

2023 CAPITAL AREA SWIM LEAGUE

1A DIVISIONAL CHAMPIONSHIP MEET

Hosted By: Red Lion Aquatic Club, July 22, 2023

Location

Red Lion Area High School

200 Hoace Mann Ave, Red Lion PA 17365

Parking: Please park in the parking lot by Horn Field, and in the lots along the side of the high school.

Facilities

The pool is a six lane, 25-yard pool. A Colorado automatic timing system will be used. Teams will be housed in the gymnasium near the pool. Each team must supply two (2) responsible adults to supervise and move swimmers to the seeding area on time. The seeding area will be in the gymnasium. The following will not be permitted in the gymnasium: musical devices, footballs, basketballs, soccer balls, etc.

PLEASE PLACE ALL CHAIRS ON BLANKETS NOT DIRECTLY ON THE FLOOR!

A concession stand will be available outside of the gymnasium. Food/drink are permitted only in the eating area to the side of the concession stand.

PLEASE DO NOT TAKE FOOD/DRINK INTO THE POOL OR GYMNASIUM!

Eligibility

A swimmer must swim in their true age as of June 1, 2023. A swimmer must have swum in three (3) meets sponsored by the leagues to be eligible for the championship meet. Invitational meets can count toward the three (3) meet requirement.

Entries Deadline

SUNDAY, JULY 16TH, 2023 – 7:00 P.M.

Entries

A swimmer may enter three (3) events. A swimmer may swim up age groups in relay events only. A maximum of two (2) relay entries in each age group will be permitted per team. Team Manager export file of your entries must be emailed to lionaquaticheadcoach@gmail.com

Rules

National Federation Rules will govern the meet along with Capital Area Swim League By-Laws

Awards

Ribbons will be given to the first through eighth places

Meet Start Time and Warmup Times

ALL lanes may be used by each team during their scheduled time. One-way sprints will be held during their team's warmup time slot assigned below:

Warmup Time	Team
7:10 – 7:30 A.M.	Red Lion Aquatic Club (RLAC)
7:30 – 7:50 A.M.	Trojan Aquatic Club (TAC)
7:50 – 8:10 A.M.	Aquatic Club of the West Shore (ACWS)
8:10 – 8:30 A.M.	Camp Hill Aquatic Club (CHAC)
8:30 – 8:50 A.M.	Shippensburg Aquatic Club (SAC)

Meet Starts at 9:00 A.M.

Seeding

The swimmers' rest and seeding area will be in the gymnasium across from the concession stand. Proper footwear should be brought to walk to the pool via school halls. Each team should designate two (2) parent volunteers to help direct swimmers from their team to the seeding area in the gymnasium. Swimmers will exit via the locker rooms on the pool deck to make their way back to the gymnasium.

T-Shirts

Pre-order forms for Champion Meet t-shirts have been sent to Head Coaches and Team Representatives. There will be a limited number of T-shirts available for sale on the day of the meet.

DEADLINE: SUNDAY, JULY 9TH – 7:00 P.M.

Concession Stand

A concession stand will be in operation throughout the swim meet. Food and drink are permitted in the concession area. **NO FOOD/DRINK ALLOWED IN THE POOL AREA!**

Admission Fees

\$5.00 for adults (13 and over) includes admission and one program per family. Children 12 and under will be admitted free. *Timers, Seeding Helpers, and Officials will receive free admission.*

Officials

Each team will need to provide two (2) trained stroke and turn officials. Provide their names on the form provided at the end of this document.

Timers / Timers Meeting

Each team must supply six (6) timers for the entire meet. Everyone will be assigned a lane for the entire meet, and we will switch timers halfway through the meet (after the completion of the backstroke events)

Provide timers names on the form provided at the end of this document. You may specify which half a timer prefers.

PLEASE BRING YOUR OWN WATCHES FOR YOUR TIMERS

First Half Assignments	Second Half Timers
RLAC – 3 timers	RLAC – 3 timers
TAC – 3 timers	TAC - 3 timers
ACWS – 3 timers	ACWS – 3 timers
CHAC – 3 timers	CHAC – 3 timers
SAC - 3 timers	SAC - 3 timers

Timers Meeting: 8:30 A.M. Meeting will take place on the patio (weather permitting) or in the pool lobby.

Scratch Meeting

There will be **NO SCRATCH MEETING**. *E-mail scratches to Hannah Coligan as soon as you know them. If you have scratches on the morning of the meet, report them to the computer table by 8:30 A.M.* Updated heat sheets will be printed for officials and coaches before the meet starts.

Attention Coaches

A Team Manager export for entries for the Capital Area Swim League Championship Meet must be forwarded to Hannah Coligan at LionAquaticHeadCoach@gmail.com.

Entries are due by SUNDAY, JULY 16TH, 2023 – 7:00 P.M.

A hospitality area with food and drinks will be provided for coaches and officials in the orchestra room right outside of the back entrance to the pool (block side).

Qualifying for All-Stars

Top 8 Relays from 4-A, 3-A, 2-A, and 1-A (combined)

Top 16 Individuals from 4-A, 3-A, 2-A, and 1-A (combined)

Stroke and Turn Officials

The meet will be conducted by CASL trained stroke and turn officials and PIAA certified stroke and turn officials

CASL 1-A DIVISIONAL CHAMPIONSHIP MEET VOLUNTEER LIST

Please e-mail this list to LionAquaticHeadCoach@gmail.com by **Monday, July 17, 2023**

Each team needs six (6) timers for this meet – three (3) each half. Bring stop watches for your timers

	Name	First or Second Half (circle one)
Timer 1		First or Second Half
Timer 2		First or Second Half
Timer 3		First or Second Half
Timer 4		First or Second Half
Timer 5		First or Second Half
Timer 6		First or Second Half

Each team needs two (2) Officials. Identify if they are PIAA Certified.

	Name	PIAA Certified?
Official 1		YES or NO
Official 2		YES or NO

Each team needs two (2) seeding helpers in the gymnasium

	Name
Helper 1	
Helper 2	

Team Information	
Team Name	
Meet Contact Person	
Phone Number	
E-Mail Address	