



## ***Gary Shank Capital Area Swim League All Star Championships***

***Sunday, July 25, 2021***

Hosted by the Carlisle Swim Club Sharks

### ***Location***

Carlisle Swim Club

1286 S. Pitt Street

Carlisle PA 17013

### ***Facility***

The Carlisle Swim Club pool is a 6-lane, 25-meter pool with starting blocks on both ends of the pool and fully automatic timing. The facility is equipped with a Colorado Timing System with touchpads and a three-lane cycling readout scoreboard.

Spectator seating will be on bleachers surrounding the pool. Teams will be assigned areas in the grass behind the pool.

### ***Contacts***

**Meet Marshall** Jeff Bell - [jefferyrbell72@gmail.com](mailto:jefferyrbell72@gmail.com) / 717-372-0938

**Meet Manager** Mike Gobrecht **Officials Coordinator** Tom Brenner

### ***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 Manager with any last-minute scratches at [mike@wsyswim.org](mailto:mike@wsyswim.org).**

### ***Important Dates and Times***

#### **All Star T-Shirt Sales – Saturday, July 24 by 8PM**

Carlisle Swim Club will be taking Saturday “Team only” T-shirt orders to guarantee stock and selling T-shirts on the day of the event at \$15 each. Order forms are available on the CASL All Star page and must be returned to [carliseswimming@gmail.com](mailto:carliseswimming@gmail.com) by 8PM on July 24.

Payment via cash or check is due the morning of the event. Checks should be made out to Carlisle Swim Club. To receive your pre-order bundle, visit the T-shirt/Program Tent for pickup.

### **Volunteers – Saturday, July 24 by 7PM**

For each session, each 4-A team is responsible for providing two (2) timers, one (1) seeding volunteer and one (1) official. Each 3-A team is responsible for providing two (2) timers and one (1) official. Each 2-A team is responsible for providing one (1) timer and one (1) official. Officials must be certified by PIAA, USA Swimming or YMCA Certification. Please indicate which certification they have on the volunteer sheet. All information must be submitted by 7PM via email to [tbrenner@cklegal.net](mailto:tbrenner@cklegal.net).

The selected timers and officials list will be issued to coaches by 9PM. All volunteers who are chosen will receive free admission and a wrist band at the volunteer table.

### **Meet Information – Sunday, July 25**

*Session 1 Starts at 8:45AM (Warmups from 7-8:30AM)*

*Scratch Meeting:* 7:45 AM outdoors at scoring tent  
*Officials Meeting:* 8:05 AM outdoors at scoring tent  
*Timers Meeting:* 8:25 AM outdoors at ready tent

*Session 2 Starts at 1:15PM (Warmups from 11:30AM-1PM)*

*Scratch Meeting:* 12:00 PM outdoors at scoring tent  
*Officials Meeting:* 12:25 PM outdoors at scoring tent  
*Timers Meeting:* 12:45 PM outdoors at ready tent  
*Senior Recognition:* 01:00 PM meet at scoring tent

## **Meet Information**

### **Events/Sessions**

The order of events is attached. The meet will be run in two sessions with swimmers 10 & under swimming in the first session and swimmers 11 & up swimming in the second session.

### **Warm-ups**

There will be 9 warm-up lanes available for warmups, but only 6 will be used for one-way sprints. Coaches and swimmers are asked to be courteous and fair to other teams in sharing lane space, when necessary. Teams will be assigned specific warm-up lanes and times when the meet entries are distributed to the teams on Saturday, July 24.

	<b>Session 1</b>	<b>Session 2</b>
Session 1	7:00 to 7:20 AM	11:30 to 11:50 AM
Session 2	7:25 to 7:45 AM	11:55 to 12:15 PM
Session 3	7:50 to 8:10 AM	12:20 to 12:40 PM
One-way Sprints	8:10 to 8:30 AM	12:40 to 1:00 PM

### **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. Teams are allowed to come set up tents prior to the event on Saturday, July 24 from 8-9:30PM.

A bullpen area will be located behind the starting block area for ALL swimmers age 9 and up to check in before their event. A separate bullpen area for ALL swimmers age 8 and under will be located at the turn end of the pool.

### **Results/Awards**

Results will be posted near the bath house area for parents and swimmers to view. Results also will be available online using the 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**

Admission is \$5 for everyone age 5 and above.

