

CCYMCA Mid Winter Classic

Hosted by: CCYMCA HEAT

When: January 13-15, 2012

Where: Urbana Indoor Aquatic Center

Warmups:

<u>Day</u>	<u>AM Warmup</u>	<u>Start</u>	<u>PM Warmup</u>	<u>Start</u>
Friday			4:30 pm	6:00 pm
Saturday	7:45 am	9:00 am	12:00 pm	1:15 pm
Saturday 1650	immediately following the Sat pm session after ½ hour warm ups			
Sunday	7:45 am	9:00 am	12:00 pm	1:15 pm

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

Admission Fee: None for HEAT people who **are volunteering**.

Heat Sheets: Plenty posted around the deck and if you really want one, we can get you one.

Bullpen: Yes. Morning sessions only.

Parking: Free in lot South of pool and East of building (off Michigan Ave) and some side streets

Notes:

1. There are many relays and **we need you to be on time** so we can make sure everyone gets the opportunity to swim. Be ready to get in the water at the start of warm ups.
2. Admission opens at 4:00. If you arrive early go upstairs and wait until deck is clear.
3. The 500's on Friday may have to be to the top 32 swimmers. Check our website right on the main page at the top for the current information
4. UIAC wants everyone to take off shoes or bring another pair of flip-flops/crocs etc. to keep the mud and salt off of the deck. No food on deck either. Eat upstairs, please.
5. Bring blankets to sit on. No room for chairs. We will have bleachers for our team on deck.

Coaches: Friday – Will and another
Saturday – All coaches at some point
Sunday - All coaches at some point