



2023 DIVISION 4 BOYS & GIRLS CHAMPIONSHIP Saturday January 21, 2023

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 the 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 FOOD OR DRINK (EXCEPT WATER) IS PERMITTED ON THE DECK OR IN THE STANDS.
Arrival: Warm Up: Meet Start:	Athlete arrival no earlier than 10:30 am Session 1 - 8 & Under, 9/10: 10:45 am– 11:10 am Session 2 - 11 & Over: 11:10 am – 11:35 am One-way sprints 11:35-11:45 am Meet Start of 12:00 pm
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 Karen Mondoro - communications@wcacswim.org . All entry emails must contain your team name and Boys/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 17th, 2023 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:	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 Karen Mondoro at communications@wcacswim.org .

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
10:45-11:10 am (8 & Under, 9/10)	LMAC	LMAC	WCAC	WCAC	MAC	MAC	RAC	RAC	NPAC	NPAC
11:10-11:35 am (11 & Over)	LMAC	LMAC	WCAC	WCAC	MAC	MAC	RAC	RAC	NPAC	NPAC
11:35-11:45 am	ONE WAY SPRINTS - ALL LANES									

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.

Please [CLICK HERE](#) to access the Volunteers Sign-Up.

If your team can not provide the requested workers, please notify WCAC by Wednesday January 18th

Job Description	Club
Meet Coordinator, Timing Console, Scoring Table, Announcer, Heat Winner Ribbons, Head Timer, Snack Bar, Deck/Balcony/Hallway Monitors	WCAC
Starter (looking for 3 total to rotate)	ALL Clubs
Stroke and Turn (1 per team)	ALL Clubs
Runners	WCAC
Backup Timers	NPAC, RAC
Lane Timers (6 per team)	Lane 1 WCAC (3/1)
Lane Marshal (2 per team)	Lane 2 NPAC (3/1)
	Lane 3 LMAC (3/1)
	Lane 4 RAC (3/1)
	Lane 5 MAC (3/1)
	Lane 6 WCAC (3/1)
	Lane 7 NPAC (3/1)
	Lane 8 LMAC (3/1)
	Lane 9 RAC (3/1)
	Lane 10 MAC (3/1)
Timers will need to bring their own watches (2 per timer)	
Awards Table	LMAC, MAC, NPAC

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