



2023 SAL DIVISION BOYS and GIRLS CHAMPIONSHIP

Saturday, January 21, 2023

LOCATION & FACILITY	Upper Dublin High School, 800 Loch Alsh Avenue, Fort Washington, PA 19034 Google Map . 10-lane competition pool with bulkhead. 5-lane 25-yard warm-up/warm-down area available throughout competition.
PARKING	Parking in lots surrounding Upper Dublin High School Athletic Complex Site and Parking Information .
MEET DIRECTOR	Please direct all questions to the Meet Director, Kate Scheuer (udacdirector@gmail.com).
RULES	USA Swimming rules shall apply. USA Swimming warm-up procedures will be in effect for the entire meet. Only swimmers, coaches, officials and meet volunteers will be permitted on the pool deck. Any swimmer observed swimming under or through the bulkhead will be disqualified from that the remainder of the meet. This policy will be strictly enforced.
ENTRY LIMITATIONS	Swimmers may enter a maximum of five (5) events, 3 Individual and 2 Relays. '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.
HOW TO ENTER	Electronic entries only. Hy-Tek Team Manager entry file required. Please send all entries to the Meet Director Kate Scheuer (udacdirector@gmail.com). 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 Wed, Jan 18th at 3:00 PM. NO LATE ENTRIES WILL BE ACCEPTED.
EVENTS & SEEDING	Event order will follow standard SAL meet format including relays. All events are pre-seeded. Please get me all scratches by 8 p.m. Fri, Jan. 20.
WARM-UP & START TIMES	Warm-up: 10:15 AM Meet starts 11:15 AM Warm-up Session 1 (10:15-10:40): UDAC, DCAA, HHAA Warm-up Session 2 (10:40-11:05): CBST, SAC, LMOR Lanes will be assigned based on number of entries per team. 5-lane 25-yard warm-up/warm-down area available throughout meet.
ATHLETES WITH DISABILITES	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.
AWARDS	Ribbons will be awarded.

RESULTSResults will be posted on the [Suburban Aquatic League website](#).**Each team is required to supply the following volunteers at this meet:***If your team can't provide the requested workers, please notify meet director by Thu, Jan 19th.*

Job Description		Club
Volunteer Coordinator, Starter/Referee, Timing Console, Scoring table, Announcer, Heat Winner Ribbons, Head Timers, Snack Bar		UDAC
Awards Table		SAC, CBST
Stroke and Turn		DCAA, HHAA
Runners		UDAC
Backup Timers		LMOR, CBST
Lane Timers (6 per team)	Lane 1	DCAA (3)
	Lane 2	CBST (3)
	Lane 3	SAC (3)
	Lane 4	UDAC (3)
	Lane 5	DCAA (3)
	Lane 6	LMOR (3)
	Lane 7	HHAA (3)
	Lane 8	SAC (3)
	Lane 9	UDAC (3)
	Lane 10	LMOR (3)
<i>*UDAC will supply stopwatches</i>		

NOTE: NO FOOD OR DRINK PERMITTED ON-DECK OR IN THE BALCONY.**WATER ONLY PLEASE.***Gyms and back hallways of the Athletic Complex are off-limits.**Meet spectators are asked to please stay within the pool balcony and Athletic Complex lobby areas*