

2011 Sugar Creek Penguin Plunge
Crawfordsville Aquatic Center
January 7-9, 2011 (Friday – Sunday)

ITINERARY

Friday, January 7th

HAVE PACKED LUNCH FOR THE BUS TRIP

10:15am – be at the Norris Center for charter bus pick-up
10:30pm departure from Norris Center
3:00pm – arrival in Crawfordsville
3:40pm –leave hotel for Aquatic Center
4:15pm - Warm-ups begin
5:30pm – Meet starts
9:00pm – Dinner with team
10:00pm – Lights Out

Saturday, January 8th

8:30am – Wake –up
9:00am – Breakfast at hotel
12:00pm – Leave for Aquatic Center with lunch
12:30pm – Warm-ups begin
1:30pm – Meet Starts
7:00pm – Dinner with team on Saturday
10:00pm –Lights out

Sunday January 9th

8:30 am – Wake up
9:00 am – Breakfast at hotel
PACK UP BAGS IN ORDER TO PACK ON THE BUS BEFORE GOING TO THE MEET
12:00pm – Leave for Aquatic Center with lunch
12:30 pm – Warm-ups Begin
1:30pm – Meet Begins
5:30pm- Approximate time leaving for Norris Center
8:00pm – Approximate time arriving at the Norris Center
Pick up swimmers at the Norris Center

**Make sure you have SCST apparel on at all times at the meet – wear your team suit
Bring extra towels!**

- Please provide extra money for your swimmers for additional food and incidentals.