



July 15, 2009

To: All Midlakes Swim Team Reps, Coaches, and Officers
From: Mercer Island Beach Club
Re: Senior Champs – **REVISION TO START & WARM-UP TIMES**

Location: Mercer Island Beach Club, **8326 AVALON DR, MERCER ISLAND
206-232-3125**

Date/Time: Monday, July 20th; **4:00 pm Start**
MIBC has swim/tennis lessons going on prior to the meet. Please do not arrive early.

Warm Ups: Warm up lanes will be posted on the pool deck. The time schedule is below.

2:15 – 2:45 MICC, MSC, OL, SS, TRI, MH, RH, NYC, WR
2:45 – 3:15 NH, SAM, FW, NW, PL, PLAT, HW, PINE, SW
3:15 – 3:45 EB, KLA, MIBC, TOS, KGG, KGM, KGR, STC

One-way sprint lanes will be available the last 10 minutes of each session.

The pool will be cleared of all swimmers at 3:45. The small activity pool will be available for warm-up, warm-down only.

MEETINGS: Scratch: 3:15 Please meet in the coaches' hospitality room (in the clubhouse)
Timers: 3:40 Please meet on the pool deck by the diving board
Officials: 3:30 Please meet in the coaches' hospitality room