

Cumberland Valley Aquatic Club Eagle Beach Classic A/BB/C Invitational

February 4-5, 2006
Cumberland Valley High School
6746 Carlisle Pike
Mechanicsburg, PA 17055
717.697.8673

Held under the Sanction of USA Swimming
Sanctioned by Middle Atlantic Swimming, Inc.
A/BB/C Sanction Number: MA 0674 A

LOCATION	Cumberland Valley High School Natatorium 6746 Carlisle Pike Mechanicsburg, PA 17055 DAY OF MEET ONLY PHONE NUMBER FOR EMERGENCIES ONLY: 717.506.3668
FACILITIES	This meet will be run in an eight lane competitive pool with adjustable bulkhead, and fully automatic timing Adjustable bulkhead allows for 25 yard course with a five lane 25 yard warm down area The starting end has a depth of 13 feet. The facility is equipped with Adolph Keiffer Wave Eater lane lines, Colorado Timing System, Aqua Grip electronic pads, and a ten-line readout scoreboard. Seating for up to 300 swimmers on deck and spectator balcony seating for up to 400. State of the art environmental and sanitizing systems. State of the art speaker system with under water speakers. Free parking next to the building
MEET DIRECTOR	Michael Gobrecht (717) 514 2287 mike@wsyswim.org Trainee: Larry Treaster: 717.766.5286; eaglebeach@comcast.net
SAFETY DIRECTOR	Michael J. McKee 717.731.1321; Michael.j.mckee@comcast.net
OFFICIALS	If you are interested in officiating at this meet, please contact John Gasparini. 717-975-5521 (H)
ELIGIBILITY	This meet is open to all swimmers registered with USA swimming. Swimmer's age as of February 4, 2006 will apply for the entire meet. Fees and paperwork must be completed to swim.
ENTRY LIMITATIONS	The Meet Director reserves the right to limit entries, events or heats, or to modify the meet format to conform to Middle Atlantic rules. Swimmers/teams eliminated from the meet due to time or space constraint will be given a full refund. Prompt notification will be made to swimmers or teams if changes impact their entries. A swimmer may swim in four (4) individual events per session
ORDER OF EVENTS	See attached sheet listing the order of events, event numbers, the starting times for each session and the warm-up schedule.

WARM-UP & START TIMES	<p>Team lane assignments and warm-up schedule will be distributed on-site in the coach's package. Circle swimming only during warm-up until sprint lanes are opened. No diving is permitted during warm-up, except supervised diving in designated sprint lanes. When diving is permitted, swimmer must enter from the starting blocks and exit from the opposite end of the pool.</p> <p>General warm-ups for Sessions 1 and 3 begin at 6:30 am At 7:30 a.m., lanes 2/7 will become sprint lanes. All warm-ups for Sessions 1 and 3 will end at 7:50 a.m. <u>Session starts at 8am both days.</u> If needed, teams may be assigned a specific warm-up session</p> <p><u>General warm-ups for Sessions 2 and 4 begin at 12:15. At 12:45pm, lanes 2/7 will become sprint lanes. All warm-ups for Sessions 2 and 4 will end at 12:55 pm. Session starts at 1pm both days.</u></p>
DECK ENTRIES	<p>Subject to space availability and at the discretion of the Meet Director, deck entries will be accepted on the day of the meet, prior to the start of each session, at the cost of \$6 per event. Swimmers not previously entered in the meet must provide proof of current USA Swimming registration. Deck-entered swimmers will compete unofficially; the achieved time is official, but will not score in the meet for points or award. To enter, please see the Meet Director before or during warm-ups.</p>
SWIMMERS WITHOUT A COACH	<p>Swimmers unaccompanied by a credentialed coach should report to the Meet Director before the warm-up for each session.</p>
SEEDING	<p>All sessions are pre-seeded timed finals events IN SHORT COURSE YARDS.</p>
SAFETY	<p>Swimmers must be under direct supervision of a currently registered USA Swimming coach. USA Swimming Safety Rules and Warm-up procedures will be in effect at this meet. Every swimmer should become familiar with them. A swimmer could be DISQUALIFIED from a session or the entire meet for flagrant disregard of procedures.</p>
HOW TO ENTER	<p>All Events are Pre-Seeded, Timed Final. Meet will be swum in Short Course Yards. 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.</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 software format. The entry file may be found on the Middle Atlantic Swimming web site http://www.maswim.org</p> <p>A hard copy printout listing each swimmer</p>

