

# 2013 CASL AAAA Divisional Championship Meet

*Hosted by the York YMCA Aquatic Club*



**Saturday July 20, 2013**

## **General Information:**

<b>LOCATION</b>	York YMCA – Graham Aquatic Center 543 N. Newberry St. York, PA 17404 Day of meet emergency phone # 717-676-1335
<b>FACILITIES</b>	The Graham Aquatic Center is a new indoor facility, which will be configured for eight 25-yard lanes for competition (6' depth at the start end and 5' depth at the turn end), and five additional 25-yard lanes for continuous warm-up/ warm-down (5' depth at both ends). Permanent bleacher seating for 750+; spacious deck area for swimmers, coaches and officials. Daktronics OmniSport 2000 timing system with LED matrix scoreboard. Hy-Tek Meet Manager 4.0 software. Concession area with promenade overlooking competitive pool; with free Wi-Fi. Free parking is available; capacity 550.
<b>MEET DIRECTOR / SAFETY DIRECTOR</b>	Brian Gunn 722 Dogwood Circle York, PA 17403 717-676-1335 <a href="mailto:bcgunn60@comcast.net">mailto:bcgunn60@comcast.net</a> Please direct all questions about the meet to the Meet Director.
<b>OFFICIALS COORDINATOR</b>	Brian Gunn 717-676-1335 <a href="mailto:bcgunn60@comcast.net">mailto:bcgunn60@comcast.net</a> All currently certified PIAA officials are encouraged to volunteer.
<b>ELIGIBILITY</b>	This meet is open to all CASL AAAA Division swimmers who have competed in a minimum of three (3) CASL league meets during the current season. There are no qualifying times. Entry times must have been achieved in the current season. Swimmers' age is as of June 1, 2013.
<b>ENTRY LIMITS</b>	Swimmers may swim a maximum of three (3) events total. Swimmers may "swim-up" on relays, but must swim in their own age-group for individual events. For individual events, there is no limit to the number of swimmers that each team may enter, but only two relays may be entered by a team for each relay event.

<b>EVENTS / SESSIONS</b>	This meet will be run in a single session as a pre-seeded, timed finals meet. The order of events is the same as the dual meet order of events (see attached order of events page.)
<b>WARM-UP, MEETING &amp; MEET START TIMES</b>	<p>Warm-ups will be divided into three sessions, as follows:</p> <p>General warm-up session one: 7 – 7:35 AM (TAC, YTTW)</p> <p>General warm-up session two: 7:35 – 8:10 AM (CSC, WSC, NYAC)</p> <p>One-way sprints: 8:10 – 8:20 AM (All teams)</p> <p>Warm-up lanes will not be assigned. There will be 13 lanes available for each session. Coaches and swimmers are asked to be courteous and fair to other teams in sharing lane space.</p> <p>Continuous warm-up/ warm-down will be available in the 5-lane portion of the pool throughout the meet.</p> <p>Scratch Meeting: 8 AM</p> <p>Officials’ Meeting: 8 AM</p> <p>Timers’ Meeting: 8:10 AM</p> <p>Meet Start: 8:30 AM</p>
<b>ENTRIES</b>	<p>Electronic entries shall be submitted using Hy-Tek software. Entry times must be submitted using short course yards times (actual or converted.) Entries for which a swimmer has no time shall be entered with a “NT” seed time. Electronic entries shall be emailed to <a href="mailto:bcgunn60@comcast.net">bcgunn60@comcast.net</a> Entry summary / volunteer sheets should be mailed to:</p> <p>Brian Gunn 722 Dogwood Circle York, PA 17403</p> <p>Alternatively, summary sheets may be scanned and emailed to <a href="mailto:bcgunn60@comcast.net">bcgunn60@comcast.net</a>.</p> <p>Upon receipt of each team’s entries, a confirmation report will be emailed back to the representative who submitted the entries. <b>EACH TEAM SHOULD VERIFY THE ACCURACY OF THE CONFIRMATION REPORT AT THAT TIME.</b> Psych sheets will be posted as soon as all teams’ entries have been received and confirmed as accurate, but not later than Monday July 15 at 7:00 PM. All teams will then have 24 hours to verify that the psych sheets are correct before entries become FINAL on Tuesday July 16 at 7:00 PM.</p>
<b>ENTRY DEADLINE</b>	<b>Sunday, July 14, 2013 at 7:00 PM.</b>

