



**CENTRAL PENNSYLVANIA SWIM ASSOCIATION  
CHAMPIONSHIP MEET**

February 22-23, 2014

Hosted by Hershey Aquatic Club

*Competitions held under the rules of USA Swimming & Middle Atlantic Swimming.*



<b>LOCATION</b>	<p>Central York High School 601 Mundis Mill Rd. York, PA 17406</p> <p>Day of meet ONLY emergency phone# 717-858-4200</p>
<b>FACILITIES</b>	<p><b>Central York High School Natatorium</b></p> <p>State-of-the-art 40-yard indoor pool with adjustable bulkhead, allowing for set up of an 8-lane, 25-yard competition pool running 13 feet at the starting end to 7 feet at the far end, with a separate 5-lane warm up/down area. The competition course has not been certified in accordance with 104.2.2C(4). The facility is equipped with Anti-Wave 6" Maximum racing lane lines, Spectrum Cougar starting blocks, Colorado 6 timing system, Aqua Grip touchpads, and an 8 x 7 ft. LED display board. State-of-the-art filter and ventilation units and audio system with under water speakers. Natatorium has a seating capacity for up to 300 athletes on deck and 500 spectators in the gallery. Free parking is located next to the natatorium.</p>
<b>APPROVED COMPETITION</b>	<p><b>All USA-S registered athletes swim's from the competition will be submitted into the USA-S SWIMS database. Approved number: MA 1426 AP</b></p> <p><b>Entered swimmers that are not USA-S registered, should be entered without a registration ID. Please delete these IDs prior to submitting meet entries.</b></p> <p><b>USA Swimming &amp; Middle Atlantic Swimming shall be free and harmless from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the meet.</b></p>
<b>MEET DIRECTOR</b>	<p>Chris Luttrell, (717) 679-1719; Email: <a href="mailto:lutt20@aol.com">lutt20@aol.com</a> Greg Fastrich, (717) 856-3089; Email: <a href="mailto:fasty4@aol.com">fasty4@aol.com</a></p>
<b>OFFICIALS</b>	<p>Anyone interested in helping with the meet as a USA Swimming certified official should contact officials coordinator Dan Clough at 717-564-1143 or <a href="mailto:dclough@kpmg.com">dclough@kpmg.com</a></p>
<b>SAFETY DIRECTOR</b>	<p>Angela Fitterer, (717-587-2978); Email: <a href="mailto:angela_fitterer@yahoo.com">angela_fitterer@yahoo.com</a> Meet day only pool emergency phone number: 717-856-3089; ask for Greg Fastrich</p>
<b>TIMERS</b>	<p>Each team will be asked to provide timers based on the number of swimmer entries per session.</p>
<b>ELIGIBILITY</b>	<p>This meet is open to only CPSA teams and its members. The Meet Director reserves the right to allow teams that competed in dual competition and the facility host first priority until 2/5/14.</p> <p>Swimmer's age on the first day of the meet will determine their age group for the entire competition. Swimmers with a disability are welcome to enter this meet. The coach or team entry person must alert the meet director and the meet referee as to the need for any special accommodations or seeding arrangement at the time the entry is submitted.</p> <p>On-site registrations <b>will not</b> be accepted at this meet. Each swimmer must be registered through his/her LSC prior to competition.</p>

<p><b>MEET FORMAT</b></p>	<p>This will be Prelims/Finals for ages 11&amp;Over and Timed Final for ages 10&amp;Under.</p> <p>Relays will be Timed Final and swum in the preliminary sessions.</p> <p>Times achieved during the preliminary session will advance to the finals sessions according to following parameters.</p> <p>The Finals sessions for 11-12, 13-14, 15&amp;Over will consist of an “A &amp; B” Final (Top 16). The 13&amp;Over will have “A, B, and C” final with the “C” final being only 13-14 year olds.</p> <p>‘Fly-over’ starts will be used at this meet. All swimmers (except for backstroke starts and 8 &amp; under 25 yard events) should remain in the water at the completion of their race until the next heat has begun.</p> <p>Any swimmer that qualifies for one of the Finals heats (A, B Finals) in a Prelims/Finals event and then does not compete in that event at Finals will be barred from further competition in the meet unless the swimmer has scratched (or indicated their possible intention to scratch) within thirty (30) minutes of the announcement of the results of the Prelims results of that event (and confirmed their possible intention to scratch within thirty minutes of the announcement of the results of that swimmer’s last individual event at the Prelims session.) A swimmer who does not confirm their intention to scratch is assumed NOT to have scratched and will be seeded into the Finals event. Swimmers initially announced as Alternates for the Finals will not be penalized.</p>
<p><b>ENTRIES</b></p>	<p>Swimmers age 11-over may compete in a maximum of THREE (3) events and swimmers 10 &amp; under may compete in a maximum of three (3) events per day. The Meet Director reserves the right to limit entries, events or heats, or to modify the meet format to conform with Middle Atlantic rules.</p> <p>Teams may enter an A, B, and C Relays. <b>Swimmers may be entered only one relay per day.</b> All relays will be swim during the finals sessions.</p> <p><b>Entries times must have been achieved after September 1, 2012.</b></p>
<p><b>HOW TO ENTER &amp; SEEDING</b></p>	<p>Competition will be entirely deck seeded. Teams will be provided a check in sheet for the competition. Check-in sheets must be turned in to the scratch table 30 minutes before the start of the competition. Preliminary heats will be circled seated. Timed final heats will be swim fast to slow.</p> <p>Preliminaries will be seeded slow to fast with the final three heats circle seeded. Timed finals for the 10&amp;Unders will be seeded fast to slow.</p> <p>Entries must be submitted in the course in which they were achieved. Converted times should NOT be used. All times submitted must be the swimmer’s best time. Non Conforming times will be seeded last.</p> <p>Swimmers without a valid USA Swimming time in an event must be submitted as a “NT” in that event.</p> <p>Entries should be submitted using HY-TEK or Team Unify software format. The entry file will be emailed to the participating team 3 weeks prior to the competition.</p> <p>Notice: As per Middle Atlantic regulations, failure to enter a swimmers’ best time could result in suspension from competition for a minimum of 3 months, but not more than one year. Further violation by a coach, parent, or swimmer could result in that person being forbidden to participate in or attend USA Swimming functions.</p>
<p><b>CHECK IN</b></p>	<p>Each Team will receive a check-in sheet with all events listed. All check-in sheets must be turned into the computer operator 30 minutes prior to the start of the competition. Swimmers that are being scratched should have their names circled with “SCR” next to the circle. Swimmers scratching a single event will have a line through the event number with “SCR” next to the line. Please use a simple line, not a scribble, so the name can still be read. There is no penalty for a swimmer that is not scratched and then does not swim their event.</p>

