

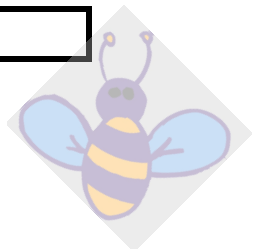
2009 BB 13/OLDER LC SENIOR CHAMPS

SESSION TIMES:

Fly over starts will be used throughout the meet!
 Check-in sheets are due 30 minutes prior to each session.
 Positive check-in all 400/longer freestyles and all relays.

SESSION	AGE GROUP	WARM-UP		CHECK-IN	START	COMMENTS
SATURDAY						
1	13/14's	7:15	7:45	7:45AM	8:20AM	
2	13/O 1500's	20 minutes		12:30AM	1:00PM	<i>No earlier than</i>
3	15/olders	2:05	2:35	2:35PM	3:10PM	<i>Approximate</i>
4	15/older 400IM	10 minutes		5:30PM	6:00PM	<i>No earlier than</i>
SUNDAY						
5	13/14's	7:15	7:45	7:45AM	8:20AM	
6	13/O 800's	20 minutes		12:30AM	1:00PM	<i>No earlier than</i>
7	15/olders	2:30	3:00	3:00PM	3:35PM	<i>Approximate</i>
8	15/older 400FR	10 minutes		5:30PM	6:00PM	<i>No earlier than</i>

POSITIVE CHECK-IN FOR ALL DISTANCE EVENTS & RELAYS



2009 BB 13/OLDER LC SENIOR CHAMPS

Warm-up Assignments

Fly over starts will be used throughout the meet!

In the event that the competition pool is not available, warmup will begin in the patio pool until the main pool is available.

Check-in sheets are due 30 minutes before the beginning of each session. Positive check-in all 400/longer freestyles and all relays.

SATURDAY				SATURDAY			
Session 1-Day 1		Session 3-Day 1		Session 5-Day 2		Session 7-Day 2	
I	II	I	II	I	II	I	II
7:15 AM	7:45AM	2:05PM	2:35PM	7:15 AM	7:45AM	2:30PM	3:00PM
BB	BMS	BB	CAT	BB	BAC	BB	BAC
BAC	CAT	BAC	CJAC	BMS	CBGC	CAT	BMS
CBGC	CCC	BMS	EEX	CAT	CJAC	CJAC	CCC
CJAC	ESC	CCC	ESC	CCC	EEX	EEX	HACY
EEX	FSPY	HACY	HCY	ESC	LHY	ESC	NJRC
LHY	HACY	NJRC	LHY	FSPY	MCSC	HCY	NJW
MCSC	PTAC	NJW	MCSC	HACY	MEY	LHY	PAA
MEY	RBY	PAA	MCY	PTAC	NJBL	MCSC	PTAC
NJBL	SAY	PTAC	MEY	RBY	NJRC	MCY	RBY
NJRC	SHY	RBY	NJBL	SAY	NJW	MEY	SAC
NJW	STVN	SAC	PPST	SHY	PAA	NJBL	SAY
PAA	SVY	SAY	RY	STVN	PPST	PPST	SHY
PPST	TAC	SHY	STVN	SVY	RY	RY	TAC
RY	TWST	TAC	SVY	TAC	SAC	STVN	WFY
SAC	WFY	WFY	WMY	TWST	XCEL	SVY	WY
XCEL	WMY	WY	XCEL	WFY	all	WMY	all
	WY		all	WMY	others	XCEL	others
	all		others	WY			
	others						



2009 BB LC SENIOR CHAMPS

There will be one timer from the assigned team and one timer from BB on each lane.

For **distance** events in separate sessions swimmers will provide **their own timers and lap counters**.

There will be a positive check-in for distance events

In the event that the competition pool is not available, warmup will begin in the patio pool until the main pool is available.

TIMING ASSIGNMENTS

Day 1--SATURDAY

<u>LANE</u>	<u>SESSION 1</u>	<u>LANE</u>	<u>SESSION 3</u>
1	ESC	1	TAC
2	BAC	2	SAC
3	CAT	3	NJBL
4	SVY	4	XCEL
5	NJW	5	HACY
6	RY	6	CJAC
7	WFY	7	NJRC
8	TAC	8	RBV

ALTS: XCEL, SAC ALTS: STVN, WMY
SHY WFY

Swimmers will provide their own timers and lap counters for sessions 2, 4, 6, & 8

Day 2---SUNDAY

<u>LANE</u>	<u>SESSION 5</u>	<u>LANE</u>	<u>SESSION 7</u>
1	WMY	1	SVY
2	EEX	2	BAC
3	CJAC	3	ESC
4	HACY	4	CAT
5	NJBL	5	TAC
6	SHY	6	XCEL
7	SAC	7	NJW
8	PAA	8	STVN

ALTS: RY, NJW ALTS: MCSC, LHY
BAC EEX



Custom or Stock Awards For All Events



Trophies, Medals, Plaques, Embroidered
Patches, & Ribbons

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