



Present the  
**2016 Mid-Cap Championships**

**Saturday, July 30, 2016**

<b>LOCATION</b>	Spring Grove High School Natatorium 1490 Roth's Church Road Spring Grove, PA 17362 Day of meet ONLY emergency phone# 717-225-4731 ext 7406	
<b>FACILITIES</b>	The Spring Grove High School Natatorium is a state-of-the-art 40-yard indoor pool with adjustable bulkhead, which will be configured for six 25-meter lanes for competition (12' 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 300; seating capacity. The facility is equipped with 4" racing lane lines, starting blocks at each end of the competition pool, Colorado 6 timing system, Aqua Grip touch pads, and a 6 lane LED display board. The facility is also equipped with state-of-the-art filter and ventilation units. Ample parking is located next to the natatorium.	
<b>CO-MEET DIRECTORS / SAFETY DIRECTORS</b>	<b>Peggy Kile - SGSC</b> 53 North Main Street Spring Grove, PA 17362 717-880-3294 <a href="mailto:kilep@sgasd.org">kilep@sgasd.org</a>	<b>Richard Janosky - DAAC</b> 4500 Intermediate Avenue Dover, PA 17315 717-873-0092 <a href="mailto:rjanosky@doversd.org">rjanosky@doversd.org</a>
	Please direct all questions about the meet to the meet directors.	
<b>CO-MEET MARSHALLS</b>	<b>Cheryl Smith - SGSC</b> 717-870-4027 <a href="mailto:Cheryl.smith@oldcastle.com">Cheryl.smith@oldcastle.com</a>	<b>Dave Webb – DAAC</b> 717-324-5094 <a href="mailto:gotaram96@gmail.com">gotaram96@gmail.com</a>

<p><b>OFFICIALS AND TIMERS</b></p>	<p><b><u>Volunteer Coordinator:</u></b>  Jeanne Howley: Phone: 717-903-1331 Email: <a href="mailto:pjhowley@comcast.net">pjhowley@comcast.net</a></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. <b>Each team with four (4) or more qualified swimmers is asked to submit the names of two (2) timers and one (1) certified official.</b> PLEASE submit this form electronically after the All-Star meet. It will be due by 9:00 PM on Sunday, July 24, 2016 to Jeanne Howley at <a href="mailto:pjhowley@comcast.net">pjhowley@comcast.net</a></p> <p><b><u>Officials and timers need to be designated for which session they are able to work.</u></b> The Mid-Cap Meet Committee will assign officials and timers on Monday, July 25<sup>th</sup>. <u>Only assigned officials and timers will receive free admission.</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 <a href="http://www.swimmpsl.org">www.swimmpsl.org</a> and the CASL web site <a href="http://www.swimcasl.org">www.swimcasl.org</a> by Wednesday, July 27<sup>th</sup>.</p>
<p><b>ELIGIBILITY</b></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><b>Please contact Richard Janosky <a href="mailto:rjanosky@doversd.org">rjanosky@doversd.org</a> with any last minute scratches.</b></p>
<p><b>WARM-UP, MEETING &amp; MEET START TIMES</b></p>	<p><b>AM Session - 8 &amp; Under and 9 &amp; 10 year old swimmers</b>  General warm-up session one: 7:00 – 8:00 AM (CASL Teams)  General warm-up session two: 8:00 – 9:00 AM (MPSL Teams)  One-way sprints: 9:00 – 9:10 AM (All teams)</p> <p>Scratch Meeting: 8:00 AM  Officials' Meeting: 8:20 AM  Timers' Meeting: 8:40 AM  Meet Start: 9:15 AM</p> <p><b>PM Session - 11 &amp; 12, 13 &amp; 14 and 15-18 year old swimmers</b>  General warm-up session one: 11:00 – 12:00 PM (CASL Teams)  General warm-up session two: 12:00 – 1:00 PM (MPSL Teams)  One-way sprints: 1:00 – 1:10 PM (All teams)</p> <p>Scratch Meeting: 12:00 PM  Officials' Meeting: 12:20 PM  Timers' Meeting: 12:40 PM  Meet Start: 1:15 PM</p> <p><b>Specific warm-up lanes will be assigned and posted on the CASL &amp; MPSL websites by Wednesday, July 27<sup>th</sup>.</b> There will be 6 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 shallow end of the pool throughout the meet.</p>

