

2020 SAL Northwest Division Swimming championships-Boys

When: Saturday January 25th, 2020

Where: Pennridge High School
1228 North 5th Street
Perkasie, PA 18944

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

	Session #1	Session #2
	<i>8 and 10 and Under</i>	<i>12, 14 and Open</i>
<u>Warm-up:</u>	8:00-8:45 AM	11:30-12:15 PM
<u>Meet Start:</u>	9:00 AM	12:30 PM

*13 and Over events will be swum together but scored separately

**Meet Director reserves the right to adjust session start times or events based upon entries

Entries: Entries should be emailed the Meet Director at pactechs@gmail.com by Monday January 20th 2020. If you have any questions, please call Meet Director, Matt Bashaar at 215-219-5934

Awards: Available at conclusion of the meet

<u>Warm-up:</u>	Session #1		
	<u>Lane 1-2</u>	<u>Lane 3-4</u>	<u>Lane 5-6</u>
8:00-8:15	PAC	PAC/METH	METH
8:15-8:30	NPAC	NPAC/SOUD	SOUD
8:30-8:45	TOPS	TOPS/PVAC	PVAC

	Session #2		
	<u>Lane 1-2</u>	<u>Lane 3-4</u>	<u>Lane 5-6</u>
11:30-11:45	PAC	PAC/METH	METH
11:45-12:00	NPAC	NPAC/SOUD	SOUD
12:00-12:15	TOPS	TOPS/PVAC	PVAC

Meet Worker Assignments:

Starter:	PAC
Announcer:	PAC
Stroke and Turn:	NPAC and TOPS (Session #1)/SOUD and PVAC (Session #2)
Runner:	METH (Session #1)/PAC (Session #2)
Timing System:	PAC
Computer Scoring:	PAC
Awards:	PVAC and SOUD (Session #1)/TOPS and METH (Session #2)
Ready Bench:	PAC
Timers:	Please bring team watches (2 per Timer)
Lane 1:	METH (3)
Lane 2:	SOUD (3)
Lane 3:	NPAC (3)
Lane 4:	PVAC (3)
Lane 5:	TOPS (3)
Lane 6:	PAC (3)