

# 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 <u>must</u> 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 23<sup>rd</sup>. 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 <u>CASL site www.swimcasl.org and the Mid Penn site www.swimmpsl.org by Wednesday</u>, July 25<sup>th</sup> 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.

#### Refreshments:

A variety of concession stands will be located outside the pool area and inside the school in the hallway. As per Cumberland Valley School District policy, no food or drink may be brought onto the pool deck or spectator stands. WATER is the only acceptation!

#### Restrooms:

Restrooms facilities are located inside the Cumberland Valley High School lobby area as well as in the locker rooms for your convenience.

## Rules:

2011-2012 National Federation Rules will govern the meet, as amended by the Capital Area Swimming and the Mid-Penn Swimming Leagues. The following rules are modifications or points to emphasize:

- False–Start Rule 8 & under One False Start
  All other age groups No False Start
- ➤ Dual confirmation will be in effect for all starts and relay take-offs.
- An air horn will supplement the electronic beeper to denote false starts for 8 & under swimmers only.
- > Swimmers must contact the touch pad or end wall to finish the race.
- ➤ In-water relay take-offs for 2<sup>nd</sup> and 4<sup>th</sup> swimmers in 8 & under relays:

The 2<sup>nd</sup> and 4<sup>th</sup> swimmer must be in the water with a foot on the wall until the previous swimmer has finished.

➤ Relays cards do not need to indicate the actual order of the swimmers. The order will be recorded by the timers at the block.

## • Apparel Stand:

An extensive swimming apparel stand from Action Accents will be available on site for your convenience.

• **First Aid:** The Cumberland Valley School District Aquatics Staff will be in charge of first aid requests.

## • Supervision:

The Dover Area Aquatic Club & Cumberland Valley Aquatic Club requests that each team provide adult supervision for their team area. This would include the seeding area to help you're your younger swimmers. Anyone defacing property and/or displaying unsportsmanlike conduct will be requested to leave the premises. Cumberland Valley School District has requested that all participants and spectators stay off all outside athletic fields and equipment.

## • Seeding Area:

Swimmers will be seeded OUTSIDE the metal doors. Each team is responsible for getting their swimmers to the seeding area.

# • 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