Meet Programs are \$3 each.

All swimmers entered in the CASL All Star event are free.

### **Spectator Seating**

The spectator seating area is limited, and bleachers will be available at various spots around the pool. In order for all families to have a positive experience, we are asking families to setup their chairs and blankets with their team area 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.

*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.

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

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

A limited supply of meet T-shirts will be available on the day of the meet. The short sleeve T-shirt in sizes Youth Medium to Adult XXL will cost \$15 and will be available as supplies last.

## ***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.

Swimmers are not permitted to be in the spectator seating area unless they are dried, fully clothed and wearing footwear. Swimmers and parents may meet in the team areas or in the vendor/concessions area.

**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, Carlisle Swim Club and Carlisle Swim Club Swim Team 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.

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

**2021CASL Gary Shank All-Star Championships at Carlisle Swim Club**  
**hosted by Carlisle Swim Club**  
**Session Report**

Session: 1 CASL All Stars - Session 1 | 8U and 9-10 Ages

Day of Meet: 1 Starts at 08:45 AM Heat Interval: 35 Seconds / Back +20 Seconds

Round	Event	Starts at	
Finals	1 Boys 8 & Under 100 Medley Relay	08:45 AM	_____
Finals	2 Girls 8 & Under 100 Medley Relay	08:49 AM	_____
Finals	3 Boys 9-10 200 Medley Relay	08:55 AM	_____
Finals	4 Girls 9-10 200 Medley Relay	08:59 AM	_____
Finals	11 Boys 9-10 100 IM	09:08 AM	_____
Finals	12 Girls 9-10 100 IM	09:15 AM	_____
	Break: 3 Minutes:		
Finals	19 Boys 8 & Under 25 Freestyle	09:25 AM	_____
Finals	20 Girls 8 & Under 25 Freestyle	09:28 AM	_____
	Break: 3 Minutes:		
Finals	21 Boys 9-10 50 Freestyle	09:34 AM	_____
Finals	22 Girls 9-10 50 Freestyle	09:38 AM	_____
	Break: 3 Minutes:		
Finals	29 Boys 8 & Under 25 Backstroke	09:44 AM	_____
Finals	30 Girls 8 & Under 25 Backstroke	09:48 AM	_____
	Break: 3 Minutes:		
Finals	31 Boys 9-10 50 Backstroke	09:55 AM	_____
Finals	32 Girls 9-10 50 Backstroke	10:01 AM	_____
Finals	39 Boys 9-10 100 Freestyle	10:06 AM	_____
Finals	40 Girls 9-10 100 Freestyle	10:12 AM	_____
	Break: 3 Minutes:		
Finals	47 Boys 8 & Under 25 Breaststroke	10:22 AM	_____
Finals	48 Girls 8 & Under 25 Breaststroke	10:25 AM	_____
	Break: 3 Minutes:		
Finals	49 Boys 9-10 50 Breaststroke	10:31 AM	_____
Finals	50 Girls 9-10 50 Breaststroke	10:36 AM	_____
	Break: 3 Minutes:		
Finals	57 Boys 8 & Under 25 Butterfly	10:43 AM	_____
Finals	58 Girls 8 & Under 25 Butterfly	10:46 AM	_____
	Break: 3 Minutes:		
Finals	59 Boys 9-10 50 Butterfly	10:52 AM	_____
Finals	60 Girls 9-10 50 Butterfly	10:57 AM	_____
Finals	67 Boys 8 & Under 100 Freestyle Relay	11:01 AM	_____
	Break: 3 Minutes:		
Finals	68 Girls 8 & Under 100 Freestyle Relay	11:09 AM	_____
Finals	69 Boys 9-10 200 Freestyle Relay	11:14 AM	_____
Finals	70 Girls 9-10 200 Freestyle Relay	11:23 AM	_____
	Swimmers Counts for Warm-ups: 278		
	Finish Time	11:31 AM	_____

