



# 2023 SAL DIVISION BOYS and GIRLS CHAMPIONSHIP

## Saturday, January 21, 2023

<b>LOCATION &amp; FACILITY</b>	Council Rock North High School, 62 Swamp Rd, Newtown, PA 18940. 7-lane 25 yd competition pool. Athletes and coaches can enter through the atrium and all spectators and workers should enter through the side entrance.
<b>PARKING</b>	Parking in lots surrounding Council Rock North HS. The pool is located at the back of the building.
<b>MEET DIRECTOR</b>	Please direct all questions to the Meet Director, Katie Lukomski (recycleme4@yahoo.com).
<b>RULES</b>	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.
<b>ENTRY LIMITATIONS</b>	Swimmers may enter a maximum of five (5) events, 3 Individual and 2 Relays. Reminder: divers entered in 'A' or 'B' Champs count as an entry. '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.
<b>HOW TO ENTER</b>	<b>Electronic entries only. Hy-Tek Team Manager entry file required.</b> Please send all entries to the Meet Director Katie Lukomski (recycleme4@yahoo.com). Include with your entry file a Team Manager entry report (Word or PDF). Include contact information (team name, coach name, cell phone).
<b>ENTRY DEADLINE</b>	Last day to submit entries Sun, Jan 15th at 1:00 PM. <b>NO LATE ENTRIES WILL BE ACCEPTED.</b>
<b>EVENTS &amp; SEEDING</b>	Event order will follow standard SAL meet format including relays. All events are pre-seeded. Please provide all scratches by 8 p.m. Fri, Jan. 20.
<b>WARM-UP &amp; START TIMES</b>	<b>Warm-up: 11:30 AM Meet starts 12:15 PM</b> Warm-up Session (11:30-11:55): Lanes will be assigned based on number of entries per team.
<b>ATHLETES WITH DISABILITES</b>	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.
<b>AWARDS</b>	Ribbons will be awarded.

**RESULTS**Results will be posted on the [Suburban Aquatic League website](#).**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  
Tues, Jan 17<sup>th</sup>.*

<b>Job Description</b>		<b>Club</b>
Volunteer Coordinator, Starter/Referee, Timing Console, Scoring table, Announcer, Heat Winner Ribbons, Head Timers, Snack Bar		CRSC
Awards Table		CRSC, NAAC
Stroke and Turn		CORE, CRSC
Runners		CAC
Backup Timers		CRSC, CORE
Lane Timers	Lane 1	CAC(3)
	Lane 2	CORE(3)
	Lane 3	CRSC(3)
	Lane 4	CORE (3)
	Lane 5	CAC(3)
	Lane 6	CRSC(3)
	Lane 7	NAAC (3)
<i>*CRSC will supply stopwatches</i>		

**NOTE: NO FOOD OR DRINK PERMITTED ON-POOL DECK. WATER ONLY  
PLEASE.**