**Suburban Aquatic League**

**Championship Meet Dates & Deadlines-2022**

**See “Championship Procedures” & The Operating Procedures of the SAL  
Article X for full details**

**Coach/Rep. Meeting: January 4th at 7pm** in the classrooms down the hallway from the pool at CB South. (D204/D205) This is a mandatory meeting to discuss/plan for the entry process, procedures, and general information for Champs and the seed meeting.

**Fines:** If your team has incurred a fine please be sure it has been received by the League Treasurer, Beth Keenan, no later than **December 27th** to ensure your team will be able to participate in Champs.

**Senior Names:** If you have not already emailed your team's list of your graduating seniors, by gender, please do so by **January 13th** at 9pm. Lists should be emailed to Melissa at [melandrich2007@verizon.net](mailto:melandrich2007@verizon.net)

**The required waiver for insurance** purposes for LaSalle is located on the SAL website.  Please remember that ALL persons 18 and over who will be in attendance must fill out a waiver.  Please have one team representative gather all of your team's waivers to bring to the table upon arriving at the meet.

**DIVISION CHAMPS**  
Information will be sent out by the host teams.  
  
**Swimming**

**January 21  
Divisions modified this season only:**

Div. 1 – CR Both (CAC, CORE, CR, NAAC)

Div. 2 – UDAC Both (CBST, DCAA, HHAA, LMSD, SAC, UDAC)

Div. 3 – PR(M) and SOUD(F) (CCA, PR, PVAC, SOUD, TOPS)

Div. 4 – WCAC Both (LMAC, MAC, NPAC, RAC, WCAC)

**Diving (All teams)**

**January 28**   
**NOTE NEW TIMES**  
CB South High School, Warrington, PA  
12:15pm 11 and under girls should gather in hall outside pool/check in with coaches (locker rooms and deck will not be available until 12:30)  
12:30-1:15pm Warm up Girls 11 and under  
1:15-3:15pm Girls 11 and under Division Champs  
3:15-3:45pm Warm up Boys 11 and under  
3:45-4:30 Boys 11 and under Division Champs  
4:30-5pm Warm up Girls 12-14  
5-6pm Girls 12-14 Division Champs   
6-6:30pm Warm up Boys 12-14  
6:30-7pm Boys 12-14 Division Champs

**LEAGUE CHAMPS ENTRY INFORMATION**

\*In order for the Championship Coordinators to get the final diving averages into the Champs database we need each team to **immediately email a clear picture of the results page** from the 1/7 meet.

▪      **E-Mail Entries To:**Roberta Lichter and Jamie Forlini at:  
suburbanaquaticleaguechair@gmail.comjlfswim@comcast.net

We will get the file to our Champs Coordinators

▪      **INCLUDE ALL DIVERS AND ONLY DIVERS IN DIVNG EVENTS!!!! DO NOT PUT A NON-DIVER IN DIVING EVENTS.  DIVERS SHOULD ONLY BE ENTERED IN THEIR AGE GROUP AS WE DO NOT DIVE UP AT CHAMPS.  Do not worry about diver scores, we will hand enter final averages.**

▪      **Be sure you have cleaned up your database! Only those registered USAS swimmers for 2023 should have a USAS ID.  Make sure they have their correct USAS registered name (First, Middle Initial, Last) and correct ID.  
Remember, there is a fine of $500 for any team whose files take longer than 10 minutes to fix!**

▪      **Entries Due-** **January 8th no later than 6:00PM:** In the body of your email please put: Team Name/Number of Swimmers and Divers in file/Gender for file/Number of entries/Your name. Remember this is your only time to enter a swimmer or diver… be sure you include everyone.  
▪      **RELAY TIMES MUST BE ACTUAL TIMES SWUM! NO MORE THAN 2 RELAYS PER TEAM. NO MANUFACTURED TIMES WILL BE ALLOWED! TIMES MUST APPEAR ON THE TOP 40 LIST!**  
▪      Only swimmers who have swum in 40% of your 5 regular season dual swim meets are eligible to swim at champs**.**Only divers who dove in 40% of your regular season dual dive meets are eligible to dive at champs.

