

YMCA of Northern 2008-2009 Swim Meet Schedule

CPAL Meets ONLY

Month	Days	Meet Host	Type of Meet				Who Attends - Specifics
			League Dual	YMCA	Open Invitationa	USA Invitational	
NOV							
	22 Saturday	CPAL AWAY Dual Meet with South Middleton Aquatic Club at Boiling Springs High school. NYAC swimmers will warm-up at 8:30am, and the meet will begin at 9am	<u>X</u>				Central Penn League Swim Meet with another team in our division. Swimmers must swim in 3 meets to swim in League Championships
DEC							
	13 Saturday	CPAL HOME Dual Meet with Mechanicsburg Swim Club HOME Meet Afternoon Start. NYAC swimmers will warm-up at 12:30pm, and the meet will begin at 1:30pm	<u>X</u>				Central Penn League Swim Meet with another team in our division. Swimmers must swim in 3 meets to swim in League Championships
JAN '09							
	3 Saturday	CPAL HOME Dual Meet with Collegiate Aquatic Club. NYAC swimmers will warm-up at 8am, and the meet will begin at 9am	<u>X</u>				Central Penn League Swim Meet with teams in our division. Swimmers must swim in 3 meets to swim in League Championships. This meet is for all swimmers, all ages, all practice groups at NYAC. NOTE: This is a morning meet at HOME
	11 (Sun)	CVAC Snowflake Splash This is an invitational swim meet for 14 and under swimmers at CV High School			<u>X</u>		Swimmers who are 14 and under should attend this meet at CV High School
	17 Saturday	CPAL Dual Meet with Chambersburg YMCA. AWAY meet to be held at Chambersburg YMCA. Time will be determined by host team	<u>X</u>				Central Penn League Swim Meet with another team in our division. Swimmers must swim in 3 meets to swim in League Championships
	24 Saturday	CPAL Dual Meet with Aquatic Club of the West Shore. AWAY meet to be held at Red Land High School - Time will be determined by host team	<u>X</u>				Central Penn League Swim Meet with another team in our division. Swimmers must swim in 3 meets to swim in League Championships
FEB							
	8 (Sun)	WSY Valentine 9 & Under @ CV High School			<u>X</u>		All 9 & Under Swimmers
	14 (Sat)	CPAL League Divisional Meet at Red Land High School	<u>X</u>				Any Dual Meet Team Swimmer that has competed in 3 "CPAL League Meets". Look for Registration forms in early February
	15 (Sunday)	CPAL League All Star Meet at CV High School hosted by NYAC and WSY	<u>X</u>				Top 16 swimmers from Divisionals attend.