

**CAPITAL AREA SWIM LEAGUE DIVISION 1A CHAMPIONSHIPS
HOSTED BY BIG SPRING AQUATIC CLUB
BIG SPRING HIGH SCHOOL NATATORIUM
SATURDAY, JULY 20, 2019**

The Big Spring Aquatic Club once again welcomes the opportunity to host this season's Division 1A Championship meet. We trust that you are having a successful and productive season. Enclosed is the necessary information needed to have a seamless meet.

Please review all of the information enclosed in this packet. We respectfully request your assistance and cooperation to help this divisional championship run smoothly and successfully.

All required materials must be received according to the following schedule:

***T-Shirt orders must be received on-line no later than Saturday, July 6, 2019. There will be limited quantities and sizes available the day of the meet.**

Each team is asked to submit t-shirt orders through the BSAC website, <https://www.swimbsac.org/casl-division-1a-team-t-shirt-order-form/> as a team. Payment is due at the time of the order through PayPal.

***Event Entries & Volunteer Forms must be received no later than Sunday, July 14, 2019. E-mail entries to Christie Katora: ckatora@gmail.com. Volunteer submissions go through our website:**

<https://www.swimbsac.org/casl-division-1a-visiting-team-information/>

**The Big Spring High School Natatorium is located at
100 Mt. Rock Rd, Newville PA 17241.**

*Best wishes for success to all swimmers
and their coaches.*

ENTRIES

As per CASL guidelines, swimmers may swim a maximum of three events. The events may be three individual events or two individual events and one relay. Listing a swimmer as an alternate on a relay does not count as an event. Entries are due Sunday, July 14, 2019.

Entries must be submitted in Hy-Tek Team Manager Format. Event listings and the TM Entry File can be found at the BSAC website:

<https://www.swimbsac.org/casl-division-1a-visiting-team-information/>

GENERAL SCHEDULE

Doors Open: 7:00 AM See warm-up schedule.

Warm-Up Sessions: Refer to specific schedule for team times and lane assignments

Scratch Meeting: 8:30 AM, Health Room 115

Officials & Timers Meeting: 8:30 AM, Health Room 117

Division 1A Championship Recognition: 8:45 AM

National Anthem: 9:00 AM

Meet Start: 9:00 AM

VOLUNTEERS

Each participating team is requested to provide a lineup of volunteers for the meet. Volunteers will be admitted to the meet free of charge. Name tags must be worn at all times. Bottled water will be made available to volunteers throughout the meet. Necessary stations include:

Timers: Two timers for each half of the meet, from each team.

Back Up Timer: One back up timer from each team.

Stroke & Turn Official: One stroke & turn official for each half, from each team.

Finish Judge: One finish judge from each team.

Chaperones / Monitors: Two adult chaperones from each team, for each half of the meet are necessary. Duties include, but are not limited to supervising swimmers in the commons area, sending swimmers to the seeding area, ensuring that swimmers take a towel and appropriate footwear to the seeding area, and restricting swimmers to designated areas of the high school.

The volunteer form must be received by BSAC no later than Sunday, July 14, 2019. Access the form through the BSAC website: <https://www.swimbsac.org/casl-division-1a-visiting-team-information/>

ADMISSION

Adults & Children Ages 12+: \$3.00

Children Under 12: Free of charge

Programs: \$3.00

Volunteers & Coaches (up to 4 coaches per team): Free of charge. Check in at admissions table for name tags.

All non-swimmers, with the above exceptions, will be charged for admission.

Upon arrival, swimmers should report to the gym. Each team will be assigned a designated area. Locker room space is limited. Please keep all belongings in the gym and use the locker rooms for changing and showering purposes only. Admissions and concessions are in the common area adjacent to the gym.

SCHEDULE & LANE ASSIGNMENTS FOR WARM-UPS

| | | |
|-------------|-------|----------------|
| BSAC | 1 - 4 | 7:30 – 7:55 AM |
| NYAC | 5 - 7 | 7:30 – 7:55 AM |
| SAC | 8 | 7:30 – 7:55 AM |
| HAY | 1 - 3 | 8:00 – 8:25 AM |
| EPAC | 4 - 5 | 8:00 – 8:25 AM |
| ICAC | 6 - 8 | 8:00 – 8:25 AM |

It is the responsibility of the team coach(es) to monitor team warm up sessions. Lifeguards will be on duty, but it is the obligation of the coaching staff to monitor team activity during assigned warm ups.

