SAL CHAMPIONSHIP MEET

 JANUARY 22nd, 2023

 LASALLE UNIVERSITY

Session: Girls Doors open at **7:00AM** Meet begins at **8:30AM**

Coaches/Scratch Meeting **7:45AM** Workers/Volunteers report by **7:30AM**

**Warm ups: 6 lanes/dive well**

**7:20-7:35 Southwest Division Teams**

**7:35-7:50 East Division Teams**

**7:50-8:05 Northwest Division Teams**

**8:05-8:20 Central Division Teams**

**3 Timers from each team for the whole session. \*\*\*Timers must have 2 watches from their club\*\*\***

Lane 1- WCAC Lane 2- PVAC Lane 3- CCA Lane 4-DCAA Lane 5- SOUD Lane 6 -LMOR

**Back-up Timer** 1 person per club all session: PR, TOPS \*\*\*Timers must have 2 watches from their club\*\*\*

**Runner** 1 person per club all session: 1 CBST, 1 MAC

**USAS Certified 2023 Stroke and Turn** 1 person per club all session: 1 UDAC, 1 NPAC, 1 HHAA, 1 RAD

**Finish Judge** 2 people all session: 2 LMAC

**Relay Take-Off** 1 person per club all session: 1 CR, 1 MAC

**Awards Table** 3 people all session: SAC

**Computer:** SAL Champs Coordinators

**Announcer:** Joe Bonus

**STARTING PLATFORM WEDGES**

**La Salle University’s starting platforms are equipped with the race wedges. Since the vast majority of our athletes have never used this equipment before and, in the interest of safety, we will not allow the use of this equipment in any age group during the SAL Championships.**

**Anyone found outside of the Pool Area and Lobby will be asked to leave the building. No gymnasium.**

**Your children are your responsibility. Please monitor their behavior and do not leave them unattended.**