



Presents the

2018 Mid-Cap Championships

Saturday, July 28, 2018

LOCATION	Spring Grove High School Natatorium 1490 Roth's Church Road Spring Grove, PA 17362
FACILITIES	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. 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.
MEET DIRECTOR	Derrick Henning PO BOX 63 Spring Grove, PA 17362 717-487-7405 henningd@sgasd.org Please direct all questions about the meet to the meet director.
MEET MARSHALL	Gabriela Calugar 717-332-2292 Sgswimclub@gmail.com

<p>OFFICIALS AND TIMERS</p>	<p>Volunteer Coordinator: Gabriela Calugar: Phone: 717-332-2292 Email: sgswimclub@gmail.com</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 22, 2018 to Gabriela Calugar at sgswimclub@gmail.com</p> <p>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 23rd. <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 www.swimmpsl.org and the CASL web site www.swimcasl.org by Wednesday, July 25th.</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 Derrick Henning at hennind@sgasd.org with any last minute scratches.</p>
<p>WARM-UP, MEETING & MEET START TIMES</p>	<p>AM Session - 8 & Under and 9 & 10 year old swimmers General warm-up session one: 7:00 – 8:20 AM (CASL and MPSL) One-way sprints: last 5 min of each warm-up session Scratch Meeting: 7:30 AM Officials’ Meeting: 7:50 AM Timers’ Meeting: 8:10 AM Meet Start: 8:30 AM</p> <p>PM Session - 11 & 12, 13 & 14 and 15-18 year old swimmers General warm-up session one: 11:00 – 12:40 PM (CASL and MPSL) One-way sprints: last 5 min of each warm-up session Note: Warm-up times for PM session might be adjusted on the day of the meet, in case of delays with AM session. Scratch Meeting: 11:45 PM Officials’ Meeting: 12:05 PM Timers’ Meeting: 12:25 PM Meet Start: 12:45 PM</p> <p>Specific warm-up lanes will be assigned and posted on the CASL & MPSL websites by Wednesday, July 25th. 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>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 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.</p>
<p>SWIMMERS WITH DISABILITIES</p>	<p>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.</p>
<p>SWIMMER SEATING / STAGING</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>AWARDS & T-SHIRTS</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>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.</p>

	The deadline for orders is 9:00 p.m. on Sunday, July 22, 2018.
RESULTS	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. 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.
PROGRAMS & ADMISSION	Admission \$3.00. Programs \$4.00. Children under twelve (12) admitted free. Free admission to all volunteers.
VENDORS / CONCESSIONS	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. * Food and drinks are NOT permitted on the pool deck, in the gymnasium, or in the spectator area.
HOSPITALITY	Food and drinks will be available to <u>coaches and officials ONLY</u> in the hospitality room located at the shallow end of the pool.
DIRECTIONS	Spring Grove High School Campus <ul style="list-style-type: none"> • From 83 take 30 west towards Gettysburg • Make a left at the light onto 116 (Old Hanover Rd) • After approx. 3½ miles bear to the right at the circle onto Roth's Church road • After approx. ½ of a mile, you will see the Spring Grove campus on the left • Turn left at the light and follow the road up the hill past the football field • Our Natatorium is located at the Spring Grove High School

RELEASE STATEMENT:

The Capital Area Swim League, Spring Grove Area School District, Spring Grove Swim 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 28, 2018

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 Warmup Schedule

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
7:00 - 7:20	LAC DUCKS	SGSC HAY	CYA EPAC	DAAC IC	DSC SST	MSC GETY MASC BSAC NYAC SHIP TAC
7:20 - 7:40	BSC	BSC CSC	CSC	SMSC	CHAC	OPEN LAP SWIM
7:40 - 8:00	DC	DC	HEA	HEA	CVAC ACWS	OPEN LAP SWIM
8:00 - 8:20	HAC	PACS	WWD	ACL	FSC DAU	OPEN LAP SWIM

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
11:00 - 11:20	SST	ACWS	BSC	CHAC	TAC	LAC GETY
11:20 - 11:40	DSC	NYAC DSC CYA	CVAC	CVAC DAAC SHIP	DAAC	CSC SGSC
11:40 - 12:00	WWD	WWD HST	DAU MSC	HAY BSAC	DUCKS MASC	SMSC EPAC
12:00 - 12:20	PACS	PACS	DC	DC	ACL	ACL MTV
12:20 - 12:40	HAC	HAC	HAC	HEA	HEA	FSC

IMPORTANT INFORMATION
PLEASE SHARE THIS INFORMATION WITH ALL PARENTS and SWIMMERS

The Spring Grove Area School District has graciously allowed us the use of the cafeteria and gym to host this meet. Please return the courtesy by following SGASD rules and adhere to the following.

The Spring Grove High School is a large facility and we are asking that all swimmers and their parents stay in the gym, lobby, and cafeteria portions of the school. Anyone trespassing anywhere else in the building will be turned over to the Spring Grove Area School District for trespassing charges.

Video Surveillance Cameras, both covert and overt, installed in District facilities are for security and monitoring purposes. This equipment is monitored or recording at all times. Information received through these recordings will be shared with District Staff and local agencies as deemed appropriate by the administration.

There is no smoking allowed anywhere on the Spring Grove campus. Remember the campus extends all the way to Lake Road.

Coaches, Officials, and assigned meet workers will be the only persons allowed on deck. You must have an event wristband to be on deck.

Any swimmer observed swimming under the bulkhead 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 Director. This policy will be strictly enforced.

There are lockers and showers for your swimmer's use, however, neither the SGASD nor the SGSC will be held responsible for any lost or stolen items.

The seating area will be for spectators only. No swimmers will be allowed to sit in the spectator area. Please respect your fellow swim parent by not standing at the railing or saving seats.

Swimmers will be seeded in the gym and escorted through the natatorium hallway. From there they will be brought into the pool area prior to swimming their event. Please make sure your swimmers understand we will not look for them anywhere other than the gym, and once they have been staged they should remain where instructed.

We must ask that all swimmers exit the pool through the girls locker room and use the locker rooms located on each side of the gym (not the pool locker rooms). Swimmers please do your best to dry off in the locker rooms before entering the gym. Wet gym floors could get very slippery. Please walk on the rugs provided for your safety.

There must be at least one parent dedicated to supervise your team in the gym at all times.

Your team will be responsible for cleaning your area.

Remember to please clean all liquid spills immediately on the wooden GYM floor. No chairs will be allowed directly on the gym floor. You must provide a towel or blanket for the floors protection. There will be NO RUNNING OR BALL PLAYING IN THE GYM.

Be safe and have a great meet.

Directions to Spring Grove High School

1490 Roth's Church Road, Spring Grove, PA 17362

From 83, take 30 west towards Gettysburg make a left at the light onto 116 (Old Hanover Rd) approximately 3.5 miles bear to the right at the circle onto Roth's Church road approximately 0.5 of a mile turn left at the light into the Spring Grove campus and follow the road up the hill past the Papermaker Stadium. The natatorium is located at the Spring Grove High School.

PARKING

Event parking will be located at the rear of the building.

Enter using rear entrance of school. Handicap parking is at front of school.

