**USA Swimming and the Suburban Aquatic League(SAL)**

**USA Meets**

Our USA program runs from early September through the end of March, with a second session called Long Course beginning in April and running through July. We encourage all swimmers to enroll as a USA swimmer in addition to our regular SAL program. There are additional registration fees associated with being a USA swimmer which are already included in your team membership.

USA meets are additional meets if your child really loves swimming and competing. These meets are similar to invitational meets in that your child can pick his or her events, and that the whole team is not required to go. There are also many more events to choose from, especially longer distance events. Your swimmer competes with swimmers from many different clubs. The travel time may longer than some of our local meets but typically no more than 1 to 1.5 hours. Your child's times will be registered in the [national USA database](https://www.usaswimming.org/sign-in) which you will be able to access at any time.

We usually offer at least one USA meet per month and sometimes they are held on 2 consecutive days. You may choose one or both days. Registration is done on-line and often the deadlines are very early in the season to secure a place for our team. At the end of the season, many of our swimmers qualify for Silver Champs, Junior Olympics, and Senior Champs meets. Our USA branch of swimming is called Mid Atlantic, and you can find information on the website [www.maswim.org](http://www.maswim.org/).

**Suburban Aquatic League (SAL) Meets**

[**SAL Meet Results**](http://www.suburbanaquatic.org/Meetresults1819/meetres.htm)

**SAL Dual Meets**

SAL stands for for Suburban Aquatic League. We are members of this league which includes 21 teams in 4 divisions from Bucks, Montgomery, and Delaware counties. The website [www.suburbanaquaticleague.com](http://www.suburbanaquaticleague.com/) will give you information about the league.

Our practices begin in September. We participate in 5 regular season "dual meets", usually in November and December, and then 2 post season (play-off type) meets which are usually in January. We require that you participate in a minimum of 2 regular season dual meets to be a member of the team. That is also the minimum allowed to participate in the post season meets.

Meets are usually 2-3 hours long, and held on Saturdays. Boys and girls meets are separate. These meets are much like any other sport, in which two teams are competing for points. Occasionally there are three teams competing, called a tri-meet, or all together boys and girls called a double dual meet. When the girls compete at home, the boys will compete against the same team but at the other teams pool, and vice versa. Travel time ranges from 10 minutes up to an hour, with most being in the 20-40 minute range.

There are 42 events, or races, in a meet. Your child may be assigned to swim a minimum of 2 or a maximum of 4 races, or events at a meet.  There are individual events and relays. A swimmer cannot swim more than 3 individual events or be in more than 2 relays. The coach assigns all events. Some events have more than one heat, especially when there are a lot of swimmers.

**SAL Invitational Meets**

These are extra meets within the Suburban Aquatic League in which you may sign up for and pay an additional fee. The whole team does not go, but there will be a group of Penn Aquatic swimmers along with a coach attending. They are often held on Sunday. A benefit of these meets is that your child can pick what events he or she wants to swim, and if they do well they can get a ribbon or medal. We usually offer one per month and registration is on-line.

At the end of the season there are 2 championship invitational meets, sometimes called A and B champs. A champs is a qualifying meet where the top 18 swimmers in each event in the league are invited to attend. A league database is kept so all swimmer times are tracked. B champs may be attended by any swimmer who is not attending A champs.

Penn Aquatics also hosts an invitational meet every year called SPLASH as our fundraiser and everyone needs to participate!