

# First Capital Swim League All-Star Championships

Saturday, February 11<sup>th</sup>, 2012  
9:00am Start

*Hosted by Central York Aquatics*

## **Location**

Central York High School Natatorium  
601 Mundis Mill Rd.  
York, PA 17406

*\* Natatorium is located on the left side of the high school, adjacent to the football stadium*

## **Facility**

40 yard indoor pool with adjustable bulkhead, allowing for set up of an 8 lane 25 yard competition pool with a separate 5 lane warm up/down area. A fully automatic Colorado 6 timing system with Aqua Grip touchpads and 8ft. x 7ft LED display board will be used. The meet will be run using Hy-Tek Meet Manager 4.0. Starting blocks are located at both ends of the pool, allowing for 8 & Under events to run from the bulkhead to the finish end. Natatorium has seating capacity for up to 300 athletes on deck and 500 spectators in the gallery.

## **Admission & Parking**

All Non-Swimmers - \$3.00

Volunteers & Children 10 and younger - Free

*\* Programs will be for sale at the admissions table for \$2.00*

*\* Free parking located next to the natatorium*

## **Rules/Guidelines**

- This meet will be governed by National Federation Rules and First Capital Swim League modifications
- Parents not working the meet are NOT permitted on the pool deck during competition
- Swimmers must enter the water feet first for warm ups.
- False-Starts:
  - 8 & Under: One (1) false start allowed
  - All Other Age Groups: No (0) false starts allowed
- The jewelry rule WILL be enforced
- The swim suit rule will NOT be enforced

## **Eligibility/Entries**

Qualifying spots are given to the top eight (8) individuals and relays throughout the league in each event. Official results from each Divisional Championship Meet will be compiled to determine the top eight qualifiers. Results from dual meets and invites cannot be used to determine qualifiers. First and second alternates will be included in the final entry list. Please contact the meet director with any last minute scratches.

## Volunteers

Each team must provide volunteers for each of the listed positions

<u>Position</u>	<u>1<sup>st</sup> Half</u>	<u>2<sup>nd</sup> Half</u>
Timer	2	2
Chaperone	2	2

\* *Teams may sign up their parent volunteers through Christine Roberts, [cmcolbert@aol.com](mailto:cmcolbert@aol.com)*

## Athlete Seating & Staging

- Teams may be seated on the pool deck and/or the gymnasium. Parents and family are welcome in the gymnasium, but are NOT permitted on the pool deck.
- Swimmers will be required to check in at the seeding area, located at the far end of the pool, before each of their events.

## Results/Awards

Results will be posted in the hallway for parents and swimmers to view. Custom FCSL medals will be given to places 1<sup>st</sup> through 8<sup>th</sup> for individual and relay events. Champions from each event will receive a custom FCSL All-Star Champion swim cap. Coaches must pick up their team's awards at the end of the meet.

## Concession Stand

A complete selection of food and drinks will be available for purchase at the concession stand located in the gymnasium.

\* *Food is NOT permitted on the pool deck or spectator area*

## Coaches/Officials Hospitality

Food and drinks will be available to coaches and officials throughout the meet in the glass room located behind the scorers' table.

## Event T-Shirts

Each team will be responsible for submitting to the meet director via email, the sizes and quantities they would like to order for their team. Please submit one team check ONLY payable to "Central York Aquatics". **Deadline to place orders is Tuesday, Feb. 7<sup>th</sup> by 12:00pm**

The design will be printed on a white Anvil 100% preshrunk heavyweight cotton t-shirt.

Adult Sizes (S, M, L, XL, XXL) - **\$12.00**

Youth Sizes (S, M, L) - **\$11.00**



## Apparel Vendor

Swimming suits, apparel and accessories will be for sale at a stand located in the gymnasium.

## Scratch Meeting

8:30am

## Officials Meeting

8:40am

## Timers Meeting

8:50am

## Meet Start

9:00am

## Warm Ups

There will be a general warm up session for each division. The competition pool and small pool will be open during each session. Coaches, please share the lanes accordingly during warm up. The small pool will be open for general warm-up/down throughout the meet.

**\* Feet first entry for all warm ups.**

**Patriot Division: (7:30am – 8:00am)**

CYA  
DAAC  
LAC  
SST

**Colonial Division: (8:10am – 8:40am)**

BSC  
SGSC  
TAC  
WSC

***The Meet Referee or Meet Director will assign Lanes for starts with 10 minutes remaining in each warm up.***

## Order of Events

Girls	Event	Boys
1	13-14 200 Free	2
3	15-18 200 Free	4
5	8 & Under 100 Medley Relay	6
7	9-10 200 Medley Relay	8
9	11-12 200 Medley Relay	10
11	13-14 200 Medley Relay	12
13	15-18 200 Medley Relay	14
15	9-10 100 IM	16
17	11-12 100 IM	18
19	13-14 100 IM	20
21	15-18 100 IM	22
23	8 & Under 25 Free	24
25	9-10 50 Free	26
27	11-12 50 Free	28
29	13-14 50 Free	30
31	15-18 50 Free	32
33	8 & Under 25 Back	34
35	9-10 50 Back	36
37	11-12 50 Back	38
39	13-14 100 Back	40
41	15-18 100 Back	42
43	8 & Under 50 Free	44
45	9-10 100 Free	46
47	11-12 100 Free	48
49	13-14 100 Free	50
51	15-18 100 Free	52
53	8 & Under 25 Breast	54
55	9-10 50 Breast	56
57	11-12 50 Breast	58
59	13-14 100 Breast	60
61	15-18 100 Breast	62
63	8 & Under 25 Fly	64
65	9-10 50 Fly	66
67	11-12 50 Fly	68
69	13-14 100 Fly	70
71	15-18 100 Fly	72
73	8 & Under 100 Free Relay	74
75	9-10 200 Free Relay	76
77	11-12 200 Free Relay	78
79	13-14 200 Free Relay	80
81	15-18 200 Free Relay	82

**\* There will be a ten-minute break after event 42 (15-18 100 Back) to change timer shifts**