



**Suburban Aquatic League**  
**League Championship Meet**

LaSalle University  
 Kirk Pool/Tom Gola Arena  
 1900 W. Olney Ave  
 Philadelphia, PA 19141

**February 3, 2019**  
 This meet is Timed Finals

<b>LOCATION:</b>	<p>LaSalle University          Kirk Pool          1900 W. Olney Ave          Philadelphia, PA 19141</p>
<b>FACILITY:</b>	<p>The LaSalle University Kirk pool — housed within the Tom Gola Arena includes a 6-lane (5' depth at the start end and 5' depth at the turn end), the water depth measured for a distance of 3 feet 3 ½ inches (1.0 meter) to 16 feet 5 inches (5.0 meters) from both end walls. (Start end and turn end) 25-yard indoor swimming Colorado timing system pool, along with a separate diving well for warm-up/warm-down. Large deck area for swimmers, coaches, and officials. Daktronics timing system with scoreboard. Hy-Tek Meet Manager 5.0 software. There will be a concession area at this meet. <b>Pool Certification</b> – The competition course has not been certified in accordance with 104.2.2C (4) of the USA Swimming Rules &amp; Regulation, Section 202.3.5 A or B (page 57 in the 2011 Rules and Regs.)</p>
<b>MEET DIRECTORS:</b>	<p><b>Brian McMillin</b>          Email:bjmcmillin@verizon.net          Please direct all questions to the Championship Chair at <a href="mailto:afm0105@verizon.net">afm0105@verizon.net</a></p>
<b>MEET REFEREE:</b>	<p><b>Mike Dunn</b></p>

<p><b>ELIGIBILITY &amp; RULES:</b></p>	<p><b>This meet is open to the top swimmers in the Suburban Aquatic League, as determined during the official seed meeting.</b></p> <p>This meet will be run according to current USA Swimming rules and regulations.</p> <p>In granting this approval it is understood and agreed that USA Swimming shall be free and held harmless from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the meet.</p> <p><b>Please note that use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms.</b></p>
<p><b>ENTRY LIMITS:</b></p>	<p>Meet Director may add sessions, shift an event, limit the number of entries, eliminate certain events and/or heats, and any other reasonable modification to the meet format in order to complete sessions within the four (4) hour session limit. Notice will be provided promptly to swimmers and teams concerning modifications to the meet or changes to any entries/events/heats.</p>
<p><b>WARM-UP:</b></p>	<p><b>USA Swimming and Middle Atlantic safety procedures will be enforced throughout the meet. Warm-ups are subject to the following procedures</b></p> <p>The warm-ups sessions may be divided into periods of equal length depending on the number of swimmers entered into each session. Warm-up schedules will be sent to coaches prior to the meet.</p> <p>Sprint/Start lanes will be available at the end of each warm-up session.</p> <p>No diving or backstroke starts will be permitted except in sprint lanes, when designated.</p> <p>The referee may remove anyone from the warm-up for failure to comply with the warm-up rules.</p> <p><b>Swimmers without a coach must report to the Meet Director before entering the pool for warm-up in order to obtain a lane assignment.</b> Swimmers without a coach who are 12&amp;Under will swim with and be supervised by a club designated by the meet director.</p> <p><b>Note:</b> Swimmers violating safety procedures will be removed from the warm-up for the remainder of the warm-up session. Subsequent violations may cause the swimmer to be disqualified from the remainder of the meet.</p>

