



Capital Area Swim League Division 4A Championship Meet 2026

Hosted by the Cumberland Valley Aquatic Club
Saturday, July 18, 2026

Location and Facility

Cumberland Valley High School
6746 Carlisle Pike
Mechanicsburg, PA 17050

Facility

The Cumberland Valley High School Natatorium is an eight-lane (8) 40-meter pool divided by a bulkhead at 25 yards, with a five-lane (5) warm-up/warm-down area opposite the competition pool. A fully automatic Colorado 6 timing system with display board will be used, including touch pads for 9 & over swimmers and a two-button finish for 8 & under swimmers. Hy-Tek Meet Manager software will be utilized. Spectator seating for up to 375 people is available in the gallery above the pool. Free parking is available adjacent to the building.

Important Spectator Seating Notice and CV School District Spectator Restrictions

Balcony seating is **limited to 375 spectators** and is a *controlled seating* environment. Per the fire marshal and CV School District regulations, we cannot exceed this capacity at any time. To ensure all families have a positive experience, spectators are encouraged to bring chairs or blankets and set up in hallways, the lobby, or other available areas within the school. Spectators may then access the balcony to watch their swimmer.

- No food or drinks (except water) in the seating area
- No reserving, saving, or marking seats
- No blocking designated walkways or stairways
- No large bags, backpacks, blankets, etc.
- No chairs or bleacher seats permitted in the balcony

Meet Director

Lauren Sadler – (717) 571-1182

cvacmeetdirector@gmail.com

Eligibility

To qualify for the Divisional Meet, a swimmer must participate in the equivalent of one-half (½) of their team's scheduled dual meets.

- If the number of scheduled meets is odd, the requirement rounds up (e.g., 5 duals = 3 required).
 - All entry times for the divisional meet must be accomplished by the swimmer in the current dual meet season.
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Rules Regarding Entries

- A swimmer may swim in a **maximum of three events**.
 - A swimmer may be listed in **two individual events and one relay**, or **one individual event and two relays**. A relay shall consist of four listed swimmers, one through four, and alternates five through eight and a B relay.
 - If the individual swims in a B relay at Divisionals which does not qualify for All-Stars he/she may swim in the A relay and is viewed as a relay alternate.
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Volunteers

Team Representatives must register all coaches, officials, timers, and bullpen parents via **Time to Sign Up** no later than **9:00 PM on Sunday, July 11**: <https://www.timetosignup.com/swimcvac/form/16003>

Each team should plan to provide:

- **Coaches:** Maximum of 6 per team
- **Stroke & Turn Officials:** Minimum of 2 per team - PIAA or USA certified
- **Timers:** 2 per half from each team (extras welcome; please note half preference)
- **Bullpen Parents:** Up to 4 per team
- **Staging Volunteers:** 1 per team

Per CV District policy, teams are responsible for ensuring all deck volunteers (seeding and timing) have required state clearances to work with children.

Deck access will be strictly limited to volunteers with wristbands.

Meet File Requirements / Psych Sheets

- Entry files must be submitted to the Meet Director (cvacmeetdirector@gmail.com) **no later than 9:00 PM on Sunday, July 11, 2026**. The meet entry file is attached.
 - Individual team entry files will be distributed to all teams no later than **Monday, July 12 at 9:00 PM**.
 - Teams will have **24 hours** to review entries and submit corrections. All corrections must be received by **Tuesday, July 13, 2026 at 9:00 PM**.
 - Finalized entries will be returned to teams no later than **Wednesday, July 14, 2026 at 9:00 PM**.
 - Psych sheets will be posted and/or shared no later than **Thursday, July 15 2026 at 9:00 PM**.
 - **Late entries will not be accepted.**
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Heat Sheets

Heat sheets will be emailed to teams once entries are finalized and the meet is seeded.

- The meet will **not** be reseeded after heat sheets are released.
 - Printed heat sheets will **not** be available for spectators.
 - Heat sheets and results will be available free on Meet Mobile, with QR codes displayed throughout the building.
 - Coaches and officials will have access to printed heat sheets on deck.
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Admissions

Spectators will enter through the main lobby (under the large “CV” sign) and proceed past concessions to the spectator gallery. Admission will be collected at the top of the stairs.

