



# The Big Spring Aquatic Club

**Proudly Presents**

## The Bulldog Splash Invitational

**Saturday, November 6, 2021**

<b>Location</b>	Big Spring High School 100 Mount Rock Road Newville, PA 17241 Day of Meet Emergency #: 717-398-9573
<b>Facilities</b>	The Big Spring High School Natatorium is a state of the art, 40 yard pool with an adjustable bulkhead. It will be configured to eight lanes, 25 yards for competition. The depth is 5 ½ feet at the starting end and 13 feet at the turning end. There is a warm up/cool down pool behind the starting end; but will be restricted to swimmers actively warming up or cooling down. The spectator gallery seats 75 with additional seating on deck for 150 spectators. An automated Daktronics timing system with an eight lane scoreboard display will be used. Timers will report to the turning end of the pool and use plungers for eight and under, 25 yard events. The natatorium is equipped with state of the art filtration and ventilation units. Free parking is located next to the natatorium.
<b>Meet Director</b>	Amanda Vioral E-mail: SwimBigSpring@gmail.com Phone: 717-448-6767
<b>Eligibility</b>	Coaches' packets will be provided the day of the meet at the admissions table. There will be a scratch meeting and positive check in for the 500 free (events 74 & 75). Swimmers must provide a timer and counter for the 500 free. Lap counter cards will be provided. Swimmers may enter a maximum of four (4) events. <i>The 500 free does NOT count toward this maximum.</i> Swimmers' ages will be determined as of December 1, 2021. The meet director reserves the right to limit entries in any event to keep the meet timeline within a reasonable limit. If this becomes necessary, teams will be notified through their coaches/team representatives and a refund will be given for those events. Swimmers may deck enter at the meet for \$8.00 per event. The entry fee for each event is \$4.00. <b>All entries are due Friday, October 29, 2021 no later than 9:00 PM. Entries will be</b>

	<p>submitted online through the BSAC website, <a href="http://www.swimbsac.org">www.swimbsac.org</a>. The link for entries is on the “visiting teams” page (<a href="http://www.swimbsac.org/bulldog-splash-visiting-team-info">www.swimbsac.org/bulldog-splash-visiting-team-info</a>).</p>
<b>Volunteers</b>	<p>While volunteering for our invitational is not mandatory, we would greatly appreciate any assistance you are willing to provide. Timers and officials will be needed. The sign up link for volunteers is on the BSAC website, <a href="http://www.swimbsac.org">www.swimbsac.org</a>. The link for volunteers for each team can be found on the <a href="http://www.swimbsac.org/bulldog-splash-visiting-team-info">bulldog-splash-visiting-team-info</a> page.</p>
<b>Warm Ups, Meetings, &amp; Start Times</b>	<p>7:00 AM Doors open  7:15 AM Warm Up Sessions  7:15 – 7:45 AM Session One  7:45 – 8:15 AM Session Two  8:15 – 8:45 AM Session Three  ** Teams will be assigned a warm-up session after attending teams are determined.  Starts &amp; Sprints should be done during warm up sessions.  Warm up / cool down pool is available throughout the meet.  8:15 AM Scratch Meeting  8:15 AM Officials’ Meeting  8:30 AM Timers’ Meeting  9:00 AM National Anthem / Meet Start</p>
<b>Rules / Safety</b>	<p>The meet will be governed by current Federation Rules, NFHS swimming rules and safety procedures, with CPAL modifications. All events will be timed finals. The meet will be conducted using the whistle command and, with the exception of 8 &amp; Under events, no-recall false start procedures. The one (1) false start rule will apply for all 8 &amp; Under events. During warm ups, no diving is permitted until each team announces it will use its lane(s) for sprints. At that time, swimmers must enter from the starting block and exit from the opposite end of the pool. All entries must be feet-first other than during announced sprints. Swimmers violating safety procedures will be removed from the pool for the remainder of the warm-up session. Subsequent violations may cause disqualification from the remainder of the meet. <b>Any swimmer observed swimming under the bulkhead will be disqualified from the meet, as determined by the meet referee. This policy will be strictly enforced.</b> The use of audio or video recording devices, including cell phones, is prohibited in changing areas, restrooms, locker rooms, and behind the starting blocks. All photography/video recording must be performed from the side of the pool between the backstroke flags. No exceptions will be granted.</p>
<b>COVID-19</b>	<p>An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. According to the Centers for Disease Control and Prevention, senior citizens and individuals with underlying medical conditions are especially vulnerable.</p> <p>CPAL and BSAC, cannot prevent you (or your child(ren)) from becoming exposed to, contracting, or spreading COVID-19 while participating in CPAL sanctioned events. It is not possible to prevent against the presence of the disease. Therefore, if you choose to participate in a CPAL sanctioned event, you may be exposing yourself to and/or increasing your risk of contracting or spreading COVID-19.</p> <p>BY ATTENDING OR PARTICIPATING IN THIS COMPETITION, YOU VOLUNTARILY ASSUME ALL RISKS ASSOCIATED WITH EXPOSURE TO COVID-19 AND FOREVER RELEASE AND HOLD HARMLESS CENTRAL PENNSYLVANIA AQUATIC LEAGUE AND BIG SPRING AQUATIC CLUB AND EACH OF THEIR OFFICERS, DIRECTORS, AGENTS, EMPLOYEES OR OTHER REPRESENTATIVES FROM ANY LIABILITY OR</p>

