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Present the
2013 CASL All-Star Championships

Sunday, July 21, 2013

LOCATION	Central York High School 601 Mundis Mill Rd. York, PA 17406 Day of meet ONLY emergency phone# 717-586-4573	
FACILITIES	The Central York High School Natatorium is a state-of-the-art 40-yard indoor pool with adjustable bulkhead, which will be configured for eight 25-yard lanes for competition (13' depth at the start end and 7' depth at the turn end), and five additional lanes for continuous warm-up/ warm-down. Spectator gallery seating for 500; seating capacity for up to 300 athletes on the pool deck. The facility is equipped with AntiWave 6" Maximum racing lane lines, Spectrum Cougar starting blocks, Colorado 6 timing system, Aqua Grip touchpads, and an 8 x 7 ft. LED display board. The facility is also equipped with state-of-the-art filter and ventilation units, and an audio system with under water speakers. Parking is located next to the natatorium.	
CO-MEET DIRECTORS / SAFETY DIRECTORS	Nate Gentzler 1162 Ruth Street York, PA 17408 717-586-4573 nater284@gmail.com	Richard Janosky 4500 Intermediate Avenue Dover, PA 17315 717-873-0092 rjanosky@doversd.org
CO-MEET MARSHALLS	Mark Beck - CYA 717-818-2807 mbeck@tekgard.com	Dave Webb – DAAC 717-324-5094 gotaram@yahoo.com

Please direct all questions about the meet to the meet directors.

<p>VOLUNTEER COORDINATORS</p>	<p>Regina Peckmann: Phone: 717-870-0750 Email: peckmann@comcast.net Kim Alloway: Phone: 717-870-1846 Email: allowaykim@gmail.com</p> <p>Four (4) timers per team and one (1) seeding or finish judge volunteer per team are required. Volunteers will receive free admission and a complementary meal from the concession stand.</p>
<p>ELIGIBILITY</p>	<p>Official results from each divisional championship meet will be compiled to determine the All-Stars qualifiers. The individual event champions from each divisional meet along with the next fastest 12 individual event times will qualify for individual events. The top sixteen (16) individuals and eight (8) relays from the combined results of the divisional meets will qualify. Individual event winners at the divisional meets earn an automatic berth to All-Stars. First and second alternates will be included in the final entry list.</p> <p>Please contact the meet directors with any last minute scratches.</p>
<p>WARM-UP, MEETING & MEET START TIMES</p>	<p>AM Session - 8 & Under and 9 & 10 year old swimmers General warm-up session one: 7:30 – 8:05 AM (AAAA & A Divisions) General warm-up session two: 8:05 – 8:40 AM (AAA & AA Divisions) One-way sprints: 8:40 – 8:50 AM (All teams)</p> <p>Scratch Meeting: 8:00 AM Officials' Meeting: 8:20 AM Timers' Meeting: 8:40 AM Meet Start: 9:00 AM</p> <p>PM Session - 11 & 12, 13 & 14 and 15-18 year old swimmers General warm-up session one: 11:40 – 12:10 PM (AAAA & A Divisions) General warm-up session two: 12:10 – 12:40 PM (AAA & AA Divisions) One-way sprints: 12:40 – 12:50 PM (All teams)</p> <p>Scratch Meeting: 12:00 PM Officials' Meeting: 12:20 PM Timers' Meeting: 12:40 PM Meet Start: 1:00 PM</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. Continuous warm-up/ warm-down will be available in the 5-lane portion of the pool throughout the meet.</p>
<p>RULES / SAFETY</p>	<p>This meet will be conducted according to current NFHS swimming rules and safety procedures, with CASL modifications. This meet will be conducted using the whistle command and, with the exception of 8 & Under events, no-recall false start procedures.</p> <p>No diving will be permitted during warm-ups, except limited diving from the starting block end in announced sprint lanes. 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</p>

