

Illinois Swimming Senior Championships Participating Clubs,

UIC is again mandating that we adhere to capacity guidelines for the pool, Friday, Saturday and Sunday. Due to the projected number of swimmers participating in this years Senior Championship Meet we will be running Split Warm-Ups for the Preliminary Sessions on Friday and Sunday "A" Flight Session to help alleviate the number of swimmers in the pool. Saturday we will be running "A / B" Flight Sessions, Warm-Ups will not be split and will run as posted in the Senior Championship Meet Information.

The AM Preliminary Meet Warm-Up Schedule for Friday and Sunday will run as follow for the entire pool:

Session 1

Warm-Ups

7:00am -7:40am

Clear Pool

7:40-7:45am

Session 2

Warm-Ups

7:45am -8:25am

Session 3

Specific Warm-Up in the Competition Pool Start

8:25am -8:45am

Lanes 1 will be push/pace; additional pace lanes will be open as necessary.

Lanes 2 thru 8 will be One Way Sprint Lanes.

General Warm-Up continues in the shallow end of the pool till 8:45am

If your Club has a preference on which Warm-Up they would prefer; 1st or 2nd Session. We will take requests on a first come first serve basis. We will try and give Teams that respond their choice; until it becomes necessary to assign teams based on space and the number of swimmers in attendance. Whichever session you are assigned will be your warm-up for All the AM Warm-Up Sessions.

Please email your preference to Meet Director; Jon Cabel at jcabel@stcswim.com before Friday, February 22nd.

Warm-Up assignments will be posted Tuesday, February 26th on the [St. Charles Swimming ISI Senior Championship Website](http://www.stcswim.com/seniorChampionships.php) (<http://www.stcswim.com/seniorChampionships.php>).

Please remember this Split Warm-Up will only be for the AM Preliminary Session; Preliminaries will be A/B Flight format on Saturday only with the top 6 heats swimming in "A" Flight, and all remaining heats swimming in "B" Flight. "B" Flight will start 45 minutes after the conclusion of the Relays. Any event with 7 or less heats will swim in the "A" Flight. Friday and Sunday Prelims will be "A" Flight only. Finals will be the top 24 Athletes competing in Bonus, Consolation and Championship Finals heats.

Timing Assignments will be posted on the [St. Charles Swimming ISI Senior Championship Website](http://www.stcswim.com/seniorChampionships.php) (<http://www.stcswim.com/seniorChampionships.php>). Each Team with swimmers in the meet must provide timers. Swimmers participating in the 1000 and the 1650 must provide their own timers (2) and lap counter.

Good Luck, University of Illinois at Chicago (UIC)

Jon Cabel
Meet Director
Jean Cabel
Event Coordinator
St. Charles Swim Team
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2008
February 28-March 2

