

Lincolnway Swim Club Holiday Splash

When: Dec 9-11, 2011

Where: Lincoln-Way Central High School
U.S. Rt. 30 & Schoolhouse Road
New Lenox, IL 60451

Warmups:

<u>Day</u>	<u>AM Warmup</u>	<u>Start</u>	<u>Mid Warmup</u>	<u>Start</u>	<u>PM Warmup</u>	<u>Start</u>
Friday					5:30pm	6:30pm
Saturday	7:15am	8:15am	11:00	noon*	2:30pm	3:30pm*
Sunday	7:00am	8:00am	11:00	noon*	2:30pm	3:30pm*

* these sessions will start immediately after the previous one. Warm ups are in a separate pool.

Positive Check in? Yes! Closes 30 min before the start of each session!

Admission fee: \$3.00 per day.

Heatsheets: \$8.00 which will include all 5 sessions.

Bullpen: Yes. Usually not for 13 & overs.

Parking: Free on North and West sides of school. Use north side building located in the back of the main building to access pool.

- Notes:
1. There were a few changes from last year regarding event order. Print the meet info from our website to make sure you know when you are swimming.
 2. There are no relays at this meet.
 3. Bring chairs and sleeping bags, extra towels and sweatshirts. It gets cold in the gym.
 4. This is a big meet and they run fast. Pay attention to the event numbers and get to the blocks early.

Coaches: All days – Mekenzie