

LMAC Fall/Winter 2019-20 Competitive Calendar

USA	SAL	Meet Date(s)	Meet Name	Location	Ages	Groups Eligible	Sign Up DUE
		10/20	Relay Carnival & Pep Rally	LMHS Pool & Café	6+	W, G, A, R, N, S	10/13
√		10/26-27	EAAC Spooktacular USA Meet	Episcopal Academy	9+	G, A, R, N, S	9/5
	√	11/2	Boys Dual Meet #1	TBA	6+	W, G, A, R, N, S	10/29
	√	11/2	Girls Dual Meet #1	TBA	6+	W, G, A, R, N, S	10/29
	√	11/9	Boys Dual Meet #2	TBA	6+	W, G, A, R, N, S	11/5
	√	11/9	Girls Dual Meet #2	TBA	6+	W, G, A, R, N, S	11/5
√		11/10	FCA Fall Mini USA Meet	Friends' Central School	5-8	W, G	9/19
		11/14	Fall Mighty Meet	LMHS Pool	5-10	MP	11/7
	√	11/16	Boys Dual Meet #3	TBA	6+	W, G, A, R, N, S	11/12
	√	11/16	Girls Dual Meet #3	TBA	6+	W, G, A, R, N, S	11/12
√	√	11/17	NPAC Trophy Meet	North Penn HS	6-14	W, G, A, R, N	9/29
	√	11/23	Boys Dual Meet #4	TBA	6+	W, G, A, R, N, S	11/19
	√	11/23	Girls Dual Meet #4	TBA	6+	W, G, A, R, N, S	11/19
√		11/30	NPAC 200s Stroke/400 IM USA Meet	North Penn HS	9+	R, N, S	9/19
	√	12/7	Boys Dual Meet #5	TBA	6+	W, G, A, R, N, S	12/3
	√	12/7	Girls Dual Meet #5	TBA	6+	W, G, A, R, N, S	12/3
√		12/8 ONLY	MSA Hornsleth USA Meet	Malvern Prep	9-14	G, A, R, N	9/19
√		12/13-15	LAC USA Meet (cut times required)	Franklin & Marshall College	9+	G, A, R, N, S	9/19 + 10/29
	√	1/4/2020	Boys Dual Meet #6	TBA	6+	W, G, A, R, N, S	12/31
	√	1/4	Girls Dual Meet #6	TBA	6+	W, G, A, R, N, S	12/31
√		1/5	FCA Distance Meet (400 IM/500 Free)	Friends' Central School	9+	A, R, N	10/3
	√	1/11	Boys Dual Meet #7	TBA	6+	W, G, A, R, N, S	1/7
	√	1/11	Girls Dual Meet #7	TBA	6+	W, G, A, R, N, S	1/7
√	√	1/18	UMAC Last Chance Meet	Upper Merion HS	6-14	W, G, A, R, N	12/26
√		1/18-19	NPAC New Years' USA	North Penn HS	9+	G, A, R, N, (S if needed)	10/24
	√	1/26	SAL SW Div Champs	Wissahickon HS	6-14	W, G, A, R, N	1/18
√	√	2/2	SAL League Champs	LaSalle University	6+	W, G, A, R, N, S	Roster Sent 1/27
√		2/8-9	CBST USA Meet	Central Bucks HS	9-14	G, A, R, N	11/7
		2/13	Winter Mighty Meet	LMHS Pool	5-10	MM, MP	2/6
√		2/16	FCA Winter Mini USA Meet	Friends' Central School	5-8	W, G	1/9
√		Feb 27-Mar 1	MA Junior Olympics (cut times required)	York Y & York HS	9-14	G, A, R, N	2/13
√		3/7-8	MA Bronze Champs	North Penn HS	9-14	G, A, R, N	2/16
√		3/14-15	MA Mini Champs	Parkland HS (Allentown, PA)	5-8	W, G	2/20
√		3/20-22	MA Silver Champs (cut times required)	University of Delaware	9-16	G, A, R, N	2/13
√		3/26-29	MA Senior Champs (cut times required)	Franklin & Marshall College	13+	N, S	3/8

Everything You Want to Know about Meets!!

