



# SUBURBAN AQUATIC LEAGUE 2011 DIVISION DIVING CHAMPIONSHIPS

Sunday, January 30<sup>th</sup>, 2011

Upper Dublin High School

800 Loch Alsh Ave, Fort Washington, PA 19034

[click here for UDHS Athletic Complex parking info](#)

## Dive Requirements

Division diving sheets can be printed (*NORTH=GREEN; CENTRAL=YELLOW; EAST=BLUE; WEST=PINK*) and turned in at the seed meeting. Blank sheets will be also be available at the seed meeting on Mon, Jan 24<sup>th</sup>, 2011. Completed sheets (*two color sheets per diver*) must be received by Wed, Jan 26<sup>th</sup>.

**Send completed sheets to: Lisa Forlini 147 Newtown Rd, Warminster, PA 18974**

| <b>MEET SCHEDULE</b> |  |
|----------------------|--|
| 10:00 - 10:30        | <i>11 &amp; UNDER BOYS WARM-UP</i>                       |
| 10:30 - 11:15        | <b>11 &amp; UNDER BOYS DIVISION CHAMPIONSHIP DIVING</b>  |
| 11:15 - 11:45        | <i>11 &amp; UNDER GIRLS WARM-UP</i>                      |
| 11:45 - 1:15         | <b>11 &amp; UNDER GIRLS DIVISION CHAMPIONSHIP DIVING</b> |
| 1:15 - 1:45          | <i>12 - 14 BOYS WARM-UP</i>                              |
| 1:45 - 3:15          | <b>12 - 14 BOYS DIVISION CHAMPIONSHIP DIVING</b>         |
| 3:15 - 3:45          | <i>12 - 14 GIRLS WARM-UP</i>                             |
| 3:45 - 4:10          | <b>12 - 14 GIRLS DIVISION CHAMPIONSHIP DIVING*</b>       |

Please note: we are beginning with 11 & Under BOYS this year. Doors open at 9:45 AM. The meet will start sharply at 10:30 AM. All other start times are estimates. \*If there are any 15 & over boys or girls, they will be added after the 12-14 boys, with a warm-up and then their event.

***Divers must be at the pool 45 minutes before scheduled warm-up times.***

*Awards will be given after each event  
food, T-Shirts, and programs will be available*

Questions? Please contact:

Lisa Forlini [jlfswim@comcast.net](mailto:jlfswim@comcast.net) (215-313-5871) or Jim Davidson [jvdauid@comcast.net](mailto:jvdauid@comcast.net)