

**2024 CAPITAL AREA SWIM LEAGUE
AAA DIVISIONAL CHAMPIONSHIP MEET
@ Dover Area Aquatic Club
July 20, 2024**

Location

The meet will be conducted at the Dover Area High School Pool of the Dover Area School District. The High School is located at 4500 Intermediate Ave. Please park in the front lot of the high school and enter the building through the main entrance. The natatorium is located in the back of the building as you walk through the cafeteria area.

Facilities

The pool is six lanes with a separate cool down/warm up area. A Colorado automatic timing system will be used. Teams will be housed in an adjacent gymnasium. Each team must supply one or two responsible adults to supervise and move swimmers to the seeding area on time. Locker rooms will be available for changing clothes only. No musical devices will be permitted to be played in the gymnasium. A concession stand will be in operation throughout the meet. 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, 2024. A swimmer must have swum in 3 meets sponsored by the league in order to be eligible for the championship meet. ONE invitational meet can count toward the 3 meets required.

Entries Deadline

Sunday, July 14, 2024 – 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 rspangler@doversd.org by the entries deadline. A confirmation email with an entries report will be sent back to you within 24 hours.

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:

Dover Area Aquatic Club 7:10-7:30AM
Central York Aquatics 7:30-7:50 AM
Gettysburg YWCA 7:50-8:10 AM
Mechanicsburg Swim Club 8:10-8:30 AM
Keystone Aquatics 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 gymnasium located adjacent to the cafeteria. Proper footwear should be brought to walk to the pool through the school halls. No chairs should be placed directly on the gymnasium floor. Please place any chairs on top of a blanket or towel. Each Team should designate 1-2 parent volunteers to help direct swimmers from their team to the seeding area in the gym.

*Please have coaches/parent reps monitor swimmer behavior. No running, horseplay, playing ball in the gym, cafeteria, hallways of the building.

T-shirts

Championship Meet t-shirts may be ordered online at:

<https://capital-area-swim-league-aaa-division-tees.itemorder.com/shop/sale/>

Deadline for online orders is July 1, 2024 at 11:59PM. 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.

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 six 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:
Gettysburg - 4 timers CYA - 4 timers Mechanicsburg - 4 timers Keystone - 2 timers	Gettysburg -2 timers CYA - 2 timers Mechanicsburg - 2 timers Keystone - 4 timers Dover - 4 timers

On the form for timers, list the names of six timers who will time in the meet. PLEASE BRING WATCHES FOR YOUR TIMERS.

Timers meeting

A timers meeting will be held at 8:30 AM. This meeting will be in the hallway beside the pool (outside of the pool locker rooms).

Scratch meeting

A scratch meeting will NOT be held. Please email scratches to Ross Spangler as soon as you know them. If you have scratches on the morning of the meet, please report any scratches to Ross Spangler by 8:30AM at the latest. 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 Ross Spangler @ Rspangler@doversd.org. Please be sure to have all entries in by Sunday, July 14, 2024 – 7:00 PM

A hospitality area with food and drinks will be provided for coaches and officials in the first aid room behind the diving board end of the competition pool.

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) includes admission and one program per family.

Children 12 & under will be admitted free.

CASL 3A Divisional Championship Meet Volunteer List

Please e-mail the information below to: DAACswim@gmail.com by **Monday, July 15, 2024**

Each team should list six timers who will time at the meet. Bring stop watches for your timers.

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?

Official 1

Official 2

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

Team seeding area helper names (for in the gymnasium):

Seeding helper 1: _____

Seeding helper 2: _____

Team Name _____

Meet contact person _____

Phone number _____

E-Mail address _____