

**Suburban Aquatic League**

**League Championship Meet**

LaSalle University

Kirk Pool/Tom Gola Arena

1900 W. Olney Ave

Philadelphia, PA 19141

**January 22, 2023**

This meet is Timed Finals  
**MA 2332 AP**

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| **LOCATION:** | LaSalle University  Kirk Pool  1900 W. Olney Ave  Philadelphia, PA 19141 |
| **FACILITY:** | The LaSalle University Kirk pool — housed within the Tom Gola Arena includes a 6-lane (5’ depth at the start end and 5’ depth at the turn end), the water depth measured for a distance of 3 feet 3 ½ inches (1.0 meter) to 16 feet 5 inches (5.0 meters) from both end walls. (Start end and turn end) 25-yard indoor swimming Colorado timing system pool, along with a separate diving well for warm-up/warm-down. Large deck area for swimmers, coaches, and officials. Daktronics timing system with scoreboard. Hy-Tek Meet Manager 5.0 software. There will be a concession area at this meet. **Pool Certification** – The competition course has not been certified in accordance with 104.2.2C (4) of the USA Swimming Rules & Regulation, Section 202.3.5 A or B (page 57 in the 2011 Rules and Regs.) |
| **MEET DIRECTORS:** | **Rosie Cook**  Email: [rosiedcook@gmail.com](mailto:rosiedcook@gmail.com) AO: Rosie Cook and Christina Potts  Please direct all questions to the Championship Chair at suburbanaquaticleaguechair@gmail.com |
| **MEET REFEREE:** | Eric Lochstet and Chris Goodwin |
| **ELIGIBILITY & RULES:** | **This meet is open to the top swimmers in the Suburban Aquatic League, as determined during the official seed meeting.**  This meet will be run according to current USA Swimming rules and regulations.  In granting this approval it is understood and agreed that USA Swimming shall be free and held harmless from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the meet.  **Please note that use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms**. |
| **ENTRY LIMITS:** | Meet Director may add sessions, shift an event, limit the number of entries, eliminate certain events and/or heats, and any other reasonable modification to the meet format in order to complete sessions within the four (4) hour session limit. Notice will be provided promptly to swimmers and teams concerning modifications to the meet or changes to any entries/events/heats. |
| **WARM-UP:** | **USA Swimming and Middle Atlantic safety procedures will be enforced throughout the meet.   Warm-ups are subject to the following procedures**  The warm-ups sessions may be divided into periods of equal length depending on the number of swimmers entered into each session.  Warm-up schedules will be sent to coaches prior to the meet.  Sprint/Start lanes will be available at the end of each warm-up session.  No diving or backstroke starts will be permitted except in sprint lanes, when designated.  The referee may remove anyone from the warm-up for failure to comply with the warm-up rules.  **Swimmers without a coach must report to the Meet Director before entering the pool for warm-up in order to obtain a lane assignment**.    Swimmers without a coach who are 12&Under will swim with and be supervised by a club designated by the meet director.  **Note:**  Swimmers violating safety procedures will be removed from the warm-up for the remainder of the warm-up session.  Subsequent violations may cause the swimmer to be disqualified from the remainder of the meet. |