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**Session Report**

Session: 2 CASL All Stars - Session 2 | 11-12 | 13-14 | 15 Over

Day of Meet: 1 Starts at 01:15 PM Heat Interval: 30 Seconds / Back +15 Seconds

<b>Round</b>	<b>Event</b>	<b>Starts at</b>	
Finals	5 Boys 11-12 200 Medley Relay	01:15 PM	_____
Finals	6 Girls 11-12 200 Medley Relay	01:19 PM	_____
Finals	7 Boys 13-14 200 Medley Relay	01:27 PM	_____
Finals	8 Girls 13-14 200 Medley Relay	01:30 PM	_____
Finals	9 Boys 15 & Over 200 Medley Relay	01:37 PM	_____
Finals	10 Girls 15 & Over 200 Medley Relay	01:42 PM	_____
	Break: 3 Minutes:		
Finals	13 Boys 11-12 100 IM	01:49 PM	_____
Finals	14 Girls 11-12 100 IM	01:55 PM	_____
Finals	15 Boys 13-14 100 IM	02:01 PM	_____
Finals	16 Girls 13-14 100 IM	02:06 PM	_____
Finals	17 Boys 15 & Over 100 IM	02:11 PM	_____
Finals	18 Girls 15 & Over 100 IM	02:16 PM	_____
Finals	23 Boys 11-12 50 Freestyle	02:22 PM	_____
Finals	24 Girls 11-12 50 Freestyle	02:25 PM	_____
Finals	25 Boys 13-14 50 Freestyle	02:28 PM	_____
Finals	26 Girls 13-14 50 Freestyle	02:31 PM	_____
Finals	27 Boys 15 & Over 50 Freestyle	02:34 PM	_____
Finals	28 Girls 15 & Over 50 Freestyle	02:37 PM	_____
Finals	33 Boys 11-12 50 Backstroke	02:40 PM	_____
Finals	34 Girls 11-12 50 Backstroke	02:45 PM	_____
Finals	35 Boys 13-14 50 Backstroke	02:49 PM	_____
Finals	36 Girls 13-14 50 Backstroke	02:53 PM	_____
Finals	37 Boys 15 & Over 50 Backstroke	02:57 PM	_____
Finals	38 Girls 15 & Over 50 Backstroke	03:01 PM	_____
Finals	41 Boys 11-12 100 Freestyle	03:05 PM	_____
Finals	42 Girls 11-12 100 Freestyle	03:10 PM	_____
Finals	43 Boys 13-14 100 Freestyle	03:16 PM	_____
Finals	44 Girls 13-14 100 Freestyle	03:21 PM	_____
Finals	45 Boys 15 & Over 100 Freestyle	03:25 PM	_____
Finals	46 Girls 15 & Over 100 Freestyle	03:30 PM	_____
Finals	51 Boys 11-12 50 Breaststroke	03:35 PM	_____
Finals	52 Girls 11-12 50 Breaststroke	03:39 PM	_____
Finals	53 Boys 13-14 50 Breaststroke	03:43 PM	_____
Finals	54 Girls 13-14 50 Breaststroke	03:46 PM	_____
Finals	55 Boys 15 & Over 50 Breaststroke	03:50 PM	_____
Finals	56 Girls 15 & Over 50 Breaststroke	03:53 PM	_____
Finals	61 Boys 11-12 50 Butterfly	03:57 PM	_____
Finals	62 Girls 11-12 50 Butterfly	04:01 PM	_____
Finals	63 Boys 13-14 50 Butterfly	04:04 PM	_____
Finals	64 Girls 13-14 50 Butterfly	04:07 PM	_____
Finals	65 Boys 15 & Over 50 Butterfly	04:11 PM	_____
Finals	66 Girls 15 & Over 50 Butterfly	04:14 PM	_____

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Session: 2 CASL All Stars - Session 2 | 11-12 | 13-14 | 15 Over  
 Day of Meet: 1 Starts at 01:15 PM Heat Interval: 30 Seconds / Back +15 Seconds

<b>Round</b>	<b>Event</b>	<b>Starts at</b>	
Finals	71 Boys 11-12 200 Freestyle Relay	04:17 PM	_____
Finals	72 Girls 11-12 200 Freestyle Relay	04:24 PM	_____
Finals	73 Boys 13-14 200 Freestyle Relay	04:30 PM	_____
Finals	74 Girls 13-14 200 Freestyle Relay	04:33 PM	_____
Finals	75 Boys 15 & Over 200 Freestyle Relay	04:38 PM	_____
Finals	76 Girls 15 & Over 200 Freestyle Relay	04:43 PM	_____
	Swimmers Counts for Warm-ups: 400		
	Finish Time	04:46 PM	_____