

2025 SSL Distance Free Championship Meet @ Ply-Mar Swim Club

Monday, July 21st, 2025

Welcome to the 2025 Distance Free Champs! In total there are 240 swimmers scheduled to compete in the meet. The first race will begin promptly at 4:15 PM.

Warm-up Schedule

Warm-up sessions have been adjusted this year to include two sessions: 8U girls/boys, 9-10 girls/boys and 11/12 girls at the beginning of the meet, and 11/12 boys, 13-14 girls/boys and 15-18 girls/boys in the later half. This allows for fewer swimmers per session and offers a staggered arrival.

- **Warm-up 1 (3:40 PM - 3:55 PM):** 8 & Under girls/boys, 9-10 girls/boys, and 11-12 girls
 - **Lane Assignments for Warm-up Session 1:**
 - **Lane 1:** Ply-Mar (PM)
 - **Lane 2:** Ply-Mar (PM)
 - **Lane 3:** Plymouth (PSC)
 - **Lane 4:** St Albans (SA)
 - **Lane 5:** Pennypacker (PCC)
 - **Lane 6:** Rose Tree Woods (RTW)
- **Warm-up 2 (3:55 PM - 4:10 PM):** 8 & Under girls/boys, 9-10 girls/boys, and 11-12 girls
 - **Lane Assignments for Warm-up Session 2:**
 - **Lane 1:** Martin's Dam (MD)
 - **Lane 2:** Wallingford (WA)
 - **Lane 3:** Hidden Hollow (HHST) (14 athletes), Rose Valley (RV)
 - **Lane 4:** The Stony Lane (SLSC), Swarthmore (SHARK)
 - **Lane 5:** Life Time Fort Washington (FWL), ACAC (ACAC)
 - **Lane 6:** Life Time King of Prussia (KPL), Aronimink (ASC)

Warm-up 3 and Warm-up 4 will occur after the 11-12 girls event for 13-14 and 15-18 swimmers.

Swimmers should plan to arrive no later than 4:30PM.

- **Warm-up 3 (4:55 PM - 5:10 PM):** 11-12 boys, 13-14 girls/boys, 15-18 girls/boys
 - **Lane Assignments for Warm-up 3:**
 - **Lane 1:** Ply-Mar (PM)
 - **Lane 2:** Plymouth (PSC)
 - **Lane 3:** St Albans (SA)
 - **Lane 4:** Pennypacker (PCC)
 - **Lane 5:** Martin's Dam (MD)
 - **Lane 6:** Martin's Dam (MD)
- **Warm-up 4 (5:10 PM - 5:25 PM):** 14 & Under girls/boys, 15-18 girls/boys
 - **Lane Assignments for Warm-up 4:**
 - **Lane 1:** Rose Tree Woods (RTW)
 - **Lane 2:** Wallingford Swim Team (WA)
 - **Lane 3:** Hidden Hollow (HHST), Rose Valley (RV)
 - **Lane 4:** The Stony Lane (SLSC) (14 athletes), Swarthmore (SHARK)
 - **Lane 5:** Life Time Fort Washington (FWL), ACAC Dolphins (ACAC)
 - **Lane 6:** Life Time King of Prussia (KPL), Aronimink (ASC)

Tentative Schedule for Heats

- **4:15 PM:** Heats will start for 8U girls/boys, 9-10 girls/boys, and 11/12 girls
- **5:30 PM:** Heats will start for 11-12 boys, 13-14 girls/boys and 15-18 girls/boys

Volunteer Assignments

All teams are required to provide their own watches. All job assignments are for the entire meet. Teams with less than 5 athletes are not assigned any jobs.

Since the meet is broken over 2 sessions - it is your responsibility to ensure you have full coverage of your volunteer assignments for the entire meet.

Role	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
Timer 1	Martin's Dam (MD)	Plymouth (PSC)	Martin's Dam (MD)	Aronimink (ASC)	Martin's Dam (MD)	Plymouth (PSC)
Timer 2	Aronimink (ASC)	Life Time Fort Washington (FWL)	Pennypacker (PCC)	St. Albans (SA)	Pennypacker (PCC)	St. Albans (SA)
Timer 3	Wallingford (WA)	ACAC (ACAC)	Stony Lane (SLSC)	Rose Tree Woods (RTW)	Pennypacker (PCC)	Rose Tree Woods (RTW)
Back-up Timer	Hidden Hollow (HHST)	Martin's Dam (MD)				
Turn Judge	Plymouth (PSC)					
Computer	Ply-Mar (PM)	Plymouth (PSC)				
Runner	Ply-Mar (PM)	Ply-Mar (PM)				
Heat Winners	Ply-Mar (PM)	Ply-Mar (PM)				
Ready Area	Ply-Mar (PM)	Ply-Mar (PM)				
Announcer	Ply-Mar (PM)					
Starter	Ply-Mar (PM)					

Parking Information

As usual, parking is tight for this meet, so please encourage families to carpool. **There is no parking in the Bob's Auto Parts lot in the front of the club; the only club parking is inside the fence.** Additional parking is available at the shopping center across the street at Ridge & Butler Pikes. Please drop off swimmers at the door and then head over to park if choosing this option—Butler Pike is a busy street for pedestrian crossing.