

Central Penn Aquatic League
2014 AAA Division Championship Meet
Hosted by Cumberland Valley Aquatic Club
Saturday, February 22, 2014

Special note regarding spectator seating: *The spectator seating area is limited to 375 spectators by order of the fire marshal and CV school district. In order for all families to have a positive experience, we ask that you bring chairs and blankets to set up in the hallway, lobby, or cafeteria within the school as your “permanent seating” and walk up to see your swimmer swim using the “temporary seating”. A timeline is included in the meet program as well as Meet Mobile to plan your day. Breaks are included in the schedule, please see the event listing. In the event the spectator area becomes overcrowded, we reserve the right to restrict access to this area. Thank you for your understanding. Other CV school district spectator restrictions:*

- No food or drink (except water) in the seating area
- No large bags, backpacks, blankets, etc.
- No reserving, marking, saving seats
- No blocking of designated walkways and stairs

******Our meet director/security staff reserves the right to ask you to leave the premises should you not comply.******

Location: Cumberland Valley Aquatic Club
6746 Carlisle Pike
Mechanicsburg, PA 17050
Directions attached.



Facility: The Cumberland Valley High School Natatorium is an eight (8) lane 40 meter pool divided by a bulkhead at 25 yards, with a six (6) 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. Team areas and ready bull pen will be provided for swimmers. Spectator seating is available in the gallery area above the pool.

Meet Director: Jenn & Joel O’Donnell
(717) 439-1999 or (717) 805-9366
cvacmeetdirector@gmail.com

Eligibility: This meet is open to all division AAA CPAL swimmers that are registered with their teams and swam a minimum of three league meets during the course of the season. The swimmers age will be determined as of December 1, 2013.

Entries: Each swimmer may swim a maximum of three (3) individual or relay events. All entries should be submitted using Hy-Tek meet management software. All entry times should be in yards. If no times are available, please enter NT. Entries should be emailed to cvacmeetdirector@gmail.com. Please include an athlete count in the e-mail and event count (e.g. 18 athletes, 54 events). **Deadline for entries is February 15, 2014.**

Awards: First through twelve for individual events; first through six for relays. Awards will need to be picked up at the end of the meet. Awards will not be forwarded nor given to parents, only coaches or team representatives.

Admission: Admission to the meet will be \$5.00 for anyone 13 or older. 12 & under free. Admission is good for both morning and afternoon sessions. Divisional volunteers are admitted for free, with proper credentials. Heat sheets will be available at admission. Psych sheets and results will be available through the Meet Mobile application free of charge as well as posted throughout the meet in the lobby area.



Meet Program: A meet program will be sent to coaching staffs electronically, no later than Thursday at noon for dissemination to swimmers and parents. A timeline will be printed on the program to assist in planning purposes.

Concessions: Various food items will be available throughout the day in the lobby outside the Natatorium. A menu and price listing has been provided on the last page of the packet.

Swim Shop: Personal Best Swim Shop is invited for the entire day for swimmers.

T-shirts: Second Generation will print T-shirts on demand at the event.

Start Times: **Doors open at 7:00am for Session 1.**
Doors open at 11:30am (approximate time) for Session 2.

Warm-ups: Warm-up lane assignments will be sent out Thursday prior to the event. There will be no assignment for warm-up pool (may be used as teams desire), only the competition pool.

Meet Schedule:

Morning Session (ages 10 & under)
7:45 – 8:15 – Warm-up session A
8:15 – 8:20 – Clear pool
8:20 – 8:50 – Warm-up session B
8:50 – 9:00 – Clear pool for final system check
9:00 – Start of morning session

Afternoon Session (ages 11 & over)
11:45 – 12:15 – Warm-up session A
12:15 – 12:20 – Clear pool
12:20 – 12:50 – Warm-up session B
12:50 – 1:00 – Clear pool for final system check
1:00 – Start of afternoon session

Hospitality: Food and drinks will be available for officials and coaches during both sessions.

Volunteers: Each team is responsible to submit volunteer names via www.timetosignup.com/swimcvac by selecting the sign-up sheet “Divisional Meet Volunteers – EAC, LPAC, PAC, LVST” or direct link: <http://www.timetosignup.com/swimcvac/signupsheet/23157>. The volunteer sheet should be easy to follow and is clearly marked for each team, each position, and each session. CVAC will verify the volunteers listed. Each team will be providing:

Morning Session

2 Stroke & Turn officials (appropriate attire please)
4 Lane Timers (CVAC will provide stopwatches)
1 Bullpen/Seeding Coordinator*

Afternoon Session

2 Stroke & Turn officials (appropriate attire please)
4 Lane Timers (CVAC will provide stopwatches)
1 Bullpen/Seeding Coordinator*

*Each team should have a point of contact for bullpen/seeding. CVAC will reach out to these individuals for seeding needs.

Deadline for submitting volunteers is Saturday, February 15, 2014.

Meet Seeding:

Swimmer Location

All swimmers will be seated directly on pool deck. This will create a championship style environment and will insure swimmers get to their events. However, seating on deck will be tight. For this reason, only coaches and volunteers will be permitted on pool deck. It is a necessity that swimmers wear footwear when entering the school hallways. This is a safety measure that will be strictly enforced.

