

SUBURBAN SWIM LEAGUE



JULY 29, 2023

ARONIMINK SWIM CLUB

MEET COORDINATOR

Kevin Hunt

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WEBSITE

[2023 SSL Championship Meet](#)

CONTENTS

About The Championship	2
Location and Facility	2
Website	3
Contact Information	3
Eligibility	3
Volunteers/Officials/Timers	3
Check-in Procedure	4
Championship Procedures and Operations.....	4
Scoring	6
Time Trials	6
Spectators	6
Safety and Emergency Procedures	7
Parking	8
APPENDIX 1: Order of Events	9
APPENDIX 2: Competition Pool Layout	See website
APPENDIX 3: Main Pool Layout	See website
APPENDIX 4: Volunteer List per Team	See website
APPENDIX 5: Warm-Up Schedule.....	See website
APPENDIX 6: Parking Map.....	See website



2023 SUBURBAN SWIM LEAGUE CHAMPIONSHIPS

SATURDAY, JULY 29, 2023

ABOUT THE CHAMPIONSHIP

This meet is a closed, Suburban Swim League (SSL) championship meet. This meet and all participants will adhere to the rules per the SSL Constitution and Regulations, Amended 5/2023. USA Swimming technical rules will be followed.

ADJUSTMENTS TO THE MEET ANNOUNCEMENT

The Championship Meet Committee reserves the right to make any adjustments to the provisions of the meet announcement deemed necessary to ensure the fair and efficient running of the meet or due to unforeseen issues of weather or facility problems. Changes will be communicated as far in advance as possible and will also be posted on the meet website.

MEET TIMELINE

Warm-up and start times for all sessions are subject to change depending on the size of the meet

	SESSION 3	SESSION 4
Age Groups	8 & U, 9/10, 11/12 Boys	11/12 Girls, 13/14, 15-18
Arrival	7:30 AM	11:30 AM
Warm-Up Start	8:00 AM	12:00 PM
Coaches Meeting	8:15 AM	12:15 PM
Officials & Timers Meeting	8:40 AM	12:40 PM
Start of Session	9:00 AM	1:00 PM

Note: Session 1 will be the Distance Freestyle held at Ply-Mar Swim Club on July 24th; Session 2 will be the Individual Medley held at Hidden Hollow Swim Club on July 26th

The Order of Events for each Session can be found in **Appendix 1**.

INCLEMENT WEATHER/CANCELLATION

In the event of inclement weather that results in the cancelation of the championship, the SSL Board will discuss how to proceed and communicate with the member clubs.

LOCATION AND FACILITY

Aronimink Swim Club
1180 Dermond Road
Drexel Hill, PA 19026
610-449-0163

The Aronimink Swim Club competition pool is configured as a 6 lane, SCY course. Water depth at start is 12 ft. (minimum 5 feet required) and at turn-end is 3 ft. As the turn end is only 3 ft. deep, diving is not allowed. The 8 & Under and 9-10 100-yard relays will be in water starts only for swimmers 2 and 4.

Electronic timing system will be used. The competition course has not been certified in accordance with USA Swimming Rule 104.2.2C (4)



2023 SUBURBAN SWIM LEAGUE CHAMPIONSHIPS

SATURDAY, JULY 29, 2023

All swimmers will be seated on the deck around the main pool. Attendees are welcome to bring their own folding chairs to set up in the team area. Chairs and lounges will be stacked on the pool deck, but teams are welcome to use them. Umbrellas will be set up on the deck. Pop-up tents can be set-up; however, they will be on a concrete deck and will not be able to be anchored in the ground. We will have a speaker system that will announce swimmers to report to the staging area near the competition pool to reduce the possibility of a swimmer missing their event.

The Aronimink Swim Club will have seating and standing room by the competition pool for spectators. After watching their swimmer compete, we request spectators return to the seating area around the main pool to allow others to watch their competitors.

The main pool will be set up with warm-up/cool-down lanes throughout the meet for swimmers. Additionally, the baby pool and shallow end of main pool will be open for attendees to cool off. **See Appendices 2 and 3** for additional information about the layout of the pools and additional amenities.