<p><b>HOW TO ENTER AND SEEDING:</b></p>	<p>This meet will be pre seeded. This meet is only open to those swimmers and teams in the Suburban Aquatic League.</p> <p>Entries must be submitted in the course in which they were achieved. Converted times should NOT be used. All times submitted must be the swimmer's best time. <b>Relay times must be actual times swum!! No manufactured times will be allowed. Times must appear on the top 40 list!</b></p> <p><b>Entry of NT will not be accepted.</b></p> <p>Entries should be submitted using <b>HY-TEK</b> software format. The entry file may be found on the SAL Swimming web site</p> <p><b>A swimmer may swim NO more than 3 individual events and 2 relays.</b></p>
<p><b>ENTRY FEES:</b></p>	<p>There is no entry fee</p>
<p><b>SEND TO:</b></p>	<p>Email entries to: Brian McMillin, Roberta Lichter and Alyssa McDuell  <a href="mailto:bjmcmillin@verizon.net">bjmcmillin@verizon.net</a> and <a href="mailto:rlichter@cbsd.org">rlichter@cbsd.org</a> and <a href="mailto:afm0105@verizon.net">afm0105@verizon.net</a></p>
<p><b>ENTRY DEADLINE:</b></p>	<p><b>ALL ENTRIES must be received by Sunday, January 13, 2019 by 6:00pm</b></p> <p><b>DECK ENTRIES</b> will NOT be accepted.</p>
<p><b>START PROCEDURE:</b></p>	<p>This Meet will be conducted using the <b>No Recall</b> false start rule.</p> <p>This Meet will also use the whistle command starting procedure.</p> <p>'Fly-over' starts will be used at this meet. All swimmers (except for Backstroke starts) should remain in the water at the completion of their race until the next heat has begun.</p>
<p><b>AWARDS:</b></p>	<p><b><i>Medals will be given 1<sup>st</sup> through 12th place.</i></b></p>
<p><b>RESULTS:</b></p>	<p>Final Results will be available on the SAL web site in a (HTML) printable format and in a downloadable Team Manager (Cfile.zip) format. Results will not be mailed.</p>
<p><b>SAFETY:</b>  <b>SAFETY DIRECTOR:</b></p>	<p>Current USA Swimming Safety Rules will be in effect and will be strictly enforced.</p> <p>Roberta Lichter  E-MAIL: <a href="mailto:RLICHTER@CBSD.ORG">RLICHTER@CBSD.ORG</a></p>

<b>DECK ACCESS:</b>	By USA Swimming ruling, deck access is limited to swimmers, coaches, officials & meet workers.		
<b>HOSPITALITY:</b>	There will be drinks available at all sessions for officials.		
<b>TIMERS:</b>	Timers will be provided by each team.		
<b>SPECTATORS:</b>	Seating is available for up to 800 spectators		
<b>PARKING:</b>	Free parking is available.		
<b>WEB SITE:</b>	For meet info, please visit the SAL Swimming web site at:  <a href="http://www.suburbanaquatic.org">http://www.suburbanaquatic.org</a>		
<b>SWIMMERS WITH A DISABILITY</b>	Swimmers with a disability are welcome to enter this meet. The coach or team entry person must alert the meet director and the meet referee as to the need for any special accommodations or seeding arrangements at the time the entry is submitted		
<b>DRONES</b>	Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach areas, spectator areas and open ceiling locker rooms) any time athletes, Coaches, officials and/or spectators are present. Exceptions may be granted with prior written Approval by the Vice President of Program Operations of USA Swimming.		
<b>DECK CHANGING</b>	Deck changes are prohibited.		
<b>START TIMES:</b>	<b>Session</b>	<b>Warm Up</b>	<b>Meet Starts</b>
	Boys 02/03/2019	7:45AM	9:15AM
	Girls 02/03/2019	12:45PM	2:15PM
<b>EVENTS</b>	Event # Event		

- 4 8&Under Yard Medley Relay
- 5 9-10 200 Yard Medley Relay
- 6 11-12 200 Yard Medley Relay
- 7 13-14 200 Yard Medley Relay
- 8 15&O 200 Yard Medley Relay
- 9 8 & Under 25 Yard Freestyle
- 10 9-10 100 Yard Freestyle
- 11 11-12 100 Yard Freestyle
- 12 13-14 100 Yard Freestyle
- 13 15&O 200 Yard Freestyle
- 14 8 & Under 25 Yard Backstroke
- 15 9-10 50 Yard Backstroke
- 16 11-12 50 Yard Backstroke
- 17 13-14 100 Yard Backstroke
- 18 15&O 100 Yard Backstroke
- 19 8 & Under 25 Yard Breaststroke
- 20 9-10 50 Yard Breaststroke
- 21 11-12 50 Yard Breaststroke
- 22 13-14 100 Yard Breaststroke
- 23 15&O 100 Yard Breaststroke
- 24 8 & Under 25 Yard Butterfly
- 25 9-10 50 Yard Butterfly
- 26 11-12 50 Yard Butterfly
- 27 13-14 100 Yard Butterfly
- 28 15&O 100 Yard Butterfly
- 29 8 & Under 50 Yard Freestyle
- 30 9-10 50 Yard Freestyle
- 31 11-12 50 Yard Freestyle
- 32 13-14 50 Yard Freestyle
- 33 15&O 100 Yard Freestyle
- 34 9-10 100 Yard IM
- 35 11-12 100 Yard IM
- 36 13-14 200 Yard IM
- 37 15&O 200 Yard IM
- 38 8 & Under 100 Yard Freestyle Relay
- 39 9-10 200 Yard Freestyle Relay
- 40 11-12 200 Yard Freestyle Relay
- 41 13-14 200 Yard Freestyle Relay
- 42 15&O 200 Yard Freestyle Relay