	USA Meets	SAL Meets	USA/SAL Combo Meets	Internal Meets
Why We Attend...	<ul style="list-style-type: none"> USA Swimming is the National Governing Body for swimming in the United States and times achieved at USA meets truly “official” Wide range of events (stroke/distance) USA meets offer a continuum of meet levels as the swimmer ages and achieves faster times—Middle Atlantic, Sectional, Eastern Zone and National Levels 	<ul style="list-style-type: none"> The Suburban Aquatic League has 22 teams in Delaware, Montgomery and Bucks counties and offers strong competition in an organized format. Dual Meets turn what is usually individual sport into a team effort! Swimmers of all ages compete at same time Familiar setting for new winter swimmers 	<ul style="list-style-type: none"> The best of both worlds! Times count for USA database & the SAL Top Times lists. USA/SAL Combo LMAC Attends— <ul style="list-style-type: none"> NPAC Trophy Meet Invite UMAC Last Chance Invite SAL League Champs 	<ul style="list-style-type: none"> Mighty Meets are for Mites and Piranhas to experience racing in a “low key” and fun environment Our relay carnival is a fun way to kick off our competitive season.
Who Attends...	<ul style="list-style-type: none"> All competitive swimmers (W, G, A, R, N, S) are eligible for at least some USA Meets. Mini Meets—Only 8 & younger A/BB/C Meets—9 years & older with ANY time, regardless of speed “Cut Times Required” means will be limited to swimmers with certain times (only times achieved in USA meet count). Age—How old you are on meet day 	<ul style="list-style-type: none"> All competitive athletes (W, G, A, R, N, S, D) Must attend 2 of the 5 dual meets in Nov/Dec to compete in Jan/Feb dual and championship meets Some Mighty Piranhas swimmers may compete in SAL dual meets at the discretion of the coaching staff Age—How old you are on Oct 31, 2019 	<ul style="list-style-type: none"> All competitive swimmers (W, G, A, R, N, S) are welcomed to attend at least one of these meets. Check the chart above to see which groups attend each specific meet. Age—How old you are on Oct 31, 2019 	<ul style="list-style-type: none"> Mighty Meets—Developmental swimmers (MM, MP) Relay Carnival—Competitive athletes (W, G, A, R, N, S, D)
How & When to Sign Up...	<ul style="list-style-type: none"> Positive online sign up required. We do NOT assume you will attend Swimmer (or parents) choose their own events—ask coach for input if you are unsure of what to pick 8-12 weeks before the meet 	<ul style="list-style-type: none"> Positive online sign up required. We do NOT assume you will attend Coaches choose events—parents just declare yes/no online Sign Up closes 5 days prior to the Saturday dual meet (Tuesday @ 5pm) 	<ul style="list-style-type: none"> NPAC Trophy & UMAC Last Chance—6 weeks prior to the meet as it will fill up! League Champs @ LaSalle—this is for the top 18 swimmers in each event across the Suburban Aquatic League. Coach Kathryn will send a roster out in late January. 	<ul style="list-style-type: none"> Positive online sign up one week prior to the meet.
How Long the Meet Lasts...	<ul style="list-style-type: none"> Multiple (2-3) days Typically 1 hour warm up Typically 3-4 hour meet session Meets with “cut times” usually have finals sessions in the evening for swimmers 11+ 	<ul style="list-style-type: none"> 1 day Typically 30-45 minute warm up 2 hour meet at most (boys can be shorter) 	<ul style="list-style-type: none"> 1 day Typically 1 hour warm up Typically 3 hour meet session 	<ul style="list-style-type: none"> 1 day 15-20 min warm up 1.5-2 hour meet
What to Expect...	<ul style="list-style-type: none"> Multiple teams (10-40) at each meet. LMAC swimmers and coaches sit together on the deck—look for our banner! Boys and girls of the same age compete at the same time—but not against each other. Parents NOT permitted on deck at all—meet hosts have security posted at doors. 2-15 heats of each race 	<ul style="list-style-type: none"> Reminiscent of a summer league meet We swim/dive “against” an area team, our team sits together and the opposing team sits together on opposite sides of the pool Boys and Girls compete separately Team cheer at the beginning of the meet, shake hands with opposing team at end. 1-3 heats of each race 	<ul style="list-style-type: none"> These meets look and feel almost exactly like USA meets—in some cases the sessions are shorter. 	<ul style="list-style-type: none"> Relaxed atmosphere!

Times Count Toward...	<ul style="list-style-type: none"> • USA Swimming national database • Entry times for March championship meets • Achieving “BB”, “A”, “AA”, “AAA”, “AAAA” times • LMAC team records 	<ul style="list-style-type: none"> • SAL Top 50 lists • Entry times for Jan/Feb champs meets • LMAC team records 	<ul style="list-style-type: none"> • USA Swimming national database • SAL Top 50 Lists • Entry times for SAL & USA champs meets • Achieving “BB”, “A”, “AA”, “AAA”, “AAAA” times • LMAC team records 	<ul style="list-style-type: none"> • These meets are for team comradery—times are not reported to anything outside of LMAC
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