

Entry Limits: Swimmers may swim a maximum of three (3) events. Swimmers may “swim up” on relays, but must swim in their age group for individual events. For individual events there is no limit to the number of swimmers that each team may enter. A team may only enter 2 teams for each relay event.

Events/Sessions: The meet will be run in Two (2) session as a pre-seeded, timed finals meet. The order of events is the same as a dual meet. Session 1 will be ALL female events. Session 2 will be ALL Male events.

Start time Information:

The following are the warm-up assignments:

Session 1 GIRLS

8:10 – 8:30am
8:30 – 9:00am
9:00 – 9:20am
9:20 – 9:50am

CASL 8 and Under and 9-10 swimmers
CASL 11-12, 13-14, and 15-18 swimmers
MPSL 8 and Under and 9-10 swimmers
MPSL 11-12, 13-14, and 15-18 swimmers

Session 2 BOYS

1:10 – 1:30pm
1:30 – 2:00pm
2:00 – 2:20pm
2:20 – 2:50pm

9:00am
9:30am
9:45am
10:00am

Scratch Meeting
Officials Meeting
Timers Meeting
Meet Start

2:00pm
2:30pm
2:45pm
3:00pm

Specific warmup lanes may be assigned and posted on the CASL and MPSL websites by Tuesday July 27th. There will be 21 lanes available for each warmup session. 11 lanes will be available for continuous warm-up/ warm-down during the meet at the scoreboard end of the facility.

Volunteers: All team will be required to submit the volunteer form. Each team with four (4) or more qualified swimmers is asked to submit the names of two (2) timers and one (1) official. Please submit this form to Tom Brenner by 9:00PM on Sunday July 25 to TBrenner@cklegal.net. Form is located on the CASL and MPSL websites. Additional volunteers are also welcome. All volunteers will receive free admission.

Rules: This meet will be conducted in accordance with current NFHS swimming rules as amended by the CASL and MPSL modifications. This meet will be conducted using the whistle command and with the exception of 8&U, no recall false start procedures. 8&U will be permitted one false start. NO DIVING will be permitted during warm-ups, except during the one way sprint session. All entries into the pool must be feet first other than the above mentioned.

- Seeding Area: Swimmers should report to the Seating/Staging for each event.
- Awards: Medals will be awarded for 1st – 8th place in each individual event and 1st – 3rd place for each relay. Coaches must pick up their awards at the conclusion of the meet. Awards will Not be mailed.
- Admissions: Admissions: \$3.00 Children under 10 will be admitted free.
- Programs/Results: Heat sheets cost \$4 and results will be available thru Meet Mobile.
- Mid-Cap T-shirts: Mid-Cap commemorative t-shirts will be provided for all participating swimming (not alternated) and 2 coaches per team. Additional coaching shirt may be ordered at a cost of \$12 per shirt. A link to the Mid-Cap t-shirt Google Doc can be found to the CASL and MPSL web pages. 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 the orders is 9:00PM on Sunday July 25.
- Hospitality: Food and drink will be available to **coaches and officials ONLY** in the conference room located in the lobby area of the facility.
- Directions: Keystone Aquatic Center is located off Exit 47A of I-81 onto PA Route 34 South. Proceed 2.5 miles south on PA Route 34. Take a Left onto Midway Drive. Parking is located on the 2 lots at the Aquatic Center and the large lot at the Keystone Fieldhouse. Please do not park on the curve on Midway Drive.

Release Statement:

The Capital Area Swim League, Keystone Aquatics and the Keystone Aquatic Center shall be held free and harmless from any and all liabilities or claims for damage arising by reason of injuries to anyone during the conduct of this event.

2021 Mid-Cap Championship Meet
July 31, 2021

ORDER OF EVENTS

BOYS	EVENT	GIRLS
1	8&U 100 Medley Relay	2
3	9-10 200 Medley Relay	4
5	11-12 200 Medley Relay	6
7	13-14 200 Medley Relay	8
9	15-18 200 Medley Relay	10
11	9-10 100 IM	12
13	11-12 100 IM	14
15	13-14 100 IM	16
17	15-18 100 IM	18
19	8&U 25 Freestyle	20
21	9-10 50 Freestyle	22
23	11-12 50 Freestyle	24
25	13-14 50 Freestyle	26
27	15-18 50 Freestyle	28
29	8&U 25 Backstroke	30
31	9-10 25 Backstroke	32
33	11-12 50 Backstroke	34
35	13-14 50 Backstroke	36
37	15-18 50 Backstroke	38
39	9-10 100 Freestyle	40
41	11-12 100 Freestyle	42
43	13-14 100 Freestyle	44
45	15-18 100 Freestyle	46
47	8&U 25 Breaststroke	48
49	9-10 50 Breaststroke	50
51	11-12 50 Breaststroke	52
53	13-14 50 Breaststroke	54
55	15-18 50 Breaststroke	56
57	8&U 25 Butterfly	58
59	9-10 50 Butterfly	60
61	11-12 50 Butterfly	62
63	13-14 50 Butterfly	64
65	15-18 50 Butterfly	66
67	8&U 100 Freestyle Relay	68
69	9-10 200 Freestyle Relay	70
71	11-12 200 Freestyle Relay	72
73	13-14 200 Freestyle Relay	74
75	15-18 200 Freestyle Relay	76

ONLY 1 COACH FROM EACH TEAM IS ALLOWED IN FRONT OF THE SPECTATOR SEATING AREA.

Swimmer and Spectator Entrance

Spectator restrooms

Coaches & official's hospitality

Awards

Control Room

Swimmer Locker room

Swimmer Seating
Competition Pool

Swimmer Seating

Seeding Area on outside Deck

Grey areas represent seating for Swimmer and Coaches

Blue area represents seating for Spectators only