Lane Assignments for Timers

| Lane | 1 st Timer | 2 nd Timer |
|------|-----------------------|-----------------------|
| 1 | BSAC | EPAC |
| 2 | BSAC | HAY |
| 3 | SAC | NYAC |
| 4 | EPAC | BSAC |
| 5 | ICAC | ICAC |
| 6 | HAY | BSAC |
| 7 | NYAC | SAC |
| 8 | ICAC | HAY |

Teams will use the same lane assignments for both halves of the meet.

Seeding

As events are seeded, they will be posted and announced in the gymnasium. The seeding area is located in the adaptive gym, adjacent to the gymnasium. Swimmers are responsible for reporting to the seeding area when their events are announced and posted. Chaperones and monitors should assist with this task. Swimmers who do not report will be scratched from that event.

Meet Operation

A Daktronics timing system will be used with an eight lane display. Swimmers are reminded to finish each race by contacting the center of the touch pad on the wall. Relay swimmers must exit the pool as quickly as possible following each completed leg.

All 25 yard events will start from the blocks. Timers will move to the opposite end of the pool. There will be three timers per lane for these events. On all 8 & Under relays, the second and fourth swimmers must start in the water.

Starting depth is 4'10".

The shallow area of the pool behind the bulkhead will remain open for warming up and cooling down purposes. No jumping or diving into this area is permitted. Swimmers who abuse this privilege will be removed from the area. Coaches should monitor swimmers while they are using the warm up area. This area is reserved for swimmers ages 11 and older. Should this area become a distraction, it will be closed.

Results

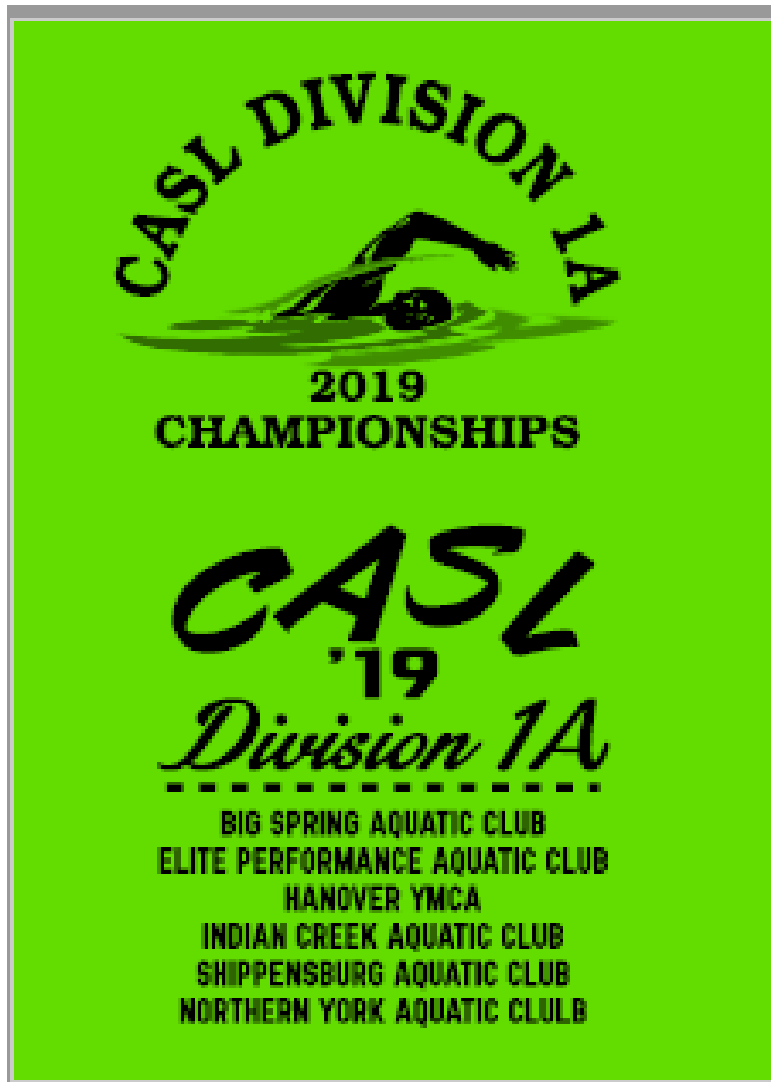
Results will be posted as quickly as possible in the hallways between the pool and gym.

