



**Capital Area Swim League**  
**All Star Championships**  
**Sunday, July 24<sup>th</sup> 2016**  
Hosted by Hampden Aquatic Club



### Location

Cumberland Valley High School

6746 Carlisle Pike  
Mechanicsburg, PA 17050

### Facility

The Cumberland Valley High School Natatorium is an eight lane competitive pool with adjustable bulkhead, and fully automatic timing. Adjustable bulkhead allows for 25 meter course with a four lane 25 yard warm down area. The starting end has a depth of 13 feet. The facility is equipped with Adolph Keiffer Wave Eater lane lines, Colorado Timing System, Aqua Grip electronic pads, and a ten-line readout scoreboard.

Spectator balcony seating for up to 375. Free parking next to the building. The water depth at the turn end of the pool is 5 feet.

### Contacts

**Meet Marshall**  
**Meet Manager**

Mike Gobrecht  
Janet Butterfield

**Officials Coordinator** Derek Boyce  
**Volunteer Coordinator** Jenn O'Donnell

*Contact us at [allstars@swim-hampden.org](mailto:allstars@swim-hampden.org)*

### Eligibility

Official results from each divisional championship meet will be compiled to determine the All-Stars qualifiers. For individual events, the 16 fastest overall times from the combined results of the divisional meets will qualify for All-Stars. For relays, the fastest 8 overall times will qualify. First and second alternates will be included in the final entry list. **Please contact your coach or the Meet Marshall with any last minute scratches.**

### Important Dates and Times

#### **All Star T Shirt Sales (Pre Orders) – Wednesday, July 6<sup>th</sup>**

Hampden Aquatic Club will be taking pre event T shirt orders to guarantee stock along with selling T Shirts on the day of the event. Shirt will be \$15 each. It's encouraged to take advantage of ordering early to ensure swimmers will leave the event with their T Shirt.

Order forms must be submitted using our online form found at our team website at [www.swim-hampden.org](http://www.swim-hampden.org).

Payment is due the morning of the event and should be made out to Hampden Aquatic Club. To receive your pre-order bundle, contact the Volunteer/Team tent for pickup.

### **Team Cheer Ads & Good Luck Messages – Thursday, July 21<sup>st</sup> by 4 PM**

Hampden Aquatic Club is offering all teams to participate with Team Cheer Ads for \$25 for a business card size (1/8 page). All ad submissions should be in a black and white PDF or JPG format and submitted to [Allstars@swim-hampden.org](mailto:Allstars@swim-hampden.org). Team parents can fill out a Good Luck message for \$5 per line using the message form on our website. Payment is available via our team website at [www.swim-hampden.org](http://www.swim-hampden.org).

### **Volunteers – Saturday, July 23<sup>rd</sup> by 4 PM**

Each team is responsible for providing two (2) timers, one (1) official and one (1) bullpen/seeding person **per team per session** to volunteer.

Volunteer registration information must be submitted by Saturday, July 23<sup>rd</sup> by 4 PM via our team's website at [www.swim-hampden.org](http://www.swim-hampden.org). Please indicate on the online volunteer form if any of your volunteers are PIAA/USA Swimming/YMCA certified.

All volunteers will receive free admission and a wrist badge at the volunteer table.

### **Meet Information – Sunday, July 24<sup>th</sup>**

Session 1 (8 & under and 9-10 Age Groups)

*Meet Stars at 9 AM (Warm Ups from 7:30 to 8:50)*

*Scratch Meeting:* 8:00 AM outdoors behind starting blocks

*Officials Meeting:* 8:20 AM outdoors behind starting blocks

*Timers Meeting:* 8:40 AM outdoors behind starting blocks

Session 2 (11 & 12, 13 & 14 and 15 & Over Age Groups)

Meet Start at 1 PM (Warm Ups from 11:30 to 12:50)

*Scratch Meeting:* 12:00 PM outdoors behind starting blocks

*Officials Meeting:* 12:20 PM outdoors behind starting blocks

*Timers Meeting:* 12:40 PM outdoors behind starting blocks

### **Meet Information**

#### **Events/Sessions**

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.

