

2024 CAPITAL AREA SWIM LEAGUE
1A DIVISIONAL CHAMPIONSHIP MEET

hosted by Aquatic Club of the West Shore (Acws17339@gmail.com)

Saturday July 20, 2024

Location:

The meet will be conducted at the West Shore Natatorium located at:

Red Land High School
560 Fishing Creek Rd
Lewisberry, PA 17339.

Parking: Please park in the front lot of the high school and enter the building through the main school entrance. A few handicapped spots are located on the upper drive by the natatorium. Additional spaces in a small faculty lot located next to the building will also be designated as handicapped parking. Please note: The road that passes in front of the school will be closed to through-traffic. Drop off will be allowed at the sidewalk by the start of the road.

Entrance: All swimmers and spectators should enter through the main doors of the school. The natatorium is located through the left-most doors, which can be accessed through the building or by exiting the main doors and walking down the sidewalk to the natatorium doors.

Facilities and meet management.

The West Shore Natatorium facility is a 6-lane, 25 yard pool. The diving well can be used for additional warm-up and cool-down provided swimmers are using it for that purpose. A Colorado timing system will be used with touch pads, plungers and manual stop watches for the finish. Hy-tek meet management software will be used.

- National Federation Rules will govern the meet along with any Capital Area Swim League By-Laws.
- The meet will be conducted by CASL trained stroke and turn officials and PIAA certified stroke and turn officials.
- Ribbons will be given to first through eighth places. Ribbons must be picked up by Coaches or Team Representatives at the end of the meet.

- The meet program will be available on Meet Mobile and through a QR code to a PDF of the program. Limited number of printed programs will be available.

Teams and spectator locations

Teams will be housed in the school lobby which is located inside the main doors. Please bring towels or blankets to put under chairs in the lobby. Staging of events will be posted and swimmers will be directed by each team's staging volunteers to the staging bull-pen where ACWS volunteers will be on hand for event staging. **Each team must supply one or two responsible adults** to supervise and move swimmers to the seeding area on time. No musical devices will be permitted to be played in the lobby area so everyone can hear the announcements.

- ALL SWIMMERS are to wear flip flops or other footwear at all times when not competing in the pool area to avoid injury. Swimmers must wear flip flops when going to and from their events.

Locker rooms will be available for swimmers only for changing clothes or use of the bathrooms. Spectator and visitor restrooms are located in the main lobby area and across from the concession stand in the Natatorium lobby area. Any swimmers who need assistance with changing should use a restroom with a parent.

Spectators should plan to remain in the main lobby with their team unless watching their swimmer compete. The spectator seating area is limited to 300 spectators. To allow for all families to have a positive experience, we will **ask that spectators leave the spectator seating area after watching their swimmer swim.**

- Spectator access to the natatorium is via an outside route by exiting through the main lobby and following the sidewalk indicated on the attached map. In the case of inclement weather, an indoor route will be designated
- The spectator area inside the natatorium contains bleacher style seating.
- A limited number of chairs along the natatorium window will be provided for additional viewing outside of the bleachers. Please do not move these chairs, or set up your own chairs in this area. Wheelchair accessible spaces will be marked off with tape, with 1-2 available in the spectator area, and 1-2 by the window.

There can be **NO SAVING OF SEATS**. In the event the spectator area becomes overcrowded, we reserve the right to restrict access to this area. Thank you for your understanding.

- Only swimmers competing or staged in their events, team coaches, meet officials, and designated volunteers are allowed on the pool deck throughout the duration of the meet. All others will be asked to return to the spectator area or the observation deck in the Natatorium lobby.
- No flash photography on the start of events. Photographs and video are only to be taken between the flags.

Volunteer commitments

Each team is required to provide volunteers for the meet; Volunteer forms must be submitted by Saturday, July 13, 2024-7:00 PM. Forms can be submitted using the following link. [Volunteer form](#).-. Please see the list of volunteers needed in the Volunteer requirements section.

Volunteers should check in at the main entrance to the school where they will be given their assignment and location along with a wrist band. Volunteers will receive free admittance to the meet. Wrist bands must be worn on the pool deck.

Eligibility

A swimmer must swim in their true age level as of June 1, 2024. A swimmer must have swum in 3 meets sponsored by the league in order to be eligible for the championship meet. ONE invitational meet can count toward the 3 meets required.

Meet Start time and Warmup Times Warmups

The meet starts at 9:00AM. The pool will be cleared at 8:40AM.

Warm-ups: Warm ups will be held in 20 minutes intervals between 7:00-8:40. Warm up times and lane assignments will be sent out the Tuesday before the meet. One-way sprints, held under coach supervision, will be allowed during each team's 20 minute warmup time slot.

Admissions:

Admission fees: \$5.00 for Adults (5 & over). Children 5 & under will be admitted for free. We accept cash or paypal for payment. Volunteers will be admitted for free as long as their name is on the volunteer list.

