

2017 MYM SUMMER SUNSHINE

SUNDAY, JUNE 18th, 2017

Fly Over Starts for all sessions

Session 1--12/UNDERS
 Session 2--400'S
 Session 3--13/OVERS

Warm-up

12:00PM
 3:40PM
 4:45PM

Check-in

12:20PM
 3:40PM
 5:05PM

Start

12:55PM
 4:15PM
 5:40PM

**ONE WARMUP
 APPROXIMATELY**

WARMUP ASSIGNMENTS

12/UNDERS		
	12:00AM	12:25AM
LANE 1	MYM	NJRC
LANE 2	MYM	NJRC
LANE 3	MYM	NJRC
LANE 4	MYM	MAY
LANE 5	NJRC	JG
LANE 6	NJRC	WY
LANE 7	WFY	TWST
LANE 8	WFY	ALL OTHERS

ALL 400'S		
	3:40PM	TENTATIVE
	MYM	
	MYM	
		ONE
	ALL	
	OTHERS	WARM-UP
	TEAMS	
	LANES	
	3--8	

13/OVERS		
	4:45PM	5:10PM
	MYM	STAC
	MYM	STAC
	MYM	SVY
	MYM	WFY
	MYM	WY
	NJRC	MAY
	NJRC	TWST
	NJRC	ALL OTHERS

slow-to-fast; alternating

TIMING ASSIGNMENTS

	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8
SESSION 1--12/UNDERS	STAC	WFY	NJRC	MAY	JG	WY	TWST	STAC
SESSION 2--400'S	SWIMMERS WILL PROVIDE THEIR OWN TIMERS							
SESSION 3--13/OVERS	NJRC	STAC	WFY	WY	MAY	TWST	NJRC	SVY
	ALTS: STAC, SVY WFY							

FOR HEAT SHEETS, MEET RESULTS AND MORE...

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