

GSVAL Summer Championships 2018

Friday & Saturday July 27th & 28th (Rain Date July 29th)

LOCATION:	Lock Haven University - Zimmerli Natatorium 65 Susquahanna Ave Lock Haven, PA 17745															
FACILITY:	This meet will be run in a 6 lane, 25-yard pool.															
MEET HOSTS:	Lock Haven Swim Team, Lewisburg Swim Team, Williamsport Swim Team															
EVENTS & SESSIONS:	All events are pre-seeded, timed finals. There will be (3) sessions: Friday PM session will include all swimmers in the 13-14 & 15-18 age groups. Saturday AM session will include all swimmers in the 8 & U & the 9-10 age groups. Saturday PM session will then include all swimmers in the 11-12 age group.															
START TIMES & WARM-UPS: (A warm-up schedule will be sent separately to coaches.)	<table style="width: 100%; border: none;"> <tr> <td></td> <td style="text-align: center;">Friday Evening</td> <td style="text-align: center;">Saturday</td> </tr> <tr> <td>Warm-up:</td> <td style="text-align: center;">Session 1 -4:00 PM to 5:20 PM</td> <td style="text-align: center;">Session 2 - 7:00 AM to 8:50 AM Session 3 - 1:00 PM to 2:50 PM</td> </tr> <tr> <td>Meet Start:</td> <td style="text-align: center;">Session 1 - 5:30 PM</td> <td style="text-align: center;">Session 2 - 9:00 AM Session 3 - 3:00 PM</td> </tr> <tr> <td>Coaches' Meetings:</td> <td style="text-align: center;">4:30 PM</td> <td style="text-align: center;">8:00 AM and 2:00 PM</td> </tr> <tr> <td>Official's Meetings:</td> <td style="text-align: center;">4:45 PM</td> <td style="text-align: center;">8:15 AM and 2:15 PM</td> </tr> </table>		Friday Evening	Saturday	Warm-up:	Session 1 -4:00 PM to 5:20 PM	Session 2 - 7:00 AM to 8:50 AM Session 3 - 1:00 PM to 2:50 PM	Meet Start:	Session 1 - 5:30 PM	Session 2 - 9:00 AM Session 3 - 3:00 PM	Coaches' Meetings:	4:30 PM	8:00 AM and 2:00 PM	Official's Meetings:	4:45 PM	8:15 AM and 2:15 PM
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ELIGIBILITY:	The GSVAl Championship Meet is open to any swimmer on any team that is a member of the GSVAl who has participated in a minimum of 3 meets throughout the 2018 summer season.															
RULES:	This meet will be run according to USA Swimming regulations with GSVAl exceptions. All events are Pre-Seeded, Timed Finals. Coaches MUST attend the coaches' meeting.															
ENTRY LIMITS:	Swimmers may enter up to a maximum of four (4) events of which no more than three may be individual events. I.E. - 3 individuals + 1 relay OR 2 individuals + 2 relays.															
ENTRY SUBMISSIONS:	All times submitted must be swum during the GSAVL 2018 season. Entries should be submitted using HY-TEK software format. They must be submitted via email. Submit entries to Kim Schwoyer at chetkim@mail.com.															
ENTRY DEADLINE:	All entries must be received by Friday, July 20th @ 11:59 PM! Team entries will be returned to teams to make sure entries were entered correctly by Saturday, July 21 @ 7 AM. They must be reviewed and back to Kim by Saturday, July 21st @ 11:59 PM! There will be no exceptions or correction after Saturday, July 21 st @ 11:59 PM. At Championships the only changes you may make are scratches and replacing a scratch in a relay with a swimmer already in the meet.															
ENTRY FEES:	Entry fees are \$3 per event for individual events and \$12.00 for relays. Please make one check per team payable to: "GSVAL". Entry fees must be paid prior to the start of the first session.															
DECK ENTRIES & SCRATCHES:	No Deck Entries or late entries are permitted. Deck scratches will be taken during each Coaches' Meeting... lanes/heats will NOT be re-seeded at any point following the psych sheet deadline.															
AWARDS & SCORING:	Individual events: Trophy 1 st Place; Medals 2 nd - 6 th place & ribbons 7 th - 16 th place. Relay events: Trophy 1 st place & Medals 2 nd - 6 th place. Heat award to each heat winner. Scoring is as follows: Ind. Events: 16-13-12-11-10-9-7-5-4-3-2-1 Relays: 32-26-24-22-20-18-14-10-8-6-4-2 Championship Meet Team Trophies: 1 st - 6 th place. Championship Meet Age Group Awards: 1 st place trophies for each age group winner - both boys & girls.															
TEAM SETUP/ SEATING AREA:	Teams will be assigned an area in the gymnasium. The heating area will be in the gymnasium and individuals in charge of heating/seating will escort swimmers to the blocks.															
ACCESS:	Access to the pool deck is limited to Swimmers, Coaches, Officials and Meet Volunteers.															
SAFETY:	No diving will be permitted during warm-ups, except during designated one way start times and in designated lanes. During this period, swimmers must enter from starting block and exit at opposite end of the pool. All other pool entries will be feet-first. Swimmers violating this safety procedure will be removed from the warm-up for the remainder of the warm-up session.															
SPECTATORS:	Programs are available for sale at the meet. Spectators must view from the spectator area.															
REFRESHMENTS/ PROGRAMS/ T-SHIRTS:	Food and Drinks will be on sale throughout the meet, the concession stand will be located in the gymnasium. Programs available throughout the day. Pre-order t-shirts due by July 8th @ 2 PM. Email to nicolehockman@yahoo.com . Limited quantities available the day of the meet.															
VOLUNTEERS:	Information on meet volunteers and officials will be distributed the Wednesday before the meet.															
Parking:	See attachment															
Event List:	See attachment															