



2016 CAL SWIMMING CHAMPIONSHIPS

THURSDAY, FEBRUARY 18TH, FRIDAY, FEBRUARY 19TH & SATURDAY, FEBRUARY 20TH
RADNOR HIGH SCHOOL

Entry Fee: \$140 per school **Checks** made out to the **Central Athletic League**

Mail Checks to: Don Walsh,
Lower Merion High School
315 East Montgomery Ave
Ardmore, PA 19003

Entries: Due to Tom Robinson by **Saturday, February 13, 2016**
*TM Events File is available at <http://www.fordswimdive.com/clswimdive.htm>

MEET SCHEDULE

THURSDAY, FEBRUARY 18, 2016

SESSION 1: GIRLS

3:30 PM // Warm-Up

- **3:30-4:00** – HAR, HAV, LME, UDA
- **4:00-4:30** – GAV, MN, PNC, RID
- **4:30-5:00** – CON, SDC, SH, RAD
- **5:00-5:10** – Sprints

5:15 PM // Competition Start Time

- 200 Medley Relay, 200 Free, 200 IM, 50 Free
- Awards
 - *Sportsmanship Award*
 - *200 Medley Relay, 200 Free, 200 IM*
- 100 Butterfly, 200 Freestyle Relay
- Awards
 - *Senior Recognition*
 - *50 Free, 100 Fly, 200 Free Relay*

FRIDAY, FEBRUARY 19, 2016

SESSION 2: GIRLS

5:30 PM // Warm-Up

- **5:30-6:00** – HAR, HAV, LME, UDA
- **6:00-6:30** – GAV, MN, PNC, RID
- **6:30-7:00** – CON, RAD, SDC, SH
- **7:00-7:10** – Sprints

7:15 PM // Competition Start Time

- 100 Free, 500 Free, 100 Back, 100 Breast
- Awards
 - *League Champions*
 - *100 Free, 500 Free, 100 Back*
- 400 Freestyle Relay
- Awards
 - *100 Breast, 400 Freestyle Relay*

FRIDAY, FEBRUARY 19, 2016

SESSION 1: BOYS

2:00 PM // Warm-Up

- **2:00-2:35** – HAV, LME, MN, PNC, RID, UDA
- **2:35-3:10** – CON, GAV, HAR, RAD, SDC, SH
- **3:10-3:25** – Sprints

3:30 PM // Competition Start Time

- 200 Medley Relay, 200 Free, 200 IM, 50 Free
- Awards
 - *Sportsmanship Award*
 - *200 Medley Relay, 200 Free, 200 IM*
- 100 Butterfly, 200 Freestyle Relay
- Awards
 - *Senior Recognition*
 - *50 Free, 100 Fly, 200 Free Relay*

SATURDAY, FEBRUARY 20, 2016

SESSION 2: BOYS

1:30 PM // Warm-Up

- **1:30-2:05** – HAV, LME, MN, PNC, RID, UDA
- **2:05-2:40** – CON, GAV, HAR, RAD, SDC, SH
- **2:40-2:55** – Sprints

3:00 PM // Competition Start Time

- 100 Free, 500 Free, 100 Back, 100 Breast
- Awards
 - *League Champions*
 - *100 Free, 500 Free, 100 Back*
- 400 Freestyle Relay
- Awards
 - *100 Breast, 400 Freestyle Relay*



INDIVIDUAL ATHLETES

- Each swimmer shall be permitted to enter a maximum of four (4) events, no more than two (2) of which may be individual events
- Swimmers are permitted to enter into one (1) individual and three (3) relays
- If you have qualified for one individual event, you are permitted to swim in a second individual event at the meet
- If you did not qualify for the CAL Championship Meet, you are only permitted to swim a “B” Relay

SCHOOL ENTRIES

- Each school may enter two (2) relays per event.
- Each school is entitled to two (2) individual entries to compete in each individual event.
- Each team is allowed to enter an unlimited number of entries per individual event if the entrants have made the qualifying time, but the number of heats will not exceed ten (10) in any event.
- Each school has the choice of entering non-qualifying senior members of the team into the meet, provided the swimmer enters the meet in an event that does not exceed 60 qualifying swimmers.

AWARDS

- Top eight place finishers will receive an award
- “B” Relays can receive recognition in the top eight finishers

SCORING

- The meet will be scored for places one (1) through sixteen (16) for each event, including diving
- Only the top four (4) finishers from each team can score in an event
- Both “A” and “B” relays can score in an event
- The following formula will be used to compute a team’s final ranking in the Central League for the season:

$$20 \cdot (\# \text{ of Dual Meet Victories}) + (\text{Total Points from Centrals}) = \text{Total Team Score}$$

- Any team’s that finish the regular season with an undefeated record are guaranteed a share of the Central League title, regardless of their finish after Central League Championships.