

To All Teams in Sr Championship Meet

We look forward to hosting a great Sr Championship meet next week. Please check our website (<http://www.swimlfsc.org/hostedmeets.htm> ) and your email for additional information between now and the meet. Please take note of the following:

Due to safety considerations UIC requires that the meet warm-up for the heats be split into 2 sessions. Warm-up for Thursday and all finals sessions will not be split.

The competition pool will close prior to the Finals sessions promptly at 5:45 pm on Thursday, 5:15pm on Friday and Saturday, and 4:45pm on Sunday. The competition pool will be closed during all Awards Ceremonies except prior to relays.

Continuous warm-up will be offered throughout the meet in the shallow end of the pool.

**EARLY WARM-UP 6:30-7:05am**

Lake Forest Swim Club  
Cats Aquatic Team  
Palatine Park Dist ST  
Patriot Aquatic Club  
YWCA Flying Fish  
Westmont Swim Club  
Express Swim Team  
Alligator Aquatics  
Hinsdale Swim Club  
Wildcat Aquatic  
Sterling Stingrays SC  
Blue Devil Swim Club  
Redbird Swim Club

Rockford Marlins Swim Club  
Barrington Swim Club  
Byron Tiger Sharks  
Chicago Latin Swim Club  
Lockport Homer Swim Club  
Springfield USA  
Team Millennium  
Elmhurst Swim Team  
Northside Aquatics Club  
Marlins II Swim Club  
McHenry Marlins AC  
Sheridan Swim Team  
Elgin Cyclones

Des Plaines River Racers  
Decatur Swim Club  
Champaign Cnty YMCA  
Homewood Flossmoor SC  
Hornet Swim Club  
Moline Blue Marlins  
Palos-Orland Swim  
Association  
UIC Aquatics  
Unattached  
Aqua Lynx Swim Club  
Blue Marlins Swim Team

**LATE WARM-UP 7:10-7:45am**

New Trier Swim Club  
Academy Bullets Swim Club  
Wheaton Sport Center  
Stingrays  
B.R. Ryall  
Scout Aquatics  
Mundelein Mustang SC  
Waves Bloomington/Normal  
St Charles Swim Team

Coho Swim Club  
West Chicago Sharks  
North Aquatics Club  
Wildkit Swimming Org  
Glenbrook Aquatics  
Fox Valley Swim Team  
Maverick Swim Club  
Lincoln Way Swim Assn  
Bloomington Normal SC

Delta Aquatics  
Lyons Swim Club  
Peoria Area Water Wizards  
Hickory Willow Swim Assoc  
Chicago Wolfpack AC  
Wheaton Swim Club, Inc.  
Highland Park Aquatic Club  
Freeport Aquatic ST