WEBSITE

Additional Information can be found at the following two websites:

- <https://sslsummer.swimtopia.com>
- <https://www.gomotionapp.com/team/sslasc/page/2022-a-ssl-championship-meet>

ONLINE MEET RESULTS

We plan on publishing the results of the meet using Meet Mobile. More information will be given once confirmed.

CONTACT INFORMATION

Meet Coordinator: Kevin Hunt [kevinthunt@verizon.net]

ELIGIBILITY

To compete in the A Championships, a competitor must have been rostered by the third varsity meet and competed in at least one (1) SSL varsity or junior varsity dual or tri meet in the current summer season (officially or unofficially).

VOLUNTEERS/OFFICIALS/TIMERS

Each team in the league must provide, at a minimum, volunteers per the volunteer list for the appropriate session as detailed in **Appendix 4**. Additional volunteers are welcome and encouraged. **Teams are encouraged to arrange meet volunteers prior to the day of the meet.**



2023 SUBURBAN SWIM LEAGUE CHAMPIONSHIPS

SATURDAY, JULY 29, 2023

CHECK-IN PROCEDURE

COACHES MEETING/SCRATCH MEETING

There will be a coaches and Scratch Meeting at the beginning of each session. Specific meeting times will be announced at the meet. At least one coach from each team must attend this meeting.

OFFICIALS AND VOLUNTEERS MEETING

There will be an officials and volunteer meeting prior to each session. Specific meeting times will be announced at the meet.

CHAMPIONSHIP PROCEDURES AND OPERATIONS

MEET FORMAT

The meet will be swum using a Timed Finals format. A swimmer's age will be determined as of June 1, 2023.

EVENT SEEDING

All Events will be seeded slowest to fastest prior to the day of the meet. The League reserves the right to combine heats and events at the completion of the scratch meeting.

SCRATCH PROCEDURES

An athlete must be scratched from the meet by the end of the coach/scratch meeting. After the coach/scratch meeting, an athlete is considered entered in the event. Known early scratches are encouraged to be submitted prior to Saturday to the meet coordinator.

DECLARED FALSE START

An athlete may withdraw from a heat by electing to take a declared false start. Such declaration must be made known to the League before the heat is announced. A declared false start counts as an event swum for the athlete and will be counted in the maximum number of events allowed for each athlete.

NO SHOW

An athlete who is seeded in an event and fails to compete (i.e., a "no show") will be allowed to swim in further individual or relay events with no penalty. A no-show will be counted in the maximum number of events allowed for each athlete.

WARM-UP SAFETY PROCEDURES

Teams will be assigned lanes for warm-ups. The warm-up assignments and schedule are detailed in **Appendix 5**.

During designated warm up sessions, athletes may only enter the competition pools from the starting end. Athletes are expected to use a feet-first entry. The exception is during specific warm up periods when sprint lanes are designated for practicing racing starts.

Coaches are responsible for the safety of their athletes and are expected to always monitor them during warm up.

READY BENCH

There will be a ready bench for all sessions. Swimmers are responsible to be at the blocks for the start of their race.



2023 SUBURBAN SWIM LEAGUE CHAMPIONSHIPS

SATURDAY, JULY 29, 2023

RELAY DECLARATION

Changes in the Medley Relay swimmers or order of the swimmers must be made at the coaches/scratch meeting or at a time designated by the league. Changes in the Free Relay swimmers or order of swimmers must be made prior to end of the Breaststroke events. Last minute changes to the order of swimmers should be given to the head lane timer prior to the start of the heat.

STARTS

Fly-over starts will be used at this meet. All swimmers (except for backstroke starts) should remain in the water at the completion of their race until the next heat has begun.

SWIM-OFFS

There will be no Swim-offs in the event of a tie for any places.

RESULTS

Any results displayed are unofficial until the final results are published. Results will be posted on the lower level of the club outside of the snack bar.

