

Here it is...the much anticipated and fun to read individual champs details message!

First the time/location details, then the descriptions and instructions. **You must sign-up for champs if you want to swim so be sure to read on.**

Division (B) Champs (MA accepted for boys; application in for MA acceptance of girls meet):

Date: Saturday, January 30, 2010

Boys location: CB South Boys time (all age groups): 12:30pm warm-up; 1:15pm start

Girls location: North Penn Girls 10 and under time: 11:45am warm-up; 12:45pm start

Girls 11 and up time: 2:45pm warm-up; 3:45pm start

Please note that North Penn is splitting the girls meet into two sessions because of safety concerns. It is possible that they would change times and/or combine sessions based on actual entries.

League (A) Champs:

Date: Sunday, February 7, 2010

Location: LaSalle University

Boys time: 7:45am warm-up; 9am start

Girls time: 12:45pm warm-up; 2pm start

Flyers for champs will be on the bulletin board and accessible through our website shortly.

Division (B) Individual Championships – Individual championship meet in which any SAL swimmer is eligible to swim. (There are no minimum meet requirements to swim at Bs.) Swimmers choose their events – there is no entry fee. B Champs will be on January 30th with girls at North Penn and boys at CB South.

League (A) Individual Championships - Individual championship meet in which only the top 18 swimmers in the league (plus 2 alternates) in each event may compete. The top swimmers are determined by times at current season league sanctioned meets. Swimmers are allowed to participate in As only if they swam in 40% or more of the regular season meets. (That's 2 dual meets in November/December.) There is no entry fee. A Champs will be on February 7th at LaSalle University.

Swimmers may swim at both division and league championships but may not swim any event at divisions in which they qualified for leagues. Swimmers also may not swim a stroke in a relay at Bs if they qualified for As in the individual event for that

stroke. Exception: A-champs IM qualifiers are not restricted as to strokes they can swim in B-champs relays. Swimmers may swim the same relay at Bs and As. Alternates for As may swim the event for which they are an alternate at Bs.

Swimmers may swim a maximum of 5 events between the two individual championship meets (3 individual and 2 relays). Exception: alternates at As may swim as an alternate at As even if that will cause them to exceed the maximum combined events. In other words, alternates for As may swim the event for which they are an alternate for As at B champs and then swim the same event at As if the opportunity presents itself. [See examples below.]

The Top 50 lists and psych sheets maintained by the league for each event can be used as a guideline for a swimmer's placement in the league. These lists are not finalized until the A champs seeding meeting (to be held January 25th) but they are generally a fair guide before that.

SWAC swimmers need to register for the individual champs meets before the seeding meeting so that our coaches know what each swimmer wants to swim (especially if they have qualified for As in more than 3 individual events).

The SWAC sign-up deadline is Wednesday, January 20th. This deadline is 100% firm – you will not, under any circumstances, be able to sign-up late for champs. If you are not sure what events you should pick, contact the coaches now. Registration for A and B champs will be available soon through the SWAC website (invitationals page).

<http://www.cbswim.org>

For more information about these meets, refer to the SWAC handbook (can be found on the SWAC website) and/or the SAL operating procedures (can be found on the league website). <http://www.suburbanaquatic.org>

EXAMPLES OF INDIVIDUAL EVENTS A SWIMMER COULD SWIM BETWEEN BOTH MEETS:

If swimmer is not an A champs alternate for anything:

Champs	A	B
# Events	3	0
# Events	2	1
# Events	1	2
# Events	0	3

If swimmer is an A champs alternate:

-for one event – swimmer can swim 2 events at either A or B champs, be listed as the alternate for the 3rd event AND swim that event at B champs

-for two events – swimmer can swim 1 event at either A or B champs, be listed as the alternate for the other 2 events AND swim those 2 events at B champs

-for three events – swimmer can be listed as an A champs alternate for all 3 events AND swim those events at B champs

If you have additional questions that apply to your personal situation, please refer to the SAL operating procedures and SWAC team handbook. If these documents do not provide adequate clarification, contact Stu Kukla or Jen Steinberg.