

2024 Mountain League Championships

Location	<p>Central Cambria High School 204 Schoolhouse Rd Ebensburg, PA 15931</p> <p>The pool entrance is at the back of the building. Parking is to the left of the high school on the southwest side of the building</p>
Site Information	<ol style="list-style-type: none"> 1. Competition pool: The pool is a 6 lane indoor pool with lane lines and starting blocks. We will be using a Daktronics automatic timing system with touchpads. The pool has 2 seating areas for spectators, One at the side of the pool and the other at the turn end of the pool. 2. Admission: There will be free admission. Heat sheets will be available for purchase. 3. Results: The results will be available through Meet Mobile and will be posted in the lobby. 4. Warm Up: Warm up times for each team will be available before the start of the meet. During the break warm up will be available if a coach supervises the athlete. 5. Locker rooms and restrooms: Locker rooms are available on the pool deck for swimmers only. No parents, coaches or officials should use the locker rooms. Officials and coaches may use the restroom in the pool office. Restrooms are available for spectators in the lobby. Deck changing is prohibited. 6. Seating: We will have space in the gym next to the pool for each team. There will also be space outside. For teams. We will need to use both indoor and outdoor space to accommodate all the teams. Seating in the gym will be assigned with signage on the wall. 7. Spectators: We have 2 viewing areas for spectators. We do not have enough space that spectators can stay in the stands the entire meet. Spectators will need to come and go from the viewing areas when their child is swimming. No one can save seats, lay down blankets or set up chairs in the spectator areas. 8. Meet Director & Entry Chair: Rory Coleman 814-505-4673 9. Officials:
Entry Limitations	<p>Swimmers may enter a max of 3 individual events and 2 relays each. Swimmers must swim in the age group determined by their age on June 1, 2024 for individual events. A swimmer may swim up one age group for relays.</p>
Entry Fee	<p>Each swimmer will pay a \$3 facility charge.</p>

	\$4 per individual event and \$16 per relays Checks should be made payable to Kickboard Consulting LLC. Please pay the scoring table prior to the meet.
Seeding	Races will be swam slowest to fastest. All events are pre-seeded timed finals. Please submit a seed time for all swimmers to assist in competitive seeding. Seeding will be in the hallway behind the pool area. Swimmers should walk the hall to the seeding area and not walk across the pool deck. All swimmers must report to seeding. Events may be combined at the discretion of the meet director or the meet referee.
How To Enter	Please send entries as a TM file to roryccoleman@gmail.com Entry deadline is Sunday, July 21, 2024, at noon. Coaches will receive an entry list report to review for accuracy. Coaches will have until 7:00 pm Tuesday evening to make any changes or corrections. A psych sheet will be sent out Wednesday evening. Teams will be sent entry fee reports at this time. Scratches made after this time will be charged full entry fees.
Warm Up and Start Time	Warm up times will be announced after entries are reviewed. The meet will start at 9:30am
Rules	The meet will be conducted in accordance with the current USA Swimming Rules and Regulations (Technical Rules), The “No penalty” scratch rule will be in effect. The “No Show” rule shall be in effect, penalizing only the affected event. Any disqualification or timing disputes should be brought directly to the meet referee by the coach. We will be following the US Center for SafeSport guidelines and best practices, see Safety below.
Officials and Times	
Awards	Individual Events: Medals 1 st – 6 th place, Ribbons 7 th - 12 th . Relay Events: Medals 1 st – 3 rd place, Ribbons 4 th – 6 th . Heat awards will be given to individual heat winners. Age groups for individual and relay awards are: Male and Female 8 & under, 9- 10, 11-12, 13-14, 15-18
Safety	Coaches and parents are advised to closely supervise their swimmers. NO running or horseplay will be tolerated. In accordance with SafeSport guidelines and best practices; no cameras or recording devices are permitted in the locker rooms, rest rooms or starting area behind the blocks. When athletes are in a vulnerable position taking photos or video is not appropriate. Individuals violating this will be asked to leave the facility and will be reported to the US Center for SafeSport, as necessary.

