

# Suburban Aquatic League Championship Meet Information

After the SAL regular season of dual meets, which generally ends in December, there are a series of team and individual championship meets which take place in January and February. Each of these meets is briefly described below.

## CONFERENCE DUAL MEET CHAMPIONSHIPS

- Dual or Tri-meets among respective placed teams within each conference (eg. 1st place teams compete, 2nd place teams compete, etc.)
- North Division teams compete against **West Division (our division)** teams in the National Conference
- East Division teams compete against Central Division teams in the American Conference
- Held early in January.

## LEAGUE DUAL MEET FINALS

- Dual/Tri Meet among respective placed teams (National vs. American Conference) (eg. 1st place team in American Conference vs. 1st place team in National Conference, 2nd place team in American Conf vs. 2nd place team in American Conf, etc.)
- **National Conference (our conference)** Teams vs. American Conference Teams
- Held the weekend following conference dual meets.

## WEST DIVISION INDIVIDUAL CHAMPIONSHIPS

- Not team meets
- Individual swimmers/divers championships
- Held in late January or early February
- Also called “B” Champs
- Location varies (in 2008 MAC hosted the girls swimming)

## LEAGUE INDIVIDUAL CHAMPIONSHIPS

- Held at LaSalle University in Philadelphia
- Not team meets
- Individual swimmers/divers championships
- Held in early February
- ONLY for qualified athletes:
  - 3 heats for each event
  - TOP 18 swimmers in each event across the League
- Final selection for events for this meet will be determined at the coaches “SEED” meeting held after the Last Chance Meet
- You can track the current qualifying list on the SAL website