	<p>alphabetically, with each swimmer's events and entry times, must accompany the diskette. If you are emailing your entry, please send a word file from your Hy-Tek Team Manager sorted by athlete and event. This file will be used as your official entry. All emailed entries will receive confirmation of receiving your entry.</p> <p>If a HY-TEK file is not possible use the attached entry form.</p> <p>A completed Meet Summary MUST accompany each team's entry.</p> <p>Notice: As per Middle Atlantic regulations, failure to enter a swimmer's 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>
ENTRY FEES	<p>Entry fee is \$3 per individual event. Deck seeds are \$6. Please make one check payable to CVAC. Entries, and payment must be received by Monday, January 23, 2006.</p>
SEND ENTRIES TO	<p>Mail checks and paperwork to: CVAC C/O Larry Treaster 1 Spruce Drive Carlisle, PA 17013 Email: cvac-eaglebeach@comcast.net</p>
ENTRY DEADLINE	<p>Monday, January 23, 2006 by 8 p.m. No late entries will be accepted.</p>
RULES	<p>This meet will be conducted according to current USA Swimming rules. Middle Atlantic Swimming rules shall also apply. USA SWIMMING/MA SWIMMING SAFETY GUIDELINES AND WARM-UP PROCEDURES WILL BE IN EFFECT FOR THE ENTIRE MEET.</p> <p>Only currently credentialed coaches, USA Swimming registered athletes and essential meet personnel will be permitted on deck.</p> <p>This meet will be conducted using the Whistle command and No-Recall False Start procedures.</p> <p>Penalties will be imposed upon any swimmer when any coach, parent, or swimmer enters any time other than the swimmer's best time for any event. Penalties may include fines or suspension.</p>
SCORING & AWARDS	<p><u>A entries:</u> Medals 1st through 3rd Ribbons 4th through 6th place <u>B entries:</u> Rosettes 1st through 3rd Ribbons 4th through 6th place</p>

	<p><u>C entries: Ribbons 1st through 6th place</u> <u>Deck entries:</u> No awards or placement; swim for time only!!</p>
PROGRAMS & ADMISSIONS	Program are \$10 for both days, or \$5 per day. No admission fee will be charged.
RESULTS	Results will be posted on the Middle Atlantic website at www.maswim.org
DIRECTIONS	<p>Cumberland Valley Natatorium <u>From the north</u> Take I-81 south to the Mechanicsburg exit (Rt. 114) make a left at light - go to traffic light at Rt. 11 - (Giant Store/Sheetz's gas station on right, Silver Springs Commons on left) bear right at light (Rt. 11 south) and go 2 more traffic lights. This will take you to the main entrance of CV complex on right side. To get to pool pass the main entrance and stadium and make right onto Dapp Road. Make a right onto access road past football stadium and go straight ahead to pool parking. Enter pool at the large "CV" entrance.</p> <p><u>From the South</u> Take I-81 north to the New Kingstown exit onto Rt. 11 north. Go approximately 3 miles to school on left. The school is located along Rt. 11. A map to the CV Natatorium is attached. More information is available at www.swimcvac.org</p>
ACCOMMODATIONS	<p>Comfort Inn 6325 Carlisle Pike Mechanicsburg, PA (717) 790-0924</p> <p>Hampton Inn 1164 Harrisburg Pike Carlisle, PA (717) 240-0200</p> <p>Econo Lodge 1460 Harrisburg Pike Carlisle, PA (717) 249-7775</p> <p>Ramada Inn Limited 350 Bent Creek Blvd Mechanicsburg, PA 17050 (717) 790-1520</p> <p>Holiday Inn 1450 Harrisburg Pike Carlisle, PA (717) 245-2400</p>
CANCELLATION DUE TO BAD WEATHER	In case of delays or cancellation due to bad weather, Eagle Beach meet information will be posted on CVAC's web page at www.swimcvac.org
FOOD	The Eagle Beach Café is located in the lobby outside of the stairwell to the pool seating area. A wide variety of foods will be available during both sessions on both days.
SEATING	A balcony seating area, overlooking the pool is available to all guests. No unauthorized guests are allowed on the pool deck!! NO FOOD is allowed in

