



**Mid Cap Swimming
Championships
Saturday, July 29th 2023**
Hosted by Hampden Ducks



Location

Cumberland Valley High School

6746 Carlisle Pike
Mechanicsburg, PA 17050

Facility

The Cumberland Valley High School Natatorium is an 8 lane competitive pool with adjustable bulkhead, and fully automatic timing. Adjustable bulkhead allows for 25 yard course with a five lane 25 yard warm down area. The starting end has a depth of 13 feet. The facility is equipped with Adolph Keiffer Wave Eater lane lines, Colorado Timing System, Aqua Grip electronic pads, and a ten-line readout scoreboard.

Spectator balcony seating for up to 375. Free parking is next to the building. The water depth at the turn end of the pool is 5 feet.

Meet Directors

Janet Butterfield hampdenducks@gmail.com
Mike Gobrecht mike@wsyswim.org

Officials

On deck officials, please wear white tops and navy bottoms and have the applicable patches/badges visible.

Eligibility

Official results from CPAL and MPSL All-Star Championships meet will be compiled to determine the Mid-Cap qualifiers. The top eight (8) individual finishers and top four (4) relay finishers from each All-Star meet will qualify for the 2023 Mid-Cap Swimming Championships.

Events/Sessions

The order of events is attached. The meet will be run as one (1) session.

Meet Information

Meet Stars at 9:15 AM (Warmups from 7:00 to 8:55)

Scratch Meeting: 7:45 AM outdoors behind starting blocks

Officials Meeting: 8:15 AM outdoors behind starting blocks

Timers Meeting: 8:45 AM outdoors behind starting blocks

Warm-ups

There will be 12 warm-up lanes available for each session (8 in the competition pool, and 4 in the warm-up pool). All teams will get warm up time in the competition pool and warm-ups will be split with no more than 15 swimmers per lane. Warm-Up assignments will be assigned based on the number of swimmers you have racing the meet (excluding alternates). Coaches and swimmers are asked to be courteous and fair to other teams in sharing lane space.

	Session 1	Session 2	One-Way Sprints
CASL Teams	7:00 to 7:20 AM	7:25 to 7:45 AM	7:45 to 7:55 AM
MPSL Teams	8:00 to 8:20 AM	8:25 to 8:45 AM	8:45 to 8:55 AM

Lane assignments and specific warm-up times along with one-way sprints will be posted on the Mid-Cap Link located at www.swimmpsl.org and www.swimcasl.org websites by Tuesday, July 25th.

Continuous warm-up/ warm-down will be available in the 4-lane portion of the pool throughout the meet.

Volunteers

Each team will be required to submit the Mid Cap Volunteer Form even if you have no volunteers to work as a timer. Each team with four (4) or more swimmers will be asked to submit the names of two (2) timers and one (1) swim coordinator. Swim coordinator for each team will be responsible to ensure that their team swimmers get to the staging area on time for swimmers to line up and keep the meet moving. Volunteer Form must be completed by all teams regardless of if you have any volunteers.

Please remind your parents that not all volunteers may be selected to help and for those who are selected, they must check in at the Volunteer table to receive their assignment and wristband.

Rules

This meet will be conducted according to current NFHS swimming rules and safety procedures, with MPSL/CASL modifications. This meet will be conducted using the whistle command and, except for 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.

Any swimmer observed swimming under the bulkhead by an official or safety monitor at the meet will be disqualified from the Swimmer's next individual event, or from the remainder of the meet, as determined by the Meet Marshall. This policy will be strictly enforced.

No spectators will be allowed on the Pool deck at any time. Deck access is limited to swimmers, coaches, officials, and volunteers. Swimmers can access the locker rooms via the deck. Officials, coaches, and volunteers will be given wristbands which must be worn to be permitted on the pool deck.

Swimmers are not permitted to be in hallways or the spectator seating area unless they are dried, fully clothed and wearing footwear. Swimmers and parents may meet in the lobby of the building or outside in the team areas.

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. There will be locker rooms available for swimmers.

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.

First Aid

First Aid & Medical Services will be available as needed. Please see one of the volunteers if you require first aid or other medical services.

Swimmer Seating/Staging

Team/Swimmer seating will be available outside of the pool area in the grass. All events will be staged, and the bullpen area will be in the area near the warmup/cool down pool. A PA system will be outside to announce which events are being seated.

Team Tents

Teams will be able to set up tents on Friday, July 28th from 6-7 PM.

Results/Awards

Results will also be available online using Meet Mobile app.

Awards

Custom medals will be awarded to all participants. Coaches must pick up their awards at the conclusion of the meet. Awards will not be mailed.

Mid-Cap T-shirts

Mid-Cap commemorative t-shirts will be provided for all participating swimmers (no alternates) and two (2) coaches per team. Additional coaching shirts can be ordered at a cost of \$12.50 per shirt. A link to the Mid-Cap t-shirt Google doc can be found on the CASL and MPSL web pages. The form must be completed by a team contact for each team to be guaranteed shirts. The deadline for the orders is **Sunday, July 23rd at 8 PM**. Payment is due when picking shirts up at Mid-Caps and checks should be made out to *Hampden Aquatic Club*.

Admission

Cost of admission for everyone 12 and over is \$5. All swimmers entered in the meet and children under 12 years of age are free.

Spectator Seating

The spectator seating area at Cumberland Valley High School is limited to 375 spectators and this is "controlled seating". 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.

In order for all families to have a positive experience, we are asking families to setup their chairs and blankets in the hall or outside with the swimmers 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. Other CV school district spectator restrictions: * No food or drink

(except water) in the seating area * No large bags, backpacks, blankets, etc. * No reserving, marking, saving seats * No blocking of designated walkways and stairs

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 for any last-minute needs.

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

Photography

No Flash photography at the start of events. Per CASL/MPSL rules, All Photographs or videos taken during the meet must be taken on the side of the pool between the backstroke flags. No photographs or videos may be taken from the start (Blocks) or turn end of the pool. This includes the user of cell phones. No Exceptions!

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.

Release Statement

The Capital Area Swim League, Cumberland Valley School District, and Hampden Aquatic Club shall be held free and harmless from all liabilities or claims for damages arising by reason of injuries to anyone during the conduct of this event.

Order of Events

Boys #	Event Description	Girls #
1	8 & Under 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 & Over 200 Medley Relay	10
11	9-10 100 IM	12
13	11-12 100 IM	14
15	13-14 100 IM	16
17	15 & Over 100 IM	18
19	8 & Under 25 Freestyle	20
23	11-12 50 Freestyle	24
25	13-14 50 Freestyle	26
27	15 & Over 50 Freestyle	28
21	9-10 50 Freestyle	22
29	8 & Under 25 Backstroke	30
31	9-10 50 Backstroke	32
33	11-12 50 Backstroke	34
35	13-14 50 Backstroke	36
37	15 & Over 50 Backstroke	38
39	9-10 100 Freestyle	40
41	11-12 100 Freestyle	42

Boys #	Event Description	Girls #
43	13-14 100 Freestyle	44
45	15 & Over 100 Freestyle	46
47	8 & Under 25 Breaststroke	48
49	9-10 50 Breaststroke	50
51	11-12 50 Breaststroke	52
53	13-14 50 Breaststroke	54
55	15 & Over 50 Breaststroke	56
57	8 & Under 25 Butterfly	58
59	9-10 50 Butterfly	60
61	11-12 50 Butterfly	62
63	13-14 50 Butterfly	64
65	15 & Over 50 Butterfly	66
67	8 & Under 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 & Over 200 Freestyle Relay	76