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| **HOW TO ENTER AND SEEDING:** | This meet will be pre seeded. This meet is only open to those swimmers and teams in the Suburban Aquatic League.  Entries must be submitted in the course in which they were achieved. Converted times should NOT be used. All times submitted must be the swimmer's best time. **Relay times must be actual times swum!! No manufactured times will be allowed. Times must appear on the top 40 list**!  **Entry of NT will not be accepted**.  Entries should be submitted using **HY-TEK** software format. The entry file may be found on the SAL Swimming web site  **A swimmer may swim NO more than 3 individual events and 2 relays.** | | |
| **ENTRY FEES**: | There is no entry fee | | |
| **SEND TO:** | Email entries to: Roberta Lichter and Jamie Forlini at [suburbanaquaticleaguechair@gmail.com](mailto:suburbanaquaticleaguechair@gmail.com) and jlfswim@comcast.net | | |
| **ENTRY DEADLINE**: | **ALL ENTRIES must be received by** **Sunday, January 8, 2023 by 6:00pm**  **DECK ENTRIES** will NOT be accepted. | | |
| **START PROCEDURE:** | This Meet will be conducted using the **No Recall** false start rule.  This Meet will also use the whistle command starting procedure.   '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. | | |
| **AWARDS:** | ***Individual events: 1st through 18th place Relays: 1st through 12th place*** | | |
| **RESULTS:** | Final Results will be available on the SAL web site in a (HTML) printable format and in a downloadable Team Manager (Cfile.zip) format.  Results will not be mailed. | | |
| **SAFETY:**  **SAFETY DIRECTOR:** | Current USA Swimming Safety Rules will be in effect and will be strictly enforced.  Roberta Lichter  E-MAIL: suburbanaquaticleaguechair@gmail.com | | |
| **DECK ACCESS:** | By USA Swimming ruling, deck access is limited to swimmers, coaches, officials & meet workers. | | |
| **HOSPITALITY:** | There will be drinks available at all sessions for officials. | | |
| **TIMERS:** | Timers will be provided by assigned teams. | | |
| **SPECTATORS:** | Seating is available for up to 800 spectators | | |
| **PARKING:** | Parking is available around the campus. | | |
| **WEB SITE:** | For meet info, please visit the SAL Swimming web site at:    <http://www.suburbanaquatic.org> | | |
| **SWIMMERS WITH A DISIBILITY** | 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 | | |
| **REQ. USAS  INFORMATION USE OF DRONES** | “USA Swimming & Middle Atlantic Swimming shall be free and held harmless from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the meet.”   “Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms.  Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach areas, spectator areas and open ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present. Exceptions may be granted with prior written Approval by the Vice President of Program Operations of USA Swimming. | | |
| **DECK CHANGING** | Deck changes are prohibited. | | |
| **START TIMES:** | **Session** | **Warm Up** | **Meet Starts** |
| Girls  01/22/2023 | 7AM | 8:30AM |
| Boys  01/22/2023 | 12PM | 1:30PM |
| **EVENTS** | Event # Event | | |
|  | 4 8&Under Yard Medley Relay  5 9-10 200 Yard Medley Relay  6 11-12 200 Yard Medley Relay  7 13-14 200 Yard Medley Relay  8 15&O 200 Yard Medley Relay  9 8 & Under 25 Yard Freestyle  10 9-10 100 Yard Freestyle  11 11-12 100 Yard Freestyle  12 13-14 100 Yard Freestyle  13 15&O 200 Yard Freestyle  14 8 & Under 25 Yard Backstroke  15 9-10 50 Yard Backstroke  16 11-12 50 Yard Backstroke  17 13-14 100 Yard Backstroke  18 15&O 100 Yard Backstroke  19 8 & Under 25 Yard Breaststroke  20 9-10 50 Yard Breaststroke  21 11-12 50 Yard Breaststroke  22 13-14 100 Yard Breaststroke  23 15&O 100 Yard Breaststroke  24 8 & Under 25 Yard Butterfly  25 9-10 50 Yard Butterfly  26 11-12 50 Yard Butterfly  27 13-14 100 Yard Butterfly  28 15&O 100 Yard Butterfly  29 8 & Under 50 Yard Freestyle  30 9-10 50 Yard Freestyle  31 11-12 50 Yard Freestyle  32 13-14 50 Yard Freestyle  33 15&O 100 Yard Freestyle  34 9-10 100 Yard IM  35 11-12 100 Yard IM  36 13-14 200 Yard IM  37 15&O 200 Yard IM  38 8 & Under 100 Yard FreestyleRelay  39 9-10 200 Yard Freestyle Relay  40 11-12 200 Yard FreestyleRelay  41 13-14 200 Yard FreestyleRelay  42 15&O 200 Yard FreestyleRelay | | |