<p>RULES / SAFETY con't...</p>	<p>for the remainder of the warm-up session. Subsequent violations may cause the swimmer to be disqualified from the remainder of the meet. 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.</p> <p>NO SPECTATORS WILL BE ALLOWED ON THE POOL DECK AT ANY TIME. Swimmers are not permitted to be in the spectator seating unless they are dried and fully clothed. Swimmers and parents may meet in the lobby of the building.</p> <p>Deck access is limited to swimmers, coaches, officials and meet volunteers. Officials, coaches, and volunteers will be given wristbands which must be worn to be permitted on the pool deck.</p> <p>RECORDING BAN – The use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, restrooms, locker rooms, or behind the starting blocks.</p>
<p>EVENTS / SESSIONS</p>	<p>The order of events is attached. The meet will be run as two sessions, with 8 & Under and 9-10 year old swimmers competing in the AM session and 11 & 12, 13-14 and 15-18 year old swimmers competing in the afternoon session.</p>
<p>SWIMMERS WITH DISABILITIES</p>	<p>A coach or team representative must alert the meet director and the meet referee as to the need for any special accommodations or arrangements prior to the start of the meet.</p>
<p>SWIMMER SEATING</p>	<p>Swimmer seating will be available on the pool deck, as well as in the gymnasium.</p>
<p>AWARDS</p>	<p>Custom medals will be awarded to places 1st through 8th for relay events and 1st through 16th for individual events. Champions of each event will receive a custom CASL All-Star Champion swim cap. Coaches must pick up their team's awards at the conclusion of the meet.</p>
<p>LIVE RESULTS</p>	<p>Results will be posted throughout the meet for parents and swimmers to view. Live results will be available at http://www.swimdoover.org/realtime/ as well as through the Meet Mobile app available for iPhone and Android. Results will be provided electronically to any coach who brings a flash drive.</p>
<p>PROGRAMS & ADMISSION</p>	<p>Admission \$5.00. Children under 5 admitted free. Free admission to all volunteers. One meet program per family will be included in the cost of admission.</p>
<p>VENDORS / CONCESSIONS</p>	<p>A complete selection of food and drinks will be available for purchase at the concession stand located in the cafeteria. Vendors will be on-site, selling meet t-shirts and swimming equipment.</p> <p>* Food is NOT permitted on the pool deck, gym or spectator area</p>
<p>HOSPITALITY</p>	<p>Food and drinks will be available to coaches and officials throughout the meet in the glass room located behind the scorers' table.</p>

DIRECTIONS

From the North: I-83 S to Exit 24 (Emigsville), left onto Church Rd., right onto N. George St., left onto Emig Rd., school is on the left.

From the South: I-83 N to Exit 22 (N. George St.), right onto Emig Rd., school is on the left.

From the East: US-30 W to Exit 24 (Mt. Zion Rd.), right onto Mt. Zion Rd., school is on the Right.

From the Southwest: US-30 E toward York, left onto N. George St., right onto Emig Rd., school is on the Left.

Natatorium is located on the left side of the school, across the parking lot from the football stadium.

RELEASE STATEMENT:

The Capital Area Swim League, Central York School District, Central York Aquatics, and Dover Area Aquatic Club shall be held free and harmless from any and all liabilities or claims for damages arising by reason of injuries to anyone during the conduct of this event.

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Order of Events

AM Session 8 & Under and 9-10 year old swimmers

Boys #	Event Description	Girls #
1	8 & Under 100 Medley Relay	2
3	9-10 200 Medley Relay	4
11	9-10 100 IM	12
19	8 & Under 25 Freestyle	20
21	9-10 50 Freestyle	22
29	8 & Under 25 Backstroke	30
31	9-10 50 Backstroke	32
39	9-10 100 Freestyle	40
47	8 & Under 25 Breaststroke	48
49	9-10 50 Breaststroke	50
57	8 & Under 25 Butterfly	58
59	9-10 50 Butterfly	60
67	8 & Under 100 Freestyle Relay	68
69	9-10 200 Freestyle Relay	70

Order of Events

PM Session 11-12, 13-14 and 15-18 year old swimmers

Boys #	Event Description	Girls #
5	11-12 200 Medley Relay	6
7	13-14 200 Medley Relay	8
9	15 & Over 200 Medley Relay	10
13	11-12 100 IM	14
15	13-14 100 IM	16
17	15 & Over 100 IM	18
23	11-12 50 Freestyle	24
25	13-14 50 Freestyle	26
27	15 & Over 50 Freestyle	28
33	11-12 50 Backstroke	34
35	13-14 50 Backstroke	36
37	15 & Over 50 Backstroke	38
41	11-12 100 Freestyle	42
43	13-14 100 Freestyle	44
45	15 & Over 100 Freestyle	46
51	11-12 50 Breaststroke	52
53	13-14 50 Breaststroke	54
55	15 & Over 50 Breaststroke	56
61	11-12 50 Butterfly	62
63	13-14 50 Butterfly	64
65	15 & Over 50 Butterfly	66
71	11-12 200 Freestyle Relay	72
73	13-14 200 Freestyle Relay	74
75	15 & Over 200 Freestyle Relay	76

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Volunteer Form

Team Name: _____

Head Coach: _____

Phone: _____

E-Mail: _____

AM Session Volunteers

_____ AM Timer

_____ AM Timer

_____ AM Official

PM Session Volunteers

_____ PM Timer

_____ PM Timer

_____ PM Official

Submit electronically to:

Regina Peckmann: Email: peckmann@comcast.net or **Kim Alloway:** Email: allowaykim@gmail.com

by **Saturday, July 20, by 9:00 PM**