



2024 SAL EASTERN DIVISION BOYS CHAMPIONSHIP

Saturday, January 25, 2025

LOCATION & FACILITY	Council Rock North High School, 62 Swamp Rd, Newtown, PA 18940. 7-lane 25 yd competition pool. Athletes and coaches can enter through the atrium and all spectators and workers should enter through the side entrance.
PARKING	Parking in lots surrounding Council Rock North HS. The pool is located at the back of the building. Link to map
MEET DIRECTOR	Please direct all questions to the Meet Director, Katie Lukomski (recycleme4@yahoo.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 the Meet Director Katie Lukomski (recycleme4@yahoo.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 Sun, Jan 19th at 1:00 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 provide all scratches by 8 p.m. Fri, Jan. 24th.
WARM-UP & START TIMES	Arrive 11 AM; Warm-up: 11:15 AM Meet starts 12:15 PM Warm-up Session 1 (11:15-11:35): Warm-up Session 2 (11:35-12:05): 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.

ATHLETES WITH DISABILITES	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 .
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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 14th.

Job Description		Club
Volunteer Coordinator, Starter/Referee, Timing Console, Scoring table, Announcer, Heat Winner Ribbons, Head Timers, Snack Bar		CRSC
Awards Table		CRSC, CORE
Stroke and Turn		LMOR, CBST
Runners		CAC
Backup Timers		LMOR, CBST
Lane Timers	Lane 1	CAC(3)
	Lane 2	CORE(3)
	Lane 3	CRSC(3)
	Lane 4	CBST(3)
	Lane 5	LMOR(3)
	Lane 6	CBST(3)
	Lane 7	CRSC (3)
<i>*CRSC will supply stopwatches</i>		

NOTE: NO FOOD OR DRINK PERMITTED ON-POOL DECK. WATER ONLY PLEASE.