

Hi Everyone:

This email is specific to our three January USA Meets. I know—January seems a lifetime away! Unfortunately decisions about these meets have to be made now, and since winter is a very busy time of the year as far as USA and SAL competition goes so I wanted to give everyone an idea of who should be attending what meets.

Online Sign Up for ALL of our January USA Meets ends on October 30 @ 10:00pm, that's why I am sending this email now—to give everyone ample time to make their decisions, etc... Please note that if you have already signed up for one of these USA Meets and after seeing this email have decided not to attend, then you can absolutely go back in and sign yourself out as long as you do it prior to the October 30 deadline.

Thanks!

kathryn

January USA Meet # 1: EAAC January Jam A/BB/C

- **Date:** Sunday ONLY, January 8 (we have a dual meet on Saturday)
- **Location:** Episcopal Academy in Newtown Square
- **Arrival Times:**
 - *9-10s & 15 & Older:* 6:50am Warm Up; 8:00am Meet Start
 - *11-14 Year Olds:* 12:20pm Warm Up; 1:30pm Meet Start
- **Who Should Attend:**
 - Any elementary or middle schooler who CANNOT attend the January 21-22 NPAC Meet; that NPAC meet is a two day meet after our SAL dual meets are over and I would much rather see swimmers attend that meet—if you know right now that you cannot attend the NPAC meet, you can substitute this meet.
 - High Schoolers as a rule of thumb should NOT ATTEND this meet—that said, if you have a specific time you want to achieve and for whatever reason this Sunday date works for you and you will not be able to make another USA meet in Jan/Feb due to High School competition then by all means sign up for this meet.
- **[CLICK HERE](#) to Sign Up for this Meet; CLOSSES on SUN, OCT 30.**

January USA Meet # 2: Wahoos Long Course A/BB/C

- **Date:** Saturday-Monday, January 14-16 (MLK, Jr. Weekend)
- **Location:** GCIT (1360 Tanyard Road Sewell, NJ 08080)
- **Arrival Times:**
 - *13 & Overs:* AM Session (actual meet info not out yet); Finals Night Session
 - *9-12 Year Olds:* Afternoon Session
- **Who Should Attend:**
 - Any swimmer of any age (elementary, middle, high school) who is seriously interested in getting long course (50m pool) times for the upcoming spring/summer long course season. This is a rare winter opportunity to get long course swims in! If you are unsure what you should do, contact me.
 - We do have our final dual meet of the season on Saturday, January 14th. For swimmers who are looking to attend this meet and want those long course times, do not worry about attending the dual meet—we will send coaches to both this USA Meet and the dual meet.
- **[CLICK HERE to Sign Up for this Meet; CLOSSES on SUN, OCT 30](#); if meet info comes out sooner, we may close this meet earlier than October 30**
- ****PLEASE NOTE**—The meet information is not out yet, so if you are interested in attending, please click on the link above to declare your intention to attend. In the notes section, please list what days you are willing to attend. Because we do not yet have the meet file, we cannot have you select events. Coaches will select events based on the days you are willing to attend.

January USA Meet # 3: NPAC New Year A/BB/C

- **Date:** Sat & Sun, Jan 21-22
- **Location:** North Penn High School (1340 Valley Forge Road Lansdale, PA 19446)
- **Arrival Times:**
 - *13 & Older:* 6:50am Warm Up; 8:00am Meet Start
 - *9-12 Year Olds:* 11:50pm Warm Up; 1:00pm Meet Start
- **Who Should Attend:**
 - High Schoolers as a rule of thumb should NOT ATTEND this meet, at least not on both days. At this point in the season, high schoolers are laden with high school weekday

dual meets and training time is at a premium. If you absolutely need a time, then by all means sign up for that one event.

- Any other (elementary and middle schoolers) LMAC competitive swimmer (9 years and older) is welcomed and encouraged to attend this meet!
- Be aware that the UMAC Last Chance Meet is on Saturday, Jan 21, so if you will want to attend that meet, do not sign up for the Saturday session of this NPAC meet. **I think that Last Chance Meet is really only the better option for our 8 & younger swimmers and for those swimmers truly on the cusp of making A Champs—North Penn is a much better facility and the better meet to attend.
- [CLICK HERE](#) to Sign Up for this Meet; CLOSSES on SUN, OCT 30.