

CAC Sprint Challenge

Saturday, October 6, 2007

This meet will be a single session meet.

Schedule:

T2 and up 10:00 Flex and warm-up, team meeting after warm-up

T1 and below 11:30 Flex and Warm-up

Meet Starts 1:15 pm

Because there is limited parking in the lot near the pool please plan to park in the lower lot. This allows our guests to park in the lot closest to the pool. You can drop your swimmer off at the pool and then park the car. (As you exit the pool driveway, turn right onto Given and turn right into the south entrance to CCDS. Park in the lot to your left. Just past the new upper school building there is a path - next to the service driveway-, which leads to the pool building. **Do not park in the service driveway.**)

WORKERS: You will receive your worker assignment on the website this week. Please be on time to perform your duties. Thank you for your assistance in running this meet. It cannot be done without the help of all families.

WHAT TO BRING: Don't forget to bring warm clothes and extra towels to the meet, plus a blanket or sleeping bag to sit on in the gym.

AWARDS: Ribbons will be awarded for 1st through 6th place for each event in the 8& under, 9/10 and 11/12 age groups. **Awards will be placed in your folder on Monday after the meet, which is our standard method of award distribution. Awards will not be given to individual athletes during or after the meet**