

**INFORMATION SHEET FOR DISTRICT III SWIMMING
AT
CUMBERLAND VALLEY HIGH SCHOOL
MARCH 4 & 5, 2011**

FOR COACHES AND SWIMMERS

I. Parking Information

PLEASE REFER TO THE ENCLOSED MAP AND DIRECTIONS:

School Vehicles, Athletes, and Coaches will NOT be admitted to the Cumberland Valley Complex previous to 10:00 AM on Friday March 4 and 7:30 AM on Saturday March 5.

II. Registration - Locker Rooms

1. All coaches and swimmers will receive **Deck Passes on site. When you arrive at Cumberland Valley H.S. there will be a check-in table where Deck Passes will be distributed.** Deck Passes must be used by all swimmers and coaches to enter the locker rooms and the pool area. **NO EXCEPTIONS!**
2. Coaches and swimmers are asked to strictly adhere to the following time schedule for entry to the locker rooms and warm-ups:

	Locker Room Entry	Warm-ups
Friday AA Swimmers	11:10 AM	11:30 AM – 12:15 PM
Friday AAA Swimmers	4:10 PM	4:30 - 5:15 PM
Saturday AA Swimmers	8:40 AM	9:00 - 9:45 AM
Saturday, AAA Swimmers	1:10 PM	1:30 - 2:15 PM

3. Lockers and team seating will be assigned. We ask that you have **two swimmers share a locker and use locks for security.** **AA swimmers** are asked to **vacate locker rooms as soon as possible** so they will be available for AAA swimmers. **PIAA District III and the Cumberland Valley School District will not assume any responsibility for valuables lost or stolen, and the security of personal items.**

III. Warm-up Procedures

1. All swimmers are asked to adhere to the following procedures during designated warm-ups:

**Main Competition Pool Warm-ups
AA & AAA**

First	15 minutes	Swimmers from Schools A-L	Circles in all 8 lanes
Second	15 minutes	Swimmers from Schools M-Z	Circles in all 8 lanes
Last	15 minutes	Swimmers from Schools A-Z	Sprints in all 8 lanes

Please Note: Swimmers may use the non-competitive portion of the pool for circle warm-ups and cool-downs at any time during the scheduled warm-up period.

IV. PIAA District III Regulations

1. No banners, signs, noisemakers, or listening devices are permitted.
2. All swimmers must be accompanied by a school appointed and approved coach.
3. All swimmers must be wearing only school issued attire.
4. Teams with five (5) or more swimmers (divers not included) may have a second coach on deck. **No Team Managers** will be permitted on deck.
5. All National Federation Swimming Rules, **Suit Restrictions**, and PIAA modifications will be enforced, as will the **No Jewelry Rule**.
6. Medal winners must appear for awards dressed in their **school issued warm-ups or sweat suits**. No hats or tee shirts will be permitted during the awards presentation.
7. **PIAA Scratch Rule**: Scratches for reasons other than certified illness or injury will result in the athlete being disqualified from the PIAA District III Meet.
8. **Shaving Rule**: **Coaches must inform all of their swimmers that they are not permitted to shave in any area of Cumberland Valley High School. Any swimmer who violates this regulation will be disqualified from the PIAA District III Swimming Championships.**

V. Scoring and Awards

1. Team scoring for sixteen (16) places will be used to determine a AA Girls, AA Boys, AAA Girls, and AAA Boys Team Champion for those schools that sponsored a team during the Regular Season and that participated in more than ten (10) Regular Season Contests in swimming and diving.
2. Trophies will be awarded to the championship teams for AA Girls, AA Boys, AAA Girls, and AAA Boys competition. In addition, medals will be awarded to the first eight (8) place finishers in each event for each classification.

VI. Directions to Cumberland Valley High School

1. A map with directions to Cumberland Valley High School follows. Please make copies to be distributed to your parents and fans who plan to attend.

VII. Refreshments and Tee Shirts

1. Refreshments will be available adjacent to the swimming pool area. **At no time may food or drink be taken into the pool or spectator areas. Also, there will be a closed circuit live showing of the meet in this concession area.**
2. PIAA District III Swimming Tee Shirts and Hats will be available for purchase at Cumberland Valley High School. PIAA District Diving Tee Shirts and Hats will be available for purchase at Big Spring High School and Governor Mifflin Intermediate School.
3. The Cumberland Valley Educational Complex is a **Tobacco and Smoke Free Facility**.

IV. Tickets for the PIAA State Meet

1. Please refer to the PIAA swimming and diving website for further information regarding ticket sales for the PIAA State Meet at www.piaa.org/swimminganddiving.

