



2025 SAL SOUTHWEST DIVISION CHAMPIONSHIPS

Saturday, January 25, 2025

LOCATION & FACILITY	Radnor High School - 130 King of Prussia Road, Wayne PA, 19087 6-lane, 25-yard competition pool.
PARKING	Please park in the area to the rear of the building near the pool entrance. Do not park or drop off in the lower lot adjacent to the pool.
MEET DIRECTOR	Please direct all questions to the Meet Director, Jaime Wharton @ jaimelynncessna@gmail.com
RULES	Please note: this is not a USA sanctioned meet. However, only swimmers, coaches, officials and meet volunteers will be permitted on the pool deck. 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. Deck changes are prohibited. 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.
ENTRY LIMITATIONS	Swimmers may enter a maximum of five (5) events, 3 Individual and 2 Relays. Swimmers may not swim an event at League Championships and B Champ '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 Jaime Wharton, (jaimelynncessna@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 is Monday, January 20th by 6:00 PM. Entry updates will be taken up until Thursday, January 24th. NO LATE ENTRIES WILL BE ACCEPTED.
EVENTS & SEEDING	Event order will follow standard SAL meet format including relays. All events are pre-seeded. Seeding adjustments may be made to consolidate heats. We will collect relay names the day of the meet.

WARM-UP & START TIMES	<p>Warm-up: 9:15 AM Meet starts 10:15 AM</p> <p>Second session tentative. – will adjust based on session 1 entry count to be earlier as necessary</p> <p>Warm-ups: 1:20 PM meet starts 2:30 PM</p> <p>Lanes will be assigned based on the number of entries per team. Warm-up/warm-down breaks will occur throughout the meet.</p>	
ATHLETES WITH DISABILITIES	<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>	
AWARDS	<p>Ribbons will be awarded.</p>	
RESULTS	<p>Results will be posted on the Suburban Aquatic League website.</p>	
VOLUNTEERS	Colonial Community Aquatics (CCA)	<p>4 Timers 1 Stroke & Turn Official 1 Table/Awards worker</p>
	Lower Merion Aquatic Club (LMAC)	<p>4 Timers 1 Stroke & Turn Official 1 Runner 1 Table/Awards worker</p>
	Norristown Area Aquatic Club (NAAC)	<p>4 Timers 1 Place Judge</p>
	Radnor Aquatic Club (RAC)	<p>5 Timers Starter 2 Table/Awards worker</p>
	Upper Merion Aquatic Club (UMAC)	<p>4 Timers 1 Place Judge</p>

Each team is required to supply volunteers at this meet.

If your team can't provide the requested workers, please notify the director by Wednesday, January 22nd.

Meet spectators are only permitted within the pool balcony and pool lobby areas.

Spectator restrooms will be down the hall from the pool to the right of the wrestling room.