



## MID-CAP SUMMER SWIMMING CHAMPIONSHIPS

**SATURDAY JULY 26<sup>TH</sup>, 2025**  
HOSTED BY CENTRAL YORK AQUATICS



### **Location:**

Central York High School  
601 Mundis Mill Road  
York, PA 17406

### **Facility:**

The Central York High School Natatorium is an 8 lane competitive indoor pool with a Colorado timing system with an 8 line scoreboard and Competitor Gold Medal 6" lane lines. The meet will be conducted in SCY. The depth of the water at the start end of the pool is 13 feet and at the turn end is 7 feet.

There is seating in the gallery for up to 500 spectators. Free parking is available next to the building.

### **Meet Director**

Ashley Martz      [swimcyavicepresident@gmail.com](mailto:swimcyavicepresident@gmail.com)

### **Officials**

On deck officials please wear white tops and navy bottoms. Have the applicable patches/badges visible.

### **Eligibility**

Official results from CPAL and MPSL All-Star Championship meets will be compiled to determine the Mid-Cap qualifiers. The top eight (8) individual finishers and top four (4) relay finishers from each All-Star meet will qualify for the 2025 Mid-Cap Summer Swimming Championships.

### **Events/Sessions**

The order of events is attached. The meet will be run as one (1) session.

### **Meet Information**

Meet starts at 9:15 AM (Warm-ups from 7:00 AM to 8:55 AM)

Scratch Meeting:      7:45 AM Through double doors by starting blocks

Officials Meeting: 8:15 AM Through double doors by starting blocks  
Timers Meeting: 8:45 AM Through double doors by starting blocks

## Warm-ups

There will be 12 warm-up lanes available for each session (8 in the competition pool and 4 in the warm-up pool). All teams will get warm-up time in the competition pool.

Warm-ups will be split with no more than 15 swimmers per lane. Warm-up assignments will be based on the number of swimmers you have racing in the meet (excluding alternates). Coaches and swimmers are asked to be courteous and fair to other teams in sharing lane space.

	Session 1	Session 2	One-Way Sprints
CASL Teams	7:00 AM to 7:20 AM	7:25 AM to 7:45 AM	7:45 AM to 7:55 AM
MPSL Teams	8:00 AM to 8:20 AM	8:25 AM to 8:45 AM	8:45 AM to 8:55 AM

Lane assignment and specific warm-up times, along with one-way sprints, will be posted on the Mid-Cap link located at [www.swimmpsl.org](http://www.swimmpsl.org) and [www.swimcasl.org](http://www.swimcasl.org) websites by Tuesday, July 21<sup>st</sup>, 2025.

Continuous warm-up/warm-down will be available in the 4-lane portion of the pool throughout the meet.

## Volunteers

Each team will be required to submit the Mid-Cap Volunteer Form even if you have no volunteers to work as a timer. Each team with four (4) or more swimmers will be asked to submit the names of two (2) timers and one (1) Swim Coordinator. Swim Coordinator for each team will be responsible to ensure that their team swimmers gets to the staging area on time for swimmers to line up and keep the meet moving. The Volunteer Form must be completed by all teams regardless of if you have any volunteers.

Please remind your parents that not all volunteers may be selected to help and for those who are selected, they must check-in at the Volunteer Check-in table to receive their assignment and wristband.

## Rules

This meet will be conducted according to current NFHS swimming rules and safety procedures, with MPSL/CASL modifications. This meet will be conducted using the whistle command and, except for 8 & Under events, no-recall false start procedures.

No diving will be permitted during warm-ups, except limited diving from the starting block end in announce 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.

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.

Any swimmers observed swimming under the bulkhead by an official or safety monitor at the meet will be disqualified from the Swimmer's next individual event or from the remainder of the meet, as determined by the Meet Marshall. This policy will be strictly enforced.

No spectators will be allowed on the pool deck at any time. Deck access is limited to swimmers, coaches, officials and volunteers. Swimmers can access the locker rooms via the deck or through the athletic hallway. Officials, coaches and volunteers will be given wristbands which must be worn to be permitted on the pool deck.

Swimmers are not permitted to be in the hallways or the spectator seating area unless they are dried, fully clothed and wearing footwear. Swimmers and parents may meet in the lobby of the building or in the gym in the team areas.

### **Deck Changing**

Except where venue facilities require otherwise, changing into or out of swimsuits other than in locker rooms or other designated areas, is not appropriate and is prohibited. There will be locker rooms available to swimmers.

### **Swimmers with Disabilities**

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.

### **First Aid**

First Aid & Medical Services will be available as needed. Please see one of the volunteers if you require first aid or other medical services.

## **Swimmer Seating/Staging**

Team/Swimmer seating will be available in the school gym. All events will be staged on deck. A PA system will be available to announce which events are being seated.

Team areas will be sectioned off and labeled in the gym.

## **Results/Awards**

Results will be available online using Meet Mobile app.

### **Awards**

Custom medals will be awarded to all participants. Coaches must pick up their awards at the conclusion of the meet. Awards will not be mailed.

### **Mid-Cap T-shirts**

Mid-Cap commemorative t-shirts will be provided for all participating swimmers (no alternates) and two (2) coaches. Additional coaching shirts can be ordered at a cost of \$12.50 per shirt. A link to the Mid-Cap t-shirt Google doc can be found on the CASL and MPSL web pages. The form must be completed by a team contact for each team to be guaranteed shirts. The deadline for the order is Sunday, July 20<sup>th</sup>, 2025 at 8:00 PM. Payment is due when picking up shirts at Mid-Caps and checks should be made out to Central York Aquatics.

### **Admission**

Cost of admission for everyone 12 and over is \$5.00. All swimmers entered in the meet and children under 12 years of age are free.

### **Spectator Seating**

The spectator seating area at Central York High School is limited to 500 spectators. In order for all families to have a positive experience, we are asking families to setup their chairs and blankets in the gym or cafeteria. NO chairs or blankets to reserve seats will be allowed in the gallery seating area. In the event the spectator area becomes overcrowded, we reserve the right to restrict access to this area. Other CYHS spectator restrictions: No food or drink (except water) outside of the cafeteria (this includes the gallery and gym). No blocking of designated walkways and stairs.

Our meet director/security staff reserves the right to ask you to leave the premises should you not comply.

### **Concession/Vendor Stands**

A full selection of food and drinks will be available for purchase at the snack bar at the Cafeteria. We will also have an ice cream truck available outside the Natatorium entrance.

Food and drinks will be available for coaches and officials throughout the meet in the hospitality area.

### **Photography**

No flash photography at the start of events. Per CASL/MPSL rules, all photographs or videos taken during the meet must be taken on the side of the pool between the backstroke flags. No photographs or videos may be taken from the start (blocks) or turn end of the pool. This included the use of cell phones. No exceptions!

### **Recording Ban**

The use of audio or visual recording devices, including cell phones, is not permitted in the changing areas, restrooms, locker rooms or behind the starting blocks.

**Release Statement**

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