

2010

Capital Area Swim League

AA Divisional Championship Meet

Hosted By the Mechanicsburg Swim Club

Saturday, July 24, 2010

Location: Mechanicsburg Community Pool
2 Memorial Park Drive
Mechanicsburg, PA 17055

Facility: The Mechanicsburg Community Pool is an outdoor, six lane, 25 meter pool. An automatic Colorado timing system with a single display board, touch pads at the finish end of the pool for swimmers 9 and over, and 2-button finish for swimmers 8 and under. We will be using Hy-Tek Meet Manager software. Team areas and a seating area/bull pen will be provided. Spectator seating will be available on the pool deck. A cool down pool will be available for all swimmers

Entries: This meet is open to all AA division swimmers that are registered with their teams and have participated in at least 3 league meets within the season. The swimmer's age will be determined as of June 1, 2010. Each swimmer may swim a maximum of three (3) individual or relay events.

**All entries should be submitted by email by
Sunday, July 18, 2010 to mehswimclub@comcast.net**

Admission:

Admission to the meet will be \$2.00 for everyone over age 10. Swimmers are free. Divisional volunteers will be admitted free.

Programs: Commemorative programs will be available for \$3.00 each.

Concessions:

A full concession stand will be available for the duration of the meet and will offer both hot and cold food and drinks.

Swim Shop and Spirit Sale:

A stand featuring swim items will be available for the entire meet. Small items such as beads, tattoos and key chains will be available as “spirit grams” for parents to send to their swimmers.

Divisional T-Shirts:

AA Divisional T-Shirts will be available for pre-order. See the attached T-Shirt order form. Please return by the date posted on the order form to guarantee your order. A limited number of T-Shirts will be available at the meet.

Parking will be available in the pool parking lot and along the park driveway. Please follow the direction of the parking personnel.

Gates will be open at 7:00 am.

Meet Schedule:

SCRATCH MEETING: 7:55 AM (Team Representative and Referee must attend)

OFFICIALS MEETING: 8:05 AM

TIMERS MEETING: 8:15 AM (Each team is responsible for supplying their timers' with watches)

MEET BEGINS AT 8:30 AM

Warm-Up Lane Assignments

Team	Lanes	Time
East Pennsboro	1 - 2	7:15 - 7:45
Hampden	3 - 4	7:15 - 7:45
Mechanicsburg	5 - 6	7:15 - 7:45
Camp Hill	1 -2	7:45 - 8:15
Trojan	3 -4	7:45 - 8:15
Lion Aquatic	5 -6	7:45 - 8:15

All lanes will be open for starts/sprints the final 10 minutes of each session.

Volunteers: Each team is responsible for emailing their list of volunteers for the meet as follows:

Position	1 st Half	2 nd Half
Timers	3	3
Stroke & Turn	2	2
Finish Judge	1	1
Colorado Meet Mgr.	1	1

See form for submitting volunteer information. **Not all volunteers will be used.**

NO TEAM WILL BE ENTERED WITHOUT SUBMITTING THEIR VOLUNTEER LISTS.

Meet Rules:

The meet will be governed by National Federation Rules, as amended by the Capital Area Swim League.

The following rules are modifications or points of emphasis:

1. False-Start Rule: 8 and under – one false start; all other age groups – No false starts.
2. Dual confirmation will be in effect for all starts and relay take-offs.

3. An air horn will supplement the electronic beeper to denote unfair starts. * When one or more swimmers have obtained an unfair advantage at the start, the race shall continue without recall. If the recall signal is activated inadvertently the race is “recalled” and the Referee/Starter may disqualify the swimmer(s) who left the mark before the start signal. However, the Referee/Starter may also recall the entire heat “without” any false start – if not satisfied with the start. In this case it is called an “unfair start.”
4. Swimmers must place feet including toes below the gutter at the start and until feet leave the wall on a backstroke start. Toes will not be on the gutter prior to, during, or after the start.
5. In-water relay take-offs for the 2nd and 4th swimmers in the 8 and under relays are defined as follows:

The swimmer shall enter the water when their teammate has entered at the opposite end, but no later than when the head of the incoming swimmer passes under the backstroke flags nearest where take-off is to occur. The swimmer shall maintain contact with the end wall with a hand and/or foot by the time the end of the incoming swimmer passes under the backstroke flags nearest the point where take-off is to occur until the incoming swimmer touches the wall.