<p><b>RULES / SAFETY</b></p>	<p>This meet will be conducted according to current NFHS swimming rules as amended by the Capital Area Swim League. This meet will be conducted using the whistle command and – with the exception of 8 &amp; Unders – no-recall false start procedures. 8 &amp; Unders will be permitted one false start.</p> <p>No diving will be permitted during warm-ups, except during the one-way sprint session. When diving is permitted, the swimmer must enter from the starting block end and exit from the opposite end of the pool. All entries must be feet-first other than the above mentioned.</p> <p>Swimmers violating safety procedures will be removed from the warm-up for the remainder of the warm-up session. Subsequent violations may cause the swimmer to be disqualified from the remainder of the meet. <b>ANY SWIMMER OBSERVED SWIMMING UNDER THE BULKHEAD BY AN OFFICIAL OR SAFETY MONITOR AT THE MEET WILL BE DISQUALIFIED FROM THAT SWIMMER’S NEXT INDIVIDUAL EVENT, OR FROM THE REMAINDER OF THE MEET, AS DETERMINED BY THE MEET REFEREE. THIS POLICY WILL BE STRICTLY ENFORCED.</b></p> <p><b>NO SPECTATORS WILL BE ALLOWED ON THE POOL DECK AT ANY TIME.</b> Swimmers who are not fully clothed and dry are not permitted to be in the spectator seating at any time. Swimmers and parents may meet in the café area of the building.</p>
<p><b>SWIMMER SEATING/ STAGING</b></p>	<p>Swimmer seating will be available on the pool deck, and in ½ of the bleachers on the south side of the pool. A bullpen/seeding area will be located directly behind the starting blocks.</p>
<p><b>VOLUNTEERS</b></p>	<p><b>Each team is responsible for providing two (2) first half timers, two (2) second half timers, one (1) finish judge or seeding volunteer, and two (2) certified stroke &amp; turn officials.</b> Additional volunteers are also welcome. All volunteers will receive free admission and a name badge at the admission table. Volunteer lists should be submitted with team entries. Teams will not be permitted to compete in the meet until they provide the required volunteers.</p>
<p><b>AWARDS</b></p>	<p>Ribbons will be awarded for 1<sup>st</sup>-8<sup>th</sup> place in each event.</p>
<p><b>PROGRAMS &amp; ADMISSION</b></p>	<p>Programs \$3.00, Admission \$2.00. Children under 5 admitted free. Free admission to all volunteers.</p>
<p><b>VENDORS</b></p>	<p>Vendors will be on-site, selling meet t-shirts and swimming equipment.</p>
<p><b>RESULTS</b></p>	<p>Final results will be posted at <a href="http://www.swimcasl.org">www.swimcasl.org</a> following the conclusion of the meet. Realtime results will be posted throughout the meet in the lobby, as well as online at <a href="http://www.swimtidalwaves.org/realtime">www.swimtidalwaves.org/realtime</a>.</p>
<p><b>DIRECTIONS/PARKING</b></p>	<p>See following pages.</p>

# Directions to Graham Aquatic Center

**Note:** The following directions will lead you directly to the Graham Aquatic Center, which is where swimmers may be dropped off. However, parking for the facility is located on Parkway Boulevard. There will be additional parking available at Met-Ed, and along the streets. There is easy access to the facility from the parking area via a pedestrian path and bridge. The address of the facility is 543 North Newberry Street, York, PA 17404.

## From northbound Interstate 83:

Take Interstate 83 north to PA Exit 21 B (US Route 30 West). At the end of the ramp, merge onto US Route 30. Proceed on Route 30 west to the first traffic signal at North George Street. Turn left onto George and proceed for approximately a mile. After you pass a cemetery on the right, you will come to a traffic signal at Parkway Boulevard. Turn right and follow Parkway for about a half mile to North Newberry Street. Turn left onto Newberry. The pool will be on the left; Kiwanis Lake will be on the right.

## From southbound Interstate 83:

Take Interstate 83 south to PA Exit 22 (North George Street). At the end of the ramp, turn right onto George Street. **NOTE:** Follow signs for Route 30. The first right towards the end of the ramp will be Lightner Road. Go past Lightner, and turn right at the traffic light onto George. Proceed on George across US Route 30 and continue for approximately a mile. After you pass a cemetery on the right, you will come to a traffic signal at Parkway Boulevard. Turn right and follow Parkway for about a half mile to North Newberry Street. Turn left onto Newberry. The pool will be on the left; Kiwanis Lake will be on the right.



