

Capital Area Swim League
2014 AA Division Championship Meet
Hosted by Cumberland Valley Aquatic Club
Saturday, July 19, 2014

Special note regarding spectator seating: *The spectator seating area is limited to 375 spectators by order of the fire marshal and CV school district. In order for all families to have a positive experience, we ask that you bring chairs and blankets to set up in the hallway, lobby, or overflow seating area within the school as your “permanent seating” and walk up to see your swimmer swim using the “temporary seating”. A timeline is included in the meet program as well as Meet Mobile to plan your day. Breaks are included in the schedule, please see the event listing. In the event the spectator area becomes overcrowded, we reserve the right to restrict access to this area. Thank you for your understanding. Other CV school district spectator restrictions:*

- No food or drink (except water) in the seating area
- No large bags, backpacks, blankets, etc.
- No reserving, marking, saving seats
- No blocking of designated walkways and stairs

******Our meet director/security staff reserves the right to ask you to leave the premises should you not comply.******

Location: Cumberland Valley Aquatic Club
6746 Carlisle Pike
Mechanicsburg, PA 17050
Directions attached.



Facility: The Cumberland Valley High School Natatorium is an eight (8) lane 40 meter pool divided by a bulkhead at 25 yards, with a six (6) lane warm-up/warm-down area opposite the competition pool. A fully automatic Colorado 6 timing system with display board, touch pads at the finish for 9 & over swimmers and “2-button finish” for 8&U swimmers will be used. We will be using Hy-Tek meet management software. Team areas and ready bull pen will be provided for swimmers. Spectator seating is available in the gallery area above the pool.

Meet Director: Joel O'Donnell
(717) 805-9366
cvacmeetdirector@gmail.com

Eligibility: This meet is open to all division AA CASL swimmers that are registered with their teams and swam a minimum of three league meets during the course of the season. The swimmers age will be determined as of June 1, 2014.

- Entries: Each swimmer may swim a maximum of three (3) individual or relay events. All entries should be submitted using Hy-Tek meet management software. All entry times should be in yards. If no times are available, please enter NT. Entries should be emailed to cvacmeetdirector@gmail.com. Please include an athlete count in the e-mail and event count (e.g. 18 athletes, 54 events). After import, you will receive an email with the totals we received via import. **Deadline for entries is Sunday, July 13, 2014.**
- Awards: First through eight in each event. Awards will need to be picked up at the end of the meet. Awards will not be forwarded nor given to parents, only coaches or team representatives.
- Admission: Admission to the meet will be \$5.00 for anyone 13 or older. 12 & under free. Divisional volunteers are admitted for free, with proper credentials. Heat sheets will be available at admission. Psych sheets and results will be available through the Meet Mobile application free of charge as well as posted throughout the meet in the lobby area.



- Meet Program: A meet program will be sent to coaching staffs electronically, no later than Thursday at 7pm prior to the event for dissemination to swimmers and parents. A timeline will be printed on the program to assist in planning purposes.
- Concessions: Various food items will be available throughout the day in the lobby outside the Natatorium.
- Swim Shop: Personal Best Swim Shop is invited for the entire day for swimmers.
- T-shirts: Second Generation will print T-shirts on demand at the event.
- Start Times: **Doors open at 7:00am for seating.**
- Warm-ups: Warm-up lane assignments will be sent out Thursday prior to the event. There will be no assignment for warm-up pool (may be used as teams desire), only the competition pool.
- Meet Schedule:
- 7:45 – 8:15 – Warm-up session A
 - 8:15 – 8:20 – Clear pool
 - 8:20 – 8:50 – Warm-up session B
 - 8:50 – 9:00 – Clear pool for final system check
 - 9:00 – Start of morning session
- Hospitality: Food and drinks will be available for officials and coaches during both sessions.

Volunteers: Each team is responsible to submit volunteer names via www.timetosignup.com/swimcvac by selecting the signup sheet “Divisional Meet Volunteers – CASL AA” (available approximately 6/21/14). The volunteer sheet should be easy to follow and is clearly marked for each team, each position, and each session. CVAC will verify the volunteers listed. Each team will be providing:

Morning Session

2 Stroke & Turn officials (appropriate attire please)

6 Lane Timers (3 first half, 3 second half - CVAC will provide stopwatches)

Up to 6 Bullpen/Seeding Persons

Deadline for submitting volunteers is Sunday, July 13, 2014.

Meet Seeding:

Location: All swimmers will be seated directly on pool deck. This will create a championship style environment and will insure swimmers get to their events. However, seating on deck will be tight. For this reason, only coaches and volunteers will be permitted on pool deck. It is a necessity that swimmers wear footwear when entering the school hallways. This is a safety measure that will be strictly enforced.

Bullpen/Seeding: As previously noted, each team is to provide a volunteer coordinator for their respective team. This individual should organize their own internal team of volunteers (up to six (6) total volunteers on deck per team) tasked with getting swimmers to the starting blocks. Chairs will be available behind the blocks to line up swimmers. We hope to have 3 to 5 heats behind the blocks at all times.

We will have ample meet programs posted around the deck and for volunteer staff.

Cumberland Valley Natatorium Directions

GPS Address – 6746 Carlisle Pike, Mechanicsburg, PA 17050

From North – Take I-81 South to the Route 114 exit and make a left at light - go to traffic light at Rt. 11 - (Giant Store/Sheetz's gas station on right, Silver Springs Commons on left) bear right at light (Rt. 11 south. Proceed approximately 2 miles to the CV Education Park on the right. To get to pool pass the main entrance and stadium and make right onto Dapp Road. Make right onto access road past Stadium and go straight ahead to pool parking. Enter pool at the large “CV” Entrance.

From South – Take I-81 North to the New Kingstown exit onto Rt. 11 North. Go approximately 3 miles to school on left - school is located along Rt. 11.

From the South and PA Turnpike – Take Route 83 North to Route 581 West to Route 81 South. Proceed to Route 114 (exit 57) Turn left at the end of the ramp onto Route 114 to Route 11 (Carlisle Pike). Turn right onto Carlisle Pike (at the Sheetz) and proceed approximately 2 miles to the CV Educational Park on the right.

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