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Present the
2014 Mid-Cap Championships
 Saturday, July 26, 2014

LOCATION	Central York High School Natatorium 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-meter 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. 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. Ample parking is located next to the natatorium.	
CO-MEET DIRECTORS / SAFETY DIRECTORS	Nate Gentzler - CYA 1162 Ruth Street York, PA 17408 717-586-4573 nater284@gmail.com	Richard Janosky - DAAC 4500 Intermediate Avenue Dover, PA 17315 717-873-0092 rjanosky@doversd.org
CO-MEET MARSHALLS	Karl Peckmann - CYA 717-586-1964 peckmann@comcast.net	Dave Webb – DAAC 717-324-5094 gotaram96@gmail.com

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

<p>OFFICIALS AND TIMERS</p>	<p><u>Volunteer Coordinator:</u> Jeanne Howley: Phone: 717-903-1331 Email: pjhowley@comcast.net</p> <p>All teams will be required to submit the attached volunteer form, even if they have no volunteers to work as timers/officials. In such cases, please mark "none" on the form. Each team with four (4) or more qualified swimmers is asked to submit the names of two (2) timers and one (1) certified official. PLEASE submit this form electronically after the All-Star meet. It will be due by 9:00 PM on Sunday, July 20, 2014 to Jeanne Howley at pjhowley@comcast.net</p> <p><u>Officials and timers need to be designated for which session they are able to work.</u> The Mid-Cap Meet Committee will assign officials and timers on Monday, July 21st. <u>Only assigned officials and timers will receive free admission. Assigned officials will also receive free hospitality.</u> Officials and timers must check-in at the designated table to pick up badges.</p> <p>The listing of officials and timers will be posted on the <u>Mid-Caps page</u> on the Mid Penn web site www.swimmpsl.org and the CASL web site www.swimcasl.org by Wednesday, July 23rd.</p>
<p>ELIGIBILITY</p>	<p>Official results from the MPSL and CASL All-Star championship meets will be compiled to determine the Mid-Caps qualifiers. For individual events, the top eight (8) finishers at each All-Stars meet qualify for Mid-Caps. For relay events, the top four (4) finishers at each All-Stars meet qualify for Mid-Caps. First and second alternates for both leagues 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><u>Warm-Up Sessions:</u> Session 1: West Shore Teams (CASL) 7:00 – 8:00 AM Session 2: East Shore Teams (MPSL) 8:00 – 9:00 AM Session 3: One-way sprints (All) 9:00 – 9:10 AM</p> <p>Specific warm-up times and lane assignments for all sessions will be posted on the <u>Mid-Caps page</u> on the Mid Penn web site www.swimmpsl.org and the CASL web site www.swimcasl.org by Wednesday, July 23rd.</p> <p>If your team will not be warming up at the Central York High School pool, please notify the meet directors by Monday, July 21, 2014.</p> <p>Break/ Warm-Up: There will be a fifteen (15) minute break after event #38 (Girls 15-18 Backstroke.) Both the competition pool the warm-up pool will be open for warm-up / warm-down during that time.</p> <p><u>Meeting Times:</u> Scratch Meeting: 8:00 AM Officials' Meeting: 8:30 AM Timers' Meeting: 8:45 AM</p> <p>Meet Start: 9:15 AM</p> <p>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 MPSL and 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 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. Deck access is limited to swimmers, coaches, officials and meet volunteers wearing a wristband. Swimmers are not permitted to be in the spectator seating unless they are dried and fully clothed.</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>DECK CHANGING – Changing into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and is prohibited.</p>
<p>EVENTS / SESSIONS</p>	<p>The order of events is attached. The meet will be run as two sessions, with event numbers 1 – 38 comprising the first session, and events 39 – 76 being contested in the second session. There will be a 15 minute break between sessions.</p>
<p>SWIMMERS WITH DISABILITIES</p>	<p>A coach or team representative must alert the meet directors 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 / STAGING</p>	<p>Seeding for all events will take place on the pool deck. It is the responsibility of the swimmer and/or each team's seeding parent to make sure swimmers report to the seeding area on deck for their events. Swimmers are welcome to sit on the pool deck bleachers prior to their events. No swim bags will be allowed in the pool area. Event numbers for seeding will be posted on the lobby doors and in the seeding area.</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. Coaches must pick up their team's awards at the conclusion of the meet. Awards will not be mailed.</p> <p>Custom t-shirts will be provided for all entered swimmers (except alternates) and two (2) coaches per team. The t-shirt form must be emailed by a coach or representative from each team in order to be guaranteed shirts. The deadline for orders is 9:00 p.m. on Sunday, July 20.</p>

