

BNY Longo Bongo and Holiday Classic

When: Sat, Dec 4, 2011 - Longo Bongo
Sun, Dec 5, 2011 – Holiday Classic Shootout

Where: Bloomington High School Pool
1202 E. Locust Street
Bloomington, IL 61701

Warmups:	<u>Day</u>	<u>Warmup</u>	<u>Start</u>	<u>PM Warmup</u>	<u>Start</u>
	Saturday			4:00pm	5:00pm
	Sunday	7:00am	8:30am	noon (appx)	1:00pm

Positive Check in? Yes! Closes 45 min before the start of each session!

Admission fee: Saturday no admission, Sunday there is, but meet info did not say amount.

Heatsheets: Will be posted around the deck and sold at the door.

Bullpen: None. Try to get to blocks on your own with little or no help.

Parking: Free on either side of pool building.

Notes: 1. Please arrive on time so you can get checked in and get in the water right away. Warm up schedule will be posted there.

2. We will have a team area in the gym adjacent to the pool. You can bring a chair or sleeping bag to sit on. The Gym and pool deck can get cold. Bring warm clothes and several towels. Bleachers on deck are for coaches and swimmers.

3. There are relays at the end of the meet on both days. You are expected to participate in a relay if needed. They will be posted immediately after attendance is taken during warm up.

4. We will need to provide some timers. Schedule will be announced at the meet.

5. Longo Bongo is just 200 Free, 200 IM and an underwater kick relay.

6. Holiday Classic has four rounds of 100 free mixed in with other events and a two different relays at the end. The 10 Free (shootout) rounds are:

1 – all participants

2 – 4 circle seeded heats (16 fastest from previous race)

3 – 2 circle seeded heats (8 fastest from previous race)

4 – 1 Final heat (4 fastest from previous race)

Coaches: Saturday – Becca, Hernando

Sunday – Paul, Janell