- **Admission:** \$5.00
 - **Children 12 & under:** Free
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Coaches, Volunteers, Officials & Timers

Coaches, volunteers, officials and timers must check in at the volunteer table in the lobby to receive a wristband. **Wristbands must be worn at all times on deck. Only individuals registered via Time to Sign Up will be issued wristbands.**

Awards & Qualifying for All-Stars

Awards will be presented for **1st through 8th place** in all events.

Qualifying criteria for the All-Stars Championship Meet:

- Top 8 relays from all Divisional meets
- Top 16 individuals from all Divisional meets

Apparel

Divisional apparel will be available **online only**. Items will ship directly to families; no apparel will be sold at the meet. The online store will remain open through **Saturday, July 25**. Ordering link will be sent to teams.

Concessions

Concessions will be available throughout the day in the lobby outside the natatorium. Breakfast, lunch, and a variety of snacks and beverages will be offered. Cash and Venmo will be accepted.

We will also have Kona Ice Truck and Travelin' Tom's Coffee Truck.

Hospitality

Hospitality for coaches and officials will be located in the pool office. Food and drinks will be available throughout the day. Water will also be available on deck for coaches, officials, and timers.

Start Time

- Doors open: **7:00 AM**
 - Meet begins: **9:00 AM**
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Meet Schedule

- Scratch Meeting: 8:00 AM – Scorer's Table
 - Officials Meeting: 8:15 AM – Pool Office
 - Timers Meeting: 8:30 AM – Behind Starting Blocks
 - Meet Start: 9:00 AM
 - **All-Star Scratch Meeting:** Immediately following the meet (one coach per team required)
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Meet Seating

All swimmers will be seated outside in team assigned areas. Swimmers staging will be on deck in the bleacher area. All swimmers are required to check in at the staging area before their events. Each team may have up to **four (4) parent volunteers** assisting with swimmers getting from team tents to staging area doors. Parents (other than assigned volunteers) are not permitted on deck.

Safety

These rules follow National YMCA Warm-up Safety Procedures.

- NO DIVING from the shallow end (non-block) at any time during warm-ups or during the meet
 - NO DIVING from the starting blocks or backstroke starts during warm-up sessions with this exception:
 - Limited diving and backstroke starts from the starting blocks in sprint lanes will be permitted, but ONLY when announced.
 - Shoes must be worn when leaving the pool deck, please remind swimmers to bring appropriate footwear.
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Locker Rooms

Locker rooms will be available to swimmers throughout the meet and must be accessed via the pool deck. **Locker rooms are for swimmers only.** Coaches, volunteers, and timers should use lobby restrooms.

Directions to Cumberland Valley Natatorium

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 the pool pass the main entrance and stadium and make right onto Dapp Road. Make right onto the access road past the Stadium and go straight ahead to pool parking. Enter the 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 the 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

DIVISIONALS

IMPORTANT DATE REMINDERS!



Mark your calendar and don't miss a deadline!

SUNDAY
JULY
11

NO LATER THAN 9:00 PM

- Meet entry files are due to the Meet Director (cvacmeetdirector@gmail.com)
- Volunteer signups are also due!



MONDAY
JULY
12

NO LATER THAN 9:00 PM

- Individual team entry files distributed to all teams
- Teams have 24 hours to review entries and submit corrections



TUESDAY
JULY
13

NO LATER THAN 9:00 PM

- All corrections must be received by the Meet Director



WEDNESDAY
JULY
14

NO LATER THAN 9:00 PM

- Finalized entries returned to teams



THURSDAY
JULY
15

NO LATER THAN 9:00 PM

- Psych sheets posted and/or shared



LATE ENTRIES WILL NOT BE ACCEPTED.

THANK YOU FOR HELPING
MAKE OUR MEET A SUCCESS!

See you at the pool!

