

2018 Suburban Aquatic League East Division Championship

When: Saturday, January 27, 2018

Where: William Tennent High School
333 Centennial Road
Warminster, PA 18974



Rules and

Regulations: USA Swimming Rules and Regulations will be followed. Only swimmers, coaches, officials and meet workers will be allowed on deck. All spectators should use the balcony seating area.

Session:	1	2!!
Attendees:	8&U, 9-10 Boys and Girls	11 & Over Boys and Girls
Warm-up:	8:00 am **	11:45 pm **
Start:	8:45 am **	12:30 pm **

! – Fly-over starts will be used for 9-10 events in session #1, with the exception of backstroke events and relays

!! - Fly-over starts will be used for all events in session #2, with the exception of backstroke events and relays.

** The Meet Director reserves the right to adjust session start times based upon registrations. Any changes will be communicated to team contacts listed on the meet summary sheet submitted by the team.

Entries: Entries should be e-mailed to the Meet Director at jlfswim@comcast.net no later than **Tuesday, January 23, by 10:00 pm**. Please also include a printout of your entries in either Word or PDF format. A confirmation email will be sent. Swimmers may enter up to three (3) individual events plus two (2) relays.

Awards: May be picked up at the end of the meet by Coaches only.

Results: Results will be posted on the SAL website.

Concessions: Programs will be sold at the door. Various food and drink items will be available throughout the meet.

Questions: Please contact the Meet Director, Jamie Forlini at jlfswim@comcast.net.

Warm-up Lane Assignments:

Warm-up Times	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
8:00- 8:35 11:45 – 12:20	CAC	CORE	CR	DCAA	LMSD	PENN

Reminder: Warm-up feet first entry; sprints maybe done at any time during warm-up with all athletes going one way only. Please do not let athletes hang on lane line

Meet Worker Assignments:

*** Each team will be responsible for filling their assigned positions for the entire meet. Please ensure they are qualified to serve in their assigned duties ***

- Starter:** CAC
- Announcer:** CAC
- Stroke & Turn:** CR & PENN (Medley Relay, Free, Back, Breast)
CORE & LMSD (Fly, Free, IM, Free Relay)
- Runner (1 each team):** CORE & LMSD (Medley Relay, Free, Back, Breast)
PENN & CR (Fly, Free, IM, Free Relay)
- Timing System:** CAC
- Computer Scoring:** CAC
- Awards:** CAC
- Heat Winner Ribbons:** CAC
- Ready Bench:** CAC (Session 1 only)
- Head Timers:** DCAA
- Timers:** Each club is responsible for assisting in timing.
 - Lane 1 – CR (3)**
 - Lane 2 – CORE (3)**
 - Lane 3 – LMSD (3)**
 - Lane 4 – PENN (3)**
 - Lane 5 – DCAA (3)**
 - Lane 6 – DCAA (1), CORE (1), CR (1)**

*** Please bring your own watches (2 per timer) ***

Thank you for making this a positive event and Good Luck to ALL!!