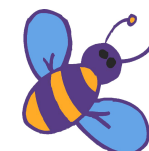


12/under Silver/Bronze LC Championship 2010
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FLY OVER starts will be used throughtout the meet

Warmup Assignments

<u>Saturday AM</u> <u>10/unders</u> <u>7:10</u> <u>7:40</u> Check-in by 7:45AM		<u>200 Strokes</u> <u>12/unders</u> <u>approximately noon</u> Check-in by 11:30AM	<u>Saturday PM</u> <u>11/12's</u> <u>2:15</u> <u>2:45</u> Check-in by 2:45PM		<u>11/12 400 IM's</u> <u>11/12's</u> <u>10 minutes</u> Check-in by 7:00PM		
HACY	BAC	<i>All swimmers</i> 30 minute warmup	HACY	BAC	Swimmers will provide own timers		
CAT	BMS		ESC	MYM			
CBGC	CJAC		BB	NJW			
MEY	ESC		CAT	OCY			
MYM	NJRC		EEX	PAA			
NJBL	NJW		MCSC	PTAC			
PAA	OCY		MEY	SHY			
PTAC	SAC		NJBL	TWST			
RY	SVY		RY	WFY			
STVN	TAC		SAC	XCEL			
XCEL	WEY		SVY	YWMC			
all others	WFY		TAC	all others			
Start at 8:15AM			Start No Earlier than 12:00	Start at 3:20PM		Start approximately 7:30PM	
<u>Sunday AM</u> <u>10/unders</u> <u>7:10</u> <u>7:40</u> Check-in by 7:45AM			<u>400 Freestyles</u> <u>12/unders</u> <u>approximately noon</u> Check-in by 11:30AM	<u>Sunday PM</u> <u>11/12's</u> <u>2:15</u> <u>2:45</u> Check-in by 2:45PM		Swimmers will provide own timers	
HACY	CAT	<i>All swimmers</i> Swimmers will provide own timers	HACY	BB			
BAC	CBGC		BAC	CAT			
BMS	MCSC		MYM	CJAC			
CJAC	MEY		NJW	EEX			
ESC	MYM		OCY	ESC			
NJRC	NJBL		PAA	MCSC			
NJW	PAA		PTAC	MEY			
OCY	PTAC		SHY	NJBL			
SAC	RY		TWST	RY			
SVY	STVN		WFY	SAC			
TAC	TWST		XCEL	SVY			
WEY	XCEL		YWMC	TAC			
WFY	all others		all others	WY			
Start at 8:15AM			Start No Earlier than 12:00	Start at 3:20PM			



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TIMING ASSIGNMENTS

	<u>Lane 1</u>	<u>Lane 2</u>	<u>Lane 3</u>	<u>Lane 4</u>	<u>Lane 5</u>	<u>Lane 6</u>	<u>Lane 7</u>	<u>Lane 8</u>
SATURDAY								
<u>10/unders</u>	BAC	WFY	XCEL	RY	TAC	ESC	PAA	PTAC
	<i>Backup timers: OCY, TWST, NJRC</i>							
<u>200's</u>	MYM	SVY	BAC	MEY	CJAC	WAVE	SAC	WFY
	<i>Backup timers: PAA, XCEL, OCY</i>							
<u>11/12's</u>	SVY	MYM	CAT	SAC	SHY	NJW	MCSC	NJBL
	<i>Backup timers: EEX, MEY, BB</i>							
SUNDAY								
<u>10/unders</u>	SVY	SAC	SHY	STVN	CAT	NJBL	BMS	NJW
	<i>Backup timers: WAVE, WY, PPST</i>							
<u>11/12's</u>	PTAC	RY	XCEL	TAC	PAA	ESC	WFY	BAC
	<i>Backup timers: HCY, SAY, CJAC</i>							

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