Suburban Aquatic League: Championship Meet

Sunday, January 28th

Upper Dublin High School 800 Loch Alsh Ave Fort Washington, PA 19034

SESSION 1: BOYS	SESSION 2: GIRLS
Doors Open: 6:45 am	Doors Open: 10:45am
Warm-Up: 7:00-7:50 am	Warm-Up: 11:00-11:50 am
Meet Start: 8:15am	Meet Start: 12:15pm

UPDATED WARM-UP SCHEDULE

BOYS' WARM-UP	GROUP 1: Warm-up: 7:00-7:15 am *Open Sprints in Competition Pool 7:15-7:25 am*	GROUP 2: Warm-up: 7:25-7:40 am *Open Sprints in Competition Pool 7:40-7:50 am*
Lane 1	NPAC	HHAA
Lane 2	NPAC	CAC / CORE / CR
Lane 3	NPAC	CBST
Lane 4	MAC	LMAC
Lane 5	MAC	LMAC
Lane 6	WCAC	LMOR
Lane 7	WCAC	LMOR
Lane 8	WCAC	PVAC / UMAC / CCA
Lane 9	DCAA	PAC
Lane 10	DCAA	PAC
Lane 11 (warm-up pool)	SAC	RAC
Lane 12 (warm-up pool)	SAC	RAC
Lane 13 (warm-up pool)	SAC	UDAC
Lane 14 (warm-up pool)	SACAC	UDAC
Lane 15 (warm-up pool)	SACAC	UDAC

GIRLS' WARM-UP	GROUP 1: Warm-up: 11:00-11:15 am *Open Sprints in Competition Pool 11:15-11:25 am*	GROUP 2: Warm-up: 11:25-11:40 am *Open Sprints in Competition Pool 11:40-11:50 am*
Lane 1	NPAC	DCAA
Lane 2	NPAC	DCAA
Lane 3	NPAC	CAC / UMAC / PVAC
Lane 4	UDAC	CCA / CR
Lane 5	UDAC	LMAC
Lane 6	UDAC	LMAC
Lane 7	MAC	LMOR
Lane 8	MAC	LMOR
Lane 9	MAC	PAC
Lane 10	HHAA	PAC
Lane 11 (warm-up pool)	SACAC	RAC
Lane 12 (warm-up pool)	SACAC	RAC
Lane 13 (warm-up pool)	SAC	WCAC
Lane 14 (warm-up pool)	SAC	WCAC
Lane 15 (warm-up pool)	CBST	WCAC

IMPORTANT NOTES:

- Athletes will be seated on the pool deck. Ready bench volunteers are assigned behind lanes but it is the coach's responsibility to make sure swimmers make it to the ready area behind the blocks prior to their race.
- No outside chairs are permitted in the building. Folding chairs will be available on deck.
- No glass is permitted in the pool area.
- Athletes may only enter/exit the pool area through the locker rooms.
- No parents are permitted in the locker rooms for any reason.
- Athletes must wear shoes when exiting the pool area.
- Teams are permitted to have 1 parent assisting the coaches with supervision of their team on deck.
- The meet will be live-streamed.
- With limited spectator seating available, please respectfully rotate with others so that everyone can have an opportunity to watch their children swim.
- SAL League Champ T-shirts will be printed on-site and available for purchase during the meet. Swim Culture will also be on site!
- Programs will be sent electronically. No paper copies will be available for purchase at the meet.
- Coaches, officials and volunteers will receive wrist bands in the lobby when they check in.

VOLUNTEER ASSIGNMENTS: BOYS' SESSION

CAC	**1 timer (LN 1)**		NPAC	Meet director, 1 timer (LN 7), 1 computer
CBST	2 timers (LN 2), 1 runner)		**PR**	**1 timer (LN 7), 1 security, 1 runner**
CCA	**1 timer (LN 3), 1 relay take-off**		PVAC	1 timer (LN 8), 1 ready bench (lanes 1, 2, & 3)
CORE	1 timer (LN 3), 1 relay take-off		**RAD**	**1 timer (LN 8), 1 finish judge, 1 timer (back-up)**
CR	**1 timer (LN 1), 1 runner**		SAC	1 finish judge, 1 S & T, 1 floating volunteer
DCAA	2 timers (LN 4), 1 S&T, 1 relay take-off judge		**SOUD**	**1 timer (LN 9), 1 ready bench (lanes 4, 5, & 6)**
HHAA	**1 timer (LN 10), 1 awards table**		UDAC	1 timer (LN 9), 1 timer (LN 10)
LMAC	1 timer (LN 5), 1 security		**UMAC**	**1 ready bench (lanes 7, 8, 9, & 10)**
LMOR	**1 timer (LN 5), 1 security, 1 timer (LN 8)**		WCAC	1 timer (back-up), 1 ready bench (floater)
MAC	2 timers (LN 6), 1 security			

VOLUNTEER ASSIGNMENTS: GIRLS' SESSION

CAC	**1 timer (Back-up), 1 awards**		NPAC	meet director, 1 timer (LN 8), 1 computer
CBST	1 timer (Back-up), 1 floating volunteer (TBD)		**PR**	**1 timer (LN 4), 1 security**
CCA	**1 timer (LN 10), 1 relay take-off**		PVAC	1 timer (LN 1), 1 finish judge, 1 runner
CORE	No swimmers entered in meet		**RAD**	**1 timer (LN 3), 1 S&T**
CR	**2 timers (LN 7), 1 ready bench**		SAC	1 timer (LN 3), 1 awards, 1 runner
DCAA	2 timers (LN 6), 1 timer (LN 10), 1 ready bench		**SOUD**	**1 timer (LN 1), 1 runner, 1 security**
HHAA	**1 timer (LN 5), 1 timer (LN 8)**		UDAC	1 timer (LN 2), 1 runner, 1 ready bench
LMAC	1 timer (LN 5), 1 ready bench, 1 relay take-off		**UMAC**	**1 timer (LN 2), 1 awards**
LMOR	**1 timer (LN 9), 1 finish judge, 1 security**		WCAC	1 timer (LN 9), 1 S&T, 1 floating volunteer
MAC	1 timer (LN 4), 1 ready bench, 1 security, 1 floating volunteer (TBD)			