**Best of Luck to all of the
AA Divisional Swimmers!**

Directions

Mechanicsburg Soldiers and Sailors Memorial Park

**From Route 83 – Merge on to PA-581 W. Take the Rt. 15 South exit and travel south on Rt. 15. Take the Cumberland Parkway Exit that is right after the Turnpike Interchange. Follow Cumberland Parkway to the second light (Sheetz's) and turn right onto Market St. (Rt. 114). Go into Mechanicsburg approx. 2 miles. At light on the square turn left onto Rt. 641 (Main St.) going west. Go through next light - make a right on Washington St. Cross the railroad tracks. Make left at large stone pillars into Memorial Park. The park will be on the left and the pool is on the right to the rear of the park.

** From 15 N to 114 - Bowmansdale Exit. Left off of the ramp - go into Mechanicsburg approx. 2-3 miles. At light on the square turn left onto 641 (Main St.) going west. Go through next light - make a right on Washington St. Cross the railroad tracks. Make left at large stone pillars into Memorial Park. The park will be on the left and the pool is to the rear.

** From Rt. 11 Carlisle Pike take Rt. 114 East. Make right onto Rt. 641 West (Main Street, Mechanicsburg). Turn Right on N. Washington Street to Memorial Park. Make left at large stone pillars into Memorial Park. The pool is on your right.

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Event Listing

Boys	Event	Girls
1	8 & Under 100 Meter Medley Relay	2
3	9-10 200 Meter Medley Relay	4
5	11-12 200 Meter Medley Relay	6
7	13-14 200 Meter Medley Relay	8
9	15 & Over 200 Medley Relay	10
11	10 & Under 100 Meter IM	12
13	11-12 100 Meter IM	14
15	13-14 100 Meter IM	16
17	15 & Over 100 Meter IM	18
19	8 & Under 25 Meter Freestyle	20
21	9-10 50 Meter Freestyle	22
23	11-12 50 Meter Freestyle	24
25	13-14 50 Meter Freestyle	26
27	15 & Over 50 Meter Freestyle	28
29	8 & Under 25 Meter Backstroke	30
31	9-10 50 Meter Backstroke	32
33	11-12 50 Meter Backstroke	34
35	13-14 50 Meter Backstroke	36
37	15 & Over 50 Meter Backstroke	38
39	10 & Under 100 Meter Freestyle	40
41	11-12 100 Meter Freestyle	42
43	13-14 100 Meter Freestyle	44
45	15 & Over 100 Meter Freestyle	46
47	8 & Under 25 Meter Breaststroke	48
49	9-10 50 Meter Breaststroke	50
51	11-12 50 Meter Breaststroke	52
53	13-14 50 Meter Breaststroke	54
55	15 & Over 50 Meter Breaststroke	56
57	8 & Under 25 Meter Butterfly	58
59	9-10 50 Meter Butterfly	60
61	11-12 50 Meter Butterfly	62
63	13-14 50 Meter Butterfly	64
65	15 & Over 50 Meter Butterfly	66
67	8 & Under 100 Meter Freestyle Relay	68
69	9-10 200 Meter Freestyle Relay	70
71	11-12 200 Meter Freestyle Relay	72
73	13-14 200 Meter Freestyle Relay	74
75	15 & Over 200 Meter Freestyle Relay	76

**AA Division Championship
Coaches and Volunteers Sheet**

Submit to mechswimclub@comcast.net by Sunday, July 18, 2010

Team Name: _____

Abbreviation: _____

Contact Information: (Name, email and phone number for a central contact)

Head Coach: _____ Email: _____

Team Contact: _____ Email: _____

Contact Phone #: _____ Cell #: _____

Timers: (First and Last Name)

1st Half: _____

1st Half: _____

1st Half: _____

2nd Half: _____

2nd Half: _____

2nd Half: _____

Stroke and Turn Officials/Finish Judges: (First and Last Name)

1st Half S&T _____ 1st Half S&T _____

1st Half Finish Judge _____

2nd Half S&T _____ 2nd Half S&T _____

2nd Half Finish Judge _____

Colorado/Meet Manager Assistants: (First and Last Name)

1st Half _____

2nd Half _____

Only the names listed on the sheet will be given FREE Admission if used.

Final assignments will be emailed to the Team Contact by July 21, 2010.

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T-shirt Order

This year's T-Shirt will be a bright green Tie-Dye Shirt featuring original artwork. The shirts will run a little small because of the tie-dye. We will be offering the shirts in Youth sizes medium and large and Adult sizes small, medium, large and x-large for a pre-order price of \$15.00. Additional T-Shirts will be available in a limited quantity at the door at a price of \$18.00 per shirt. Orders must be received by Sunday, July 18th.

Team Name: _____

Youth Medium: _____

Youth Large: _____

Adult Small: _____

Adult Medium: _____

Adult Large: _____

Adult X-Large: _____

Team shirts will be released to a team representative when a check payable to "MSC" has been received. Thank you.