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| SALlogo.jpg | **2023 SAL DIVISION GIRLS**  **CHAMPIONSHIP** |

Saturday, January 21, 2023

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| **LOCATION & FACILITY** | Souderton Area High School - 625 Lower Road, Souderton PA 18964  - 8-lane competition pool with 25-yard warm-up/warm-down area available throughout competition. |
| **PARKING** | Parking in lots surrounding Souderton Area High School |
| **MEET DIRECTOR** | Please direct all questions to the Meet Director, Andrew Kleppinger (klppngr@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. – only athletes in Locker rooms |
| **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.**  Please send all entries to the Meet Director Andrew Kleppinger (klppngr@gmail.com). Include with your entry file an entry report (Word or PDF). Include contact information (team name, coach name, cell phone).  In Subject field- team name “ Entries Division 3 Girls Champs” |
| **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. Seeding adjustments may be made after the scratch meeting per session (Session 1 - 8:00 AM - Session 2 - 1:00 PM) |
| **WARM-UP & START TIMES** | **Session 1 -- Warm-up: 7:30 AM Meet starts 8:30 AM 8u and 10u**  Warm-up 1 (7:30-7:55):  Warm-up 2 (7:55-8:20):  **Session 2 – Warm-up: 12:30 PM Meet starts 1:30 PM 12u,14u and Senior**  Warm-up 1 (12:30-12:55):  Warm-up 2 (12:55-1:20):  Warm up lanes will be assigned based on number of entries per team.  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. |

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| **RESULTS** | Results will be posted on the [Suburban Aquatic League website](http://www.suburbanaquatic.org/index.htm). |

**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.*

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| **Job Description** | **Club** |
| Volunteer Coordinator, Starter/Referee, Timing Console, Scoring table, Announcer, Result Posting, Snack Bar/Raffle/T-shirts | SOUD |
| Awards Table (session 1) | CCA / PVAC |
| Awards Table (session 2) | CCA /PR |
| Heat Winner (session1) | SOUD /PVAC |
| Heat Winner (session 2) | PVAC /CCA |
| Stroke and Turn each session | TOPS / PVAC / PR /CCA |
| Runners (session1) | PR /TOPS |
| Runners (session 2) | PR /SOUD |
| Backup Timers (2 per session) | SOUD |
| Finish Judge (session 1) | TOPS /PR |
| Finish Judge (session 2) | CCA /PR |
| Lane Timers (per session) Lane 1 | (3) CCA |
| Lane 2 | (3) CCA |
| Lane 3 | (3) PR |
| Lane 4 | (3) PR |
| Lane 5 | (3) SOUD |
| Lane 6 | (3) PVAC |
| Lane 7 | (3) TOPS |
| Lane 8 | (3) TOPS |
| \*Each Team is required to provide their own stop watches |  |
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**NOTE: NO FOOD OR DRINK PERMITTED ON-DECK –**

**WATER ONLY PLEASE.**

Meet spectators are asked to please stay within the pool balcony, Aux Gym

and pool lobby areas. Team space will be assigned in Aux gym, bring chairs for seating