



Suburban Aquatic League
League Championship Meet

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

January 26, 2025

This meet is Timed Finals
MA 2522 AP

LOCATION:	Upper Dublin High School Natatorium 800 Loch Alsh Ave. Fort Washington, PA 19034
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.
MEET DIRECTORS:	Kathryn Scheuer Email: kscheurmeetdirector@gmail.com AO: Kathryn Scheuer and Ariana Cecere Please direct all questions to the Meet Director.
MEET REFEREE:	Mike Wigginton
ELIGIBILITY & RULES:	<p>This meet is open to the top swimmers in the Suburban Aquatic League, as determined during the official seed meeting.</p> <p>This meet will be run according to current USA Swimming rules and regulations.</p> <p>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.</p> <p>Please note that use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, restrooms or locker rooms.</p>

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:	<p>USA Swimming and Middle Atlantic safety procedures will be enforced throughout the meet. Warm-ups are subject to the following procedures</p> <p>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.</p> <p>Sprint/Start lanes will be available at the end of each warm-up session.</p> <p>No diving or backstroke starts will be permitted except in sprint lanes, when designated.</p> <p>The referee may remove anyone from the warm-up for failure to comply with the warm-up rules.</p> <p>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.</p> <p>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.</p>
HOW TO ENTER AND SEEDING:	<p>This meet will be pre-seeded. This meet is only open to those swimmers and teams in the Suburban Aquatic League.</p> <p>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!</p> <p>Entry of NT will not be accepted.</p> <p>Entries should be submitted using HY-TEK software format. The entry file may be found on the SAL Swimming web site</p> <p>A swimmer may swim NO more than 3 individual events and 2 relays.</p>
ENTRY FEES:	There is no entry fee
SEND TO:	<p>Email TM entries to: Kathryn Scheuer: kscheurmeetdirector@gmail.com and Ariana Cecere: udacdirector@gmail.com</p>

ENTRY DEADLINE:	<p>ALL ENTRIES must be received by Sunday, January 5, 2025, by 8:00pm</p> <p>Update times only by January 12, 2025, by 8:00pm</p> <p>DECK ENTRIES will NOT be accepted.</p>
START PROCEDURE:	<p>This Meet will be conducted using the No Recall false start rule.</p> <p>This Meet will also use the whistle command starting procedure.</p> <p>'Fly-over' starts will be used at this meet. All swimmers (except for Back-stroke starts) should remain in the water at the completion of their race until the next heat has begun.</p>
AWARDS:	<p><i>Individual events: 1st through 18th place</i></p> <p><i>Relays: 1st through 12th place</i></p>
RESULTS:	<p>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.</p>
SAFETY: SAFETY DIRECTOR:	<p>Current USA Swimming Safety Rules will be in effect and will be strictly enforced.</p> <p>E-MAIL:</p>
DECK ACCESS:	<p>By USA Swimming ruling, deck access is limited to swimmers, coaches, officials & meet workers.</p>
HOSPITALITY:	<p>There will be drinks available at all sessions for officials.</p>
TIMERS:	<p>Timers will be provided by assigned teams.</p>
SPECTATORS:	<p>Seating is available for up to 400 spectators</p>
PARKING:	<p>Parking is available around the campus.</p>
WEB SITE:	<p>For meet info, please visit the SAL Swimming web site at:</p> <p>http://www.suburbanaquatic.org</p>
SWIMMERS WITH A DISABILITY	<p>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</p>

REQ. USAS INFORMATION USE OF DRONES	<p>“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.”</p> <p>“Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms.</p> <p>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.</p>		
DECK CHANGING	Deck changes are prohibited.		
START TIMES:	Session	Warm Up	Meet Starts
	Girls 01/26/2025	7AM	8:30AM
	Boys 01/26/2025	1PM	2:30PM

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 Freestyle Relay 39 9-10 200 Yard Freestyle Relay 40 11-12 200 Yard Freestyle Relay 41 13-14 200 Yard Freestyle Relay 42 15&O 200 Yard Freestyle Relay