



2025 SAL NW Division Boys Swimming Championships

Saturday, January 25, 2025

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| LOCATION & FACILITY | Pennridge High School, 1228 North 5th Street, Perkasie, Pa 18944. 6-lane competition pool. Google Link. |
| PARKING | Parking in lots surrounding High School Natatorium and Athletic Complex. See map here. |
| MEET DIRECTOR | Jenea Garges Meet Director, at jeneatrman@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. |
| 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 jeneatrman@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 Sun, Jan 19th. NO LATE ENTRIES WILL BE ACCEPTED. |

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| EVENTS & SEEDING | Event order will follow standard SAL meet format including relays. All events are pre-seeded. Please provide all scratches by 6 p.m. Fri, Jan. 24th |
| SESSION 1- Warm up and start times | 8U and 10U: Warm up: 8:00-8:50 AM Meet start: 9:00 AM *Meet Director reserves the right to adjust session start times or events based upon entries* |
| SESSION 2- Warm up and start times | 12U, 14U, and Open: Warm up: 12:00-12:50 PM Meet start: 1:00 PM *Meet Director reserves the right to adjust session start times or events based upon entries* |
| AWARDS | Available at conclusion of the meet |
| 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 the meet director by Wed, Jan 22nd.

| Job Description | Session 1 Club | Session 2 Club |
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| Volunteer Coordinator, Starter/Referee, Timing Console, Scoring table, Announcer, Snack Bar | PR | PR |
| Stroke and Turn | MAC and PR | NPAC and SOUD |
| Finish Judge | NPAC and SOUD | PVAC and MAC |
| Ready Bench *Please have coaches or parent volunteers bring your swimmer to the ready bench area* | PR | No ready bench for session 2 |
| Awards Table | PVAC and SOUD | MAC and PR |
| Heat Winner Ribbons | PR | SOUD |
| Runners | MAC and PVAC | SOUD and NPAC |
| Backup Timers *please bring team watches (2 per timer)* | NPAC | PVAC |
| Lane Timers (3 each session) *Please bring team watches (2 per timer)* | Lane 1 Lane 2 Lane 3 Lane 4 Lane 5 Lane 6 | MAC SOUD PR PVAC NPAC PR |