	CLAIMS INCLUDING FOR PERSONAL INJURIES, DEATH, DISEASE OR PROPERTY LOSSES, OR ANY OTHER LOSS, INCLUDING BUT NOT LIMITED TO CLAIMS OF NEGLIGENCE AND GIVE UP ANY CLAIMS YOU MAY HAVE TO SEEK DAMAGES, WHETHER KNOWN OR UNKNOWN, FORESEEN OR UNFORESEEN, IN CONNECTION WITH EXPOSURE, INFECTION, AND/OR SPREAD OF COVID-19 RELATED TO PARTICIPATION IN THIS COMPETITION.
<b>Events / Sessions</b>	The meet will run in one session as a pre-seeded, timed finals event. See the attached order of events. There will be a 10-minute break following event 36. Events 69 - 73 are mixed relays. <b>Each relay must include at least one swimmer of the opposite sex.</b>
<b>Swimmer Seating</b>	Swimmers will be in the gym during the meet. Swimmers are responsible for reporting to the seeding area (adaptive gym adjacent to the gym) when their events are announced and posted on the board. Failure to report to the seeding area will result in a NS for the event. Swimmers will be escorted to the pool and provided a basket for their towels and flip flops while they swim.
<b>Awards</b>	Swimmers who finish first through third (1 <sup>st</sup> – 3 <sup>rd</sup> ) will receive medals. Fourth through eighth (4 <sup>th</sup> – 8 <sup>th</sup> ) place finishers will receive ribbons. Prizes will be awarded to each heat winner.
<b>Admission</b>	Admission is \$5.00. Children 10 & under will be admitted at no cost. Free admission is granted to all volunteers. Check in for volunteers is at the admissions table.
<b>Concessions</b>	A complete selection of food and drinks will be available for purchase at the concession stand located in the cafeteria. All food and drink, except for water, must be kept in the cafeteria / Commons Area. No exceptions. Please be sure to assist our staff by cleaning up when finished.
<b>T-Shirts</b>	T-shirts will be available via pre-order and a limited supply will be available the day of the meet. Cost will vary with options. Pre-orders will be bundled by team and given to the head coach for distribution. See the meet website for more information.
<b>Results</b>	In addition to Meet-Mobile, results will be posted in the hallway between the pool and the gym throughout the meet. Final meet results will be posted in printable HTML format, coaches Team Manager CL2, and Meet Manager back up files on CPAL website.
<b>Hospitality</b>	Coaches and officials will be presented with meal coupons for the concession stand. Complimentary water will be available on the pool deck throughout the meet for coaches, officials, timers, and other volunteers.
<b>Directions</b>	<b>From the North:</b> Take I-81 South to Exit 44 (Allen Road). Turn right off the exit onto Route 465. At the second light, Route 11 (there is a Sheetz on the left), turn left. Follow Route 11 approximately 5 miles to Mount Rock Road. Turn right onto Mount Rock Road. E.W. Mainhart, LLC Plumbing and Heating and the Mount Rock Church flank Mount Rock Road. Follow Mount Rock Road for 3.4 miles. The high school entrance is on the left. <b>From the South:</b> Take I-81 North to Exit 37 (Newville). Turn left onto PA-233 N toward Newville. Turn right onto US-11 N. In 1.2 miles, turn left onto Graham Road. In 1.6 miles, turn left onto Mount Rock Road. The high school is one mile on the left.
<b>Hotels</b>	All hotels are approximately 10 miles from the high school. <u>Holiday Inn Express &amp; Suites</u> , 1501 Commerce Ave, Carlisle, PA, 717-241-0052 <u>Fairfield Inn &amp; Suites</u> , 1528 Commerce Ave, Carlisle, PA, 717-243-2080 <u>MainStay Suites</u> , 1405 Dennison Cir, Carlisle, PA, 717-906-5600 <u>Days Inn by Wyndham</u> , 101 Alexander Spring Rd, Carlisle, PA, 717-609-4999

**Release Statement: The Big Spring School District, Big Spring Aquatic Club, and meet sponsor shall be held free and harmless from any and all liabilities or claims for damages arising by reason of injuries to anyone during this event.**

## Order of Events

Mixed Event #	Boys #	Event Description	Girls #
	1	Open 200 Free	2
	3	8 & Under 25 Fly	4
	5	9 – 10 50 Fly	6
	7	11 – 12 50 Fly	8
	9	13 – 14 100 Fly	10
	11	15 – 18 100 Fly	12
	13	Open 200 Back	14
	15	8 & Under 25 Free	16
	17	9 – 10 50 Free	18
	19	11 – 12 50 Free	20
	21	13 – 14 50 Free	22
	23	15 – 18 50 Free	24
	25	Open 200 Fly	26
	27	8 & Under 25 Breast	28
	29	9 – 10 50 Breast	30
	31	11 – 12 50 Breast	32
	33	13 – 14 100 Breast	34
	35	15 – 18 100 Breast	36
<b>10 Minute Break</b>			
	37	8 & Under 50 Free	38
	39	9 -10 100 Free	40
	41	11 – 12 100 Free	42
	43	13 – 14 100 Free	44
	45	15 – 18 100 Free	46
	47	8 & Under 25 Back	48
	49	9 – 10 50 Back	50
	51	11 – 12 50 Back	52
	53	13 – 14 100 Back	54
	55	15 – 18 100 Back	56
	57	Open 200 Breast	58
	59	8 & Under 100 IM	60
	61	9 – 10 100 IM	62
	63	11 – 12 100 IM	64
	65	13 – 14 200 IM	66
	67	15– 18 200 IM	68
69		15 - 18 200 Mixed Medley Relay	
70		13 - 14 200 Mixed Medley Relay	
71		11 - 12 200 Mixed Medley Relay	
72		9 - 10 100 Mixed Medley Relay	
73		8 & Under 100 Mixed Medley Relay	
	74	Open 500 Free	75