<b>ENTRY FEES</b>	\$4.00 per individual event and \$8.00 per relay. All fees must have been received prior to the start of each competition. Make on team check payable to Hershey Aquatic Club.
<b>SEND TO</b>	Greg Fastrich P.O. Box 217 Hershey, PA 17033 Email Entries to <a href="mailto:Fasty4@aol.com">Fasty4@aol.com</a>
<b>ENTRY DEADLINE</b>	<b>All entries must be received no later than February 6, 2014.</b>
<b>DECK ENTRIES / TIME TRIALS</b>	Deck entries, if time permits, are \$8.00 per event for swimmers. Please see the Meet Director for deck entries. Deck enterer swimmers will compete unofficially; the achieved time is official, but will not score in the meet for points or awards.
<b>RULES</b>	USA Swimming / Middle Atlantic Swimming rules shall apply. USA-S / MA-S safety guidelines and warm up procedures will be in effect for the entire meet.  Only currently credentialed coaches, USA-S registered athletes and essential meet personnel will be permitted on the pool deck. This meet will be conducted using the Whistle command and No-Recall False Start procedures.  Spectators may only be on the pool deck in the designated on deck spectator seeding area. Parents may not enter the pool deck through the locker rooms.
<b>SWIMMER SEATING AREA</b>	Swimmer seating will be available on the pool deck.
<b>WARM-UP &amp; START TIMES</b>	<i>Saturday, February 22 and Sunday, February 23</i> <b>Saturday/Sunday Morning 11 &amp; Over Prelim Session</b> Warm-ups: 7:45 a.m.; Start: 9:00 a.m. <b>Saturday / Sunday Afternoon 10 &amp; Under Timed Final Session</b> Warm-ups: 11:45 p.m.; Start: 1:00 p.m. <b>Saturday/Sunday Evening 11 &amp; Over Final Session</b> Warm-ups: 4:00 p.m.; Start: 5:00 p.m.  Team Warm ups times will be assigned and distributed the week of the competition.
<b>SWIMWEAR</b>	Swimwear must conform to USA Swimming Rule 102.8. Only swimsuits complying with FINA swimsuit specifications may be worn in any USA Swimming sanctioned or approved competition.
<b>MEET SCORING AND AWARDS</b>	Awards will be presented to the 6 & Under, 7-8, 9-10, 11-12 and 13-14 age groups for each event. Awards will <u>not</u> be given to Senior swimmers. Results will be based on a swimmer's performance at finals. Individual events: Medals for 1st-8th place; Relays: Medals for 1st-3rd place. This meet will not be officially scored.
<b>RESULTS</b>	Results will be posted on the Middle Atlantic Swimming website, <a href="http://www.maswim.org">www.maswim.org</a>
<b>ADMISSIONS &amp; PROGRAMS</b>	Admission is \$5 per person per session, heat sheet included. Children under 12 are free. Heat sheets will be provided after the daily scratch deadline.
<b>SAFETY</b>	Current USA Swimming Safety Rules will be in effect and will be strictly enforced.
<b>SWIMMERS WITH A DISABILITY</b>	Swimmers with a disability are welcome to enter this meet. The coach or team entry person must alert the meet director and the meet referee as to the need for any special accommodations or seeding arrangements at the time the entry is submitted.
<b>DECK CHANGING</b>	Except where venue facilities require otherwise, changing into our out of swimsuits other than in locker rooms or other designated areas is not appropriate and is prohibited.
<b>RECORDING BAN</b>	The use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms.
<b>DIRECTION</b>	<b>From the North</b> (Harrisburg) I-83 S to Exit 24 (Emigsville), Left onto Church Rd., Right onto N. George St., Left onto Emig Rd., School is on the Left.  <b>From the South</b> (Baltimore) I-83 N to Exit 22 (N. George St.), Right onto Emig Rd., School is on the Left.  <b>From the East</b> (Lancaster) US-30 W to Exit 24 (Mt. Zion Rd.), Right onto Mt. Zion Rd., School is on the Right.  <b>From the West</b> (Pittsburgh)

