



Presents the

# FCSL All-Star Championships

**Saturday, February 7, 2015**

\*Snow Make-up Date is Sunday, February 8, 2015

## General Information:

<b>LOCATION</b>	Central York High School 601 Mundis Mill Rd. York, PA 17406 Day of meet ONLY emergency phone# 717-586-4573
<b>FACILITIES</b>	The Central York High School Natatorium is a state-of-the-art 40-yard indoor pool with adjustable bulkhead, which will be configured for eight 25-yard lanes for competition (13' depth at the start end and 7' depth at the turn end), and five additional lanes for continuous warm-up/ warm-down. Spectator gallery seating for 500; seating capacity for up to 300 athletes on the pool deck. The facility is equipped with AntiWave 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. The facility is also equipped with state-of-the-art filter and ventilation units, and an audio system with under water speakers. Free parking is located next to the natatorium.
<b>MEET DIRECTOR / SAFETY DIRECTOR</b>	Nate Gentzler 1162 Ruth Street York, PA 17408 717-586-4573 <a href="mailto:nater284@gmail.com">nater284@gmail.com</a> Please direct all questions about the meet to the meet director.
<b>VOLUNTEER COORDINATOR</b>	De Mummert 717-487-3073 <a href="mailto:demummert@yahoo.com">demummert@yahoo.com</a> One (1) certified stroke and turn official, and four (4) volunteers who will serve as either timers or finish judges per team are required. Volunteers will receive free admission.
<b>ELIGIBILITY</b>	Official results from each divisional championship meet will be compiled to determine the All-Stars qualifiers. The top eight (8) individuals and relays from the combined results of the divisional meets will qualify. First and second alternates will be included in the final entry list.  Please contact the meet director with any last minute scratches.

<p><b>WARM-UP, MEETING &amp; MEET START TIMES</b></p>	<p>Warm-ups will be divided into three sessions, as follows:</p> <p>General warm-up session one: 7:30 – 8:05 AM (BSC, CYA, DAAC, TAC)</p> <p>General warm-up session two: 8:05 – 8:40 AM (LAC, SGSC, SST, WSC)</p> <p>One-way sprints: 8:40 – 8:50 AM (All teams)</p> <p>Warm-up lanes will not be assigned. There will be 13 lanes available for each session. Coaches and swimmers are asked to be courteous and fair to other teams in sharing lane space.</p> <p>Continuous warm-up/ warm-down will be available in the 5-lane portion of the pool throughout the meet.</p> <p>Scratch Meeting: 8:10 AM</p> <p>Officials’ Meeting: 8:25 AM</p> <p>Timers’ Meeting: 8:40 AM</p> <p>Meet Start: 9:00 AM</p>
<p><b>RULES / SAFETY</b></p>	<p>This meet will be conducted according to current NFHS swimming rules and safety procedures, with FCSL modifications. This meet will be conducted using the whistle command and, with the exception of 8 &amp; Under events, no-recall false start procedures.</p> <p>No diving will be permitted during warm-ups, except limited diving from the starting block end in announced sprint lanes. When diving is permitted, the swimmer must enter from the starting block end and exit from the opposite end of the pool. All entries must be feet-first other than the above mentioned.</p> <p>Swimmers violating safety procedures will be removed from the warm-up for the remainder of the warm-up session. Subsequent violations may cause the swimmer to be disqualified from the remainder of the meet. <b>ANY SWIMMER OBSERVED SWIMMING UNDER THE BULKHEAD BY AN OFFICIAL OR SAFETY MONITOR AT THE MEET WILL BE DISQUALIFIED FROM THAT SWIMMER’S NEXT INDIVIDUAL EVENT, OR FROM THE REMAINDER OF THE MEET, AS DETERMINED BY THE MEET REFEREE. THIS POLICY WILL BE STRICTLY ENFORCED.</b></p> <p><b>Deck access is limited to swimmers, coaches, officials and meet volunteers.</b> Volunteers and coaches must display a wristband, which they will receive at the door, to be permitted on the pool deck. Swimmers are not permitted to be in the spectator seating at any time. Swimmers and parents may meet in the lobby of the building.</p> <p><b>RECORDING BAN</b> – The use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, restrooms, locker rooms, or behind the starting blocks.</p> <p><b>DECK CHANGING</b> – Changing into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and is prohibited.</p> <p><b>JEWELRY</b> – Jewelry is not permitted to be worn at any time.</p>

