

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 to help alleviate the number of swimmers in the pool.

The AM Preliminary Meet Warm-Up Schedule 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; 1<sup>st</sup> or 2<sup>nd</sup> 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](mailto:jcabel@stcswim.com) before Friday, February 22<sup>nd</sup>.

Warm-Up assignments will be posted Tuesday, February 26<sup>th</sup> 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 Friday and 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. 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,

Jon Cabel

Meet Director

Jean Cabel

Event Coordinator

St. Charles Swim Team

630-377-1720

[jcabel@stcswim.com](mailto:jcabel@stcswim.com)

ILLINOIS SENIOR CHAMPIONSHIP  
University of Illinois at Chicago (UIC)

2008

February 28-March 2

