

2025 CAPITAL AREA SWIM LEAGUE

1 A DIVISIONAL CHAMPIONSHIP MEET

hosted by the West York Aquatic Club

Saturday July 19, 2025

Location:

The meet will be conducted at the Graham Aquatic Center located at:

543 N. Newberry St

York, PA 17401

Admissions will be **CASH ONLY** \$5.00 per person ages 10 & Over.

Anyone under the age of 10 is free.

Eligibility

A swimmer must swim in their age level as of June 1, 2025. A swimmer may enter three events (3 individual or 2 individual and 1 relay). To qualify for the championship meet, a swimmer must compete in three CASL meets. One Invitational meet can be included in the total of 3. A swimmer may swim up two age groups in relay events only.

Attention Coaches

A Team manager export of entries for the Capital Area Swim League 1A Championship Meet must be forwarded to Reed French at rfrench@rosesymca.org

Please be sure to have all entries in by Sunday, July 13, 2025 by 7:00 PM.

A scratch meeting will NOT be held prior to the meet. Please email scratches to Reed French at rfrench@rosesymca.org as soon as you know them up through **Friday the 18th at 5:00pm**. Scratches after 5:00pm can be brought to the table in the morning. Scratches on the morning of the meet should be reported to the table by 8:15AM at the latest.

Warmup Times

The pool will be cleared at 8:40AM. The meet starts at 9:00AM.

Warm-ups: Feet first entry only in both pools. The lap pool will also be open during all warmups if an extended time is needed. Blocks in the lap pool are not to be used. Warm up times and lane assignments are posted below. One way sprints held under coach supervision during the 20 minute warmup time slot assigned below.

Team	Time	Lanes
West York	7:00-7:20	1-8
Hanover	7:20-7:40	1-8
Red Lion	7:40-8:00	1-4
Central Aquatics of PA	7:40-8:00	5-8
Shippensburg	8:00-8:20	1-8
Aquatic Club of West Shore	8:20-8:40	1-8

Please remember:

- Volunteers are to check in at the Volunteer table. We must have the volunteer's name on our list to receive free admission.
- No need to bring stop watches for your team.
- Bleachers will be provided for all teams, so please DO NOT bring chairs.
- Pick up your team's T-shirts at the meet and please do your payment online through the provided link.

There will be spectator seating in the bleachers as well as live streaming into the lobby. Seats in the bleachers are first come first serve.

Only swimmers competing or staged in their events, team coaches, meet officials, and designated volunteers are allowed on the pool deck throughout the duration of the meet. Wrist bands will be required to be on deck.

Meet Timeline-Day of meet

- **Officials meeting 8:30 AM:** Officials meeting will be held in the hospitality room located behind the officials table next to lane 1.
All officials must be PIAA, YMCA, or USA certified.
- **Timers meeting 8:40 AM:** Timers meeting will be held beside the volunteer/announcers table directly behind lanes 1 & 2.
- **Scratch meeting:** **A scratch meeting will NOT be held.** If you have scratches on the morning of the meet, please report any scratches to Kent Raffensberger at the MM table by 8:15AM at the latest. Updated heat sheets will be printed for officials and coaches prior to the start of the meet.
- **Clear both pools** at 8:40
- **Meet starts** 9:00

CASL 3A Division Championship Meet Volunteer List

Please e-mail the information below to:

rfrench@rosesymca.org

By Monday, July 14, 2025

Each team should list seven timers who will time at the meet.

Timer

Timer

Timer

Timer

Timer

Timer

Timer

Each team should list at least two PIAA, YMCA, or USA certified officials who will work the meet.

Certified official _____

Certified official _____

List Coaches who will be attending the meet:

Team Name _____

Meet contact person _____

Phone number _____

E-Mail address _____