<b>EVENTS / SESSIONS</b>	The order of events is attached. The meet will be run as a single session, with a five-minute break after event 42 to switch out timers.
<b>SWIMMERS WITH DISABILITIES</b>	A coach or team representative must alert the meet director and the meet referee as to the need for any special accommodations or arrangements prior to the start of the meet.
<b>SWIMMER SEATING</b>	Swimmer seating will be available on the pool deck.
<b>AWARDS</b>	Custom medals will be awarded to places 1st through 8th for individual and relay events. Champions of each event will receive a custom FCSL All-Star Champion swim cap. Coaches must pick up their team's awards at the conclusion of the meet.
<b>RESULTS</b>	Final results will be posted at <a href="http://www.swimcya.org">www.swimcya.org</a> within 48 hours of the conclusion of the meet. Final results will also be emailed to the coach and representative for each team.  Results will be posted throughout the meet for parents and swimmers to view. Live results will be available at <a href="http://results.teamunify.com/macya/">http://results.teamunify.com/macya/</a> as well as through the Meet Mobile app available for iPhone and Android.
<b>PROGRAMS &amp; ADMISSION</b>	Admission \$5.00. Children under 10 admitted free. Free admission to all volunteers. One meet program per family will be included in the cost of admission.
<b>VENDORS / CONCESSIONS</b>	A concession stand will be open before and during all sessions. Vendors will be on-site, selling meet t-shirts and swimming equipment.
<b>HOSPITALITY</b>	Food and drinks will be available to coaches and officials throughout the meet in the glass room located behind the scorers' table.
<b>DIRECTIONS</b>	From the north: I-83 South to Exit 24 (Emigsville); left onto Church Rd.; right onto N. George St.; left onto Emig Rd. School is on the left.  From the south: I-83 North to Exit 22 (N. George St.); right onto Emig Rd. School is on the left.  From the east: US-30 West to Exit 24 (Mt. Zion Rd.); right onto Mt. Zion Rd. School is on the right.  From the southwest: US-30 East toward York; left onto N. George St.; right onto Emig Rd. School is on the left.  The natatorium is located on the left side of the school, across the parking lot from the football stadium.

**RELEASE STATEMENT:**

***The First Capital Swim League, Central York School District, and Central York Aquatics shall be held free and harmless from any and all liabilities or claims for damages arising by reason of injuries to anyone during the conduct of this event.***

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## Order of Events

<b>Girls</b>	<b>Event Description</b>	<b>Boys</b>
1	13-14 200 Freestyle	2
3	15-18 200 Freestyle	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	13-14 200 IM	20
21	15-18 200 IM	22
23	8 & Under 25 Freestyle	24
25	9-10 50 Freestyle	26
27	11-12 50 Freestyle	28
29	13-14 50 Freestyle	30
31	15-18 50 Freestyle	32
33	8 & Under 25 Backstroke	34
35	9-10 50 Backstroke	36
37	11-12 50 Backstroke	38
39	13-14 100 Backstroke	40
41	15-18 100 Backstroke	42
<b>5-Minute Break</b>		
43	8 & Under 50 Freestyle	44
45	9-10 100 Freestyle	46
47	11-12 100 Freestyle	48
49	13-14 100 Freestyle	50
51	15-18 100 Freestyle	52
53	8 & Under 25 Breaststroke	54
55	9-10 50 Breaststroke	56
57	11-12 50 Breaststroke	58
59	13-14 100 Breaststroke	60
61	15-18 100 Breaststroke	62
63	8 & Under 25 Butterfly	64
65	9-10 50 Butterfly	66
67	11-12 50 Butterfly	68
69	13-14 100 Butterfly	70
71	15-18 100 Butterfly	72
73	8 & Under 100 Freestyle Relay	74
75	9-10 200 Freestyle Relay	76
77	11-12 200 Freestyle Relay	78
79	13-14 200 Freestyle Relay	80
81	15-18 200 Freestyle Relay	82

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## Volunteer Form

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

Head Coach: \_\_\_\_\_

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

E-Mail: \_\_\_\_\_

### Volunteers:

_____	Certified Stroke and Turn Official
_____	Timer/ Finish Judge
_____	Timer/ Finish Judge
_____	Timer/ Finish Judge
_____	Timer/ Finish Judge

Submit electronically to: [demummert@yahoo.com](mailto:demummert@yahoo.com) by **Thursday, February 5, by 11:59 PM**