RESULTS	Results will be posted throughout the meet for parents and swimmers to view. Live results will be available at http://results.teamunify.com/macya/ 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.
PROGRAMS & ADMISSION	Admission \$3.00. Programs \$4.00. Children under twelve (12) admitted free. Free admission to all volunteers.
VENDORS / CONCESSIONS	<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 swimming equipment and accessories.</p> <p>* Food and drinks are NOT permitted on the pool deck, in the gymnasium, or in the spectator area.</p>
HOSPITALITY	Food and drinks will be available to <u>coaches and officials ONLY</u> in the hospitality room located behind the scoring table.
DIRECTIONS	<p>From the North: I-83 South to Exit 24 (Emigsville); left onto Church Rd.; right onto N. George St.; left onto Emig Rd. School is on the left.</p> <p>From the South: I-83 North to Exit 22 (N. George St.); right onto Emig Rd. School is on the left.</p> <p>From the East: US-30 West to Exit 24 (Mt. Zion Rd.); right onto Mt. Zion Rd. School is on the right.</p> <p>From the West: I-76 East to Exit 252; I-83 South to Exit 24 (Emigsville); left onto Church Rd.; right onto N. George St.; left onto Emig Rd. School is on the left.</p> <p>From the Southwest: US-30 East toward York; left onto N. George St.; right onto Emig Rd. School is on the left.</p> <p>The natatorium is located on the left side of the school, across the parking lot from the football stadium.</p>

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.

Mid-Cap Championships

Saturday, July 26, 2014

Order of Events

Session 1

Boys #	Event Description	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
19	8 & Under 25 Freestyle	20
21	9-10 50 Freestyle	22
23	11-12 50 Freestyle	24
25	13-14 50 Freestyle	26
27	15-18 50 Freestyle	28
29	8 & Under 25 Backstroke	30
31	9-10 50 Backstroke	32
33	11-12 50 Backstroke	34
35	13-14 50 Backstroke	36
37	15-18 50 Backstroke	38

----- 15 Minute Break -----

Session 2

Boys #	Event Description	Girls #
39	9-10 100 Freestyle	40
41	11-12 100 Freestyle	42
43	13-14 100 Freestyle	44
45	15-18 100 Freestyle	46
47	8 & Under 25 Breaststroke	48
49	9-10 50 Breaststroke	50
51	11-12 50 Breaststroke	52
53	13-14 50 Breaststroke	54
55	15-18 50 Breaststroke	56
57	8 & Under 25 Butterfly	58
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

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Volunteer Form

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Team Name:

Contact:

Phone:

E-Mail:

Session 1: Event 1, Boys 8 & Under Medley Relay – Event 38, Girls 15-18 50 Backstroke
Session 2: Event 39, Boys 100 Freestyle – Event 76, Girls 200 Freestyle Relay

Provide the names and session desired of two (2) timers:

Names	Session Preferred
1. _____	_____
2. _____	_____

Provide the name and session desired of one (1) certified (PIAA, USA, NCAA) official:

Name	Session Preferred
1. _____	_____

Submit electronically to: Jeanne Howley at pjhowley@comcast.net

by **Sunday, July 20 at 9:00 PM**

2014 Mid-Cap Championships

T-Shirt Order Form

Due: Sunday, July 20 at 9:00 PM

Team Name: _____

Contact: _____

Phone: _____

E-Mail: _____

T-SHIRTS SHOULD NOT BE ORDERED FOR ALTERNATE SWIMMERS

	SWIMMERS' NAME	YOUTH SIZES				ADULT SIZES					
		YS	YM	YL	YXL	S	M	L	XL	2XL	3XL
1											
2											
3											
4											
5											
6											
7											
8											
9											
10											
11											
12											
13											
14											
15											
16											
17											
18											
19											
20											
21											
22											
	COACHES' NAME	YS	YM	YL	YXL	S	M	L	XL	2XL	3XL
1											
2											
2 FREE COACH T-SHIRTS - ADDITIONAL SHIRTS ARE \$10 EACH											
3											
4											
TOTALS											

Submit electronically to: Michele Lash at 2thsaver@verizon.net
by **Sunday, July 20 at 9:00 PM**

Mid-Cap Championships

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Program Advertisements

Businesses, families, or organizations can support swimming in central PA by sponsoring an advertisement in the Mid-Cap Championship swim meet program.

Fees:

¼ page ad = \$25.00

½ page ad = \$50.00

Whole page = \$100.00

Inside/outside covers = \$1,000
(Black and white)

Deadline to submit: Saturday July 19, 2014

Name of business or organization: _____

Contact person: _____

E-mail: _____

Phone number: (____)____-_____

Please make checks payable to DAAC and submit with the advertisement.

Send digital ads to Linda Janosky at ljanosky@comcast.net

Mail payment and non-digital ads to DAAC, 4500 Intermediate Avenue, Dover, PA 17315