	I-76 E to Exit 252, I-83 S to Exit 24 (Emigsville), Left onto Church Rd., Right onto N. George St., Left onto Emig Rd., School is on the Left. <b>From the Southwest</b> (Gettysburg) US-30 E toward York, Left onto N. George St., Right onto Emig Rd., School is on the Left.  <b>Natatorium is located on the left side of the school, across the parking lot from the football stadium.</b>		
<b>ACCOMODATIONS</b>	<b>LODGING:</b>		
	<b>Comfort Inn &amp; Suites</b> 2250 North George St. York, PA 17406 717-669-1919	<b>Homewood Suites</b> 200 Masonic Dr. York, PA 17406 717-434-1800	<b>Red Roof Inn</b> 125 Arsenal Rd. York, PA 17404 717-843-8181
	<b>Four Points Hotel &amp; Suites</b> 1650 Toronita St. York, PA 17402 717-846-4940	<b>Wingate by Wyndham</b> Arsenal Rd. and N. George St. York, PA 17404 717-848-2100	<b>Hampton Inn</b> 1550 Mount Zion Rd York, PA 17406 717-840-1500

<b>Session 1&amp;3 Saturday AM &amp; Finals</b> (Relays swim during Finals Session) Preliminary Warm Up 7:45 AM – Start 9:00 Finals Warm Up 4:00 – Start 5:00			
1		11-12 50 Free	2
3		13-14 50 Free	4
5		15&Over 50 Free	6
7		11-12 100 Breast	8
9		13-14 100 Breast	10
11		15&Over 100 Breast	12
13		11-12 50 Back	14
15		13-14 200 Back	16
17		15&Over 200 Back	18
19		11-12 50 Fly	20
21		13-14 200 Fly	22
23		15&Over 200 Fly	24
25		11-12 200 Free	26
27		13-14 100 Free	28
29		15&Over 100 Free	30
31		11-12 200 IM	32
33		13-14 200 IM	34
35		15&Over 200 IM	36
37		11-12 200 Medley Relay TF	38
39		13-14 200 Medley Relay TF	40
41		15&O 200 Medley Relay TF	42

<b>Session 4&amp;6 Sunday AM &amp; Finals</b> (Relays swim during Finals Session) Preliminary Warm Up 7:45 AM – Start 9:00 Finals Warm Up 4:00 – Start 5:00			
71		11-12 100 IM	72
73		13&Over 400 IM	74
75		11-12 100 Free	76
77		13-14 200 Free	78
79		15&Over 200 Free	80
81		11-12 50 Breast	82
83		13-14 200 Breast	84
85		15&Over 200 Breast	86
87		11-12 100 Back	88
89		13-14 100 Back	90
91		15 & Over 100 Back	92
93		11-12 100 Fly	94
95		13-14 100 Fly	96
97		15&Over 100 Fly	98
99		11-12 200 Free Relay TF	100
101		13-14 200 Free Relay TF	102
103		15&Over 200 Free Relay TF	104

**All Relays will be Timed Final and swum in the preliminary sessions.**

<b>Session 2 Saturday PM Timed Finals</b> Warm Up 11:45 – Start 1:00			
43		8&Under 100 Free	44
45		9-10 200 IM	46
47		6&Under 25 Free	47
49		7-8 25 Free	50
51		9-10 50 Free	52
53		8&Under 50 Fly	54
55		9-10 50 Fly	56
57		6&Under 25 Breast	58
59		7-8 25 Breast	60
61		9-10 100 Breast	62
63		8&Under 50 Back	64
65		9-10 50 Back	66
67		8&Under 200 Medley Relay	68
69		9-10 200 Medley Relay	70

<b>Session 5 Sunday PM Timed Finals</b> Warm Up 11:45 – Start 1:00			
105		9-10 200 Free	106
107		8&Under 100 IM	108
109		9-10 100 IM	110
111		8&Under 50 Free	112
113		9-10 100 Fee	114
115		6&Under 25 Back	116
117		7-8 25 Back	118
119		9-10 100 Back	120
121		8&Under 50 Breast	122
123		9-10 50 Breast	124
125		6&Under 25 Fly	126
127		7-8 25 Fly	128
129		9-10 100 Fly	130
131		8 & Under 200 Free Relay	132
133		9-10 200 Free Relay	134