

Coaches Report

Champaign YMCA Heat 2009 Illinois Open

- Be sure to arrive at least 15 minutes before warm-ups to check in and get settled. Check in will close an hour before sessions begin.
 - Friday – Get to the ARC at 2:40. Warm ups start at 3:00. Meet starts at 4:00. Positive check-in closes at 3:00
 - Saturday and Sunday AM– Be there at 6:40. Warm ups start at 7:00. Meet starts at 8:00. Positive check-in closes at 7:00. Saturday will have an Open 800 Free immediately following the morning session but not before 1:00.
 - Saturday PM–Arrive at 2:10. Warm ups start at 2:30 or slightly later if the morning session runs late. Meet starts at 3:30. Positive check-in closes at 2:30.
 - Sunday PM—Arrive at 12:40. Warm ups start at 1:00. Meet begins at 2:00. Positive check in closes at 1:00.
- Please wear either your HEAT team suit and cap and/or a practice suit and cap. Please do not wear any Aquachief or Storm apparel.
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- Note that no food and drinks are allowed on the pool deck.
- Remember to bring a towel, goggles, suit and cap, plus snacks and drinks if needed.