

CENTRAL LEAGUE SWIMMING AND DIVING



2019 CAL SILVER MEET – SWIMMING

FRIDAY, FEBRUARY 8TH AND SATURDAY, FEBRUARY 9TH

HOSTED BY UPPER DARBY HIGH SCHOOL

MEET WILL BE HELD AT UPPER DARBY HIGH SCHOOL

Entries: Due to Casey O'Hara (casey.m.ohara@gmail.com) by **12:00 PM, February 2, 2019**

*TM Events File is available at <http://www.fordswimdive.com/clswimdive.htm>

MEET SCHEDULE

FRIDAY, FEBRUARY 8, 2018

SESSION 1: GIRLS

3:00 PM // Warm-Up

- Warm-Up Assignments TBA

4:00 PM // Competition Start Time

- 200 Medley Relay, 200 Free, 200 IM, 50 Free
- Awards
 - 200 Medley Relay, 200 Free, 200 IM
- 100 Butterfly, 200 Freestyle Relay
- Awards
 - 50 Free, 100 Fly, 200 Free Relay
- 100 Free, 500 Free, 100 Back, 100 Breast
- Awards
 - 100 Free, 500 Free, 100 Back
- 400 Freestyle Relay
- Awards
 - 100 Breast, 400 Freestyle Relay

SATURDAY, FEBRUARY 9, 2018

SESSION 2: BOYS

10:00 AM // Warm-Up

- Warm-Up Assignments TBA

11:00 AM // Competition Start Time

- 200 Medley Relay, 200 Free, 200 IM, 50 Free
- Awards
 - 200 Medley Relay, 200 Free, 200 IM
- 100 Butterfly, 200 Freestyle Relay
- Awards
 - 50 Free, 100 Fly, 200 Free Relay
- 100 Free, 500 Free, 100 Back, 100 Breast
- Awards
 - 100 Free, 500 Free, 100 Back
- 400 Freestyle Relay
- Awards
 - 100 Breast, 400 Freestyle Relay

ENTRY GUIDELINES

- All swimmers/divers can do a maximum of four (4) total events (including relays). Swimmers can do a maximum of two (2) individual events.
- If a swimmer has qualified for Central League Champs in an individual event, **he/she cannot swim at the Silver Meet**
- Swimmers cannot qualify for Central League Championships using a time from the Silver Meet.

The Central League will recognize the Top 8 finishers for each individual event during the Awards portions of the meet.

2019 Central Athletic League "Silver Meet"

Host School: Upper Darby High School

Girls: Friday, February 8, 2019: 4:00 PM (Warm up begins at 3:00 PM)

Boys: Saturday, February 9, 2019: 11:00 AM (Warm up begins at 10:00 AM)

**Entries: Due to Casey O'Hara (casey.m.ohara@gmail.com)
by Saturday, February 2, 2019 @ Noon.**

Individual Athletes:

- Swimmers who have already qualified for CAL Swimming Championships may not participate.
- Each swimmer shall be permitted to enter a maximum of four (4) events, no more than two (2) of which may be individual events. Swimmers are permitted to enter into one individual and three relays.

School Entries:

- Each school may enter two (2) relay teams per relay event.
- Each school may enter up to five (5) swimmers in individual events, provided that each of the five is **SLOWER** than the Central League qualifying time for that event. Schools may enter an unlimited number of swimmers in the 50 and 100 Freestyle events.

Arrival to UD:

- Please have your transportation departments drop swimmers & coaches off at the pool deck entrance facing the baseball field.
 - This is especially important for the Girls on Friday, as our school dismissal is at 2:41pm. Arriving prior to dismissal is **HIGHLY** recommended.
- Spectators can enter through the Natatorium Lobby.