## From eastbound US Route 30:

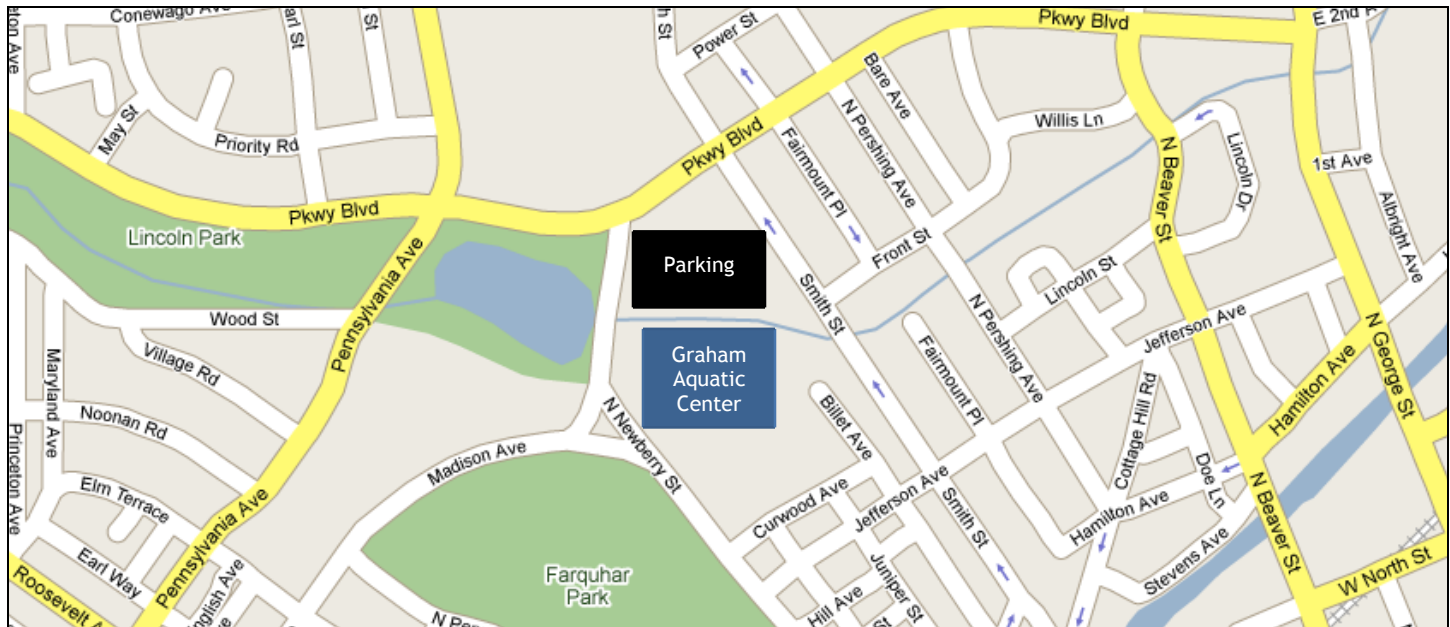
Follow US Route 30 east into the light cycle in York. After you pass several Apple car dealerships on the right, you will come to a traffic signal at Roosevelt Avenue. There will be a Denny's on the left corner. Turn right and follow Roosevelt approximately a half mile to Parkway Boulevard. Turn left onto Parkway and continue for about a half mile until you proceed through a traffic signal and pass Kiwanis Lake on the right. Immediately after you pass the lake, turn right onto North Newberry Street. The pool will be on the left; Kiwanis Lake will still be on the right.

## From westbound US Route 30:

Follow US Route 30 west into the light cycle in York. The first traffic signal after you pass under Interstate 83 will be North George Street. Turn left onto George and continue for approximately a mile. After you pass a cemetery on the right, you will come to a traffic signal at Parkway Boulevard. Turn right and follow Parkway for about a half mile to North Newberry Street. Turn left onto Newberry. The pool will be on the left; Kiwanis Lake will be on the right.

## From southbound PA Route 74:

Follow PA Route 74 south past US Route 30 and continue until you pass the York Fair on the right. At the first traffic signal immediately after the fairgrounds, turn left onto Madison Avenue. Proceed on Madison until it ends at North Newberry Street. Farquhar Park will be to the right of the intersection. Turn left onto Newberry. The pool will be on the right; Kiwanis Lake will be on the left.



Graham Aquatic Center  
543 North Newberry Street  
York, PA 17404

PARKING MAP

Ample parking is available in five general areas within walking distance of the Graham Aquatic Center. Swimmers may be dropped off at the circular entrance located at 543 North Newberry Street. There is also limited handicapped parking at this location. Upon drop-off, cars may proceed to any of the parking areas detailed below. Please secure all valuables when you park.

PLEASE NOTE: PARKING IN ALL LOTS MUST BE IN LINED SPACES ONLY. PLEASE DO NOT BLOCK FENCES, GARAGES, OR INTRUDE ON PRIVATE PROPERTY IN THESE LOTS. TOWING MAY BE ENFORCED.

