

Coach's Report
ISI Sr. Championships
July 16-19, 2009

University of Chicago Pool 5530 S. Ellis Ave., Chicago, IL, 60637

NOTE: This is NOT UIC

Thursday

- Warm-ups start at 4:00, so **be there at 3:45 pm** to positive check-in, and find a spot to sit with the team. There will be a Coaches Meeting at 4:00 for all team/coaches, so be sure to find Will before he goes to this meeting at the pool.
- Meet starts at 5:30
- Heats will be swum fastest to slowest, alternating men/women.
- Swimmers must provide own timer for this session.
- Time Trial entry deadline 6:00 pm
- Coach Will will be at this session.

Friday, Saturday & Sunday Prelims

- Warm-up start at 6:30 am. Please talk with coach about when you need to arrive.
- Meet starts 8:30 a.m.
- Time Trial entry deadline 11:00 am
- Coach Will will be at meet Friday. Coach Alison CK on Saturday & Sunday.

Friday & Saturday Finals

- The top 24 competitors from the morning advance on to A, B and C finals.
- Warm-ups at 4:00.
- Meet starts at 5:30

Sunday Finals

- Warm-ups at 3:30.
- Meet starts at 5:00

* **Please see Meet Packet on Heat Website for additional information**