



# 2025 SAL EASTERN DIVISION GIRLS CHAMPIONSHIP

**Saturday, January 25, 2025**

<b>LOCATION &amp; FACILITY</b>	Central Bucks South High School-1100 Folly Rd, Warrington, PA 18976. 8-lane 25 yd competition pool with a 20-yard diving well for warm-up/warm-down area available throughout competition.
<b>PARKING</b>	Please enter the school complex from the Folly Road entrance. Park in the lots in the front of the building. <u><a href="#">Additional parking available behind the school.</a></u> Enter through door #32.
<b>MEET DIRECTOR</b>	Please direct all questions to the Meet Director, Heather Yim <a href="mailto:heayim@cbsd.org">heayim@cbsd.org</a>
<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.  '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 Heather Yim ( <a href="mailto:heayim@cbsd.org">heayim@cbsd.org</a> ) 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 19 <sup>th</sup> . <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. 24 <sup>th</sup> .
<b>WARM-UP &amp; START TIMES</b>	<b>Arrive 12:00PM; Warm-up: 12:15 PM; Meet starts 1:15 PM</b> Warm-up Session 1 (12:15-12:35) Warm-up Session 2 (12:35-1:05) Lanes and session will be assigned based on number of entries per team and are subject to change based on entries

	and at meet director's discretion.
<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>	Awards will be distributed as provided by the league.

<b>RESULTS</b>	Results will be posted on the <a href="#">Suburban Aquatic League website</a> .
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**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 14<sup>th</sup>.*

<b>Job Description</b>		<b>Club</b>
Meet Director, Volunteer Coordinator, Starter/Referee, Timing Console, Scoring table, Announcer, Snack Bar, Set-up/Breakdown, Awards Table, Lane Marshalls		CBST
Heat Winner Awards		LMOR, CORE
Stroke and Turn		CRSC, CAC
Runner		CRSC
Backup Timers		CRSC (2)
Lane Timers	Lane 1	CAC(3)
	Lane 2	CORE(3)
	Lane 3	CRSC(3)
	Lane 4	LMOR(3)
	Lane 5	CAC(3)
	Lane 6	CORE(3)
	Lane 7	CRSC (3)
	Lane 8	LMOR (3)
<i>*CBST will supply stopwatches</i>		