▪      Psych sheets will be posted on January 9th.

**IF YOU FAIL TO MEET THE ENTRY DEADLINE BY 1 HOUR OR LESS, YOUR CLUB WILL BE FINED $200.00 BY THE LEAGUE.  
IF YOUR ENTRIES ARE OVER 1 HOUR LATE THEY WILL NOT BE ACCEPTED.**

**If a COACH or TEAM REPRSENTATIVE has any questions please call  
Roberta Lichter at 267-337-0041  
Please do not assume anything.**

**If you are not 100% sure about something, PLEASE CALL!!!!**

**If you receive an email please respond ASAP.**

Changes to entries, adding athletes, etc after the deadline is not permitted.   
So be sure you've got everyone entered correctly...

Be sure your database has everyone aged up to 10/31/22

**SEED MEETING:**

▪      **January 11th** CB South High School: Enter school through Main Entrance (front of building) Once inside building proceed to end of main hall. At the T, bear right. After you pass the stairwell, bear left into the C wing. Once in the C wing, keep left to Rooms C233, C234, and the “C pod” located just outside of the two classrooms. Diving will be in the pod. Girls will be in C233. Boys will be in C234.

▪      7:00PM start - Bring your own copy of final psych sheets and all swim/dive meet paperwork.

▪      Every team must have a representative in attendance for each seed meeting **(1 Boys, 1 Girls, 1 Diving)**

**DIVING MUST BRING THE FOLLOWING TO THE SEED MEETING:  
2 copies of individual dive sheets for all divers for both Division and League Diving (white for League sheets/colored for Division sheets)  
(use special meet specific dive forms located on SAL site)**

Keep in mind:

Each participant is limited to 3 individual events and 2 relays.

Swimmers may only swim up in relays and the 200 free. Divers may not dive up.

For athletes who are swimmers and divers, if you enter them in diving it is the FIRST individual event…

## League Swim Champs at LaSalle University

## Sunday, January 22

Girls **–Swimming**

Doors Open at 7am

Meet Starts around 8:30am

Boys **–Swimming**

Doors Open at 12pm

Meet Starts around 1:30pm

## League Dive Champs at LaSalle University

**Sunday, January 29  
NOTE NEW TIMES**

**Diving- Boys and Girls**

8:30 – 9:00 11 & UNDER GIRLS WARM-UP

9:00 – 10:00 11 & UNDER GIRLS LEAGUE CHAMPIONSHIP DIVING

10:00 – 10:30 11 & UNDER BOYS WARM-UP

10:30 – 11:30 11 & UNDER BOYS LEAGUE CHAMPIONSHIP DIVING

11:30 – 12:00 12 - 14 GIRLS WARM-UP

12:00 – 1:30 12 - 14 GIRLS LEAGUE CHAMPIONSHIP DIVING

1:30 – 2:00 12 - 14 BOYS WARM-UP

2:00 – 3:30 12 - 14 BOYS LEAGUE CHAMPIONSHIP DIVING

3:30 – 4:30 15/O GIRLS/BOYS WARM-UP

4:30 – 5:30 15/O GIRLS/BOYS LEAGUE CHAMPIONSHIP DIVING

**Notes:**

Each team will be required to provide volunteers for each of the three Championship meets. Worker/Warm-up schedules will go out after the seed meeting once we have numbers for each team... if your team is assigned timing you will need to send watches. Teams should have an assigned Team Champs Volunteer Person at each session for their parent volunteers, who have been assigned and communicated with prior to Champs, to check in with as soon as they arrive at the pool. That person, and only that person, should then check in at the computer table for the team as a whole so that we are able to start the meet on time.

ALL those attending Champs who are above the age of 18 (participants, spectators, coaches, etc…) must fill out the insurance waiver located on the SAL website. Please collect these prior to the date of Champs. The Team Champs Volunteer person should gather and submit the required waivers to the computer table when they arrive at LaSalle.