



## 2023 CASL Gary Shank All Star Championship Meet

*Hosted by the Cumberland Valley Aquatic Club*

**Sunday, July 23rd, 2023**

**Location:** Cumberland Valley High School  
6746 Carlisle Pike  
Mechanicsburg, PA 17050

**Facility:** The Cumberland Valley High School Natatorium is an eight (8) lane 40-meter pool divided by a bulkhead at 25 yards, with a five (5) lane warm-up/warm-down area opposite the competition pool. A fully automatic Colorado 6 timing system with display board, touch pads at the finish for 9 & over swimmers and “2-button finish” for 8 & U swimmers will be used. We will be using Hy-Tek meet management software. Team areas will be provided for swimmers on deck. Spectator seating for 375 is available in the gallery area above the pool, and there is free parking next to the building.

**Special note regarding spectator seating:**

The balcony seating is LIMITED to 375 and this is a “controlled seating.” environment. By order of the fire marshal and CV school district, we can NOT allow more than 375 spectators in the spectator gallery at any time. Thank you for your understanding. In order for all families to have a positive experience, we suggest that you bring chairs and blankets to set up in the hallway, lobby, or other available areas within the school, then walk up to the balcony to watch your swimmer. Other CV school district spectator restrictions:

- No food or drink (except water) in the seating area
- No reserving, marking, saving seats
- No blocking of designated walkways and stairs
- No large bags, backpacks, blankets, etc.
- No chairs or bleacher seats are allowed in the balcony area

**Meet Director** Myla Groh - mylagroh@gmail.com or 717-580-0080

**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 director with any last minute scratches.

## **Important Dates & Times**

**Coaches/Volunteers - Saturday July 22nd by 5pm** - Please submit one form per team via the following link: <https://forms.gle/oBVZfnmaNgk7JbMC9>

3A and 4A Division: each team is responsible for providing 2 timers, 1 official, and 1 team parent to volunteer with seeding.

1A and 2A Division: each team is responsible for providing 1 timer, 1 official, and 1 team parent to volunteer with seeding.

All coaches and volunteers must be pre-registered and check in at the volunteer table in order to receive a wristband for access to the pool deck.

Officials must be certified by PIAA, USA Swimming or YMCA Certification. Please indicate which certification is held when signing up on the volunteer sheet.

### **Meet Information - Sunday, July 23rd**

Meet Starts at 9am (warm ups from 7-8:50am)

Scratch Meeting: 8am at in the pool office

Officials Meeting: 8:20am in the pool office

Timers Meeting: 8:40am behind the blocks

### **Apparel**

Apparel orders will be online only via the following webstore:

[https://shop.goaionline.com/cvac\\_all\\_stars/shop/home](https://shop.goaionline.com/cvac_all_stars/shop/home)

All orders will be processed online and will ship directly, apparel will not be available at the meet.

## **Meet Information**

### **Events/Sessions**

The meet will be run as one session in the same format that dual meets are run

### **Warm ups**

There will be 13 warm-up lanes available (8 in the competition pool and 5 in the warm-up/cool-down pool). Coaches and swimmers are asked to be courteous and fair to other teams in sharing lane space. Teams will be assigned specific warm-up lanes when the meet entries are distributed to the teams on Saturday, July 22nd.

Continuous warm-up/cool-down area will be available. Coaches, please be sure that your swimmers are utilizing this area for warm-up/cool-down purposes only, swimmers should not congregate in this area and may be asked to clear the pool if not actively warming up/cooling down.

### **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 outside in team assigned areas, more information to come. Swimmer staging will be on deck in the bleacher area. All swimmers should check in at the staging area before their events.

### **Results/Awards**

Results will be posted online via the Meet Mobile app. Custom medals will be awarded to places 1st through 8th for relays and 1st through 16th for individual events. Champions of each event will also receive a custom CASL All-Star Champion swim cap. Coaches are responsible to pick up team awards.

**Admission**

Admission is \$5 for everyone 12 and over.

**Concession/Vendor**

CVAC will offer a full concession stand with various breakfast and lunch options. Personal Best Swim Shop will be set up in the Eagle Lobby throughout the meet for all of your swim equipment needs.

**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 8U 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.

For the safety of our swimmers, locker room access will be for the use of athletes only. Coaches, officials, volunteers and spectators must use the restrooms in the Eagle Lobby.

**Recording Ban**

The use of audio or visual recording devices, including cell phones, is not permitted in locker rooms, restrooms, behind the starting blocks or turn end of the pool. All photographs or videos taken during the All-Star Meet must be taken on the side of the pool between backstroke flags, this includes use of cell phones, there will be no exception to this rule.

**Hospitality**

The hospitality area for coaches and officials will be set up in the storage area, northeast corner of the pool deck, near the warm-up pool. Food and drink will be available throughout the day for coaches and officials. Water will be available on deck for coaches, officials, and timers.

