



2024 CASL Gary Shank All Star Championship Meet

Hosted by Keystone Aquatics

Sunday, July 21st, 2024

Location: Keystone Aquatic Center
103 Midway Dr.
Carlisle, PA 17015

Facility: The KAC is an eight (8) lane pool with thirteen (13) warm-up/cool-down lanes opposite the competition pool. A fully automatic Colorado 6 timing system with display board, touch pads at the finish for 9 & over and “2-button finish” for 8 & U swimmers will be used. We will be using Hy-Tek meet management software. Team areas will be provided for swimmers on deck. Spectator seating for 600.

Meet Director: Scott Zacharda at keystoneaquaticcenter.com

Eligibility: Official results from each Divisional Championship meet will be completed to determine the All-Stars qualifiers. For individual events, the 16 fastest overall times from the combined results of the divisional meets will qualify for All-Stars. For relays, the fastest 8 overall times will qualify. First and second alternates will be included in the final entry list. Please contact your coach or the meet director with any last minute scratches.

Important Dates & Times:

Coaches/Volunteers – Saturday July 20th by 5pm. Please submit one form per team via the

[Coaches and Volunteer link](#)

3A and 4A Division: each team is responsible for providing 2 timers, 1 official, and 1 team parent to volunteer with seeding.

1A and 2A Division: each team is responsible for providing 1, timer, 1 official, and 1 team parent to volunteer with seeding.

All coaches and volunteers must be pre-registered and check in at the volunteer table in order to receive a wristband for access to the pool deck.

Officials must be certified by PIAA, USA Swimming, or YMCA Certification.

Meet Information – Sunday July 21st

Meet starts at 9am (warm ups from 7:45-8:45am)

Scratch Meeting: 8am in the pool lobby

Officials Meeting: 8:20am in the pool lobby

Timers Meeting: 8:40am in the pool lobby

T-Shirts: Team forms (1 per team) must be returned by July 3rd, 2024

Team Shirt Form is attached below

Meet Information:

Events/Session

The meet will be run as one session in the same format that dual meets are run.

Warm Ups

There will be 21 warm-up lanes available (8 in the competition pool and 13 in the warm-up/cool-down pool). Coaches and swimmers are asked to be courteous and fair to other teams in sharing lane space. *Teams will be assigned specific warm-up lane(s). Lane assignments will be in the coaches packet.*

Continuous warm-up/cool-down area will be available. Coaches, please be sure that your swimmers are utilizing this area for warm-up/cool-down purposes only, swimmers should not congregate in this area and may be asked to clear the pool if not actively warming up/cooling down.

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 arrangement prior to the start of the meet.

Swimmer Seating/Staging

Swimmer seating will be outside and/or inside. There will be bleacher seating available. Swimmer staging will be on benches. All swimmers should check in at the staging area before their events.

Results/Awards

Results will be posted online via the Meet Mobile app. Custom medals will be awarded to places 1st through 8th for relays and 1st through 16th for individual events. Champions of each event will also receive a custom CASL All-Star Champion swim cap. Coaches are responsible for picking up team awards.

Admission

Admission is \$5 for everyone 12 and over

Concession

KAC will offer a full concession stand with various breakfast and lunch options.

Rules/Safety: This meet will be conducted according to current NFHS swimming rules and safety procedures, with CASL modifications. This meet will be conducted using the whistle command and, with the exception of 8 & U events, no-recall false start procedures.

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.

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.

For the safety of our swimmers, locker room access will be for the use of the athletes only. Coaches, officials, volunteers and spectators must use the restrooms in the pool lobby.

Recording Ban: The use of audio or visual recording devices, including cell phone, is not permitted in the locker rooms, restrooms, behind the starting blocks or turn end of the pool. All photographs or videos taken during the All-Star Meet must be taken on the side of the pool between backstroke flags, this includes use of cell phones, there will be NO exception to this rule.

Hospitality: The hospitality area for coaches and officials will be set up in the conference room. Food and drink will be available throughout the day for coaches and officials. Water will be available on the deck for coaches, officials, and timers.



Timeline for the 2024 CASL Gary Shank All-Star Championships

7:30am	Facility opens for Spectators, Coaches, Swimmers, and Officials
7:45 – 8:15am	Warm-up Session 1: AAAA, A
8:15 – 8:45am	Warm up Session 2: AAA, AA
8:00am	Coaches Scratch Meeting in the pool lobby
8:20am	Officials Meeting in the pool lobby
8:40am	Timers Meeting in the pool lobby
8:50am	Senior Recognitions (Graduating Sr's report to bulkhead)
9:00am	Recognition of 4 Divisional Champ Winners
9:05am	National Anthem
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9:10am	Medley Relays start
9:50am	IM's start
10:20am	Short Freestyle events start
11:00am	Backstroke events start
11:40am	Change Timers
11:45am	100 Freestyle starts
12:20pm	Breaststroke events start
1:00pm	Butterfly events start
1:30pm	Freestyle Relay events start
2:10pm	Finish
2:15pm	Coaches meeting for Mid Caps (on pool deck in the Blue Bleachers)

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T-shirt Order Form



	ITEM	COLOR	Small	Medium	Large	X-Large	Adult 2X Large	Adult 3X Large	PRICE	TOTAL
1	Port 5.5oz 50/50 cotton/poly adult tee shirt	navy							a- \$15.00 2/3x-\$17.00	
*	Port 5.5oz 50/50 cotton/poly youth tee shirt	navy							y- \$14.00	
2	Port 5.5oz 50/50 cotton/poly adult long sleeve tee	navy							a- \$17.00 2/3x-\$19.00	
*	Port 5.4oz 100% cotton youth long sleeve tee	navy							y- \$16.00	
3	Port 5.4oz 100% cotton adult tee shirt	heather navy							a- \$15.00 2/3x-\$17.00	
*	Port 5.4oz 100% cotton youth tee shirt	heather navy							y- \$14.00	
4	Port 5.4oz 100% cotton adult long sleeve tee shirt	true navy							a- \$17.00 2/3x-\$19.00	
*	Port 5.4oz 100% cotton youth long sleeve tee shirt	true navy							y- \$16.00	
5	Port 3.8oz 100% poly performance adult tee	deep navy							a- \$17.00 2/3x-\$19.00	
*	Port 3.8oz 100% poly performance youth tee	true navy							y- \$16.00	
6	Port 3.8oz 100% poly perf. adult long sleeve tee	deep navy							a- \$19.00 2/3x-\$21.00	
*	Port 3.8oz 100% poly perf. youth long sleeve tee	true navy							y- \$18.00	

all above with 2 color imprint on front (gold/white)

* Not Shown

Name: _____ Total

Team: _____ orders in by: **July 3rd** Delivery: **at Event**

Paid cash: _____ Check # _____ Make checks payable to: **Keystone Aquatics**