

2011-2012 LIGHTNING SWIMMING MEET SCHEDULE

Suburban Aquatic League 2011-2012 SEASON EAST DIVISION - AMERICAN CONFERENCE (ACSAL)

Always check our team website for the most recent schedule update. The meet schedule is subject to change, particularly start times for AWAY meets.

Lightning swim/dive meet sign-out policy:

- If you cannot attend a meet you must sign-out on the team email address by or before Tuesday at 8PM.
- In the event of illness on meet day, please send an email message to CoachSteph.Lightning@gmail.com before 8AM on the morning of the meet. Do not send messages on meet day with a teammate or neighbor.
- Meet no-shows will be suspended from the next scheduled meet. No-shows are unfair to the team & to the coaches who spend many hours preparing the meet line-up.

Thank you for your cooperation.

TIME LISTED BELOW IS OUR ASSIGNED TEAM WARM-UP - SWIMMERS MUST ARRIVE 15 MINUTES PRIOR TO POSTED WARM-UP TIME

DATE	OPPONENT	HOME	AWAY
11/12/11	UPPER DUBLIN	GIRLS HOME 9:30am	BOYS AWAY 1:30pm
11/19/11	PENNSBURY	GIRLS HOME 9:30am	BOYS AWAY 12:00pm
12/03/11	CENTENNIAL	BOYS HOME 9:30am	GIRLS AWAY 12:30pm
12/10/11	NESHAMINY	GIRLS HOME 9:30am	BOYS AWAY 12:30pm
12/17/11	COUNCIL ROCK	BOYS HOME 9:30am	GIRLS AWAY 1:00pm
01/14/12	American Conference Inter-Conference Dual Meet Champs	BOYS HOME vs TBA Lightning arrive @ 9:15am Opponent arrive @9:45am	GIRLS AWAY @ TBA
01/21/12	Team Championship American Conference vs. National Conference	GIRLS HOME vs TBA 9:30am Opponent to be determined by final conference meet team standings.	BOYS AWAY Location / Opponent T.B.A. Opponent to be determined by final conference meet team standings.
02/04/12 02/05/12	DIVISION CHAMPS: SWIMMING – 2/4 DIVING – 2/5	HOST TEAM Location/Time TBA All athletes who do not qualify for Leagues are eligible & encouraged to attend this individual championship meet.	
02/11/12 02/12/12	LEAGUE INDIVIDUAL CHAMPIONSHIPS: SWIMMING & DIVING Exact date swim/dive TBD	La Salle University – BOYS: AM session GIRLS: PM session Top 18 times in the league in each event qualify. Coaches will notify qualifying swimmers during the last week in January. For further explanation see General Information on SAL website	

Directions to all meet locations are available on the SAL website: www.suburbanaquatic.org
Look under League Directory then see Club Directory

SAL OPTIONAL INVITATIONAL MEETS

For more information see the team bulletin board or the Invitational Meets page of the SAL website

DATE	EVENT	ENTRIES DUE
11/06/11	Perkiomen Valley Fall Fest	Entries due 10/06
11/13/11	SWAC Fall Fun Invitational	Entries due 10/13*
11/26/11	Norristown Harvest Meet (25-meter pool)	Entries due 10/27
12/11/11	CB Holiday Classic	Entries due 11/10*
01/01/12	CR Tropical Holiday Invitational	Entries due 12/08*
01/08/12	CAC Odd Age Invitational	Entries due 12/08*
01/15/12	Pennsbury Splash @ The College of NJ	Entries due 12/15
01/21/12	UM Last Chance Invitational	Entries due 01/05
01/22/12	Last Chance Diving Invitational	Entries due T.B.A. Last Chance to qualify Top 18 for League Champs

Invitational Meet sign-up procedure: Invitational meet registration forms will be posted on the team bulletin board and also on the team website. You must sign up on the team bulletin board if you wish to enter an invitational. Meet entry fees are due received in the team mailbox (white mailbox hanging on the wall next to the bulletin board) by the posted due date. If the entry fee is not received by due date – your swimmer will not be entered in the invitational. Please do not put any fees or team correspondence in your family file. No email or late entries. Checks payable to LMSD. Thank you for your cooperation.

A Lightning Coach will attend each invitational meet listed with an asterisk () –
You may enter the other invitational meets but a LMSD coach will not attend.