

2020 SAL East Division Swimming Championships

When: Saturday, January 25, 2020

Where: Upper Moreland Middle School
4000 Orangemans Rd
Hatboro, PA 19040



USA Swimming Rules and Regulations: Only swimmers, coaches, officials, and meet workers will be allowed on deck. An identification badge will be provided and must be worn by all meet workers for deck access. All spectators should use the balcony seating area. The use of audio or visual recording devices, including cell phones, is not permitted in restrooms or locker rooms. Deck changing is prohibited. Locker rooms are for athletes only. Parents, coaches, and meet workers are asked to use the hallway restrooms.

	Session 1	Session 2
	10 & Under Boys and Girls	11 & Over Boys and Girls
Warm-up:	11:15 - 11:40 AM	2:00 - 2:25 PM
Sprint Lanes:	11:40 – 11:50AM	2:25 – 2:35PM
Meet Workers:	11:25 AM	2:10 PM
Start:	11:55 AM	2:40 PM

*** 13 & Over events will be swum together but scored separately.**

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

Entries: Entries should be emailed to the Meet Director, Michele Spooner, at coach@dcaaswimming.org by **8 PM, Monday, January 20th**. All entry files must be submitted using Hytek Team Manager Software along with an Entry PDF by athlete name. Seed times entered must be SAL times from the current season. Swimmers may enter up to three (3) individual events plus two (2) relays.

Awards: May be picked up by a coach at the end of the meet.

Results: Results will be posted on the DCAA and SAL websites.

Concessions: Programs/heat sheets will be provided to coaches and officials only. Spectator copies will be posted in the natatorium and emailed to coaches in advance of the meet. Snack Bar and Coach Hospitality will be available. Swim apparel and equipment will be for sale by Personal Best.

Warm-up Information (Tentative):

USA Swimming Safety Guidelines and Warm-up Procedures will be in effect for the entire meet. Entry into the pool shall be from the ends, not the sides, and shall be feet first except in designated start/sprint lanes.

Final warm-up schedules will be posted and made available to coaches prior to the meet.

Sprint/Start lanes will be available in all 6 lanes at the end of the team warm up period. No diving or backstroke starts will be permitted during team warm up, only in sprint lanes when designated.

Session 1

Warm up	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
11:15 - 11:40AM	CAC	CORE NAAC	LMSD	CR	DCAA	DCAA

Session 2

Warm up	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
2:00 - 2:25PM	CAC NAAC	CORE	LMSD	CR	CR DCAA	DCAA

Meet Worker Assignments:

Starter: DCAA
Announcer: DCAA
Stroke & Turn: CAC & CR **AM** / CORE & CR **PM**
Runner CORE & LMSD **AM** / CAC & LMSD **PM**
Timing System: DCAA
Computer Scoring: DCAA
Awards: CAC & CR **AM** / CORE & CR **PM**
Ready Bench: DCAA (AM only)
Head Timers: DCAA
Safety: DCAA

Timers: *** Please bring team watches (2 per timer) ***

Lane 1 – CORE (3)

Lane 2 – CR (3)

Lane 3 – DCAA (3)

Lane 4 – LMSD (3)

Lane 5 – CAC (3)

Lane 6 – NAAC (2), DCAA (1)