<p><b>RULES / SAFETY</b></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 &amp; 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. <b>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.</b></p> <p><b>NO SPECTATORS WILL BE ALLOWED ON THE POOL DECK AT ANY TIME.</b> 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><b>RECORDING BAN</b> – 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><b>DECK CHANGING</b> – Changing into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and is prohibited.</p>
<p><b>EVENTS / SESSIONS</b></p>	<p>The order of events is attached. The meet will be run as two sessions, with 8 &amp; Under and 9-10 year old swimmers competing in the AM session and 11 &amp; 12, 13-14 and 15-18 year old swimmers competing in the afternoon session.</p>
<p><b>SWIMMERS WITH DISABILITIES</b></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><b>SWIMMER SEATING / STAGING</b></p>	<p>Seeding for all events will take place in the gymnasium. 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 in the seeding area.</p>
<p><b>AWARDS &amp; T-SHIRTS</b></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><b>Mid Cap commemorative t-shirts will be provided for all participating swimmers (except alternates) and two (2) coaches per team. Additional assistant coaching shirts may be ordered at the cost of \$10.00 per shirt. A link to the Mid Cap T-shirt Google Doc</b></p>

	<p>will be forwarded to each team designee. The head coach will receive a separate e-mail asking for the information needed for the designee in order to be invited to the Google Doc. The Mid ap Google Doc must be completed by 9:00 p.m. on Sunday, July 24<sup>th</sup>. The Mid Cap t-shirt Google Doc must be completed by the designee from each team in order to be guaranteed shirts. The deadline for orders is 9:00 p.m. on Sunday, July 24.</p>
<b>RESULTS</b>	<p>Results will be posted throughout the meet for parents and swimmers to view. Live results will be available through Meet Mobile app available for iPhone and Android.</p> <p>Results and MM meet back up will be posted electronically for any coach on the CASL and MPSL websites at the conclusion of the meet.</p>
<b>PROGRAMS &amp; ADMISSION</b>	<p>Admission \$3.00. Programs \$4.00. Children under twelve (12) admitted free. Free admission to all volunteers.</p>
<b>VENDORS / CONCESSIONS</b>	<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><b>* Food and drinks are NOT permitted on the pool deck, in the gymnasium, or in the spectator area.</b></p>
<b>HOSPITALITY</b>	<p>Food and drinks will be available to <b><u>coaches and officials ONLY</u></b> in the hospitality room located at the shallow end of the pool.</p>
<b>DIRECTIONS</b>	<p>Spring Grove High School Campus</p> <ul style="list-style-type: none"> <li>• From 83 take 30 west towards Gettysburg</li> <li>• Make a left at the light onto 116 (Old Hanover Rd)</li> <li>• After approx. 3½ miles bear to the right at the circle onto Roth's Church road</li> <li>• After approx. ½ of a mile, you will see the Spring Grove campus on the left</li> <li>• Turn left at the light and follow the road up the hill past the football field</li> <li>• Our Natatorium is located at the Spring Grove High School</li> </ul>

**RELEASE STATEMENT:**

***The Capital Area Swim League, Spring Grove Area School District, Spring Grove Swim Club, 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

Sunday, July 30, 2016

## 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

# Mid-Cap Championships

Saturday, July 30, 2016

## Volunteer Form

All teams will be required to submit this form, even if they have no volunteers to work as timers/officials. In such cases, please mark "none" on this 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 for each session.** Session 1 will include all 8 & Under and 9 & 10 events. Session 2 will include all 11 & 12, 13 & 14 and 15-18 events.

PLEASE submit this form electronically after the All-Star meet by **9:00 PM on Sunday, July 24, 2016 to Jeanne Howley at [pjhowley@comcast.net](mailto:pjhowley@comcast.net)**

**Officials and timers need to be designated for which session they are able to work.** The Mid-Cap Meet Committee will assign officials and timers on Monday, July 25<sup>th</sup>. **Only assigned officials and timers will receive free admission. Assigned officials will also receive free hospitality.** Officials and timers must check-in at the designated table to pick up badges.

The listing of officials and timers will be posted on the Mid-Caps page on the Mid Penn web site [www.swimmpsl.org](http://www.swimmpsl.org) and the CASL web site [www.swimcasl.org](http://www.swimcasl.org) by Wednesday, July 27<sup>th</sup>.

Team Name:

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Contact:

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Phone:

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E-Mail:

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### **Session 1: 8 & Under and 9 & 10 complete events**

Provide the names of two (2) timers: 1. \_\_\_\_\_ 2. \_\_\_\_\_

Provide the name one (1) certified (PIAA, USA, NCAA) official: 1. \_\_\_\_\_

### **Session 2: 11 & 12, 13 & 14 and 15-18 complete events**

Provide the names of two (2) timers: 1. \_\_\_\_\_ 2. \_\_\_\_\_

Provide the name one (1) certified (PIAA, USA, NCAA) official: 1. \_\_\_\_\_

Submit electronically to: Jeanne Howley at [pjhowley@comcast.net](mailto:pjhowley@comcast.net)

by **Sunday, July 24 at 9:00 PM**