	the balcony or on deck. ONLY PLASTIC water bottles are allowed on deck.
WARNINGS	<p>Any club that enters an unregistered athlete, falsifies an entry in any way, permits an unregistered coach to represent them, will be fined according to Middle Atlantic guidelines. All officials and coaches on deck must wear their official USS membership badges. Special T-shirts will identify meet workers.</p> <p><u>USA SWIMMING RULES PROHIBIT ALL OTHERS FROM BEING ON DECK!!!</u></p>

Saturday morning – February 4, 2006 – 8 a.m. (warm-ups at 6:30 a.m.)				
GIRLS NUMBER		EVENT		BOYS NUMBER
1	13 & 14	100 YARD	Freestyle	2
3	15 & Over	100 YARD	Freestyle	4
5	13 & 14	200 YARD	Breast	6
7	15 & Over	200 YARD	Breast	8
9	13 & 14	200 YARD	Back	10
11	15 & Over	200 YARD	Back	12
13	13 & 14	100 YARD	Fly	14
15	15 & Over	100 YARD	Fly	16
17	13 & 14	200 YARD	Individual Medley	18
19	15 & Over	200 YARD	Individual Medley	20
Saturday afternoon – February 4, 2006 – 12:30 p.m. (warm-ups at 11:30 a.m.)				
GIRLS NUMBER		EVENT		BOYS NUMBER
21	9 & 10	100 YARD	Individual Medley	22
23	11-12	100 YARD	Individual Medley	24
25	9 & 10	50 YARD	Back	26
27	11-12	50 YARD	Back	28
29	9 & 10	200 YARD	Freestyle	30
31	11-12	200 YARD	Freestyle	32
33	9 & 10	100 YARD	Breast	34
35	11-12	100 YARD	Breast	36
37	9 & 10	100 YARD	Fly	38
39	11-12	100 YARD	Fly	40
41	9 & 10	200 YARD	Back	42
43	11-12	200 YARD	Back	44
45	9 & 10	50 YARD	Freestyle	46
47	11-12	50 YARD	Freestyle	48
Sunday morning – February 5, 2006 – 8 a.m. (warm-ups at 6:30 a.m.)				
GIRLS NUMBER		EVENT		BOYS NUMBER
49	13 & 14	200 YARD	Freestyle	50
51	15 & Over	200 YARD	Freestyle	52
53	13 & 14	100 YARD	Breast	54
55	15 & Over	100 YARD	Breast	56
57	13 & 14	100 YARD	Back	58
59	15 & Over	100 YARD	Back	60
61	13 & 14	200 YARD	Fly	62
63	15 & Over	200 YARD	Fly	64
65	13 & 14	50 YARD	Freestyle	66
67	15 & Over	50 YARD	Freestyle	68
Sunday afternoon – February 5, 2006 – 12:30 p.m. (warm-ups at 11:30 a.m.)				
GIRLS NUMBER		EVENT		BOYS NUMBER
69	9 to 12	200 YARD	Breast	70
71	9 & 10	100 YARD	Freestyle	72
73	11-12	100 YARD	Freestyle	74
75	9 & 10	100 YARD	Back	76
77	11-12	100 YARD	Back	78
79	9 & 10	50 YARD	Breast	80
81	11-12	50 YARD	Breast	82
83	9 & 10	50 YARD	Fly	84
85	11-12	50 YARD	Fly	86
87	9 & 10	200 YARD	Individual Medley	88
89	11-12	200 YARD	Individual Medley	90

MAP TO CUMBERLAND VALLEY NATATORIUM

