

# 2023 CAPITAL AREA SWIM LEAGUE AAAA DIVISIONAL CHAMPIONSHIP MEET @ Central York Aquatics

July 22, 2023

## Location

The meet will be held at the Central York High School. The High School is located at 601 Mundis Mill Road York PA 17406. Please park in the parking lot off to the side near the football field. The natatorium is located to the left of the building parallel to the football field.

## Facilities

The pool is eight lanes with a separate cool down/warm up area. A Colorado automatic timing system will be used.

Teams will be housed in the cafeteria. Deck seeders, speakers, and a live stream will be available in the cafeteria. Each team must supply one or two responsible adults to supervise and move swimmers to the seeding area on time. Swimmers must exit the pool deck, and report back to the cafeteria after their event. Non slip mats will be laid out in all hallways of the school. Locker rooms will be available for changing clothes and restrooms for swimmers only.

Additional restrooms for spectators are located upstairs, across the hall from the spectator gallery, and at the bottom of the stairs that lead up to the spectator gallery. A concession stand will be in operation throughout the meet. We will also have On My Grind Food truck available. Food and drink are permitted only in the cafeteria area of the school. **Please do not take food or drinks into the pool, pool balcony, or gymnasium.**

## Eligibility

A swimmer must swim in their true age level as of June 1, 2023. A swimmer must have swum in 3 meets sponsored by the league in order to be eligible for the championship meet. Invitational meets can count toward 3 meets required.

## Entries Deadline

**Sunday, July 16, 2023 – 7:00 PM**

## Entries

A swimmer may enter three events. A swimmer may swim up age groups in relay events only. A maximum of 2 relay entries in each age group will be permitted per team. Team Manager export file of your team entries must be e-mailed to [cyacoachtate@gmail.com](mailto:cyacoachtate@gmail.com)

## Rules

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

## Awards

Ribbons will be given to first through eighth places.

## Meet Start time and Warmup Times

**Warmups** - ALL lanes may be used by each team during scheduled time. One way sprints held under coach supervision during the 20 minute warmup time slot assigned below:

Central York Aquatics 7:10-7:30AM

Bobcats: 7:30-7:50 AM

Dallastown: 7:50-8:10 AM

Cumberland Valley: 8:30-8:50 AM

Clear the Pool 8:50 AM Meet Start 9:00 AM

**Seeding:** The swimmers rest area and seeding area will be in the cafeteria located down the hallway from the pool.. Proper footwear should be brought to walk to the pool through the school halls. No chairs should be brought to the cafeteria.. Each Team should designate 1-2 parent volunteers to help direct swimmers from their team to the seeding area in the gym.

### T-shirts

**Championship TShirts:** There will be a VERY limited number of shirts available for purchase the day of the meet. All families are encouraged to purchase a shirt online to ensure that they receive what they would like.

### Concession Stand

A concession stand will be in operation throughout the meet. Food and drink are permitted in the cafeteria area only of the school. In addition, **no outside food may be brought into the gym or pool areas.** Everyone's cooperation in this request will be greatly appreciated. We will also have On My Grind Food Truck available.

### Officials

Each team will need to provide two trained stroke and turn officials. Please provide the names of the two officials for your team on the form at the end of this document.

### Timers

Each team must supply timers for the entire meet. You will be assigned a lane for the entire meet and we will switch timers halfway through the meet.

Timer assignments:

First Half:	Second Half:
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Cumberland Valley - 4 timers	Cumberland Valley - 2 timers
Dallastown - 4 timers	Dallastown -4 timers
Hampden Ducks- 4 timers	Hampden Ducks - 4 timers
Bobcats - 4 timers	Bobcats - 4 timers
CYA- 2 timers	CYA - 4 timers

On the form for timers, list the names of timers who will time in the meet. Volunteers will check in and receive lanyard.

#### Timers meeting

A timers meeting will be held at 8:30 AM. This meeting will be on the pool deck near the scoring table..

#### Scratch meeting

A scratch meeting will NOT be held. Please email scratches to Aaron Tate as soon as you know them. If you have scratches on the morning of the meet, please report any scratches to Aaron Tate by 8:30AM. Updated heat sheets will be printed for officials and coaches prior to the start of the meet.

#### Attention Coaches

A Team manager export of entries for the Capital Area Swim League Championship Meet must be forwarded to Aaron Tate @ cyacoachtate@gmail.com. Please be sure to have all entries in by Sunday, July 16, 2023 – 7:00 PM

A hospitality area with food and drinks will be provided for coaches and officials in the equipment room on the pool deck.

#### Qualifying for All-Stars

Top 8 Relays from 4-A, 3-A & 2-A

Top 16 individuals from 4-A, 3-A & 2-A

#### Stroke and Turn Officials

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

#### Admission fees

\$5.00 for Adults (13 & over) . Children 12 & under will be admitted free.

## CASL 4A Divisional Championship Meet Volunteer List

Please e-mail the information below to: [swimcyapresident@gmail.com](mailto:swimcyapresident@gmail.com) by **Monday, July 17, 2023** Each team should list timers who will time at the meet.

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Timer 1 1st or 2nd half?

Timer 2 1st or 2nd half?

Timer 3 1st or 2nd half?

Timer 4 1st or 2nd half?

Timer 5 1st or 2nd half?

Timer 6 1st or 2nd half?

Timer 7 1st or 2nd half?

Timer 8 1st or 2nd half?

Official 1

Official 2

\*\*\*\*\*Please note if either your officials listed are also PIAA certified officials.\*\*\*\*\*

**Team seeding area helper names (for in the cafeteria):**

Seeding helper 1: \_\_\_\_\_

Seeding helper 2: \_\_\_\_\_

Team Name \_\_\_\_\_

Meet contact person \_\_\_\_\_

Phone number \_\_\_\_\_

E-Mail address

\_\_\_\_\_