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# CAPITAL AREA SWIM LEAGUE MEMBERSHIP ROSTER – 2020 SEASON

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# AAAA DIVISION

## TEAM

### **SOUTH MIDDLETON SWIM CLUB**

25 yards  
6 lanes  
**SMSC**  
Start: Thurs eve @ 6pm  
Boiling Springs High School

### **CENTRAL YORK AQUATICS**

25 yards  
8 lanes  
**CYA**  
Start: 8:30 a.m.  
[www.swimcya.org](http://www.swimcya.org)  
Central York High School

### **CUMBERLAND VALLEY AQUATIC CLUB**

25 meters  
8 lanes  
**CVAC**  
Start: 8:30 a.m.  
[www.teamunify.com/macvac](http://www.teamunify.com/macvac)

### **DOVER AREA AQUATIC CLUB**

25 yards  
6 lanes  
**DAAC**  
Start: 8:30 a.m.  
[www.swimdover.org](http://www.swimdover.org)  
Dover Aquatic Center  
4500 intermediate Avenue  
Dover 17315

### **DALLASTOWN SWIM CLUB**

25 yards  
6 lanes  
**DSC**  
Start: 8:30 a.m.  
[www.teamunify.com/masdsc](http://www.teamunify.com/masdsc)  
Dallastown Area School District  
700 New School Lane  
Dallastown, PA 17313

### **BOBCAT SWIM CLUB**

25 yards  
6 lanes  
**BSC**  
Start: 8:30 a.m.  
[www.bsctswimming.com](http://www.bsctswimming.com)  
Northeastern High School  
Manchester, PA 17345

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# AAA DIVISION

## TEAM

### **CARLISLE SWIM CLUB**

25 meters  
6 lanes

#### **CSC**

Start: 8:00 a.m.

[www.carlisleswimclub.com](http://www.carlisleswimclub.com)

outdoor pool

### **KEYSTONE AQUATIC CLUB**

25 yards  
8 lanes

#### **KA**

Start: 8:30 a.m.

<https://www.teamunify.com/usapaka>

Indoor pool

### **SEAHORSE SWIM TEAM**

25 yards  
6 lanes

#### **SST**

Start: 8:30 a.m.

[www.seahorseswimteam.org](http://www.seahorseswimteam.org)

### **TROJAN AQUATIC CLUB**

25 yards  
4 lanes

#### **TAC**

Start: Thurs eve @ 5:30pm.

[www.trojanaquaticclub.org](http://www.trojanaquaticclub.org)

York Suburban High School

### **AQUATIC CLUB OF THE WEST SHORE**

25 yards  
6 lanes

#### **ACWS**

Start: 8:30 am

Red Land High school

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# AA DIVISION

## TEAM

### **GETTYSBURG YWCA**

25 meters

6 lanes

**GTY**

Start: 9:00 a.m.

[www.swimburg.org](http://www.swimburg.org)

### **HAMPDEN DUCKS**

25 meters

8 lanes

**HAC**

Start: 8:30 a.m.

<http://ducks.wsyswim.org>

Hampden Township Park  
outdoor pool

### **MECHANICSBURG SWIM**

**CLUB**

25 meters

6 lanes

**MSC**

Start: 8:30 a.m.

[www.mechanicsburgswimclub.com](http://www.mechanicsburgswimclub.com)

Memorial Park

### **LION AQUATIC CLUB**

25 yards

6 lanes

**LAC**

Start: 8:30 a.m.

[www.lionaquaticclub.org](http://www.lionaquaticclub.org)

Red Lion High School

### **HANOVER YMCA**

25 meters

6 lanes

**HAY**

Start: 9:00 a.m.

### **CAMP HILL AQUATIC**

**CLUB**

25 meters

8 lanes

**CHAC**

Warmups 7:30 a.m. - Start: 8:30 a.m.

[www.swimcamphill.org](http://www.swimcamphill.org)

Seibert Memorial Park – Camp Hill Pool  
outdoor pool

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# A DIVISION

## TEAM

### **BIG SPRING AQUATIC CLUB**

25 yards  
8 lanes/score 6 lanes

#### **BSAC**

Start: 9:00 a.m.

<https://www.swimbsac.org/>

### **INDIAN CREEK AQUATIC CLUB**

25 meters  
4 lanes

#### **ICAC**

Start: 8:30 a.m.

[www.swimindiancreek.org](http://www.swimindiancreek.org)

Indian Creek Recreation Club  
outdoor pool

### **SHIPPENSBURG AQUATIC CLUB**

25 yards  
6 lanes

#### **SAC**

Start: 9:00 a.m.

[www.swimship.org](http://www.swimship.org)

**NO HOME MEETS**

### **SPRING GROVE SWIM CLUB**

25 yards  
6 lanes

#### **SGSC**

Start: 8:30 a.m.

<http://www.sgsc.teampages.com/>

Spring Grove High School  
1490 Roth's Church Road  
Spring Grove, PA 17362  
indoor pool

### **NORTHERN YORK AQUATIC CLUB**

25 yards  
6 lanes

#### **NYAC**

Start: 8:30am | 6pm weekdays

<http://nyac.wsyswim.org>

Northern York High School

## HEAD COACH

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