

# Springfield USA Swimming

## SPORTSCARE Capital City Classic

### Meet Overview

Host: Springfield USA

When: June 18-20, 2010

Location: Nelson Recreation Center  
Lincoln Park  
1601 N. 5th Street  
Springfield, IL

Warm ups: Friday: 1:00-2:10 pm Meet Start: 2:20  
Sat and Sun am 7:00-8:10 am 8:20 am  
Sat and Sun pm Immediately following 1 hour following AM session, but not  
AM session, but not before before 1:30 pm  
12:15 pm

Positive YES  
Check in?

Admission: No admission fee due to the facility surcharge.  
Heat Sheet s: Will be available for purchase at the meet.

Parking: Free (?)

Notes: 1. This is an outdoor meet  
2. There will be a team tent on deck, but there may not be enough space for all swimmers.  
Bringing chairs and shade will likely be beneficial.

Coaches: Friday – Will  
Saturday – Elliot  
Sunday – Alison

Relays: Yes, Relay sheets will be provided to coaches within their meet information packet at the meet.  
Sheets must be completed and given to the Clerk of Course within 30 minutes of the start of each session.