



**CASL Gary Shank All Star  
Championship Meet  
Sunday, July 20<sup>th</sup> 2025**  
Hosted by Hampden Ducks



### **Location**

Cumberland Valley High School

6746 Carlisle Pike  
Mechanicsburg, PA 17050

### **Meet Directors**

Janet Butterfield	<a href="mailto:hampdenducks@gmail.com">hampdenducks@gmail.com</a>
Mike Gobrecht	<a href="mailto:mike@wsyswim.org">mike@wsyswim.org</a>

### **Important Dates and Times**

#### **Pre-Sale All Star Apparel – Orders by Wednesday, July 16<sup>th</sup>**

Hampden Ducks is offering pre-event apparel orders to guarantee and skip the line express checkout. T-shirts start at \$25, and Sweatshirts start at \$45. Check out the apparel flyers on the CASL website for more details.

#### **Volunteers – Saturday, July 19<sup>th</sup> by 7 PM**

Coaches/Volunteers Deck access: Please submit one form per team via the following link: <https://forms.gle/wMVRSF4L3BZpvZwj8>

*4A and 3A Division:* each team is responsible for providing 2 timers and 1 official

*2A and 1A Division:* each team is responsible for providing 1 timer and 1 official

Officials must be certified by PIAA, USA Swimming or YMCA Certification and indicate which current certification is held on volunteer sheet.

### **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 the meet director with any last-minute scratches.

### **Facility**

The Cumberland Valley High School Natatorium is an eight (8) lane 40-meter pool divided by a bulkhead at 25 yards, with 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 along with meet mobile for results. Team areas will be outside and on deck seeding will be used to keep the meet running as schedule.

## **Meet Information**

### **Events/Sessions**

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

Meet Starts at 9:15 AM (Warmups from 7:00 to 8:50)

*Scratches Due:* Before 8:00 AM at the Scoring Table

*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). 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 and session after all entries per team are determined. **Schedule will be based on no more than 14 swimmer per lane and posted on the website Saturday night.** Below is a guide to when each session will be running.

Session 1	7:30 to 8:00 AM
Session 2	8:05 to 8:35 AM
One-way Sprints	8:40 to 8:50 AM

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

### **Volunteers/Coaches Check-In**

For those who are selected and all coaches who will be on deck, please report to the Volunteer Table outside near the CV lobby door area to receive a wristband and confirm assignments. Please remind your parents that not all volunteers may be selected to help.

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

### **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**

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.

Teams will have the option to bring tents onsite on Saturday, July 19<sup>th</sup> from 7-8 PM to set up outside.

### **Results/Awards**

Results will also be available online using Meet Mobile app.

Custom medals will be awarded to all participants along with custom CASL All-Star Champion swim caps for the event winner. Team representative is responsible for picking up their awards at the conclusion of the meet. Awards will not be mailed.

**Release Statement**

The Capital Area Swim League, Cumberland Valley School District, Harrisburg Area YMCA 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.

**Spectator Information****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 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. For all families to have a positive experience, we suggest that you bring chairs and blankets to setup in outside in the tent village where swimmers will be resting between events before walking up to the balcony to watch your swimmer. Announcements will be heard outside.

Other CV school district spectator restrictions:

- No food or drink (except water) in the spectator seating
- 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

*Our meet directors/security staff reserve 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 in CV Lobby and will be accepting Cash/Debit/Credit/Tap for payment.

**Rules**

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 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 and wrist bands will be checked. 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 dry, 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.

### **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.

### **Photography**

No Flash photography at the start of events. Per CASL 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.

## ***Order of Events***

Boys #	Event Description	Girls #
1	8 & Under 100 yard Medley Relay	2
3	9-10 200 yard Medley Relay	4
5	11-12 200 yard Medley Relay	6
7	13-14 200 yard Medley Relay	8
9	15 & Over 200 yard Medley Relay	10
11	9-10 100 yard IM	12
13	11-12 100 yard IM	14
15	13-14 100 yard IM	16

Boys #	Event Description	Girls #
17	15 & Over 100 yard IM	18
19	8 & Under 25 yard Freestyle	20
21	9-10 50 yard Freestyle	22
23	11-12 50 yard Freestyle	24
25	13-14 50 yard Freestyle	26
27	15 & Over 50 yard Freestyle	28
29	8 & Under 25 yard Backstroke	30
31	9-10 50 yard Backstroke	32
33	11-12 50 yard Backstroke	34
35	13-14 50 yard Backstroke	36
37	15 & Over 50 yard Backstroke	38
39	9-10 100 yard Freestyle	40
41	11-12 100 yard Freestyle	42
43	13-14 100 yard Freestyle	44
45	15 & Over 100 yard Freestyle	46
47	8 & Under 25 yard Breaststroke	48
49	9-10 50 yard Breaststroke	50
51	11-12 50 yard Breaststroke	52
53	13-14 50 yard Breaststroke	54
55	15 & Over 50 yard Breaststroke	56
57	8 & Under 25 yard Butterfly	58
59	9-10 50 yard Butterfly	60
61	11-12 50 yard Butterfly	62
63	13-14 50 yard Butterfly	64
65	15 & Over 50 yard Butterfly	66
67	8 & Under 100 yard Freestyle Relay	68
69	9-10 200 yard Freestyle Relay	70
71	11-12 200 yard Freestyle Relay	72
73	13-14 200 yard Freestyle Relay	74
75	15 & Over 200 yard Freestyle Relay	76