If there are any weather related announcements or time schedule adjustments, all information will be posted on our website for your reference.

DISTRICT III SWIMMING

Order of Events and Approximate Time Schedule At Cumberland Valley High School

SPECTATOR DOORS OPEN: **Friday March 4 - 11:15 AM (AA) / 4:15 PM (AAA)**
Saturday March 5 - 8:00 AM (AA) / 1:00 PM (AAA)

FRIDAY, MARCH 4, 2011

Boys & Girls AA		Boys & Girls AAA
11:00 A.M.	Coaches May Enter Deck Area	4:00 P.M.
11:10 A.M.	Swimmers May Enter Locker Rooms	4:10 P.M.
11:30-12:15 P.M.	Warm-Ups	4:30 – 5:15 P.M.
***11:00 A.M.	Officials Meeting	4:30 P.M.
11:45 A.M.	Ticket Sales Begin / Spectators Enter Pool	4:45 P.M.**
***11:50 A.M.	Coaches Meeting	4:50 P.M.
12:30 P.M.	Girls 200 Medley Relay	5:30 P.M.
12:36 P.M.	Boys 200 Medley Relay	5:36 P.M.
12:42 P.M.	Girls 200 Freestyle	5:42 P.M.
12:52 P.M.	Boys 200 Freestyle	5:52 P.M.
1:02 P.M.	Awards – Girls & Boys Medley Relay	6:00 P.M.
1:07 P.M.	Girls 200 Individual Medley	6:05 P.M.
1:18 P.M.	Boys 200 Individual Medley	6:16 P.M.
1:30 P.M.	Awards – Girls & Boys 200 Free	6:27 P.M.
1:35 P.M.	Girls 50 Freestyle	6:32 P.M.
1:41 P.M.	Boys 50 Freestyle	6:38 P.M.
1:47 P.M.	Awards – Girls & Boys 200 IM	6:44 P.M.
1:52 P.M.	Ten Minute Break	6:49 P.M.
2:00 P.M.	Girls 100 Fly	6:54 P.M.
2:08 P.M.	Boys 100 Fly	7:02 P.M.
2:16 P.M.	Awards – Girls & Boys 50 Free	7:10 P.M.
2:21 P.M.	Girls 200 Freestyle Relay	7:15 P.M.
2:27 P.M.	Boys 200 Freestyle Relay	7:21 P.M.
2:33 P.M.	Awards – Girls & Boys 100 Fly & 200 Free Relay	7:27 P.M.
3:00 P.M.	Clear Pool	7:36 P.M.

SATURDAY, MARCH 5, 2011

Boys & Girls AA		Boys & Girls AAA
8:00 A.M.	DOORS OPEN	
8:30 A.M.	Coaches May Enter Deck Area	1:00 P.M.
8:40 A.M.	Swimmers May Enter Locker Rooms	1:10 P.M.
9:00 A.M.– 9:45 A.M.	Warm – Ups	1:30 P.M. – 2:15 P.M.
9:00 A.M.	Officials Meeting	1:40 P.M.
9:15 A.M.	Ticket Sales Begin / Spectators Enter Pool	1:45 P.M.
9:35 A.M.	Coaches Meeting	2:05 P.M.
10:00 A.M.	Girls 100 Freestyle	2:30 P.M.
10:08 A.M.	Boys 100 Freestyle	2:37 P.M.
10:16 A.M.	Girls 500 Freestyle	2:46 P.M.
10:30 A.M.	Boys 500 Freestyle	3:05 P.M.
10:56 A.M.	Awards – Girls & Boys 100 Free	3:25 P.M.
11:01 A.M.	Girls 100 Backstroke	3:30 P.M.
11:10 A.M.	Boys 100 Backstroke	3:39 P.M.
11:19 A.M.	Awards – Girls & Boys 500 Free	3:47 P.M.
11:24 A.M.	Girls 100 Breaststroke	3:52 P.M.
11:33 A.M.	Boys 100 Breaststroke	4:01 P.M.
11:42 A.M.	Awards – Girls & Boys 100 Back	4:10 P.M.
11:47 A.M.	Ten Minute Break	4:20 P.M.
11:57 A.M.	Girls 400 Free Relay	4:30 P.M.
12:08 P.M.	Boys 400 Free Relay	4:40 P.M.
12:16 P.M.	Awards – Girls & Boys 100 Breast & 400 Free Relay	4:50 P.M.
12:40 P.M.	Clear Pool – Team Awards	5:15 P.M.