

Senior State Meet Overview

Host: Westmont Swim Club

When: March 4-7, 2010

Location: Flames Natatorium
University of Illinois at Chicago
901 West Roosevelt Rd.
Chicago, IL

Warm ups:	Thursday	4:00pm Meet Starts	5:30pm
	Prelims (all other days)	7:00am Meet Starts	8:30am
	Finals (Fri and Sat)	4:00pm Meet Starts	5:30pm
	Finals (Sunday)	3:30pm Meet Starts	5:00pm

Pos. Check in? Only for 1000, 1650 and relays

Psyche sheets are available at:

http://www.westswim.com/Seniors/srchmp_psychsheets.pdf

Heat sheets will be available there.

Admission:	All Day pass with heat sheets	\$35.00
	Thursday	\$3.00
	Fri-Sun	\$5.00
	Prelim heat sheet	\$5.00
	Finals heat sheet	\$3.00

Parking: Across the street (Roosevelt) from Pool \$8.00 a day.

Notes: Top 24 make it back at night for finals. If you make it back you are required to swim in finals. Our relays will probably swim in the morning and they are timed finals.

On the next page is everyone's events on each day. If you are not swimming that day you will still need to make arrangements to swim. Ask a coach!

Coaches: Will 217-721-9685
Elliott 217-840-0438

Hotels: Hilton Hotels are offering discounts for this meet if you want to make a reservation this way call 877-865-5320. If you use something else like hotwire or similar method, anything downtown is close to the pool.

Thursday

Milee 1000 Free

Friday

Blas 100 Breast

200 Free

Emma 100 Breast

200 Free

400 IM

Hannah 200 Free

100 Fly

Jenny 100 Breast

400 IM

Sam 200 Free

100 Fly

Blake 100 Fly

Saturday

Blas 200 IM

200 Breast

Emma 200 IM

200 Breast

Hannah 200 IM

100 Back

Jenny 200IM

50 Free

200 Breast

Milee 500 Free

Sam 50 Free

Blake 50 Free

Tanner 50 Free

Sunday

Emma 500 Free

Hannah 200 Back

200 Fly

Jenny 100 Free

Milee 200 Back

1650 Free

Sam 200 Fly

Blake 100 Free

Tanner 100 Free

Relays

Friday Girls 800 Free Relay

Emma, Jenny, Hannah, Milee

Saturday Girls 400 Medley relay

Milee, Emma, Hannah, Jenny

Saturday Boys 400 Medley Relay

Blake, Blas, Sam, Tanner

Sunday Girls 400 Free Relay

Jenny, Hannah, Milee, Emma

Sunday Boys 400 Free Relay

Sam, Blake, Tanner, Blas