Deck Seeding/Bullpen – morning session

As previously noted, each team is to provide a volunteer coordinator for their respective team. This individual should organize their own internal team of volunteers (up to six (6) total volunteers on deck per team) tasked with getting swimmers to the starting blocks. Chairs will be available behind the blocks to line up swimmers. We hope to have 3 to 5 heats behind the blocks at all times.

Deck Seeding/Bullpen – afternoon session

As previously noted, each team is to provide a volunteer coordinator for their respective team. In general, 11 and old swimmers are normally prompt at lining up for events. However, we will leave it to each team to decide what will work best for your team. (For example: CVAC’s coaching staff assists these swimmers, no parent volunteers are used.) Should your team decide to use volunteers, we ask that no more than three (3) total volunteers be used for this half.

Cumberland Valley Natatorium Directions

GPS Address – 6746 Carlisle Pike, Mechanicsburg, PA 17050

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.

MORNING SESSION

Boys	Event	Girls
1	8 & Under 100 Yard Medley Relay	2
3	9-10 200 Yard Medley Relay	4
Timers change ends - 3 min break		
5	8 & Under 25 Yard Freestyle	6
Timers change ends - 3 min break		
7	9-10 50 Yard Freestyle	8
Timers change ends - 3 min break		
9	8 & Under 25 Yard Breaststroke	10
Timers change ends - 3 min break		
11	9-10 50 Yard Breaststroke	12
13	8 & Under 50 Yard Freestyle	14
15	9-10 100 Yard Freestyle	16
Timers change ends - 3 min break		
17	8 & Under 25 Yard Backstroke	18
Timers change ends - 3 min break		
19	9-10 50 Yard Backstroke	20
Timers change ends - 3 min break		
21	8 & Under 25 Yard Butterfly	22
Timers change ends - 3 min break		
23	9-10 50 Yard Butterfly	24
25	8 & Under 100 Yard IM	26
27	9-10 100 Yard IM	28
Prep for relays - 3 min break		
29	8 & Under 100 Yard Freestyle Relay	30
31	9-10 200 Yard Freestyle Relay	32

AFTERNOON SESSION

Boys	Event	Girls
33	11 & Over 200 Yard Freestyle	34
35	11-12 200 Yard Medley Relay	36
37	13-14 200 Yard Medley Relay	38
39	15 & Over 200 Yard Medley Relay	40
41	11-12 50 Yard Freestyle	42
43	13-14 50 Yard Freestyle	44
45	15 & Over 50 Yard Freestyle	46
47	11-12 50 Yard Breaststroke	48
49	13-14 100 Yard Breaststroke	50
51	15 & Over 100 Yard Breaststroke	52
53	11-12 100 Yard Freestyle	54
55	13-14 100 Yard Freestyle	56
57	15 & Over 100 Yard Freestyle	58
5 min break		
59	11-12 50 Yard Backstroke	60
61	13-14 100 Yard Backstroke	62
63	15 & Over 100 Yard Backstroke	64
65	11-12 50 Yard Butterfly	66
67	13-14 100 Yard Butterfly	68
69	15 & Over 100 Yard Butterfly	70
71	11-12 100 Yard IM	72
73	13-14 200 Yard IM	74
75	15 & Over 200 Yard IM	76
77	11-12 200 Yard Freestyle Relay	78
79	13-14 200 Yard Freestyle Relay	80
81	15 & Over 200 Yard Freestyle Relay	82

Cumberland Valley Aquatic Club (CVAC) Concession

Breakfast items

Egg and Cheese Sandwich	\$3.00
Egg, Cheese, Sausage Sandwich	\$3.50
Bagels / Donuts	\$1.00
Cream cheese, Peanut butter	\$0.25
Muffins	\$2.00
Pop tarts - variety	\$1.00
Oatmeal - variety	\$1.00
Yogurt	\$1.00

Lunch

Hot Dog	\$1.50
w/ chili	\$2.00
Walking Taco	\$3.50
Toppings: lettuce, cheese, salsa, sour cream, jalapenos	
Chicken Sandwich (breaded)	\$3.00
Macaroni & Cheese	\$1.50
Pasta Salad	\$1.50
Meatball Sub	\$3.50
Chili w/saltine crackers	\$2.00

Snacks

Pretzel	\$1.00
w/cheese sauce	\$1.50
Nachos w/ cheese sauce	\$1.50
Snack Cakes	\$0.75 - \$1.00
Fresh Veggies	\$0.75
Fresh Fruit	\$0.75
Apples, bananas, oranges	
Candy	\$1.00
Twizzler/Tootsie pops	\$0.25
Crackers	\$0.75
Granola bars	\$0.75 - \$1.00
Fruit snacks	\$0.50
Cheese stick	\$0.75
Chips	\$0.75
Cookies	\$.75

Drinks

Gatorade	Large \$2.00
	Small \$1.50
Soda	\$1.00
Pepsi, Diet Pepsi, Orange, Mountain Dew, Sierra Mist, Root Beer, Dr. Pepper	
Bottled Water	\$1.00
Coffee	Large \$1.50
	Small \$1.00