



# 2025 SAL GIRLS CENTRAL DIVISION CHAMPS

**January 25, 2025**

<b>LOCATION:</b>	Upper Moreland Middle School 4000 Orangemans Road Hatboro, PA 19040
<b>MEET DIRECTOR:</b>	<b>Michele (Shelly) Spooner</b>  Email: <a href="mailto:shelly@dcaaswimming.org">shelly@dcaaswimming.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.  'Fly-over' starts will be used at this meet.  This Meet will be conducted using the <b>No Recall false start rule.</b>  <b>Please note that use of audio or visual recording devices, including a cell phone, are not permitted in changing areas, restrooms, locker rooms, or behind the blocks.</b>
<b>ELIGIBILITY:</b>	Swimmers may enter a maximum of five (5) events, (3) Individual and (2) Relays.  Each team may enter a maximum of two (2) relays per relay event, A and B relays only.

<b>ENTRIES:</b>	<p><b>Electronic entries only. Hy-Tek Team Manager entry file required.</b></p> <p>Please send your TM entry file with a TM PDF entry report to <a href="mailto:shelly@dcaaswimming.org">shelly@dcaaswimming.org</a></p> <p>Include contact information (team name, coach name, cell phone) in your email.</p> <p>Last day to submit entries is <b>Sunday January 19<sup>th</sup> at 11:59PM.</b></p> <p><b>NO LATE ENTRIES WILL BE ACCEPTED.</b></p> <p><b>DECK ENTRIES</b> will NOT be accepted.</p> <p>All events will be pre-seeded. Please provide all scratches by <b>Noon, Thursday January 23<sup>rd</sup>.</b></p>
<b>WARM UP &amp; WARM UP TIMES:</b>	<p>Warm up times and lane assignments will be provided on January 20<sup>th</sup> once final entries have been received and an accurate timeline is available.</p> <p><b>Session 1 10&amp;Unders: Time TBA, approximately 9AM</b>  <b>Session 2 11&amp;Overs: Time TBA, approximately 12:30PM</b></p>
<b>AWARDS:</b>	<p>Awards will be distributed as provided by the SAL.</p>
<b>RESULTS:</b>	<p>Results will be posted on the <a href="#">Suburban Aquatic League website.</a></p>
<b>SWIMMERS WITH A DISABILITY:</b>	<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>
<b>VOLUNTEERS:</b>	<p>DCAA will provide the following volunteers:</p> <p>Meet Director, Volunteer Coordinator, Starter/Referee, Timing Console and Scores Table, Announcer, Snack Bar, Set-up/Break-down, Awards Table, and Lane Marshalls.</p> <p>Stroke &amp; Turn Judges, Runners, Timers, and Backup Timers will be provided by the assigned visiting teams in proportion with meet entries.</p>