ELITE MEET – SCRATCH PROCEDURE

The elite meet against the Delco Swim League will be held on Tuesday, August 1st @ Hidden Hollow Swim Club. The top 3 swimmers in each event will qualify for the elite meet. Swimmers are eligible to compete in 2 individual events at the elite meet. A scratch table will be set-up by the start end of the competition pool (see **Appendix 2** for the location). At the completion of each event, swimmers must scratch or declare their "intent to scratch" from competing at the elite meet within 30 minutes of the results from that event being announced. Regardless of finish position, a swimmer should scratch if they do not intent to compete in the elite meet.

PROTEST PROCEDURE

Protests may only be initiated by a coach whose team is competing in the meet. The Championship committee will arbitrate protests, eligibility issues, safety rules and other issues.

CONDUCT AND RESTRICTIONS

The League reserves the right to dismiss any swimmer, coach and/or spectator from the competition due to inappropriate conduct. The following Conduct Rules shall apply:

- Areas of the deck are limited to only registered and approved coaches, swimmers, and working officials.
- Deck changing is prohibited.
- Glass is not permitted on deck.
- Alcohol is not permitted in the swim club at any time.
- The use of audio or visual recording devices, including a cell phone, is not permitted in changing areas or rest rooms.
- Photographs are not allowed to be taken behind the block anytime that swimmers are present.
- Individuals are responsible for the security of their personal belongings and are encouraged not to bring valuables to the meet venue and not to leave items unattended.
- Swimmers are not permitted in the spectator stands.
- Shaving is not permitted in any areas of the facility.



2023 SUBURBAN SWIM LEAGUE CHAMPIONSHIPS

SATURDAY, JULY 29, 2023

- No Flash Photography at the start of competition races.
 - Operation of a **drone**, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach areas, spectator areas and open ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present.
-

SCORING

SCORING		
PLACE	INDIVIDUAL EVENTS	RELAY EVENTS
1	13	26
2	11	22
3	10	20
4	9	18
5	8	16
6	7	14
7	6	12
8	5	10
9	4	8
10	3	6
11	2	4
12	1	2

TIME TRIALS

Time trials will not be held at this championship.

SPECTATORS

ADMISSION FEE

Admission is free to all spectators.

PROGRAMS

Programs will be available electronically on the day of the meet.

CONCESSION STAND

Food and Drinks will be on sale throughout the meet. There will be a quick-grab snack stand on the pool deck by the entrance. Hot foods will be served downstairs in the snack bar on the lower level.



2023 SUBURBAN SWIM LEAGUE CHAMPIONSHIPS

SATURDAY, JULY 29, 2023

ON-SITE VENDOR

[Swim Culture](#) will be on-site selling all kinds of suits and swimming needs. If swimmers are interested in an item on their website, Swim Culture will be offering a “pre-order” to ensure this item is available at the meet. Email or DM any “pre-order” requests directly to Swim Culture via the contact information on their [website](#). Swim Culture offers a no pressure guarantee. If the “pre-ordered” item is not as expected, then purchase is not required. Swim Culture will be in the downstairs area of the club.

APPAREL

A commemorative t-shirts/bag tags/sticker package will be available for purchase for \$25.

SEAT SAVING POLICY

Due to the limited venue spectator seating around the competition pool, seat saving will not be allowed.

CONDUCT AND RESTRICTIONS

- No flash photography at the start of competition races.
- No personal chairs are allowed in the competition pool area.
- Parents are responsible for the conduct of their children. Children are not allowed to roam the facility unattended.
- The use of audio or visual recording devices, including a cell phone, is not permitted in changing areas or rest rooms.
- No smoking, drugs, or alcohol are permitted in the swimming complex.
- Operation of a **drone**, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach areas, and spectator areas) any time athletes, coaches, officials and/or spectators are present.

SAFETY AND EMERGENCY PROCEDURES

EMERGENCIES

The facility personnel will handle all emergencies at the meet. These individuals will provide CPR and first aid as needed and will ensure that individuals with serious injuries are transported immediately to the nearest hospital for further treatment. Defibrillators will be on site.