Concessions:

A concession stand will be in operation throughout the meet and will be located in the natatorium area. Food trucks will be available outside the natatorium doors. Food and drink are permitted only in the school and natatorium lobby or the cafeteria. Please do not take food or drinks into the pool deck, staging areas, or bleacher spectator area. In addition, no outside food may be brought into these areas.

T-shirts

Divisional Championship Meet t-shirts may be pre-ordered. Deadline for pre-orders is July 5, 2024 at 11:59PM. A google link is in the email to the league reps and coaches for teams to enter their orders for t-shirts. Cost is \$15-\$19, depending on the size. One check per team* should be made out to ACWS and can be brought to the meet for pick up of your team's order or mailed to ACWS, P.O. Box 235, New Cumberland, PA 17070. Shirts will not be distributed to teams without verification of payment. **No shirts will be available for purchase the day of**, but can be ordered for delivery to your home after the deadline has passed. Orders can be placed at the [Web Store](#), which will open closer to the meet and remain open until July 31st. Cost is \$21.50.





Seeding and staging of swimmers

Swimmers will be housed in the school lobby. Staging of Events will be posted and swimmers will be directed by each team's staging volunteers to the staging bull-pen where ACWS volunteers will be on hand for event staging. Swimmers are responsible for reporting to the staging area when their event is announced and posted to the board. Swimmers who do not report and/or cannot be located will unfortunately be scratched from that event. Each team's volunteers must assume the task of locating their swimmers in time. The meet will not be held up to locate swimmers.

- We strongly encourage swimmers to stay in the lobby area when not swimming to be able to hear announcements and be easily located.

Volunteers Requirements

Officials: Each team will need to provide **two trained stroke and turn officials**.

Timers: Each team must supply **six timers, 3 for the first half and 3 for the second half**. The timers will be assigned a lane, and we will switch timers halfway through the meet.

- PLEASE BRING WATCHES FOR YOUR TIMERS.

Finish Judge: Each team must supply **one finish judge** who is able to support the entire meet. This role will only do one half, but the exact half will be determined closer to the meet.

Team stagers: Each team must supply **one or two stagers** for your team. These volunteers will gather the swimmers before handing them over to an ACWS stager.

Please provide the names of your volunteers in the [Volunteer form link](#). Please **complete by Saturday, July 13, 2024-7:00 PM**.

Attention Coaches:

Sunday, July 14, 2024– 12:00 PM Entries due. A swimmer may enter three events. A swimmer may swim up age groups in relay events only. A maximum of 2 relay entries in each age group will be permitted per team.

A Team manager export of entries for the Capital Area Swim League Championship Meet must be forwarded to Erin Edwards @ erine.bcba@gmail.com. The events file is available for download on the CASL Divisionals website.

A scratch meeting will NOT be held. Please email scratches to Erin Edwards @ erine.bcba@gmail.com as soon as you know them. If you have scratches on the morning of the meet, please report any scratches to Erin Edwards by 8:30AM at the latest.

All Star scratches, not previously reported, must be reported to the table at the conclusion of the meet.

A hospitality area with food and drinks will be provided for coaches and officials in one of the classrooms located in the hallway connecting the natatorium to the school lobby. Snacks and water will be provided in the office located behind the diving boards.

Show your team and swimmer support!

Sponsor an event: You can choose an event in advance and have a short message read over the announcements to congratulate a swimmer, team or coach! We will offer 2 slots per event for \$10 a sponsorship. Sponsorship messages will also be available to view in the lobby area on a monitor throughout the meet. You can choose your event and enter your message through this [link](#), or sign up for any open events at the meet before 8:45am.

CandyGrams: CandyGrams will be available for purchase for \$1 and will include a package of candy and a short message you can write to a swimmer. CandyGrams can

be purchased throughout the meet and will be delivered to a team bin in the main lobby for distribution.

Other information

The meet venue area includes the pool deck and natatorium lobby, the observation deck above the pool, and the main entrance lobby of the school. Anyone found outside these areas will be asked to leave the building, which is monitored by security and observation cameras.

Team	\$15.00								\$17.00	\$18.00	\$19.00		
NAME:	<i>YOUTH SMALL</i>	<i>YOUTH MED</i>	<i>YOUTH LARGE</i>	<i>YOUTH X-LARGE</i>	<i>SMALL</i>	<i>MED</i>	<i>LARGE</i>	<i>X-LARGE</i>	<i>XXL</i>	<i>3XL</i>	<i>4XL</i>	SHIRT TOTAL	TEAM TOTAL PRICE
Aquatic Club of the West Shore												0	
West York Aquatic Club												0	
Camp Hill Aquatic Club												0	
Shippensburg Aquatic Club												0	
Hanover YMCA												0	
Red Lion Aquatic Club												0	
EXTRA												0	
SHIRT TOTALS:	0	0	0	0	0	0	0	0	0	0	0	0	\$0.00
PLEASE MAKE CHECKS PAYABLE TO: AQUATIC CLUB OF THE WEST SHORE													

Meet Timeline and deadlines

Prior to Meet-Deadlines

Friday, July 5, 2024: **T-shirts orders due** for delivery at the meet

Saturday, July 13, 2024-7:00 PM: **Official/Volunteer commitments due:** [Volunteer form](#).