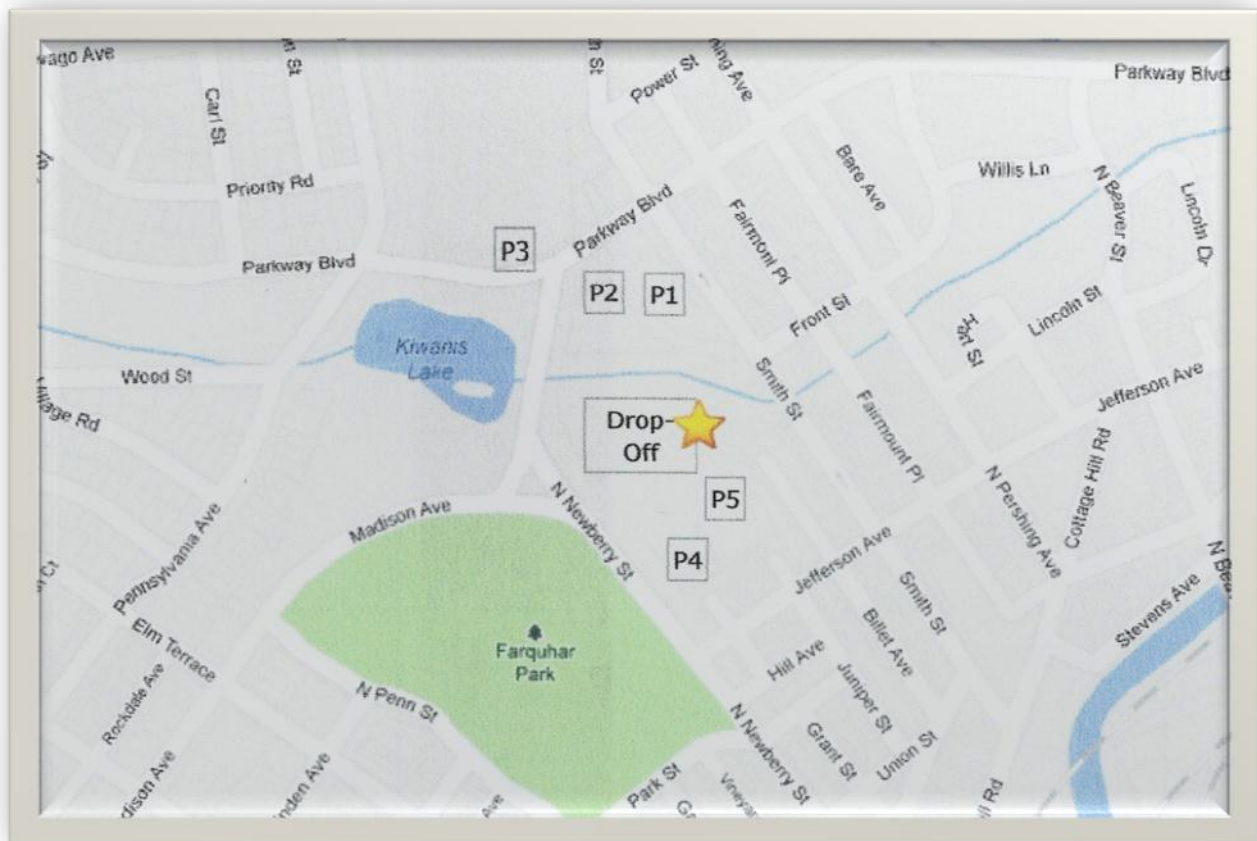


Graham Aquatic Center/Swimmer Drop-off/Handicap Parking

- P1 Graham Aquatic Center Lot (enter off Parkway Dr. and cross bridge to pool)
- P2 Grace Brethren Church Lot\*\* (enter off N. Newberry St. and cross bridge to pool)

\*\*No Parking on Sunday, please...