Awards

Awards will be distributed to head coaches and / or league representatives at the All-Star Meet on Sunday, July 21, 2019.

T-Shirts

Guaranteed t-shirts are available through pre-order. Each team should collect quantities and sizes from its participants. Youth small through adult XXXL are available. \$15 for youth small – adult XL. \$18 for XXL and XXXL. Limited quantities will be available for sale the day of the meet. Team orders can be placed through the BSAC website: <https://www.swimbsac.org/casl-division-1a-team-t-shirt-order-form/>



Concessions

Food and beverages will be available for sale in the cafeteria in the Commons. Tables are available for seating. No food or drink, with the exception of water, may be consumed outside of the cafeteria. Personal coolers may be stored in the cafeteria, they will not be permitted on the pool deck or in the observation areas. Concession stand vouchers will be available for Coaches and Officials.

General Rules

- Flip flops must be worn by all swimmers in the hallways and on the pool deck.
- The Big Spring School District Board of Directors has deemed all school property a tobacco free environment. Smoking and smokeless tobacco use are not permitted on school grounds.
- No food or drinks, with the exception of water, are permitted in any area other than the cafeteria where the concession stand is located. This will be strongly enforced and we appreciate your cooperation.
- Lawn chairs must be placed on towels or blankets to prevent damage to the floors.
- BSAC will not be responsible for lost or stolen items. Please make sure swimmers keep track of their belongings.
- Swimmers are asked to take a towel and wear flip flops to the pool. They should dry off before leaving the pool deck to prevent floors from becoming wet and potentially hazardous.
- Horseplay and rambunctious activities will not be permitted. Chaperones / monitors are assigned to maintain order.
- The hallways between the pool and the Commons need to remain clear.
- Swimmers are expected to congregate in the gymnasium or common area when not swimming. Swimmers may observe the meet from the pool spectator area, but are reminded that they are responsible for reporting to the seeding area to line up for their events.
- Swimmers are reminded to remove all jewelry before entering the pool.
- There will be Big Spring School District security guards on duty to help ensure the safety of all in attendance.
- At the close of the meet, please be sure to leave the facility in the same condition in which it was found at the onset of the meet. We appreciate all efforts to maintain a clean, safe environment. We value the generosity of the Big Spring School District to continually allow us to use their facility for Divisionals. Your participation in keeping clean up to a minimum is a necessary part of the process for this event.

CASL Championship Rules

- A swimmer may declare a false start. The swimmer must be present at the meet and the false start must be declared at the scratch meeting. The declared false start still counts as an event for the swimmer however, it does not disqualify the swimmer from further competition or nullify previous performances.
- A swimmer must participate in the Divisional Championship meet to be eligible to swim in the All-Star meet.
- **In Water Relay Take Offs:** For 8 & Under relays, the next swimmer shall enter the water when the preceding swimmer has left the wall, but no later than when the head of the incoming swimmer passes under the backstroke flags nearest the wall where the take off will occur. The swimmer shall maintain contact with the wall with a hand and / or foot by the time the incoming swimmer's head passes under the nearest backstroke flags until that swimmer touches the wall.
- The top 16 individual event finishers and the top 8 relay finishers qualify for All-Stars. These competitors must report whether or not they intend to compete in the All-Star meet no later than one hour following the end of the divisional meet or the session in which they participated. This information must be reported to BSAC Coach, Christie Katora. (717) 385-6898 or ckatora@gmail.com.
- Scratch information will be provided to each team's coaching staff as soon as possible following the completion of the last divisional meet in the league.