Sunday, July 14, 2024– 12:00 PM **Entries due:** A Team manager export of entries for the Capital Area Swim League Championship Meet must be forwarded to Erin Edwards @ erine.bcba@gmail.com

Meet Timeline-Day of meet

- **Officials meeting 8:30AM:** Officials meeting will be held in one of the classrooms located in the hallway connecting the natatorium to the school lobby.
- **Timers meeting 8:40 AM:** Timers meeting will be held in one of the classrooms located in the hallway connecting the natatorium to the school lobby.
- Scratch meeting: **A scratch meeting will NOT be held.** Please email scratches to Erin Edwards as soon as you know them. If you have scratches on the morning of the meet, please report any scratches to Erin Edwards by 8:30AM at the latest. Updated heat sheets will be printed for officials and coaches prior to the start of the meet.
- **Clear the pool 8:40**
- **Meet starts 9:00**

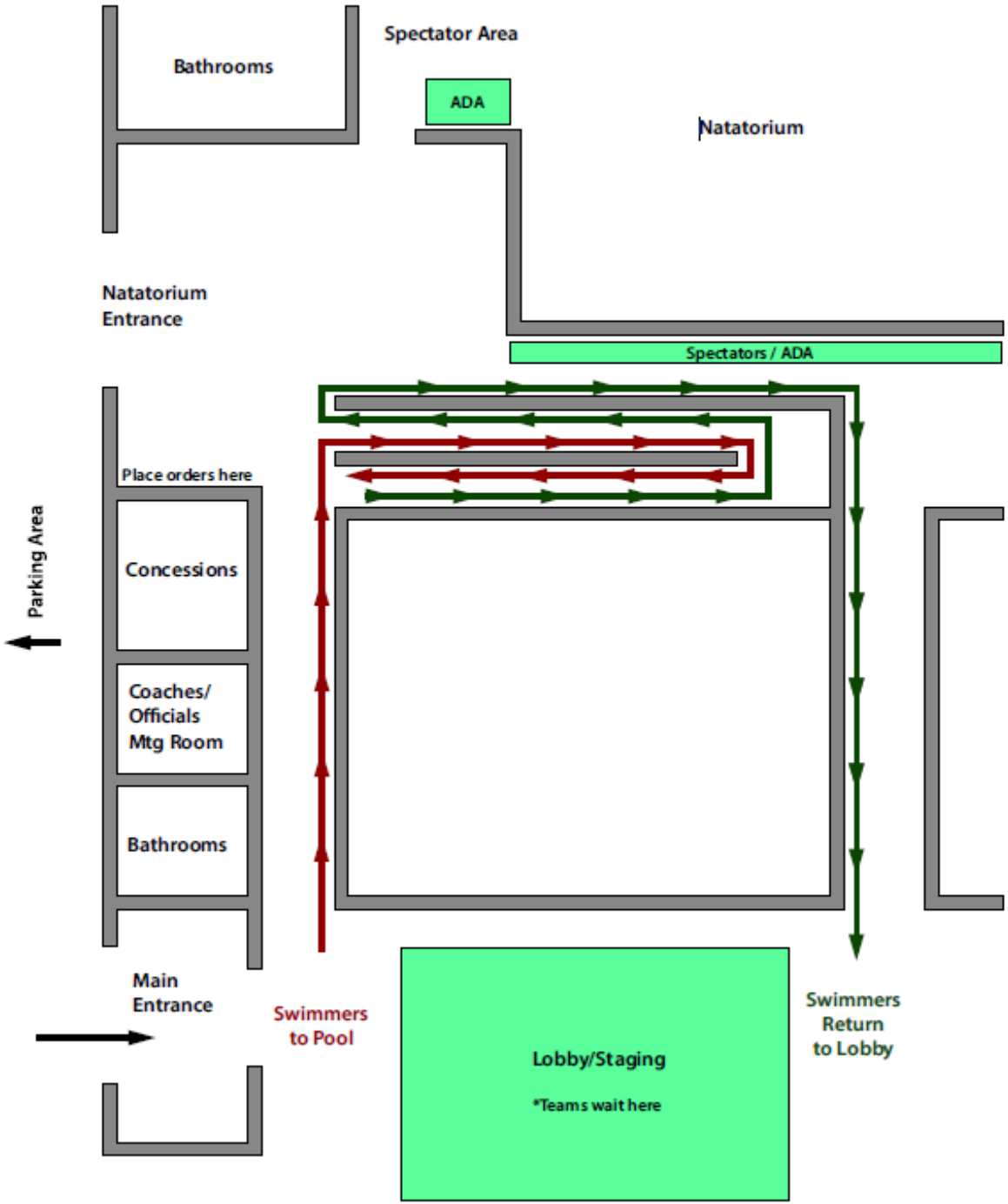
Good Luck to all the swimmers!

MAPS

Parking



School



Natatorium