- P3 Met-Ed Visitor Lot (enter off Parkway Dr. and walk up N. Newberry St. to pool)
- P4/P5 Ferguson Elementary – Upper/Lower Visitor Lot  
(enter off N. Newberry St. and walk down N. Newberry St. or down path behind pool)



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**ORDER OF EVENTS**

<b>Boys</b>	<b>Event</b>	<b>Girls</b>
<b>1</b>	<b>8 &amp; Under 100 Medley Relay</b>	<b>2</b>
<b>3</b>	<b>9-10 200 Medley Relay</b>	<b>4</b>
<b>5</b>	<b>11-12 200 Medley Relay</b>	<b>6</b>
<b>7</b>	<b>13-14 200 Medley Relay</b>	<b>8</b>
<b>9</b>	<b>15-18 200 Medley Relay</b>	<b>10</b>
<b>11</b>	<b>9-10 100 IM</b>	<b>12</b>
<b>13</b>	<b>11-12 100 IM</b>	<b>14</b>
<b>15</b>	<b>13-14 100 IM</b>	<b>16</b>
<b>17</b>	<b>15-18 100 IM</b>	<b>18</b>
<b>19</b>	<b>8 &amp; Under 25 Freestyle</b>	<b>20</b>
<b>21</b>	<b>9-10 50 Freestyle</b>	<b>22</b>
<b>23</b>	<b>11-12 50 Freestyle</b>	<b>24</b>
<b>25</b>	<b>13-14 50 Freestyle</b>	<b>26</b>
<b>27</b>	<b>15-18 50 Freestyle</b>	<b>28</b>
<b>29</b>	<b>8 &amp; Under 25 Backstroke</b>	<b>30</b>
<b>31</b>	<b>9-10 50 Backstroke</b>	<b>32</b>
<b>33</b>	<b>11-12 50 Backstroke</b>	<b>34</b>
<b>35</b>	<b>13-14 50 Backstroke</b>	<b>36</b>
<b>37</b>	<b>15-18 50 Backstroke</b>	<b>38</b>
<b>39</b>	<b>9-10 100 Freestyle</b>	<b>40</b>
<b>41</b>	<b>11-12 100 Freestyle</b>	<b>42</b>
<b>43</b>	<b>13-14 100 Freestyle</b>	<b>44</b>
<b>45</b>	<b>15-18 100 Freestyle</b>	<b>46</b>
<b>47</b>	<b>8 &amp; Under 25 Breaststroke</b>	<b>48</b>
<b>49</b>	<b>9-10 50 Breaststroke</b>	<b>50</b>
<b>51</b>	<b>11-12 50 Breaststroke</b>	<b>52</b>
<b>53</b>	<b>13-14 50 Breaststroke</b>	<b>54</b>
<b>55</b>	<b>15-18 50 Breaststroke</b>	<b>56</b>
<b>57</b>	<b>8 &amp; Under 25 Butterfly</b>	<b>58</b>
<b>59</b>	<b>9-10 50 Butterfly</b>	<b>60</b>
<b>61</b>	<b>11-12 50 Butterfly</b>	<b>62</b>
<b>63</b>	<b>13-14 50 Butterfly</b>	<b>64</b>
<b>65</b>	<b>15-18 50 Butterfly</b>	<b>66</b>
<b>67</b>	<b>8 &amp; Under 100 Freestyle Relay</b>	<b>68</b>
<b>69</b>	<b>9-10 200 Freestyle Relay</b>	<b>70</b>
<b>71</b>	<b>11-12 200 Freestyle Relay</b>	<b>72</b>
<b>73</b>	<b>13-14 200 Freestyle Relay</b>	<b>74</b>
<b>75</b>	<b>15-18 200 Freestyle Relay</b>	<b>76</b>

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**ENTRY SUMMARY & VOLUNTEER FORM**

This form MUST accompany team entries.

TEAM NAME: \_\_\_\_\_

HEAD COACH: \_\_\_\_\_

PHONE: \_\_\_\_\_

EMAIL: \_\_\_\_\_

<b>ENTRY TOTALS:</b>	<b>VOLUNTEERS:</b>
_____ INDV. EVENT ENTRIES	_____ 1 <sup>ST</sup> HALF TIMER
_____ RELAY ENTRIES	_____ 1 <sup>ST</sup> HALF TIMER
_____ TOTAL ENTRIES	_____ 2 <sup>ND</sup> HALF TIMER
_____ TOTAL ATHLETES	_____ 2 <sup>ND</sup> HALF TIMER
	_____ FINISH JUDGE / SEEDING
	_____ S&T OFFICIAL
	_____ S&T OFFICIAL

**I ATTEST THAT THE ENTERED ATHLETES ARE PROPERLY REGISTERED WITH THE TEAM THAT THEY REPRESENT AND THAT THEY HAVE ATTENDED AT LEAST THREE CASL LEAGUE MEETS DURING THE CURENT SEASON.**

\_\_\_\_\_ **HEAD COACH**

Mail this form to: Brian Gunn  
722 Dogwood Circle  
York, PA 17403

Or submit electronically to: [bcgunn60@comcast.net](mailto:bcgunn60@comcast.net)

**Submission Deadline: Sunday, July 14, 2013 at 7:00 PM**