

**WEST SHORE YMCA SWIMMING PRESENTS**  
**2007 CPAL BILL SCHMIDT MEMORIAL ALL STAR CHAMPIONSHIP MEET**  
*Sunday, February 18, 2007*

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**Host: West Shore YMCA**

**Location:** Cumberland Valley High School Natatorium  
 6746 Carlisle Pike  
 Mechanicsburg, PA 17055



**Schedule:**      **8 & Under and 9-10 Age Groups**      ***Time line is planned for a 2.5 hour session***

	<b>Warm-Ups</b>	<b><u>Session I</u></b>	7:40-8:10am	By assignment below
		<b><u>Session II</u></b>	8:15-8:45am	By assignment below

*++There will be 5 lanes of continuous warm-up available throughout the meet at the west end of the pool with coaches monitoring.*

<b>Coaches Scratch Meeting</b>	<b>8:25am in Adaptive Gym outside Locker rooms</b>
<b>Timers Meeting</b>	<b>8:40am in Adaptive Gym outside Locker rooms</b>
<b>Officials Meeting</b>	<b>8:50am in Adaptive Gym outside Locker rooms</b>
<b>Meet Begins 9:00am</b>	<b>Meet Ends 11:30am</b>



**11/12, 13/14, Senior Age Groups**      ***Time line is planned for a 3 hour session***

	<b>Warm-Ups</b>	<b><u>Session I</u></b>	11:50-12:30pm	By assignment below
		<b><u>Session II</u></b>	12:35-1:15pm	By assignment below
		<b><u>Session III</u></b>	1:20-2pm	By assignment below

*++There will be 5 lanes of continuous warm-up available throughout the meet at the west end of the pool with coaches monitoring.*

<b>Coaches Scratch Meeting</b>	<b>1:25pm in Adaptive Gym outside Locker rooms</b>
<b>Timers Meeting</b>	<b>1:40pm in Adaptive Gym outside Locker rooms</b>
<b>Officials Meeting</b>	<b>1:50pm in Adaptive Gym outside Locker rooms</b>
<b>Meet Begins 2:10pm</b>	<b>Meet Ends 5:30pm</b>

**Meet Director:** Michael Gobrecht

**Facilities:** The Cumberland Valley High School Natatorium has an 8-lane, 25 meter pool with additional warm up/warm down area separated by a bulkhead. ***We will only be using lanes 2 – 7 for all-star competition*** A fully automatic Colorado 5 timing system with display board will be used with touch pads at the both ends, so 8 & Under swimmers will be swimming into pads. There will be no diving from the bulkhead. We will be using Hy-Tek meet management software. Spectator seating for 400 is available in gallery area above pool. Photos of the pool may be found on our Web Site (<http://wsyswim.org>).

**Eligibility:** Each swimmer MUST be on their teams active roster that was submitted to the league, and must have swam in at least three (3) league meets, and qualified from your respective Divisional meet.

**Psych Sheets/All-Star Seedings:** We will have all All-Star qualifiers on the CPAL League Web Site (<http://www.swimcpal.org>)

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**Admission:** Spectators will enter through the main doors under the large "CV" logo. Spectators will proceed up the stairs to the gallery, where we will have admission and meet programs. This will be the same entrance for all officials, meet volunteers, coaches, and swimmers. Officials and meet volunteers must sign in and get a nametag. Coaches must also sign in to receive their coach's packets. Please remember pool deck space is limited so we are encouraging teams to have no more than 4 coaches on pool deck at one time.

**Spectator Admission:** \$2.00 (under 12 free)  
**Program & Heat Sheets:** \$3.00

Directly inside the door will be **volunteer check in, and coach's check in**. When volunteers are given their pool deck credential, you will be given a heat sheet for that session. The only way for volunteers to get a free heat sheet is to "check in" at this time

**Arrival/Parking:** The doors will be open at 7:00 AM for Session 1. After conclusion of Session 1, the spectator area will be vacated. Spectators will be asked to go to the lobby and re-enter for Session II

**Awards:** Custom medals for all entered swimmers in individual events (1st through 12th place) and relay events (1st through 6th place).

**Results:** <http://www.swimcpal.org>

**Hospitality:** There will a hospitality area set up in the storage room by the warm-up pool. There will be breakfast items upon arrival and lunch items and light snacks during the meet. Beverages will be available throughout the meet.

**Officials/Volunteers:** All teams will be required to submit the "Officials/Volunteers" form. This form should be submitted to the Meet Director by Saturday, 2/10. You may fax this form to (717) 728-3561, or email [mike@wsyswim.org](mailto:mike@wsyswim.org). We are asking that each team provide the following:

**Stroke and Turn:** One from each team per session if there is at least one swimmer.

**Timers:** Two from each division 5A and 4A team per session if there are at least two swimmers from your team. One from each other division teams if there is at least one swimmer from your team.

