

## Suburban Aquatic League

### League Championship Meet Dates & Deadlines-2019

(See "Championship Procedures" & The Operating Procedures of the SAL – Article X for full details.)

- **E-Mail Entries To Brian McMillin, Roberta Lichter and Alyssa McDuell:** [bimcmillin@verizon.net](mailto:bimcmillin@verizon.net), [rlichter@cbsd.org](mailto:rlichter@cbsd.org) and [afm0105@verizon.net](mailto:afm0105@verizon.net). **Your entries must include ALL your SWIMMING AND DIVING entries.**
- **INCLUDE ALL DIVERS.**
- Entries Due- Sunday, January 13, 2019 no later than 6:00 PM
- **REMEMBER; RELAY TIMES MUST BE ACTUAL TIMES SWUM! NO MANUFACTURED TIMES WILL BE ALLOWED! TIMES MUST APPEAR ON THE TOP 40 LIST!**
- Only swimmers who have swum in 40% of your dual meets are eligible to swim at champs. Only divers who dove in 40% of your dual meets are eligible to dive at champs.
- Psych Sheet will be posted-Tuesday, January 15, 2019
- **Updated Entries Due-Saturday, January 19, 2019 no later than midnight 11:59pm. (Only updated times permitted!)**
- Bring 2 copies of individual dive sheets for all divers for both Division and League Diving, on white/colored sheets, to the seed meeting.
- Final Psych Sheets will be posted-Sunday, January 20, 2019 by 9am. Two lists will be posted. One with the top 50 and one with all entered swimmers. (Bring your own copies to the seed meeting along with all swim meet paperwork to prove times.)  
**IF YOU FAIL TO MEET AN ENTRY DEADLINE BY 1 HOUR OR LESS, YOUR CLUB WILL BE FINED \$200.00 BY THE LEAGUE.**  
**IF YOUR ENTRIES ARE OVER 1 HOUR LATE THEY WILL NOT BE ACCEPTED**

#### Seed Meeting

- Sunday January 20, 2019, Upper Dublin Township Building (Across the street from high school)
- 6:00PM start - Bring your own copy of final psych sheets and all swim/dive meet paperwork.
- Every team must have a representative in attendance for each seed meeting (1 Boys, 1 Girls, 1 Diving)

### League Champs at LaSalle University

#### Sunday, February 3, 2019

##### BOYS –Swimming

Doors Open 7:15 AM

Warm-Up 7:45 AM (exact time & lane to be assigned)

All meet workers/volunteers report to computer table on deck no later than 7:45 AM

Scratch Meeting 8:15 AM

Meet Starts 9:15 AM

##### Girls –Swimming

Doors Open 12:15 PM

Warm-Up 12:45 PM (exact time & lane to be assigned)

All meet workers/volunteers report to computer table on deck no later than 12:45 PM

Scratch Meeting 1:15 PM

Meet Starts 2:15 PM

#### Sunday, February 10, 2019

##### Diving- Boys and Girls

8:30 – 9:00 11 & UNDER GIRLS WARM-UP

9:00 – 10:00 11 & UNDER GIRLS LEAGUE CHAMPIONSHIP DIVING

10:00 – 10:30 11 & UNDER BOYS WARM-UP

10:30 – 11:30 11 & UNDER BOYS LEAGUE CHAMPIONSHIP DIVING

11:30 – 12:00 12 - 14 GIRLS WARM-UP

12:00 – 1:30 12 - 14 GIRLS LEAGUE CHAMPIONSHIP DIVING

1:30 – 2:00 12 - 14 BOYS WARM-UP

2:00 – 3:30 12 - 14 BOYS LEAGUE CHAMPIONSHIP DIVING

3:30 – 4:00 15/O GIRLS WARM-UP

4:00 – 5:30 15/O GIRLS LEAGUE CHAMPIONSHIP DIVING

5:30 – 6:00 15/O BOYS WARM-UP

6:00 – 7:30 15/O BOYS LEAGUE CHAMPIONSHIP DIVING

**If a COACH or TEAM REPRESENTATIVE has any questions please call Alyssa McDuell:  
cell # (267) 767-2813 . Please do not assume anything.  
If you are not 100% sure about something, PLEASE CALL!!!!**