



# 2025 SAL CENTRAL DIVISION BOYS CHAMPIONSHIP

**Saturday, January 25, 2025**

<b>LOCATION &amp; FACILITY</b>	Wissahickon High School, 521 Houston Rd, Ambler, PA 19002. 10-lane 25 yd competition pool with a 25-yard diving well for warm-up/warm-down area available throughout competition.
<b>PARKING</b>	The natatorium entrance is by the football stadium, accessed via parking lots off Houston Rd.
<b>MEET DIRECTOR</b>	Please direct all questions to the Meet Director, Mitchell Zackowski <a href="mailto:headcoach@wcacswim.org">headcoach@wcacswim.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 Mitchell Zackowski <a href="mailto:headcoach@wcacswim.org">headcoach@wcacswim.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 Monday, January 20, 2025. <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. 24th.
<b>WARM-UP &amp; START TIMES</b>	<b>Arrive 10:15 AM; Warm-up: 10:30 AM; Meet Starts 11:00 AM</b> 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 DISABILITIES</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="http://www.suburbanaquaticleague.org">Suburban Aquatic League website</a> .

**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  
Tuesday January 21<sup>st</sup>.*

8 Timers
1 Stroke & Turn Judge
1 Computer Table
Deck Parent *As Needed