



2020 SOUTHWEST DIVISION GIRLS CHAMPIONSHIP

Saturday January 25, 2020

Location	Wissahickon Senior High School Natatorium, 521 Houston Road, Ambler PA. 10-lane competition pool with bulkhead. Additional 25-yard warm up pool is open to swimmers 11 & Over as warm up/cool down area throughout the meet.
Parking	Parking lot in front of stadium is most convenient. Additional parking is available at Lower Gwynedd Elementary and Wissahickon Middle School.
Rules & Regulations	USA Swimming Rules & Regulations will be followed. Only swimmers, coaches, officials and meet workers will be allowed on deck. All spectators should use the balcony seating area. NO ATHLETIC CHAIRS ARE PERMITTED ON THE DECK OR IN THE STANDS. NO FOOD OR DRINK (EXCEPT WATER) IS PERMITTED ON THE DECK OR IN THE STANDS.
Arrival: Warm Up: Meet Start:	Athlete arrival, no earlier than 2:45 am Session 1 - 8 & Under, 9/10: 3:00 pm– 3:20 pm; Session 2 - 11 & Over: 3:20 pm – 3:40 pm, one-way sprints 3:40-3:45 pm Meet Start of 4:00 pm Fly over starts will be used for all events, with the exception of backstroke events and relays.
Entries:	Swimmers may enter a maximum of five (5) events, 3 Individual and 2 Relays. Only Electronic entries via a Hy-Tek Team Manager entry file will be accepted. Please send all entries to WCACmeetentries@gmail.com . All entry emails must contain your team name and Girls Division Champ Entries in the subject line. Include with your entry file a Team Manager entry report (word or PDF). Include contact information (team name, coach name, cell phone)
Entry Deadline:	Last Day to submit entries is Tuesday January 21st NO LATE ENTRIES WILL BE ACCEPTED Seeding adjustments may be made after the scratch meeting on meet day. Any emergency replacements for free relays must be received at least three (3) events in advance.
Concessions:	Meet will be published on Meet Mobile. No printed heat sheets will be sold. Snack bar will be available throughout the meet. Tables will be set up outside the snack bar. No food or drink is permitted on the pool deck or in the stands (with the exception of water bottles) ** swimmers must wear shoes unless on deck or in the locker room**
Results	Results will be posted in the lobby throughout the meet. They will also be published on Meet Mobile and following the meet on the SAL website.
Awards	Heat winner ribbons will be distributed to swimmers Event awards may be picked up at the end of the meet by COACHES only.
Questions	Please contact Ryan Weathers at wcacprogramdirector1@gmail.com

Warm-Up Lane Assignments

Times	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10
3:00-3:20 pm (8 & Under, 9/10)	LMAC	LMAC	WCAC	WCAC	UMAC	UMAC	RAC	RAC	PWAC	PWAC
3:20-3:40 pm (11 & Over)	LMAC	LMAC	WCAC	WCAC	UMAC	UMAC	RAC	RAC	PWAC	PWAC
3:40-3:45 pm	ALL LANES ONE WAY SPRINTS									

Reminder: Warm up is feet first entry. Please do not let athletes hang on the lane lines.

Meet Worker Assignments

Each team will be responsible for filling their assigned positions for the entire meet. Sharing/splitting time between volunteers is permitted. Please ensure that volunteers are qualified to serve in their assigned duties. All volunteers will be provided wristbands to gain access to the deck upon check in.

If your team can not provide the requested workers, please notify WCAC by Tuesday January 21st

Job Description	WCAC	LMAC	PWAC	RAC	UMAC
Meet Coordinator, Starter, Timing Console, Computer, Head Runner, Pool Deck Monitor, Balcony Monitor, Hallway Room Monitor	5				
Announcer		1			
Stroke & Turn	1		1	1	1
Back Up Timers		1			1
Lane Timers	6 (Lane 1 & 6)	6 (Lane 3 & 8)	6 (Lane 5&10)	6 (Lane 2 & 7)	6 (Lane 4 & 9)
Lane Marshall (to organize swimmers behind blocks)	2 (Lane 1 & 6)	2 (Lane 3 & 8)	2 (Lane 5&10)	2 (Lane 2 & 7)	2 (Lane 4 & 9)
Runners			1	1	
Results Posting				1	
Heat Winner Ribbons	1				
Awards Table		1	1		1

*****Timers will need to bring their own watches (2 per timer)*****

Thank you in advance for helping to run a great meet for the swimmers.