

**SUBURBAN AQUATIC LEAGUE
GIRLS SAL 2024-2025**

Meets (byDate Ascending)

Meet Name	Start Date	End Date	Course	Location	Sanction #	Age Up	Since	Type
PVAC Fall Fest 2024	10/27/2024	10/27/2024	Y	Perkiomen Valley High School		10/31/2024		
DCAA vs UDAC Girls 11224	11/2/2024	11/2/2024	Y	UMMS		10/31/2024		
Core VS CAC	11/2/2024	11/2/2024	Y	Home Pool		10/31/2024		
HHAAsWCAC	11/2/2024	11/2/2024	Y	x		10/31/2024		
GIRLS RAC VS CCA 11224	11/2/2024	11/2/2024	Y	RADNOR H S		10/31/2024		
CBST@ CR Girls	11/2/2024	11/2/2024	Y	CR North Pool		10/31/2024		
PR vs. MAC Girls 11-02-2024	11/2/2024	11/2/2024	Y	PHS		10/31/2024		
LMAC GIRLS V UMAC	11/2/2024	11/2/2024	Y	LMHS		10/31/2024		
GIRLS PVAC at SOUD 11-2-24	11/2/2024	11/2/2024	Y	SAHS		10/31/2024		
HHAA HIGH FIVE	11/3/2024	11/3/2024	Y	Simmons Elementary		10/31/2024		
HHAAsSAC	11/9/2024	11/9/2024	Y	x		10/31/2024		
SAL LMOR v CORE Girls	11/9/2024	11/9/2024	Y	Lower Moreland Natatorium		10/31/2024		
CCA Double Dual v UMAC 11092024	11/9/2024	11/9/2024	Y	Plymouth Whitemarsh High School		10/31/2024		
CAC @ CRDouble Dual	11/9/2024	11/9/2024	Y	Home Pool		10/31/2024		
PR vs. SOUD Girls 11-09-2024	11/9/2024	11/9/2024	Y	PHS		10/31/2024		
UDAC vs WCAC	11/9/2024	11/9/2024	Y	Upper Dublin		10/31/2024		
Methacton Aquatics Club vs NPAC 110924	11/9/2024	11/9/2024	Y	Methacton High School		10/31/2024		
LMAC Girls v NAAC	11/9/2024	11/9/2024	Y	LMHS		10/31/2024		
GIRLS NPAC at SOUD 11-16-24	11/16/2024	11/16/2024	Y	SAHS		10/31/2024		
LMAC GIRLS v CCA	11/16/2024	11/16/2024	Y	LMHS		10/31/2024		
UDAC vs HHAA	11/16/2024	11/16/2024	Y	Upper Dublin		10/31/2024		
SAL Girls PVAC vs Pennridge 2024-11-16	11/16/2024	11/16/2024	Y	Perkiomen Valley High School		10/31/2024		
CBST boys & girls vs. LMOR 11-16-2024	11/16/2024	11/16/2024	Y	CB South HS		10/31/2024		
RAC v. NAAC Double Dual 11.16.24	11/16/2024	1/7/2025	Y	RHS		10/31/2024		
SAC vs DCAA Girls 11/16/24	11/16/2024	11/16/2024	Y	Springfield Township High School		10/31/2024		
CORE @ CRDouble Dual	11/16/2024	11/16/2024	Y	Home Pool		10/31/2024		
CCA Double Dual v NAAC 11232024	11/23/2024	11/23/2024	Y	Plymouth Whitemarsh High School		10/31/2024		
PR vs. NPAC	11/23/2024	1/20/2025	Y	North Penn High School		10/31/2024		
DCAA vs WCAC Girls 112324	11/23/2024	11/23/2024	Y	UMMS		10/31/2024		
SAL Girls Dual Meet PVAC vs MAC 2024-11-23	11/23/2024	11/23/2024	Y	Perkiomen Valley High School		10/31/2024		
UMAC vs RAC 11232024	11/23/2024	11/23/2024	Y	UMAC		10/31/2024		
UDAC vs SAC	11/23/2024	11/23/2024	Y	Upper Dublin		10/31/2024		
CBST vs CAC boys & girls 11.23.24	11/23/2024	11/23/2024	Y	CB South HS		10/31/2024		
LMOR @ CRDouble Dual	11/23/2024	11/23/2024	Y	Home Pool		10/31/2024		
2024 North Penn Trophy Meet	11/24/2024	11/24/2024	Y	Rick Carroll Natatorium		10/31/2024		

