



2024 SAL CENTRAL DIVISION GIRLS' CHAMPIONSHIP

Saturday, January 20, 2024

LOCATION & FACILITY	Upper Dublin High School Natatorium, 800 Loch Alsh Ave, Fort Washington PA 19034. 10-lane competition pool with bulkhead. 5-lane 25-yard warm-up/warm-down area available throughout competition.
PARKING	Parking in lots surrounding Upper Dublin High School, off Spark Drive.
MEET DIRECTOR	Please direct all questions to the Meet Director, Kathryn Scheuer, kscheuermeetdirector@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. Any swimmer observed swimming under or through the bulkhead will be disqualified from the remainder of the meet. This policy will be strictly enforced.
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 the Meet Director (kscheuermeetdirector@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 Mon, Jan 15th 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. Please get me all scratches by 2 p.m. Fri, Jan. 19th.
WARM-UP & START TIMES	Girls Warm-up: 12:30 PM Meet starts 1:30 PM Warm-up Session 1 (12:30-12:55): UDAC, CAC, DCAA Warm-up Session 2 (12:55-1:20): LMOR, HHAA, CR, CORE **All times above are subject to change based on total entries. Lanes will be assigned based on the number of entries per team. 5-lane

	25-yard warm-up/warm-down area available throughout the meet.
ATHLETES WITH DISABILITIES	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.
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 Thu, Jan 18th.

A SignUp Genius Link will be sent next week. We ask that all teams distribute to their members and/or add their volunteers. This will be used as the master check-in at the meet.

Job Description	Club
Meet Director, Volunteer Coordinator, Scoring table, Heat Winner Ribbons	UDAC
Announcer, Timing Console, Snack Bar, Deck/Hallway Monitors	UDAC
Heat Winner Ribbons and Awards Table	LMOR and DCAA
Starter/Referee	UDAC
Stroke and Turn	1 from each team.
Runners	CORE, CR
Backup Timers	HHAA, CAC

Lane Timers Lane 1	CORE (3)
Lane 2	CR (3)
Lane 3	DCAA (3)
Lane 4	LMOR (3)
Lane 5	HHAA (3)
Lane 6	DCAA (3)
Lane 7	CORE (3)
Lane 8	LMOR (3)
Lane 9	HHAA (3)
Lane 10	CR (3)
<i>*Each team will supply their own stopwatches</i>	

NOTE: NO FOOD OR DRINK PERMITTED ON-DECK OR IN THE BALCONY.

WATER ONLY PLEASE.

Gym and back hallways of the facility are off-limits, with the exception of athletes entering through the locker rooms.

Meet spectators are asked to please stay within the pool balcony and lobby areas