

## Participating Clubs

There is a change in the meet format for this weekend. As stated by Bob Welch, Program Operations Chair the Illinois Senior Championship Meet will be ran as followed; Friday will be ran as “A” Flight, Saturday will be ran as “A/B” Flights and Sunday as stated in the meet packet will be ran as “A” Flights. To help with the following schedule of the meet a timeline has been posted on the [St. Charles Swim Team Website](#). Please note the change of start time on Sunday Finals, Finals will begin at 5:00pm. This format changes how we will run warm-ups.

UIC is asking Illinois Swimming to limit the number of swimmers that will be participating in warm-ups. Their request is 300 athletes per warm-up session. We have done our best to accommodate their request. Please read further to find out when your team’s warm-up assignment will be. The teams in bold contacted us for a warm-up Session request. Friday & Sunday being ran as “A” Flight Sessions we will need to run split session warm-ups. Saturday being ran as “A/B” Flights Session we will not need to run a split warm-up, instead we will run warm-ups as stated in the meet information.

Thank you for helping us make this a great experience for our athletes!

Jon Cabel  
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**Speedo® Illinois Swimming Senior Championship,**  
**Sanction #: ILS08-0306**  
**Hosted by St Charles Swim Team**  
**Warm-up Sheet**

**Friday Warm-Ups for "A" Flight Only Session**

Warm-up Session #1 Starts at 07:00 AM

Warm-up Session #2 Starts at 7:45 AM

Session: 2 Friday Prelims

Day of Meet: 2 Starts at 08:45 AM

<b>Team</b>	<b>Warm-Up Session</b>
AA-IL	# 1
ACAD-IL	# 1
BRRY-IL	# 1
CLSC-IL	# 1
COHO-IL	# 1
CWAC-IL	# 1
EXPR-IL	# 1
FOX-IL	# 1
HSC-IL	# 1
HWSA-IL	# 1
RMSC-IL	# 1
SCST-IL	# 1
Y2K-IL	# 1
AURY-IL	#2
BDESC-IL	#2
BEST-IL	#2
BSC-IL	#2
CATS-IL	#2
CHMP-IL	#2
DLTA-IL	#2
DPRC-IL	#2
DSC-IL	#2
DUND-IL	#2
ECST-IL	#2
EMSC-IL	#2
EST-IL	#2
HFSC-IL	#2
KNAC-IL	#2
LEAN-IL	#2
LWSA-IL	#2
LYON-IL	#2
MARL-IL	#2
MAVS-IL	#2
MBLM-IL	#2
MMAC-IL	#2
NASA-IL	#2
NSSC-IL	#2
NTSC-IL	#2
PAC-IL	#2
PAWW-IL	#2
PPD-IL	#2
RED-IL	#2
RKSA-IL	#2
SCT-IL	#2
SSSC-IL	#2
SST-IL	#2
SUSA-IL	#2
TOPS-IL	#2
TPSC-IL	#2
WCS-IL	#2
WEST-IL	#2
WHTN-IL	#2
WILD-IL	#2
WSO-IL	#2
YWFF-IL	#2

**Saturday Warm-Ups for "A/B" Flights Session**

Warm-up Starts at 7:15 AM

Session: 4 Saturday Prelims

Day of Meet: 3 Starts at 08:45 AM

Warm-Up as posted in Meet Information

There will be a 45 minute Warm-Up at the Conclusion of Relays

<b>Sunday Warm-Ups for "A" Flights Only Session</b>	
Warm-up Session #1 Starts at 07:00 AM	
Warm-up Session #2 Starts at 7:45 AM	
Session: 6 Sunday Prelims	
Day of Meet: 4 Starts at 08:45 AM	
<b>Team</b>	<b>Warm-Up Session</b>
AA-IL	# 1
ACAD-IL	# 1
BRRY-IL	# 1
CLSC-IL	# 1
COHO-IL	# 1
CWAC-IL	# 1
EXPR-IL	# 1
FOX-IL	# 1
HSC-IL	# 1
LFSC-IL	#1
RMSC-IL	# 1
SCST-IL	# 1
Y2K-IL	# 1
AURY-IL	#2
BDSC-IL	#2
BEST-IL	#2
BSC-IL	#2
CATS-IL	#2
DLTA-IL	#2
DPRC-IL	#2
DSC-IL	#2
DUND-IL	#2
ECST-IL	#2
EMSC-IL	#2
EST-IL	#2
GTAC-IL	#2
HOSC-IL	#2
HWSA-IL	#2
LATT-IL	#2
LEAN-IL	#2
LWSA-IL	#2
LYON-IL	#2
MAVS-IL	#2
MBLM-IL	#2
MMAC-IL	#2
NASA-IL	#2
NSSC-IL	#2
NTSC-IL	#2
PAC-IL	#2
PAWW-IL	#2
PPD-IL	#2
RED-IL	#2
RIOS-IL	#2
SCT-IL	#2
SSSC-IL	#2
SST-IL	#2
SUSA-IL	#2
TOPS-IL	#2
TPSC-IL	#2
WCS-IL	#2
WEST-IL	#2
WHTN-IL	#2
WILD-IL	# 1
WSO-IL	#2
YWFF-IL	#2