



2025 SAL NORTHWEST DIVISION GIRL'S CHAMPIONSHIPS

Saturday, January 25, 2025

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| LOCATION & FACILITY | Souderton Area High School - 625 Lower Rd, Souderton PA 18964 8-lane competition pool with 25-yard warm-up/warm-down area available throughout competition. |
| PARKING | Please Park in the area to the rear of the building near the pool entrance. Other events will be parking around the school |
| MEET DIRECTOR | Please direct all questions to the Meet Director, Stacy Thomas - stacythomas1018@gmail.com |
| RULES | <p>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.</p> <p>The use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms or behind the blocks.</p> <p>Deck changes are prohibited.</p> <p>Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach areas, spectator areas and open ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present. Exceptions may be granted with prior written approval by the Vice President of Program Operations of USA Swimming.</p> |
| ENTRY LIMITATIONS | <p>Swimmers may enter a maximum of five (5) events, 3 Individual and 2 Relays.</p> <p>'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.</p> |
| HOW TO ENTER | <p>Electronic entries only. Hy-Tek Team Manager entry file required.</p> <p>Please send all entries to the Meet Director Stacy Thomas, (stacythomas1018@gmail.com)</p> <p>Include with your entry file a Team Manager entry report (Word or PDF). Include contact information (team name, coach name, cell phone).</p> |
| ENTRY DEADLINE | <p>Last day to submit entries Monday, Jan 20 at 6:00 PM.</p> <p>NO LATE ENTRIES WILL BE ACCEPTED.</p> |
| EVENTS & SEEDING | <p>Event order will follow standard SAL meet format including relays. All events are pre-seeded. Seeding adjustments may be made to consolidate heats.</p> |

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| WARM-UP & START TIMES | <p>Warm-up: 8:00 AM Meet starts 9:30 AM</p> <p>Second session tentative. – will adjust based on session 1 entry count to be earlier as necessary</p> <p>Warm-ups: 12:00 pm meet starts 1:30</p> <p>Lanes will be assigned based on number of entries per team. warm-up/warm-down area available throughout meet.</p> |
| 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 . |

**Each team is required to supply volunteers at this meet.
A separate email will be sent to teams with volunteer requirements.**

If your team can't provide the requested workers, please notify meet director by Thu, Jan 17th.

NOTE: NO FOOD OR DRINK PERMITTED ON-DECK OR IN THE BALCONY.

WATER ONLY PLEASE.

Meet spectators are asked to please stay within the pool balcony and pool lobby areas.

Spectator rest rooms will be down the hall from the pool near the first Gym. These will be shared with other events scheduled at the school.