Officials and Timers must check-in at the Volunteer check in directly inside the door under the large CV logo.

**Meet Rules:** The meet will be governed by National Federation Rules, as amended by the Central Pennsylvania Aquatic League.

The following rules are modifications or points to emphasize:

- *False-Start Rule 8 & under One False Start. All other age groups No False Start*
- *Dual confirmation will be in effect for all starts and relay take-offs.*
- *An airhorn will supplement the electronic beeper to denote false starts.*
- *In-water relay take-offs for 2nd and 4th swimmers in 8 & under relays. The 2nd and 4th swimmer must be in the water with a foot on the wall when the incoming swimmer's head passes under the backstroke flags closest to the end where the next swimmer will take-off.*
- *Relays cards do not need to indicate the actual order of the swimmers in that heat.*
- *This meet is an "Accepted" meet by United States Swimming. Times achieved at this meet may be used for entry into other Middle Atlantic Meets including Junior Olympics*

**Safety Notice** There will be **No Diving** from the shallow end (non block end) at any time during the warm-up and during the meet. There will be **No Diving** from the starting blocks and no backstroke starts during the warm-up period, with this exception: Limited diving and backstroke starts from the starting blocks in sprint lanes will be permitted, but only when announced. These rules follow National YMCA Warm-Up safety procedures. There will be at least two certified lifeguards on duty at all times during the meet. Lifeguards are defibrillator trained.

**Kast-A-Way Swim Wear:** Kast-A-Way Swimwear of Cincinnati will be our Speedo Team Dealer on hand with a variety of gear for all of your end of the year swimming needs. Kast-A-Way will be set up in the CV Lobby near the concession area.

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**A.M. SESSION --- 8 and Under; 9-10 year olds**

- |        |    |                                     |
|--------|----|-------------------------------------|
| Finals | 1  | Boys 8 & Under 100 Medley Relay     |
| Finals | 2  | Girls 8 & Under 100 Medley Relay    |
| Finals | 3  | Boys 9-10 200 Medley Relay          |
| Finals | 4  | Girls 9-10 200 Medley Relay         |
| Finals | 5  | Boys 8 & Under 25 Freestyle         |
| Finals | 6  | Girls 8 & Under 25 Freestyle        |
| Finals | 7  | Boys 9-10 50 Freestyle              |
| Finals | 8  | Girls 9-10 50 Freestyle             |
|        |    | Break: 10 Minutes                   |
| Finals | 9  | Boys 8 & Under 25 Breaststroke      |
| Finals | 10 | Girls 8 & Under 25 Breaststroke     |
| Finals | 11 | Boys 9-10 50 Breaststroke           |
| Finals | 12 | Girls 9-10 50 Breaststroke          |
| Finals | 13 | Boys 8 & Under 50 Freestyle         |
| Finals | 14 | Girls 8 & Under 50 Freestyle        |
| Finals | 15 | Boys 9-10 100 Freestyle             |
| Finals | 16 | Girls 9-10 100 Freestyle            |
|        |    | Break: 10 Minutes                   |
| Finals | 17 | Boys 8 & Under 25 Backstroke        |
| Finals | 18 | Girls 8 & Under 25 Backstroke       |
| Finals | 19 | Boys 9-10 50 Backstroke             |
| Finals | 20 | Girls 9-10 50 Backstroke            |
| Finals | 21 | Boys 8 & Under 25 Butterfly         |
| Finals | 22 | Girls 8 & Under 25 Butterfly        |
| Finals | 23 | Boys 9-10 50 Butterfly              |
| Finals | 24 | Girls 9-10 50 Butterfly             |
|        |    | Break: 10 Minutes                   |
| Finals | 25 | Boys 8 & Under 100 IM               |
| Finals | 26 | Girls 8 & Under 100 IM              |
| Finals | 27 | Boys 9-10 100 IM                    |
| Finals | 28 | Girls 9-10 100 IM                   |
| Finals | 29 | Boys 8 & Under 100 Freestyle Relay  |
| Finals | 30 | Girls 8 & Under 100 Freestyle Relay |
| Finals | 31 | Boys 9-10 200 Freestyle Relay       |
| Finals | 32 | Girls 9-10 200 Freestyle Relay      |

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**PM SESSION --- 11-12, 13-14, Senior**

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

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**Warm-Up Schedule AM Session** \*\*\*based on 120 swimmers per session/15 per lane

**Session I**                      7:40-8:10am                      **\*\*8:05-8:10 Lanes 1-2/7-8 are one way sprints**

Hershey	WSY	CVAC	NYAC	Chambersburg	Carlisle Y
South Middleton	ACWS	East Pennsboro	Mechanicsburg	Big Spring	