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GIRLS SAL 2024-2025**

Meets (byDate Ascending)

Meet Name	Start Date	End Date	Course	Location	Sanction #	Age Up	Since	Type
SAL Double Dual Meet UMAC vs. NAC	12/7/2024	1/7/2025	Y	UM		10/31/2024		
HHAAsDCAA	12/7/2024	12/7/2024	Y	x		10/31/2024		
LMAC Girls v RAC	12/7/2024	12/7/2024	Y	LMHS		10/31/2024		
PVAC@ NPAC girls 12-7-24	12/7/2024	12/7/2024	Y	North Penn Aquatic Club		10/31/2024		
Methacton Aquatic Club vs Souderton Girls	12/7/2024	12/7/2024	Y	Methacton High School		10/31/2024		
WCACvsSAC	12/7/2024	12/7/2024	Y	Wissahickon		10/31/2024		
SAL CAC v LMOR	12/7/2024	12/7/2024	Y	WILLIAM TENANT HIGH SCHOOL Pool		10/31/2024		
CBST boys & girls vs. CORE 12-7-2024	12/7/2024	12/7/2024	Y	CB South HS		10/31/2024		
CBST Holiday Classic 2024	12/8/2024	12/8/2024	Y	CB South HS		10/31/2024		
SAL LMOR v SAC	12/12/2024	12/14/2024	Y	Lower Moreland Natatorium		10/31/2024		
DCAA vs CBST Girls 121424	12/14/2024	12/14/2024	Y	UMMS		10/31/2024		
RAD@ NPAC 12-14-24	12/14/2024	12/14/2024	Y	North Penn High School		10/31/2024		
UDAC@ CR Girls	12/14/2024	12/14/2024	Y	CR North Pool		10/31/2024		
PR vs NAAC 12-14-24	12/14/2024	12/14/2024	Y	Pennridge High School		10/31/2024		
CCA Girls v SACAC 12142024	12/14/2024	12/14/2024	Y	Plymouth Whitemarsh High School		10/31/2024		
SAL Double Dual Meet PVAC vs UMAC 2024-12-14	12/14/2024	12/14/2024	Y	14 Perkiomen Valley High School		10/31/2024		
WCACvsCAC	12/14/2024	12/14/2024	Y	Wissahickon		10/31/2024		
HHAAsCoregirls	12/14/2024	12/14/2024	Y	x		10/31/2024		
Methacton Aquatic Club vs Lower Merion Girls	12/14/2024	12/14/2024	Y	Is Methacton High School		10/31/2024		
CAC Odd Age Meet 2024	12/15/2024	12/15/2024	Y	Centennial Aquatic Club		10/31/2024		
WCACvsCORE	1/4/2025	1/4/2025	Y	Wissahickon		10/31/2024		
SAL Girls PVAC vs HHAA 2025-01-04	1/4/2025	1/4/2025	Y	Perkiomen Valley High School		10/31/2024		
UDAC vs NPAC	1/4/2025	1/4/2025	Y	Upper Dublin		10/31/2024		
CBST vs CCA Girls 01.04.25	1/4/2025	1/4/2025	Y	CB South High School		10/31/2024		
CAC at NAAC Double Dual Meet	1/4/2025	1/4/2025	S	Norristown Area High Schoo;		10/31/2024		
SAL UMAC vs PR 01042025	1/4/2025	1/7/2025	Y	Upper Merion Marlins		10/31/2024		
DCAA vs CR Girls 1425	1/4/2025	1/4/2025	Y	UMMS		10/31/2024		
Methacton Aquactic Club vs Radnor Girls	1/4/2025	1/4/2025	Y	Methacton High School		10/31/2024		
LMAC GIRLS v LMOR	1/4/2025	1/4/2025	Y	LMHS		10/31/2024		
SAC vs SOUD Girls 1/4/25	1/4/2025	1/4/2025	Y	Springfield Township High School		10/31/2024		
Souderton Winter Fest Invitational 2025	1/5/2025	1/5/2025	Y	Souderton Area High School		10/31/2024		
Last Chance Meet 2025	1/11/2025	1/11/2025	Y	Upper Merion High School		10/31/2024		

Total Number of Meets **67**