

SPORTSCARE Capital City Classic

Hosted by: Springfield USA (SUSA)

When: June 10-12, 2011

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

Warmups:	Am Warm up	AM Start	PM Warm up	PM Start
Friday			1:00	2:20
Saturday	7:00	8:20	12:15	1:30
Sat (400 Free)			Immediately after pm session	
Sunday	7:00	8:20	12:15	1:30

Positive Check in? YES. Closes 45 min before the session starts.

Admission fee: None for this meet.

Heat sheets: Psyche sheets and Heat sheet will be available for purchase

Bullpen: No. Swimmers will need to get to the block on their own.

Parking: Free adjacent to Center.

Notes:

1. This is an outdoor pool. Bring plenty of water, Gatorade, snacks and sunscreen.
2. We will have a team tent. Look for us on deck. If there is room parents and athletes are welcome. If we are crowded then there is seating under shade just off deck.
3. Bring chairs to sit on. Coolers are ok, but not so bug they take up a lot of room in the tent.

Coaches: Friday - Will
Saturday – Alison
Sunday – Mekenzie