

**INFORMATION SHEET FOR DISTRICT III SWIMMING
AT
CUMBERLAND VALLEY HIGH SCHOOL
March 4 & 5, 2016**

FOR COACHES AND SWIMMERS

PLEASE REVIEW ALL GUIDELINES WITH YOUR TEAM AND PARENTS

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.

II. Registration - Locker Rooms

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!**

*****VERY IMPORTANT*****

COACHES ARE DIRECTLY RESPONSIBLE FOR THE SUPERVISION OF ALL ATHLETES FROM THEIR RESPECTIVE SCHOOLS DURING THE ENTIRE TIME THEY ARE ON SITE AT THE CUMBERLAND VALLEY HIGH SCHOOL AND SURROUNDING CAMPUS. THIS INCLUDES TIME PREVIOUS TO THE ATHLETES ENTERING THE LOCKER ROOMS, THEIR ENTRY INTO THE LOCKER ROOMS, AND WHILE IN THE POOL AREA.

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.**

Coaches and swimmers are asked to strictly adhere to the following time schedule for entry to the locker rooms and warm-up:

2016 PIAA District III Championship Meet Schedule

Day 1	Boys AA	Girls AA	Boys AAA	Girls AAA
Coaches/swimmers in locker room	11:00	1:15	4:00	6:30
Warm-up	11:15	1:30	4:15	6:45
Officials meeting	11:00	1:15	4:00	6:45
Ticket sales	11:00	1:15	4:00	6:30
Coaches meeting	11:30	1:45	4:30	7:00
200 Medley Relay	12:00	2:15	5:00	7:30
200 Freestyle	12:15	2:30	5:15	7:45
Awards MR	12:24	2:39	5:27	7:57
200 Ind. Medley	12:29	2:44	5:32	8:02
Awards 200 Free	12:38	2:53	5:44	8:14
50 Freestyle	12:43	2:58	5:49	8:19
Awards IM & break	12:46	3:01	5:53	8:23
100 Fly	12:57	3:12	6:04	8:34
Awards 50 free	1:03	3:18	6:12	8:42
200 Free Relay	1:18	3:33	6:27	8:57
Awards 50 Free & 200 FR	1:25	3:40	6:34	9:04
Clear pool	1:30	3:45	6:45	9:15
Day 2				
Coaches/swimmers in locker room	9:00	11:15	2:00	4:30
Warm-up	9:15	11:30	2:15	4:45
Official's meeting	9:00	11:30	2:00	4:45
Ticket sales	9:00	11:15	2:00	4:30
Coaches meeting	9:30	11:45	2:30	5:00
100 Free	10:00	12:15	3:00	5:30
500 Free	10:06	12:21	3:08	5:38
Awards 100 Free	10:26	12:41	3:33	6:03
100 Back	10:31	12:46	3:38	6:08
Awards 500 Free	10:37	12:52	3:46	6:16
100 Breast	10:42	12:57	3:51	6:21
Awards Back & break	10:48	1:03	3:59	6:29
400 Free Relay	11:03	1:18	4:14	6:44
Awards Breast/400 FR/team	11:13	1:28	4:24	6:54
Clear pool	11:30	1:45	4:35	7:05

III. Warm-up Procedures

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

Main Competition Pool Warm-ups (Subject to Change / Be prepared)

First	15 minutes	AA- Mid Penn & Tri Valley AAA-Mid Penn & YAIAA	Circles in all 8 lanes
Second	15 minutes	AA – YAIAA, LL, BERKS AAA – LL & BERKS	Circles in all 8 lanes
Last	15 minutes	ALL Swimmers	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 OR Team Photographers** 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.

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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.**
2. PIAA District III Swimming Tee Shirts and Hats will be available for purchase at Cumberland Valley High 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.

PLEASE REVIEW ALL GUIDELINES WITH YOUR TEAM AND PARENTS

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

PIAA DISTRICT III WEBSITES: piaadistrict3.org