



2025 CASL Division 4A Championship Meet
Hosted by the Cumberland Valley Aquatic Club
Saturday, July 19, 2025

Location: Cumberland Valley High School
6746 Carlisle Pike
Mechanicsburg, PA 17050

Facility: The Cumberland Valley High School Natatorium is an eight (8) lane 40-meter pool divided by a bulkhead at 25 yards, with a 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. Teams will be seated outside, team tents are encouraged. Spectator seating for 375 is available in the gallery area above the pool, and there is free parking next to the building.

Special note regarding 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. In order for all families to have a positive experience, we suggest that you bring chairs and blankets to set up in the hallway, lobby, or other available areas within the school, then walk up to the balcony to watch your swimmer.

Other CV school district spectator restrictions:

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

Meet Director: Myla Groh
717-580-0080 (call or text)
cvacmeetdirector@gmail.com

Eligibility: This meet is open to all CASL swimmers that are on the roster submitted to the league and swam in a minimum of three CASL league meets in the course of the season. It is the responsibility of each team to verify their swimmer eligibility. Each swimmer may swim a maximum of three (3) individual or relay events. The swimmers age will be determined as of June 1, 2025.

Entries: Meet files are due from each team to the Meet Director at cvacmeetdirector@gmail.com no later than Friday 7/11/2025. The meet file is attached.

Meet Schedule: Doors open at 7am. Meet starts at 9am. Warm up times and team information will be sent out once all entries have been received.

****Please have all scratches to the scorer's table by 8am****

- 8:15am - Official's Meeting - pool office
- 8:30am - Timer's Meeting - behind starting blocks, all timers are asked to please check in at the volunteer check in area no later than 8:15am
- 9am - Meet Start

Swimmer Seating/Staging:

Seating will be outside in team assigned areas, more information to come. Swimmer staging will be on deck in the bleacher area. All swimmers should check in at the staging area before their events.

Volunteers: Team Reps must register coaches, officials, timers, and bullpen parents via Time to Sign Up, no later than Friday, July 11, 2025: ttsu.me/2025casl4a

Each team should plan to provide:

- Coaches – Maximum of 6 on deck
- Stroke & Turn Officials – 2 from each team (must be PIAA or USA certified)
- Timers – 3 per half from each team
- Bullpen parents - up to 4 as you deem necessary to assist in getting your swimmers from the tents to the staging area
- Staging assistant help is welcome, please add any volunteers interested to the ttsu - reminder, the staging area will be on deck

Coaches, volunteers, officials and timers should check in at the volunteer table located inside the lobby to receive their wristband. You must wear this wristband in order to be allowed on deck. Only volunteers that have been listed on your team's time to sign up registration will be issued a wristband.

Heat Sheets: Heat sheets will be emailed to each team once all entries have been received and the meet has been seeded. Please pass along to your families. There will not be printed copies for spectators available the day of the meet. Heat sheets and meet results will be available on Meet Mobile.

Admissions: Spectators will enter through the main lobby (directly under the large "CV" sign) and proceed past concessions to the spectator gallery on the right, just past the restrooms. Admission will be located at the top of the stairs. Cost of admission is \$5.00, cash only please. Children age 12 and under are admitted free.

Awards: Awards will be given for all individual and relay events, 1st through 8th place.

Concessions: Various food items will be available throughout the day in the lobby outside the Natatorium. Cash and Venmo will be accepted.

T-Shirts:

Divisional apparel can be ordered via the following webstore:

<https://shop.goaionline.com/cvac - casl divisionals/shop/home>

Orders will ship directly. Please note, apparel is online order only, apparel will not be sold at the meet. The webstore will remain open through the Wednesday following the meet, 7/22.

Hospitality:

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

Meet Rules:

The meet will be governed by National Federation Rules, as amended by the CPAL. The following rules are modifications or points of emphasis:

1. No false starts (including 8U)
2. Dual confirmation will be in effect for all starts and relay take-offs
3. Swimmers must place feet below the gutter for backstroke starts; toes may not curl over the edge of the gutter for the start or after the start
4. In-water relay take-offs for 2nd and 4th swimmers in 8 & under relays: The 2nd and 4th swimmer must be in the water with a foot on the wall when the incoming swimmer's head passes under the backstroke flags closest to the end where the next swimmer will take-off.

