

## 2016 - 2017 GIRLS SAL

### Meets (byDate Ascending)

Meet Name	Start Date	End Date	Course	Location	Sanction #	Age Up	Since	Type
PAC Time Trials Invitational	10/22/2016	10/22/2016	Y	Pennridge H.S.		10/31/2016		
Perkiomen Valley Fall Fest 2016	10/30/2016	10/30/2016	Y	Perkiomen Valley High School		10/31/2016		
SOUND at MAC 11-05-2016	11/5/2016	11/5/2016	Y	Methacton		10/31/2016		
CORE at CR Girls 11-5-16	11/5/2016	11/5/2016	Y	CR North Pool		10/31/2016		
PVAC_PR_DoubleDual	11/5/2016	11/5/2016	Y	Perkiomen Valley High School		10/31/2016		
UDAC v CCA Double Dual	11/5/2016	11/5/2016	Y	UDHS		10/31/2016		
NAAC vs. UMAC 2016	11/5/2016	11/5/2016	Y	Upper Merion		10/31/2016		
SAC Girls vs CBAC Nov 2016	11/5/2016	11/5/2016	Y	sac		11/1/2016		
PENN Girls v Lower Moreland	11/5/2016	11/5/2016	Y	Pennsbury HS		10/31/2016		
WCAC vs LMACgirls	11/5/2016	11/5/2016	Y	Wissahickon Middle School		11/5/2016		
SWACvsHHAAgirls	11/5/2016	11/5/2016	Y	CB South		10/31/2016		
TOPS @ NPAC Girls	11/5/2016	11/5/2016	Y	Perkiomen Prep		10/31/2016		
WCAC @ RAC Girls	11/12/2016	11/12/2016	Y	Radnor High School		10/31/2016		
UMAC vs. LMAC 2016	11/12/2016	11/12/2016	Y	Upper Merion		10/31/2016		
11-12-2016BoysGirlsNACCvsPWAC	11/12/2016	11/12/2016	Y	Plymouth Whitemarsh High School		10/31/2016		
CORE Girls vs LMSD	11/12/2016	11/12/2016	Y	Poquessing		10/31/2016		
Pennridge at North Penn Girls	11/12/2016	11/12/2016	Y	North Penn High School		10/31/2016		
CAC vs CR Girls 111216	11/12/2016	11/12/2016	Y	WTHS		10/31/2016		
MAC @ TOPS Girls	11/12/2016	11/12/2016	Y	The Hill School		10/31/2016		
PVAC @ SOUND Girls 12NOV16	11/12/2016	11/12/2016	Y	SAHS		10/31/2016		
SAC Girls vs HHAA	11/12/2016	11/12/2016	Y	SAC		10/31/2016		
CBAC vs UDAC girls	11/12/2016	11/12/2016	Y	CB EAST HS		10/31/2016		
DCAA vs PENN	11/12/2016	11/12/2016	Y	Host Club Pool		10/31/2016		
SWACvsCCAgirls	11/12/2016	11/12/2016	Y	CB South		10/31/2016		
HHAA HIGH FIVE	11/13/2016	11/13/2016	Y	Simmons Elementary		10/31/2016		
WCAC vs. UMAC 2016	11/19/2016	11/19/2016	Y	Upper Merion		10/31/2016		
LMSD vs CAC Girls Meet	11/19/2016	11/19/2016	Y	LMSD		10/31/2016		
NAAC vs RAC 20161119 SAL Double Dual Meet	11/19/2016	11/19/2016	Y	Radnor High School		10/31/2016		
UDAC girls v SWAC girls	11/19/2016	11/19/2016	Y	UDHS		10/31/2016		
2016 GIRLS NPAC at MAC	11/19/2016	11/19/2016	Y	Methacton		10/31/2016		
PR vs SOUND	11/19/2016	11/19/2016	Y	Pennridge HS		10/1/2016		
LMAC Girls v PWAC 11-19-16	11/19/2016	11/19/2016	Y	LMHS		10/31/2016		
HHAAvsCBAC	11/19/2016	11/19/2016	Y	Host Club Pool		10/31/2016		
CCAvs.SAC GIRLS	11/19/2016	11/19/2016	Y	PLYMOUTH-MEETING HS		10/31/2016		
PVAC @ TOPS Girls	11/19/2016	11/19/2016	Y	Hill School		10/31/2016		
CORE vs PENN	11/19/2016	11/19/2016	Y	Poquessing		10/31/2016		

