

2026 Gary Shank All Star Championship Meet

Sunday July 19th, 2026

Hosted by the Carlisle Swim Club



Location

Carlisle YMCA Aquatic Center
103 Midway Drive
Carlisle, PA, 17015

Meet Director

Devon Chenot devonchenot@gmail.com

Facility

The CYAC is an eight (8) lane pool with thirteen (13) warm-up/cool-down lanes opposite the competition pool. A fully automatic Colorado 7 timing system with display board, touch pads at the finish for 9 & over and "2-button finish" for 8 & U swimmers will be used. We will be using Hy-Tek meet management software. Team areas will be provided for swimmers on deck and outside. Spectator seating for 600.

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.

Important Dates and Times

Coaches/Volunteers – Saturday July 18th by 5pm. Please submit one form per team via the link below. Officials must be USA Swimming, PIAA, or YMCA Swimming certified.

[Coaches and Volunteers link](#)

T-shirt Order

All Gary Shank All Star Meet T-shirts can be purchased at the link below or by using the QR Code. T-shirts have a delivery option or pickup from 2 Generations at 700 Clay St. Carlisle, PA, 17013.

T-shirt pre-order will close on Sunday July 12th. Any orders placed after July 12th will be processed after the meet.

[2026 Gary Shank All Star Meet T-shirt Order](#)



Meet Information

Events/Session

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

Meet Starts at 9:15 AM (Warmups from 7:30 to 8:45)

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

Officials Meeting: 8:20 AM in the pool lobby

Timers Meeting: 8:40 AM in the pool lobby

Warm Ups

There will be 21 warm-up lanes available (8 in the competition pool and 13 in the warm-up/cooldown 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 lane(s). Lane assignments will be communicated to coaches. Continuous warm-up/cool-down area will be available. Coaches, please be sure that your swimmers are utilizing this area for warm-up/cool-down purposes only, swimmers should not congregate in this area and may be asked to clear the pool if not actively warming up/cooling down.

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 arrangement prior to the start of the meet.

Swimmer Seating/Staging

Swimmer seating will be outside and/or inside. Swimmer staging will be on benches. All swimmers should check in at the staging area before their events.

Results/Awards

Results will be posted online via the Meet Mobile app. Custom medals will be awarded to places 1st through 8th for relays and 1st through 16th for individual events. Champions of each event will also receive a custom CASL All-Star Champion swim cap. Coaches are responsible for picking up team awards.

Spectator Information

Admission

The cost of admission for everyone 12 and over is \$5 in **cash only**. All swimmers entered in the meet and children under 12 years of age are free.

Concession

Carlisle Swim Club will offer a **cash only** concession stand with various breakfast and lunch options.

Vendors

Several vendors will be on site selling food and/or merchandise.

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.

Hospitality

The hospitality area for coaches and officials will be set up in the conference room. Food and drink will be available throughout the day for coaches and officials. Water will be available on the deck for coaches, officials, and timers.

Timeline for 2026 Gary Shank All Star Championship Meet

7:15am Facility opens for Spectators, Coaches, Swimmers, and Officials

7:30 - 8:00am Warm-up Session 1: AAAA, A

8:05 - 8:35am Warm up Session 2: AAA, AA

8:35 - 8:45am One-way starts

8:00am Coaches Scratch Meeting in seating area behind the blocks

8:20am Officials Meeting in the pool lobby

8:40am Timers Meeting in the pool lobby

8:50am Senior Recognitions (Graduating Seniors report to bulkhead)

9:05am Recognition of 4 Divisional Champ Winners

9:10am National Anthem

9:15am Meet Begins

Order of Events

Boys Event Number	Event Description	Girls Event Number
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
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

****Timers will switch after the Girls 15 & Over 50 Backstroke****

****There will be a Coaches Meeting for Mid Caps after the meet in the blue bleachers****