Safety:

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.

For the safety of our swimmers, locker room access will be for the use of athletes only. Coaches, officials, volunteers and spectators must use the restrooms in the Eagle Lobby.

BEST WISHES TO ALL SWIMMERS FOR A GREAT MEET!



Cumberland Valley Natatorium Directions

From North: Take I-81 South to the Route 114 exit and make a left at light - go to traffic light at Rt. 11 - (Giant Store/Sheetz's gas station on right, Silver Springs Commons on left) bear right at light (Rt. 11 south. Proceed approximately 2 miles to the CV Education Park on the right. To get to pool pass the main entrance and stadium and make right onto Dapp Road. Make right onto access road past Stadium and go straight ahead to pool parking. Enter pool at the large "CV" Entrance.

From South: Take I-81 North to the New Kingstown exit onto Rt. 11 North. Go approximately 3 miles to school on left - school is located along Rt. 11.

From the South and PA Turnpike: Take Route 83 North to Route 581 West to Route 81 South. Proceed to Route 114 (exit 57) Turn left at the end of the ramp onto Route 114 to Route 11 (Carlisle Pike). Turn right onto Carlisle Pike (at the Sheetz) and proceed approximately 2 miles to the CV Educational Park on the right.

Order of Events

| Session #1 BOYS | | | | Session #2 GIRLS |
|----------------------------|--------|------------------|--------|-----------------------------|
| 1 | 8U | 100 Medley Relay | 8U | 2 |
| 3 | 9-10 | 200 Medley Relay | 9-10 | 4 |
| 5 | 11-12 | 200 Medley Relay | 11-12 | 6 |
| 7 | 13-14 | 200 Medley Relay | 13-14 | 8 |
| 9 | 15 & O | 200 Medley Relay | 15 & O | 10 |
| 11 | 9-10 | 100 IM | 9-10 | 12 |
| 13 | 11-12 | 100 IM | 11-12 | 14 |
| 15 | 13-14 | 100 IM | 13-14 | 16 |
| 17 | 15 & O | 100 IM | 15 & O | 18 |
| 19 | 8U | 25 Free | 8U | 20 |
| 21 | 9-10 | 50 Free | 9-10 | 22 |
| 23 | 11-12 | 50 Free | 11-12 | 24 |
| 25 | 13-14 | 50 Free | 13-14 | 26 |
| 27 | 15 & O | 50 Free | 15 & O | 28 |
| 29 | 8U | 25 Back | 8U | 30 |
| 31 | 9-10 | 50 Back | 9-10 | 32 |
| 33 | 11-12 | 50 Back | 11-12 | 34 |
| 35 | 13-14 | 50 Back | 13-14 | 36 |
| 37 | 15 & O | 50 Back | 15 & O | 38 |
| 39 | 9-10 | 100 Free | 9-10 | 40 |
| 41 | 11-12 | 100 Free | 11-12 | 42 |
| 43 | 13-14 | 100 Free | 13-14 | 44 |
| 45 | 15 & O | 100 Free | 15 & O | 46 |
| 47 | 8U | 25 Breast | 8U | 48 |
| 49 | 9-10 | 50 Breast | 9-10 | 50 |
| 51 | 11-12 | 50 Breast | 11-12 | 52 |
| 53 | 13-14 | 50 Breast | 13-14 | 54 |
| 55 | 15 & O | 50 Breast | 15 & O | 56 |
| 57 | 8U | 25 Fly | 8U | 58 |
| 59 | 9-10 | 50 Fly | 9-10 | 60 |
| 61 | 11-12 | 50 Fly | 11-12 | 62 |
| 63 | 13-14 | 50 Fly | 13-14 | 64 |
| 65 | 15 & O | 50 Fly | 15 & O | 66 |
| 67 | 8U | 100 Free Relay | 8U | 68 |
| 69 | 9-10 | 200 Free Relay | 9-10 | 70 |
| 71 | 11-12 | 200 Free Relay | 11-12 | 72 |
| 73 | 13-14 | 200 Free Relay | 13-14 | 74 |
| 75 | 15 & O | 200 Free Relay | 15 & O | 76 |