

2018 Suburban Aquatic League East Division Championship

When: Saturday, January 26, 2018

Where: William Tennent High School
333 Centennial Road
Warminster, PA 18974



Rules and Regulations: USA Swimming Rules and Regulations will be followed. Only swimmers, coaches, officials and meet workers will be allowed on deck. All spectators should use the balcony seating area.

Session:	1	2!!
Attendees:	8&U, 9-10 Boys and Girls	11 & Over Boys and Girls
Warm-up:	7:00 – 7:30 AM **	10:40-11:10 AM **
Start:	7:40 am **	11:20 AM **

! – Fly-over starts will be used for 9-10 events in session #1, with the exception of backstroke events and relays

!! - Fly-over starts will be used for all events in session #2, with the exception of backstroke events and relays.

!!! – Events maybe combined where the numbers allow

** The Meet Director reserves the right to adjust session start times and combine events based upon registrations.

Entries: Entries should be e-mailed to the Meet Director at jlfswim@comcast.net no later than **Monday, January 21, by 10:00 pm**. Please also include a printout of your entries in either Word or PDF format. A confirmation email will be sent. Swimmers may enter up to three (3) individual events plus two (2) relays.

Awards: May be picked up at the end of the meet by Coaches only.

Results: Results will be posted on the SAL website.

Concessions: Programs will be sold at the door. Various food and drink items will be available throughout the meet.

Questions: Contact the Meet Director, Jamie Forlini at jlfswim@comcast.net .

Warm-up Lane Assignments:

Warm-up Times	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
8:00- 8:35 11:45 – 12:20	CAC	CORE	CR	DCAA	LMSD	PENN

Reminder: Warm-up feet first entry; sprints maybe done at any time during warm-up with all athletes going one way only. Please do not let athletes hang on lane line

Meet Worker Assignments:

*** Each team will be responsible for filling their assigned positions for the entire meet. Please ensure they are qualified to serve in their assigned duties ***

Starter: CAC
Announcer: CAC
Stroke & Turn: CR & PENN (Medley Relay, Free, Back, Breast)
DCAA & LMSD (Fly, Free, IM, Free Relay)
Runner (1 each team): DCAA & LMSD (Medley Relay, Free, Back, Breast)
CORE & CR (Fly, Free, IM, Free Relay)
Timing System: CAC
Computer Scoring: CAC
Awards: CAC
Heat Winner Ribbons: CAC
Ready Bench: CAC (Session 1 only)
Head Timers: DCAA
Timers: Each club is responsible for assisting in timing.
Lane 1 – CR (3)
Lane 2 – CORE (3)
Lane 3 – LMSD (3)
Lane 4 – PENN (3)
Lane 5 – DCAA (3)
Lane 6 – PENN (1), CORE (1), CR (1)
***** Please bring your own watches (2 per timer) *****

Thank you for making this a positive event and Good Luck to ALL!!