



2024 SAL NW Division Boys Swimming Championships

Saturday, January 20, 2024

LOCATION & FACILITY	Pennridge High School, 1228 North 5th Street, Perkasie, Pa 18944. 8-lane competition pool. Google Link.
PARKING	Parking in lots surrounding High School Natatorium and Athletic Complex. See map here.
MEET DIRECTOR	Jenea Garges Meet Director, at jeneagarges@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.
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. Hy-Tek Team Manager entry file required. Please send all entries to jeneagarges@gmail.com . 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 Fri, Jan 12th. 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.
SESSION 1- Warm up and start times	8U and 10U: Warm up: 8:00-8:45 AM Meet start: 9:00 AM *Meet Director reserves the right to adjust session start times or events based upon entries*
SESSION 2- Warm up and start times	12U, 14U, and Open: Warm up: 11:30PM -12:15 PM Meet start: 12:30PM *Meet Director reserves the right to adjust session start times or events based upon entries*
AWARDS	Available at conclusion of the meet
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 the meet director by Thu, Jan 18th.

Job Description	Session 1 Club	Session 2 Club
Volunteer Coordinator, Starter/Referee, Timing Console, Scoring table, Announcer, Snack Bar	PR	PR
Stroke and Turn	PR and NPAC	PR and SOUD
Finish Judge	NPAC and CBST	PVAC and CBST
Ready Bench *Please have coaches or parent volunteers bring your swimmer to the ready bench area*	PR	PR
Awards Table	PVAC and PR	NPAC and CBST
Heat Winner Ribbons	SOUD	PVAC
Runners	CBST and PVAC	SOUD and NPAC
Backup Timers *please bring team watches (2 per timer)*	SOUD	CBST
Lane Timers (3 each session) *Please bring team watches (2 per timer)*	Lane 1 PR Lane 2 SOUD Lane 3 CBST Lane 4 PVAC Lane 5 NPAC Lane 6 PR	PR SOUD CBST PVAC NPAC PR