



**SATURDAY, JULY 25<sup>TH</sup>, 2015**

**8:15 a.m. Start time**

<b>LOCATION</b>	<b>Derry Township Recreation Center (DTRC); 605 Cocoa Ave., Hershey, PA 17033</b>
<b>FACILITIES</b>	DTRC; 25 yard 6 lane pool, Colorado 6 Timing system with 6 lane display. Water depth is 11 feet 4 inches at the start end and is 4 feet at the turn end. The competition course has not been certified in accordance with 104.2.2c(4). On deck seeding for approximately 200 spectators. Seating also available inside in the gym.
<b>MEET DIRECTOR</b>	<b>Chris Luttrell;</b> Email: <a href="mailto:Lutt20@aol.com">Lutt20@aol.com</a> Phone: 717-679-1719
<b>OFFICIALS/VOLUNTEERS</b>	<p><b>Submit forms to:</b> (May be given at the conclusion of the All-Star Meet)</p> <p><b>East Shore Teams/MPSL</b> Gregg Martino at <a href="mailto:MartinoG@aetna.com">MartinoG@aetna.com</a> or (717)439-5372</p> <p><b>West Shore Teams/CASL</b> Jeanne Howley at <a href="mailto:pjhowley@comcast.net">pjhowley@comcast.net</a> or (717)903-1331</p> <p>All teams will be required to submit the “Officials/Volunteers” form even if you have no volunteers to work as timers/officials. Each team with four (4) or more swimmers will be asked to submit the names of two (2) timers and one (1) certified official. PLEASE submit these names on the form provided by 9:00 p.m., Sunday, July 19<sup>th</sup>. Note your officials and timers need to designate which session they prefer to work and we will try to accommodate their requests.</p> <p>Officials and Timers will be assigned by the Mid-Cap Committee. Only these assigned officials and timers will receive free admission. The listing of officials and timers will be posted on the Mid-Cap link available at <a href="http://www.swimmpsl.org">www.swimmpsl.org</a> and <a href="http://www.swimcasl.org">www.swimcasl.org</a> by Wednesday, July 22<sup>nd</sup>.</p>

<b>ELIGIBILITY</b>	<p>Official results from the MPSL and CASL All-Star Championship Meets will be compiled to determine the Mid-Cap qualifiers. For individual events, the top eight (8) finishers at each All-Star Meet qualify for Mid-Caps. For relay events, the top four (4) finishers at each All-Star Meet qualify for Mid-Caps. First and second alternates for both leagues will be included in the final entry list.</p> <p><b>Please contact the meet director with any last minute scratches.</b></p>
<b>CONCESSIONS</b>	<p>“The Hershey Pantry” will be providing food throughout the meet. They will be located outside of the pool gate at the pavilion.</p>
<b>WARM-UP &amp; START TIMES</b>	<p><b>Lane assignments for all session will be posted on the <a href="http://www.mid-cap-link.com">MID-CAP LINK</a> located at <a href="http://www.hershevh2o.org">www.hershevh2o.org</a>, and <a href="http://www.swimmpls.org">www.swimmpls.org</a>, and <a href="http://www.swimcasl.org">www.swimcasl.org</a>.</b></p> <p><b>Session 1:</b> 6:30-7:15 AM East Shore Teams/MPSL  <b>Session 2:</b> 7:15-8:00 AM West Shore Teams/CASL</p> <p><b>Meet Start:</b> 8:15 AM</p> <p><b>BREAK/WARM-UP:</b> There will be a meet break after event #38 (Girls 15-18 backstroke). At this time the upper pool will be open as follows: Diving lanes 5 and 6; General Warm up lanes 1-4.</p> <p><b>The lower pool will be available for warm up/down until 1:00 pm. Coaches are responsible to make sure the pool is being utilized appropriately.</b></p>
<b>MEET AWARDS</b>	<p>Awards will be given to all participants.  Custom t-shirts will be provided for all entered swimmers and two (2) coaches per team. The t-shirt form must be submitted by email by a coach or rep from each team in order to guarantee that your swimmer gets a shirt. <b>The deadline for orders is 9:00 p.m. on Sunday, July 19<sup>th</sup>.</b></p>
<b>RESULTS</b>	<p>Results will be posted on the Mid-Cap Link and on Meet Mobile.</p>
<b>ADMISSIONS</b>	<p><b>Admission \$3.00. Programs \$4.00.</b> Children under twelve (12) admitted free. Free admission to all volunteers who are scheduled to work.  <b>Spectator Entrances</b> – There will be an entrance at the main gate of the pool to the left of the Recreation Center and one entrance for indoor seating through the Rec. Center.</p>
<b>OFFICIALS AND VOLUNTEERS</b>	<p>*<b>Officials/Timers</b> - Please follow signs to appropriate gate. The final schedule of meet workers will be posted by Wednesday, July 22<sup>nd</sup>.  *<b>Coaches</b> – Please follow signs to appropriate gate. Four (4) coaches per team allowed on deck.  *<b>Swimmers</b> – Enter with their families at the Spectator gate or proceed to the swimmer/volunteer entrance.</p>
<b>MEETING TIMES</b>	<p><b>COACHES SCRATCH MEETING: 7:15 AM</b>  (At least one coach or rep from each team must attend)  <b>OFFICIALS MEETING: 7:40 AM</b>  <b>TIMERS’S MEETING 7:50 AM</b></p>
<b>COACHES’ HOSPITALITY</b>	<p>There will be a hospitality area set up in the guard room right down the stairs off of the pool deck.</p>

<b>SWIM SHOP</b>	T&T Swimming will be selling apparel and gear for all of your swimming needs.
<b>DECK CHANGING</b>	Except where venue facilities require otherwise, changing into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and is prohibited.
<b>RECORDING BAN</b>	The use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms.
<b>TEAM TENTS</b>	Teams may bring their tents to the pool area Friday night for set up between 6:00-7:30 PM.
<b>DIRECTIONS TO DTRC</b>	<b>From Harrisburg to 605 Cocoa Ave, Hershey PA:</b> Traveling East on 322/422 they split just before the Hershey Park Exit. Take the 322 East/Ephrata Exit (W. Governor Rd) which bears to the right. This will take you past the Hershey Medical Center. Continue on W. Governor Rd. ~2.0 miles until you get to Cocoa Ave. (The 5th light on W. Governor Rd, old white hotel on right, Antique Barn on left) Turn left on Cocoa and travel ~0.3 mile. On your right is the Hershey Parks & Recreation facility. Plenty of parking in the rear.
<b>ARRIVAL AND PARKING</b>	<b>PARKING:</b> Available in the DTRC lot for 200 vehicles. Overflow parking will be at the Hershey Public Library (on Cocoa Ave.) next to the Recreation Center, parking lots at the schools located behind the Recreation Center (from the pool, turn right onto Cocoa Ave., right onto Areba Ave., right onto Homestead, and proceed to the entrance of the elementary or middle school parking lots) and on the streets where parking is permitted.



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

**15 MINUTE BREAK AFTER EVENT 38: WARM-UP EAST & WEST SHORE SESSION 2 PARTICIPANTS.**