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2016 North Penn Trophy Meet	11/20/2016	11/20/2016	Y	Rick Carroll Natatorium		10/31/2016		
CAC vs DCAA Girls 112116	11/21/2016	11/21/2016	Y	WTHS		10/31/2016		
PWAC vs RAC 20161119 SAL Double Dual Meet	11/27/2016	11/27/2016	Y	Radnor High School		10/31/2016		
CCAvs.HHAA GIRLS	12/3/2016	12/3/2016	Y	PLYMOUTH-MEETING HS		10/31/2016		
UDAC girls v SAC girls	12/3/2016	12/3/2016	Y	UDHS		10/31/2016		
WCACvsPWACgirls	12/3/2016	12/3/2016	Y	Wissahickon Middle School		10/31/2016		
CBAC vs SWAC Girls	12/3/2016	12/3/2016	Y	CB EAST HS		10/31/2016		
PVACvsNPACGirls03Dec2016	12/3/2016	12/3/2016	Y	Perkiomen Valley High School		10/31/2016		
TOPS @ SOUD Girls 3 December 2016	12/3/2016	12/3/2016	Y	SAHS		10/31/2016		
LMOR vs. DCAA	12/3/2016	12/3/2016	Y	Lower Moreland Natatorium		10/31/2016		
RAC vs. UMAC 2016	12/3/2016	12/3/2016	Y	Upper Merion		10/31/2016		
CAC vs CORE Girls 120316	12/3/2016	12/3/2016	Y	WTHS		10/31/2016		
LMAC v NAAC Double Dual Virtual 12-3-16	12/3/2016	12/3/2016	S	LMHS		10/31/2016		
Virtual Blue & White Meet	12/3/2016	12/3/2016	S	Norristown Area High School;		10/31/2016		
PR vs MAC	12/3/2016	12/3/2016	Y	Pennridge HS		10/1/2016		
Holiday Classic 2016	12/4/2016	12/4/2016	Y	CB South		10/31/2016		
PAC vs TOPS Girls	12/10/2016	12/10/2016	Y	Pennridge HS		10/1/2016		
CBAC vs CCA Girls	12/10/2016	12/10/2016	Y	CB EAST		10/31/2016		
PVACvsMACGirls10Dec2016	12/10/2016	12/10/2016	Y	PerkiomenValley		10/31/2016		
LMAC Girls v RAC 12-10-16	12/10/2016	12/10/2016	Y	LMHS		10/31/2016		
HHAAvsUDAC	12/10/2016	12/10/2016	Y	Host Club Pool		10/31/2016		
DCAA vs CORE girls	12/10/2016	12/10/2016	Y	DCAA		10/31/2016		
CAC vs PENN Girls 121016	12/10/2016	12/10/2016	Y	WTHS		10/31/2016		
Souderton at North Penn Girls	12/10/2016	12/10/2016	Y	North Penn High School		10/31/2016		
SAC girls v SWAC girls	12/10/2016	12/10/2016	Y	CB South		10/31/2016		
UMAC vs PWAC	12/17/2016	12/17/2016	Y	Upper Merion		10/31/2016		
NNAC v WCAC - SAL GIRLS Dual Meet	12/17/2016	12/17/2016	Y	Wissahickon Middle School		10/31/2016		
LMAC @ TOPS Girls	1/7/2017	1/7/2017	Y	Perkiomen Prep		10/31/2016		
CORE GIRLS VS HHAA	1/7/2017	1/7/2017	Y	POQUESSING		10/31/2016		
LMOR vs. UDAC 1-7-17	1/7/2017	1/7/2017	Y	Lower Moreland Natatorium		10/31/2016		
CORE Girls vs. Conference Dual Meet Finals	1/7/2017	1/7/2017	Y	Poquessing Middle School		10/31/2016		AG
CBAC at CR Girls 1-7-17	1/7/2017	1/7/2017	Y	CR North Pool		9/30/2016		
PWAC at MAC 1-7-2017	1/7/2017	1/7/2017	Y	Methacton		10/31/2016		
PVACvWCACGirls07_Jan_2017	1/7/2017	1/7/2017	Y	Perkiomen Valley High School		10/31/2016		
Norristown at Pennridge SAL Double Dual Conf	1/7/2017	1/7/2017	Y	nf Pennridge HS Natatorium		10/31/2016		
CAC vs CCA Girls 010717	1/7/2017	1/7/2017	Y	Centennial		10/31/2016		

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Radnor at North Penn Girls	1/7/2017	1/7/2017	Y	North Penn High School		10/31/2016		
UMAC @ SOUD Girls 07 Jan 2017	1/7/2017	1/7/2017	Y	SAHA		10/31/2016		
DCAA vs SAC Girls	1/7/2017	1/7/2017	Y	UMMS		10/31/2016		
CAC Odd Age Meet 2017	1/8/2017	1/8/2017	Y	William Tennent HS		10/31/2016		
NPAC VS UDAC Double Dual - 01/14/17	1/14/2017	1/14/2017	Y	North Penn High School		10/31/2016		
CCAvs.WCAC GIRLS	1/14/2017	1/14/2017	Y	PLYMOUTH-MEETING HS		10/31/2016		
PENN Girls v PVAC	1/14/2017	1/14/2017	Y	Pennsbury HS		10/31/2016		
UMAC vs. CORE Girls 2016	1/14/2017	1/14/2017	Y	Upper Merion		10/31/2016		
LMSD vs. RAC 1-14-17	1/14/2017	1/14/2017	Y	Lower Moreland Natatorium		10/31/2016		
HHAA @ SOUD Girls 14 Jan 2017	1/14/2017	1/14/2017	Y	SAHS		10/31/2016		
SAC Girls vs LMAC	1/14/2017	1/14/2017	Y	SAC		10/31/2016		
DCAA vs TOPS Girls	1/14/2017	1/14/2017	Y	UMMS		10/31/2016		
PWAC at Pennridge SAL Double Dual Conf	1/14/2017	1/14/2017	Y	Pennridge HS Natatorium		10/31/2016		
SWACvsCRSCgirls	1/14/2017	1/14/2017	Y	CB South		10/31/2016		
NAAC at MAC 1-14-17	1/14/2017	1/14/2017	Y	Methacton High School		10/31/2016		
CBAC vs CAC	1/14/2017	1/14/2017	Y	CB East		10/31/2016		
PENN Aquatics Splash 2017	1/15/2017	1/15/2017	Y	Pennsbury High School Natatorium		10/31/2016		
Last Chance Meet 2017	1/21/2017	1/21/2017	Y	Upper Merion High School		10/31/2016		

**Total Number of Meets: 90**