENTER THE "AWARDS ROOM" UNTIL AFTER THE MEET IS COMPLETED.**

- **Hospitality:**

A hospitality room will be provided for all coaches at the shallow end of the pool. All food and drink **MUST** be consumed in the hospitality room. **ONLY WATER IS ALLOWED IN THE CUMBERLAND VALLEY POOL AND BALCONY AREAS!**

- **Meeting Times:** All meetings will be held in the CVHS Cafeteria unless otherwise announced.

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

- **Team Tents**

Due to insurance concerns, tents may not be set up prior to arrival on Saturday morning. When arriving, please locate a Mid Cap Volunteer to help identify an appropriate area for set up. **Cumberland Valley School District has requested that all participants and spectators stay off all outside athletic fields.**

- **Officials/Volunteers:**

All participating teams will be required to submit the enclosed Official and Timer Form even if you do not have any qualified swimmers. In such cases, please mark none on this form. Each Team with four (4) or more swimmers are asked to submit the names of two (2) timers and one (1) certified official. Please list the official and timers on the official form. Please **return the form to your Mid Cap representative at the end of your All-Star meet.** Note your official and timers need to designate which session they are able to work. The Mid-Cap Meet Committee will assign officials and Timers on Monday, July 23rd. Only these assigned officials and timers will receive free admission. The selected listing of officials and timers will be posted on the Mid-Cap link from the CASL site www.swimcasl.org and the Mid Penn site www.swimmpsl.org by Wednesday, July 25th after 6:00 PM. Officials and Timers must check in at the designated Officials, and Timers table inside the pool entrance at the Cumberland Valley Natatorium upon arrival. **ALL OFFICIALS MUST BE CERTIFIED BY PIAA, NCAA OR USA SWIMMING. ALL OFFICIALS MUST WEAR A WHITE SHIRT AND EITHER A BLUE SKIRT, PANTS OR SHORTS IN ORDER TO OFFICIATE ON DECK.**

- **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 CUMBERLAND VALLEY SCHOOL DISTRICT 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.

- **Warm-up Sessions:**

Each session 20 minutes in length

Session 1 7:20 – 8:30 West Shore Warm Up & Starts

Session 2 8:35 – 9:45 East Shore Warm Up & Starts

Lanes Assignments: To be determined later and posted on the CASL & MPSL websites