

SAL Northwest Division 2018-19 Girl's Meet

Date: Saturday, January 25, 2019

Arrival: (10 and under) 9:00 AM.
(11 and up) 1:00 PM.
*** No one will be permitted on pool deck prior to 9:00 AM.**

Place: North Penn High School
1340 Valley Forge Road
Lansdale, PA 19446

Warm-up: (10 and under) Warm-up 9:15 AM; Meet starts 10:00 AM.
(11 and up) Warm up at 1:15 PM; Meet starts 2:00 PM.

Entries: Entries are due by Tuesday, January 21st at 9 PM.
E-mail entries to Rosie Cook at rosiedcook@gmail.com
All entry e-mails must contain your team name and "Northwest Division Girl's Champs Entries" in the subject line.
Please refer to the SAL website for rules about maximum number of entries.

Volunteers: Volunteers check in with Rosie Cook upon arrival. She will be situated at the score table in the far-right corner of the pool deck.

Pool Rules: **NO food, drink, glass of any kind, or deck chairs** allowed in pool area. Only coaches and parent volunteers are permitted on deck with the swimmers. No spectators are permitted standing against the railing.

Warm Ups: The warm-up schedule for each session will be as follows. If changes to this schedule are necessary based on actual entries, teams will be notified via email.

<u>First Session:</u>	<u>9:15- 9:30 AM</u>	<u>9:30- 9:45 AM</u>
	TOPS Lanes 1-2	MAC Lanes 1-2
	PR Lanes 3-4	PVAC Lanes 3-5
	NPAC Lanes 5-8	SOUND Lanes 6-8

<u>Second Session:</u>	<u>1:15-1:30 PM</u>	<u>1:30-1:45 PM</u>
	TOPS Lanes 1-2	MAC Lanes 1-2
	PR Lanes 3-4	PVAC Lanes 3-5
	NPAC Lanes 5-8	SOUND Lanes 6-8

(We will have 5-10 minutes of starts immediately following warmups)

NPAC reserves the right to combine the sessions or adjust the session start time based upon registrations. Any changes will be communicated to teams and posted on the suburbanaquatic.org website.

Teams are to provide the following volunteers along with their OWN watches for timing:

	<u>FIRST SESSION 10 AND UNDER</u>	<u>SECOND SESSION 11 AND OVER</u>
Meet Director	NPAC	NPAC
Starter/Official	NPAC	NPAC
Console	NPAC	NPAC
Laptop	NPAC	NPAC
Set up/ Break-down	NPAC	NPAC
Announcer	NPAC	NPAC
Awards (2)	NPAC	NPAC
Heat Winner Ribbons	TOPS	PR
Stroke and Turn	NPAC	NPAC
Stroke and Turn	MAC	PVAC
Finish Judge	NPAC	NPAC
Relay Take Off	TOPS	MAC
Relay Take Off	PR	PVAC
Back up Timer	NPAC	MAC
Back up Timer	SOUD	SOUD
Runner	TOPS	TOPS
Runner	PR	PR
Ready Bench One	NPAC	NPAC
Ready Bench Two	PVAC	MAC
Ready Bench Three	SOUD	PR
Ready Bench Four	TOPS	TOPS
3 Timers LANE 1	MAC	MAC
3 Timers LANE 2	PR	PR
3 Timers LANE 3	SOUD	SOUD
3 Timers LANE 4	MAC	MAC
3 Timers LANE 5	PVAC	PVAC
3 Timers LANE 6	SOUD	SOUD
3 Timers LANE 7	TOPS	TOPS
3 Timers LANE 8	PVAC	PVAC
Check in	NPAC	NPAC
Snack Bar/Tee Shirt sales (4 people)	NPAC	NPAC

**If your team can't provide the requested workers, please notify Rosie Cook by Wednesday, January 22nd.

**Each team must send a deck parent or coach with all 8s and 10s to the ready bench. All 8s and 10s swimmers must report to the ready bench prior to swimming. 8s take off from the bulkhead area.