

Spring 2006

Dear Coaches and Swimmers:

We look forward to seeing you at the Iowa City Eels Spring Meltdown 2006! Enclosed you will find your meet invitation. Additional information can be located on the website for the Iowa City/Coralville Convention & Visitors Bureau at <http://www.icccvb.org>.

We will be providing 1 ½ hour long warm-ups each session to allow your team additional time to swim in a long course facility. Saturday morning will be dedicated to those swimming the 1500 meter free with positive check-in at 9:00 AM that morning. Positive check in for both the 400 IM and 400 FR will be Sunday morning at 9:00 AM; this is a change from previous years.

We encourage each team to enter one male and one female participant in the Plunge. This event will be held Saturday afternoon and the stunning Plunger Trophy will be awarded to the winner of both the male and female division who can glide the furthest with no movement. **Participation in the Plunge does not count as one of the 4 events per day.**

If you have any additional questions, please feel free to contact one of the meet directors or our coach, Don Spellman.

Erin Herting
Lisa Murray
Meet Directors