Any coach, athlete or official who recognizes an emergency situation should immediately inform the facility’s personnel and then make sure the vicinity of the emergency is clear for the emergency personnel to do their job.

CONCUSSION AWARENESS

Anyone who observes or has knowledge of a potential head injury should immediately notify lifeguards and/or hired medical personnel. Once the injury report is completed, the lifeguard and/or hired medical personnel will notify the Event Staff and the athlete’s coaching staff.

If a head injury occurs, the action plan below will be followed:

1. Athlete is removed immediately from participation



2023 SUBURBAN SWIM LEAGUE CHAMPIONSHIPS

SATURDAY, JULY 29, 2023

2. Athlete must be evaluated by a licensed health care professional experienced in identifying and treating concussions. In addition, the athlete must be in compliance with the laws that are in effect within the jurisdiction where the meet is held.
3. The coaching staff will inform the athlete's parents or guardians about the possible concussion and give or send them the fact sheet on concussion.
4. The athlete will not be allowed back to warm-up or compete until a health care professional, experienced in evaluating concussions, determines that the athlete is symptom-free and is OK to return to participation.

LIGHTNING POLICY

The National Lightning Safety Institute, National Athletic Trainers Association, American College of Emergency Physicians, and USA Swimming, all recommend or require closing a pool during an electrical storm. This policy will be followed at the meet.

COMPETITION POOL DECK ACCESS

A portion of the competition pool deck will be limited to swimmers, coaches, officials and meet volunteers.

PARKING

Parking is available at the Aronimink Swim Club and surrounding neighborhood. ASC has approximately 150 parking spaces. Although there are several parking lots in the vicinity of ASC, several are not available for use. See the map in **Appendix 6** for no parking locations highlighted in red. Additional parking on the neighborhood streets is allowed, however parking within the traffic circle outside of ASC is not allowed. Please pay attention to all posted signage and metered parking requirements.

Coaches of each team will have two parking spaces reserved in the parking lot. Please coordinate with your team on who will be utilizing the reserved space.



2023 SUBURBAN SWIM LEAGUE CHAMPIONSHIPS

SATURDAY, JULY 29, 2023

APPENDIX 1: ORDER OF EVENTS

Session 3: Saturday 8 & Under, 9-10, and 11-12 Boys Timed Finals
Warm-Up 8:00 AM; Meet 9:00 AM

GIRLS	EVENT	BOYS
1	8 & Under 100 Medley Relay	2
3	9-10 100 Medley Relay	4
	11-12 200 Medley Relay	6
11	8 & Under 25 Backstroke	12
13	9-10 50 Backstroke	14
	11-12 50 Backstroke	16
21	8 & Under 25 Breaststroke	22
23	9-10 50 Breaststroke	24
	11-12 50 Breaststroke	26
31	8 & Under 25 Freestyle	32
33	9-10 50 Freestyle	34
	11-12 50 Freestyle	36
41	8 & Under 25 Butterfly	42
43	9-10 50 Butterfly	44
	11-12 50 Butterfly	46
51	8 & Under 100 Free Relay	52
53	9-10 100 Free Relay	54
	11-12 200 Free Relay	56

Session 4: Saturday 11-12 Girls, 13-14, and 15-18 Timed Finals
Warm-Up 12:00 PM; Meet 1:00 PM

GIRLS	EVENT	BOYS
5	11-12 200 Medley Relay	
7	13-14 200 Medley Relay	8
9	15-18 200 Medley Relay	10
15	11-12 50 Backstroke	
17	13-14 50 Backstroke	18
19	15-18 50 Backstroke	20
25	11-12 50 Breaststroke	
27	13-14 50 Breaststroke	28
29	15-18 50 Breaststroke	30
35	11-12 50 Freestyle	
37	13-14 50 Freestyle	38
39	15-18 100 Freestyle	40
45	11-12 50 Butterfly	
47	13-14 50 Butterfly	48
49	15-18 50 Butterfly	50
55	11-12 200 Free Relay	
57	13-14 200 Free Relay	58
59	15-18 200 Free Relay	60