Mountain League Championship 2022

Order of Events

Event # Event # Event Name Event Name

1 Mixed 8 & Under 100 Medley Relay	45 Boys 9-10 50 Butterfly
2 Girls 8 & Under 100 Medley Relay	46 Girls 11-12 50 Butterfly
3 Boys 8 & Under 100 Medley Relay	47 Boys 11-12 50 Butterfly
4 Mixed 9-10 100 Medley Relay	48 Girls 13-14 100 Butterfly
5 Girls 9-10 100 Medley Relay	49 Boys 13-14 100 Butterfly
6 Boys 9-10 100 Medley Relay	50 Girls 15-18 100 Butterfly
7 Mixed 11-12 200 Medley Relay	51 Boys 15-18 100 Butterfly
8 Girls 11-12 200 Medley Relay	BREAK
9 Boys 11-12 200 Medley Relay	52 Girls 8 & Under 50 Freestyle
10 Mixed 13-14 200 Medley Relay	53 Boys 8 & Under 50 Freestyle
11 Girls 13-14 200 Medley Relay	54 Girls 9-10 100 Freestyle
12 Boys 13-14 200 Medley Relay	55 Boys 9-10 100 Freestyle
13 Mixed 15-18 200 Medley Relay	56 Girls 11-12 100 Freestyle
14 Girls 15-18 200 Medley Relay	57 Boys 11-12 100 Freestyle
15 Boys 15-18 200 Medley Relay	58 Girls 13-14 100 Freestyle
16 Girls 11-12 200 Freestyle	59 Boys 13-14 100 Freestyle
17 Boys 11-12 200 Freestyle	60 Girls 15-18 100 Freestyle
18 Girls 13-14 200 Freestyle	61 Boys 15-18 100 Freestyle
19 Boys 13-14 200 Freestyle	62 Girls 8 & Under 25 Backstroke
20 Girls 15-18 200 Freestyle	63 Boys 8 & Under 25 Backstroke
21 Boys 15-18 200 Freestyle	64 Girls 9-10 50 Backstroke
22 Girls 8 & Under 25 Freestyle	65 Boys 9-10 50 Backstroke
23 Boys 8 & Under 25 Freestyle	66 Girls 11-12 50 Backstroke
24 Girls 9-10 50 Freestyle	67 Boys 11-12 50 Backstroke
25 Boys 9-10 50 Freestyle	68 Girls 13-14 100 Backstroke
26 Girls 11-12 50 Freestyle	69 Boys 13-14 100 Backstroke
27 Boys 11-12 50 Freestyle	70 Girls 15-18 100 Backstroke
28 Girls 13-14 50 Freestyle	71 Boys 15-18 100 Backstroke
29 Boys 13-14 50 Freestyle	72 Girls 8 & Under 25 Breaststroke
30 Girls 15-18 50 Freestyle	73 Boys 8 & Under 25 Breaststroke
31 Boys 15-18 50 Freestyle	74 Girls 9-10 50 Breaststroke
32 Girls 8 & Under 100 IM	75 Boys 9-10 50 Breaststroke
33 Boys 8 & Under 100 IM	76 Girls 11-12 50 Breaststroke
34 Girls 9-10 100 IM	77 Boys 11-12 50 Breaststroke
35 Boys 9-10 100 IM	78 Girls 13-14 100 Breaststroke
36 Girls 11-12 200 IM	79 Boys 13-14 100 Breaststroke
37 Boys 11-12 200 IM	80 Girls 15-18 100 Breaststroke
38 Girls 13-14 200 IM	81 Boys 15-18 100 Breaststroke
39 Boys 13-14 200 IM	82 Mixed 8 & Under 100 Freestyle Relay
40 Girls 15-18 200 IM	83 Girls 8 & Under 100 Freestyle Relay
41 Boys 15-18 200 IM	84 Boys 8 & Under 100 Freestyle Relay
42 Girls 8 & Under 25 Butterfly	
43 Boys 8 & Under 25 Butterfly	
44 Girls 9-10 50 Butterfly	

- 85 Mixed 9-10 200 Freestyle Relay
- 86 Girls 9-10 200 Freestyle Relay
- 87 Boys 9-10 200 Freestyle Relay
- 88 Mixed 11-12 200 Freestyle Relay
- 89 Girls 11-12 200 Freestyle Relay
- 90 Boys 11-12 200 Freestyle Relay
- 91 Mixed 13-14 200 Freestyle Relay
- 92 Mixed 13-14 200 Freestyle Relay
- 93 Boys 13-14 200 Freestyle Relay
- 94 Mixed 15-18 200 Freestyle Relay
- 95 Girls 15-18 200 Freestyle Relay
- 96 Boys 15-18 200 Freestyle Relay

There will be a 30 minute break between events 51 & 52. Additional short breaks may be added, as necessary, for open warm-up and warm-down.