**Session II**                      8:15-8:45am                      **\*\*8:40-8:45 Lanes 1-2/7-8 are one way sprints**

York Y	LPAC	Sea Lion	NDCY	Palmyra	Lebanon YMCA
Lancaster YMCA	Tri Valley YMCA	EAC	Hanover YMCA	Otters	WAY
Shippensburg		Collegiate	Falcon		



**Warm-Up Schedule PM Session** \*\*\*based on 112 swimmers per session/14 per lane

**Session I**                      11:50-12:30pm                      **\*\*12:25-12:30pm Lanes 1-2/7-8 are one way sprints**

WSY	NYAC	ACWS	CVAC	CYAA	MSC
EPAC	HAY				

**Session II**                      12:35-1:15pm                      **\*\*1:10-1:15pm Lanes 1-2/7-8 are one way sprints**

SMSC	SAC	CA	BSAC	GETY	CHY
YY	Sea Lion	WAY	EAC	MASC	NDCY

**Session II**                      1:20-2pm                      **\*\*1:55-2pm Lanes 1-2/7-8 are one way sprints**

HAC	LPAC	LVO	LEBY	Palmyra	TRY
Lancaster YMCA	Falcon				



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**Coaches and Volunteers Sheet** Submit this form to [mike@wsyswim.org](mailto:mike@wsyswim.org) or fax (717 728-3561) by **Sat. Feb. 10, 2007.**

**Team Information:**

Team Name: \_\_\_\_\_ Abbreviation: \_\_\_\_\_  
 Daytime phone \_\_\_\_\_  
 Evening phone \_\_\_\_\_

**Contact :** Name and Address of the person to receive ALL communication

Head Coach \_\_\_\_\_ Head Coach Email: \_\_\_\_\_  
 Team Contact \_\_\_\_\_ Team Contact Email: \_\_\_\_\_  
 Contact Cell # \_\_\_\_\_

**Coaches Attending:** Only Coaches listed below will have credentials to get pool deck access

Name \_\_\_\_\_  
 Name \_\_\_\_\_  
 Name \_\_\_\_\_  
 Name \_\_\_\_\_

**Timers:** Division 5A/4A/3A teams: 2 timers per session if more than 2 swimmers qualify.  
 Other Divisions: 1 timer per session if 1 swimmer qualifies.

Name – Phone Number
AM
AM
PM
PM

**Stroke and Turn Officials:** 1 from each team per session with a qualifying swimmer

Name - - Phone Number
AM
PM

Only the names listed on this sheet will be given **FREE Admission and Heat Sheet**

**Name of person completing this sheet:** \_\_\_\_\_



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**T-Shirt Pre-order Form**  
**PRE-ORDERS!!!!**

T-Shirts are White short sleeve 6.1oz 100% ultra cotton T-shirts. There will be a 4 color design (design is on the CPAL web site) on the back, and a 2 color design on the front left chest

**Price: \$12.00**

All T-shirt Pre-orders must be received no later than **Friday, February 9, 2007**

Please send pre-order form to: Michael Gobrecht  
410 Fallowfield Road  
Camp Hill, PA 17011-4900  
**FAX (717) 728-3561 Preferred Method**

Each team should submit ONE check for t-shirts for its team members. Make checks payable to WSY. Please send ONE check by **Friday, February 9, 2007**. Absolutely no t-shirts will be released at the meet unless you have paid for your order!!!!

Team Name: \_\_\_\_\_

Contact Name: \_\_\_\_\_

Phone Number: \_\_\_\_\_

E-mail Address: \_\_\_\_\_

Size:	Quantity:	Price:	Total Due:
YS	_____	\$12/each	\$_____
YM	_____	\$12/each	\$_____
YL	_____	\$12/each	\$_____
Adult Small	_____	\$12/each	\$_____
Adult Medium	_____	\$12/each	\$_____
Adult Large	_____	\$12/each	\$_____
Adult X-Large	_____	\$12/each	\$_____

**Total amount due \$** \_\_\_\_\_

**We will have limited sizes on hand to sell at the meet**

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## Advertising

Advertising Rates are as follows:

- Full Page (8.5 X 11)                      \$100
  - Inside Covers                              \$200
  - Back Outside Cover                      \$300
  
- Half Page                                      \$50

**Great opportunity to advertise your registration for your Summer Team, or Spring Stroke Clinics**

*All ad's must be sent electronically to Michael Gobrecht ([mike@wsyswim.org](mailto:mike@wsyswim.org)) by Monday, February 12, 2007. Payment must be received by Friday, February 16, 2007*