

Revised Friday May 10th, 2019

2019 MYM MAY WARM-UP

SATURDAY, MAY 11, 2019

Fly Over Starts for all sessions

	<u>Warm-up</u>	<u>Check-in</u>	<u>Start</u>	
Session 1--12/UNDERS	12:30PM	12:30PM	1:05PM	CHANGE OF TIME ONE WARMUP APPROXIMATELY
Session 2--400'S	3:45PM	3:55PM	4:15PM	
Session 3--13/OVERS	5:25PM	5:30PM	6:00PM	

WARMUP ASSIGNMENTS

12/UNDERS	
12:30PM	
LANE 1	MYM
LANE 2	MYM
LANE 3	MYM/NJB
LANE 4	CAT
LANE 5	STAC
LANE 6	SHY
LANE 7	MEY, MAY
LANE 8	MAY, NJB

ONE
WARM-UP

ALL 400'S	
3:45PM	TENTATIVE
MYM	ONE WARM-UP
MYM	
MYM	
MYM	
EEX	
MAY, NJB	
SHY, NJBL	
ALL OTHERS	

slow-to-fast; alternating

13/OVERS	
5:25PM	TENTATIVE
MYM	ONE WARM-UP
MYM	
MYM/SHY	
SHY	
STAC	
EEX,STAC	
MAY, NJB,	
NJBL, MEY	

TIMING ASSIGNMENTS

	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8
SESSION 1--12/UNDERS	CAT	STAC	SHY ALTS: NJB, SHY	MEY	MAY	NJBL	CAT	STAC
SESSION 2--400'S	SWIMMERS WILL PROVIDE THEIR OWN TIMERS							
SESSION 3--13/OVERS	STAC	SHY	EEX ALTS: EEX, MAY	MAY	NJBL	MEY	NJB	STAC

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