#### **Warm-ups**

There will be 12 warm-up lanes available for each session (8 in the competition pool, and 4 in the warm-up pool). Coaches and swimmers are asked to be courteous and fair to other teams in sharing lane space. Teams will be assigned specific warm-up lanes when the meet entries are distributed to the teams on Saturday, July 23<sup>rd</sup>

	<b>Session 1</b>	<b>Session 2</b>	<b>Divisions</b>
Session 1	7:30 to 8:00 AM	11:30 to 12:00 PM	A & AAAA
Session 2	8:05 to 8:35 AM	12:05 to 12:35 PM	AA & AAA
One-way Sprints	8:40 to 8:50 AM	12:40 to 12:50 PM	All Teams

Continuous warm-up/ warm-down will be available in the 4-lane portion of the pool throughout the meet.

### **Swimmers with Disabilities**

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.

### **Swimmer Seating/Staging**

Swimmer seating will be available outside of the pool area in the grass. A bullpen area will be located in the bleacher area near the warm up/cool down pool. A PA system will be outside to announce which events are being seated.

### **Results/Awards**

Results will be posted outside the locker rooms in the hallway as well as outside the pool in the grassy area for parents and swimmers to view. Results will also be available online using "Meet Mobile app".

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 are responsible to pick up their team's awards at the conclusion of the meet.

### **Admission**

Cost of admission is \$5.00 per person and includes 1 meet program per family. Extra Meet Programs are \$3.00 each. Volunteers (listed on teams volunteer submission form) and children under 12 years of age are free.

### **Spectator Seating**

The spectator seating area at Cumberland Valley High School is limited to 375 spectators and this is a "controlled seating". By order of the fire marshal and CV school district, we can NOT allow more than 375 spectators in the spectator gallery at any time.

In order for all families to have a positive experience, we are asking families to setup their chairs and blankets in the hall or outside with the swimmers as their "Permanent Seating" and share the spectator seating area with others.

In the event the spectator area becomes overcrowded, we reserve the right to restrict access to this area. 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 directors/security staff reserves the right to ask you to leave the premises should you not comply.*

### **Concession/Vendor Stands**

A complete selection of food and drinks will be available for purchase along with vendors selling swimming equipment and flowers to congratulate our swimmers

Food and drinks will be available for coaches and officials throughout the meet in the hospitality area outside.

### **All Star Championship T-Shirts**

Meet T-shirts will be available on pre-order basis with a limited supply available on the day of the meet. The pre-order cost is \$15.00 for short sleeve T-shirt in sizes Youth Small to Adult XXL. T shirts on the day of the meet will be \$17.00.

### ***Rules/Safety***

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.

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.

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 the Swimmer's next individual event, or from the remainder of the meet, as determined by the Meet Marshall. This policy will be strictly enforced.**

**No spectators will be allowed on the Pool deck at any time.** Deck access is limited to swimmers, coaches, officials and meet volunteers. Swimmers must access the deck through the locker rooms or side deck team at all times. Officials, coaches, and volunteers will be given wristbands which must be worn to be permitted on the pool deck. In addition, officials, coaches, and volunteers will have access to the deck through the side deck doors.

Swimmers are not permitted to be in hallways or the spectator seating area unless they are dried, fully clothed and wearing footwear. Swimmers and parents may meet in the lobby of the building or outside in the team areas.

### **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.

### **Deck Changing**

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.

### ***Release Statement***

The Capital Area Swim League, Cumberland Valley School District, and Hampden 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.

## Order of Events

### Session 1 (8 & under and 9-10 Age Groups)

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

### Session 2 (11 & 12, 13 & 14 and 15 & Over Age Groups)

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

Additional detail information is available at [www.swim-hampden.org](http://www.swim-hampden.org)