

We are looking forward to a great meet! Please read through all of the information below:

2010 CENTRAL ZONE AGE GROUP CHAMPIONSHIPS - ILLINOIS TEAM MEMBER DETAILS

PARTICIPATING STATES

Illinois, Ohio, Michigan, Minnesota, Wisconsin

LOCATION

Pleasant Prairie RecPlex (site of pool events and open water events)
Aqua Arena (pool events) and Lake Andrea (open water events)
9900 Terwall Terrace - Pleasant Prairie, WI 53158
ph. 262-947-0737

Meet website: <http://www.WisconsinCentralZone.com> (psych sheets and live results will be posted here)

Facility website: <http://www.RecPlexOnline.com> (take a virtual tour if you'd like)

CHECK-IN/TEAM PHOTO/TEAM PRACTICE

Thursday, August 5, 2010

*Swimmers are **NOT** required to check-in on Thursday.

Please email Team Manager Nancy Reese at nancy@teamcoho.org if you have not already done so to indicate what day you will check-in. Participation in the Team Picture and Team Practice is optional but encouraged for everyone including Open Water swimmers. Not participating will **NOT** affect relay selections.

o 12:00-1:00pm check-in

o 1:00-1:30pm Team Picture (**Swimmers:** wear red Zones t-shirt, **Coaches:** wear white Zones polos)

o 1:30-2:30pm Team Practice

POOL EVENTS

Friday-Sunday, August 6-8, 2010

Swimmers should be on deck 15 minutes prior to the start of warm-ups to check-in with their coaches

12&under boys: Kiki Diaz (CPD) and Mike Adams (MAVS)

12&under girls: Monique Witkowski (LHSC) and Jacob Weber (COHO)

12&unders: TJ Moran (LEAN)

13-14 girls: Tony Gallagher (PPD)

13-14 boys: Mirko Mirkov (HOSC)

Head Coach: Jennifer Ridge (NWA)

Team Manager: Nancy Reese (COHO)

WARM-UPS – UPDATED 8/4/10

11-12, 13-14 prelims: *FRIDAY - Warm-ups 7:00-7:45am; session starts 8:40am*

SATURDAY – Warm-ups 7:45-8:30am; session starts 8:40am

SUNDAY - Warm-ups 7:00-7:45am; session starts 8:40am

10&under timed finals: *FRIDAY - Warm-ups 12:10-1:00pm; session starts 1:10pm.*

SATURDAY – Warm-ups 12:30-1:20pm; session starts 1:30pm

SUNDAY – Warm-ups 11:30-12:20; session starts 12:30pm

11-12, 13-14 finals: *Warm-ups 4:00-4:50pm; session starts 5:00pm*

DISTANCE EVENTS

The 800 Free, 1500 Free and 11-12 200 Fly, 200 Back and 200 Breast will be swum as timed finals events with the fastest seeded heat of women and the fastest seeded heat of men swimming at night in finals.

All other heats of these events will be swum in prelims, fastest to slowest, alternating women and men.

RELAYS

Relays will be determined by the group coaches at the meet and posted on deck and at the Team Illinois table. Please note: The 11-12, 13-14 200 Free Relays (Fri) and 200 Medley Relays (Sat) are swum at night only at the beginning of finals. Swimmers should notify their group coaches if they cannot be at finals to swim relays. The 11-12, 13-14 400 Medley Relays (Sat) and 400 Free Relays (Sun) are swum in the morning at the beginning of prelims. The 10&U 200 Free Relays (Fri) are at the end of the session and the 200 Medley Relays (Sun) are at the beginning of the session. There are no 11-12 & 13-14 relays during prelims on Friday or at finals on Sunday evening. We are allowed to enter "A" and "B" teams for each relay event. Relays will be determined by the on deck coaches at the meet. **PLEASE DO NOT EMAIL THE TEAM MANAGER REGARDING RELAY ASSIGNMENTS.**

OPEN WATER EVENTS

Monday, August 9, 2010

8:00-8:30am Registration/check-in

8:30am MANDATORY clinic/instructions for all participants

9:00am Warm-up

10:00am Competition starts (may be staggered by age groups depending on number of entrants)

Different colored swim caps will be issued to athletes in each age group so that meet Management can monitor a swimmer's progress. The course will be patrolled by qualified personnel. The open water events will be swum in Lake Andrea with all swims beginning and ending in the beach area. The lake course will be a triangular course consisting of a ½ mile triangle and a 1 mile triangle. There is a large spectator area along the beach with ample parking nearby. A professional timing company will facilitate accurate and timely results. Swimmers will be given electronic chips in their registration packets to be worn during their race.

The following distances will be swum by age group:

o 10&under: ½ mile

o 11-12: 1 mile

o 13-14: 1 ½ mile

ADMISSIONS/PARKING/PROGRAMS

All Session pass: \$30 (this includes meet program, heat sheets for all meet sessions).

General Admission: \$6 Daily (includes all three sessions). Finals only: \$4

Children 12 and under will be admitted free of charge. Cost for parking is \$5 per day. Free parking within walking distance or shuttle transportation will be available.

\$10.00 meet program (includes psych sheet)

\$4.00 daily heat sheets

\$1.00 finals heat sheets each session

OFFICIALS

Applications to officiate can be found on the meet website at: <http://www.WisconsinCentralZone.com>

If you have any questions please contact Nancy Reese, Illinois Team Manager, at: nancy@teamcoho.org

GO TEAM ILLINOIS!