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**SUBURBAN ONE LEAGUE LIBERTY CONFERENCE**

**SWIMMING AND DIVING CHAMPSIONSHIPS**

**2024**

**DIVING INFORMATION**

**Date:** Tuesday, February 6, 2024

**Snow Date Thursday, February 8, 2024**

**Site:** Upper Dublin High School

**Time:** Warm-up 4:00PM

Diving Sheets to Officials 4:30PM

Start of Competition 5:00PM

In order to qualify, a diver must be able to perform five (5) required dives and six (6) optional dives (see Rule 9 Section 4, pgs. 33-34). Diving sheets are to be submitted to the scorer’s table at least one-half (1/2) hour prior to the starting time. **Coaches are to register at** [**http://divingentries.omadatrak.com**](http://divingentries.omadatrak.com) **and find the 2022 American Conference Diving Championships.**

A school may enter up to four divers. Sixteen divers will advance to the finals.

An authorized school representative must accompany their school’s participants to the meet and remain with them through the entire meet.

If the diving championship must be postponed for any reason, individual coaches will be notified through their respective athletic director’s office.

#### SWIMMING INFORMATION

**Boys Championship**

**Date: Friday, February 9, 2024**

Site: Upper Dublin High School

Time: Warm-up 5:00PM

Coach’s Scratch Meeting 5:30PM

Start of Competition 6:00PM

**Girls Championship**

**Date: Saturday, February 10, 2024**

Site: Wissahickon High School

Time: Warm-up 8:00AM

Coach’s Scratch Meeting 8:30AM

Start of Competition 9:00AM

# ENTRY INFORMATION

A school may enter as many athletes as needed for each event, with only four (4) swimmers per swimming event and four (4) divers in the diving competition scoring. Non-scoring athletes must be designated as “exhibition”. Only dual meet scores/times will be accepted.

Include divers in the swimming entry file.

**In your roster, include any US ID for athletes that are US registered and would like to have their times count for the US Swims database.**

A student/athlete may enter a maximum of four (4) events, only two may be individual events, but they may enter three (3) relays. Only dual meet times will be accepted.

A school may enter (3) relay teams per relay. Eight (8) individuals may be listed as possible entries per relay, any four (4) of which may swim. Only the “A” relay team may score for the meet. Only dual meet times will be accepted.

**All entries are to be submitted via email to Jamie Forlini at jlfswim@comcast.net, NO LATER THAN Monday, Feb. 5, 12 noon. No changes to entries may be made after psych sheets are produced.**

There will be no scratches other than for injury or illness. Any and all scratches will be handled at the coaches meeting before the start of competition.

Warm-Up Schedule

First Warmup – Abington, Plymouth Whitemarsh, Wissahickon

Second Warmup- Hatboro Horsham, Quakertown, Upper Dublin