



HEAT MADNESS 2010

Saturday, June 5, 2010

Fly Over Starts for all sessions

	Warm-up	Check-in	Start
Session 1--13/Overs	7:15AM	7:30AM	8:20AM

400 FREESTYLES Warmup for 30 minutes immediately following session 1
 Check-in by noon in control room; provide own timers; will not start before 12:45PM;
 Fastest to slowest alternating women, then men.

Session 2--12/Unders	2:30PM	3:00PM	3:35PM
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Warm-up Assignments

AM	
7:15 to 7:45	7:45 to 8:15
SAC	BB
CJAC	BMS
FLY	EEX
MCSC	NJW
NJBL	SAY
PAA	SDSC
TWST	ALL OTHERS

PM	
2:30-3:00	3:00-3:30
SAC	ABBE
BB	CJAC
CAT	FLY
EEX	MCSC
NJW	NJBL
SDSC	PAA
TWST	RY
WEY	ALL OTHERS

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>
AM SESSION ALTS: FLY, BMS	SAC/NJW	SAC/EEX	SAC/PAA	SAC/BB	SAC/CJAC	SAC/SDSC	SAC/SAY	SAC/NJBL
PM SESSION ALTS: NJW, NJBL	SAC/WEY	SAC/MCSC	SAC/TWST	SAC/ABBE	SAC/FLY	SAC/CAT	SAC/RY	SAC/PAA

Please be prepared to time for the entire session; please come with a stopwatch

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