



# HEAT MADNESS

## Saturday, MAY 30, 2009

### Fly Over Starts for all sessions

	Warm-up 7:15AM	Check-in 7:50AM	Start 8:20AM
Session 1--13/Overs	Warm-up in the patio pool		
Session 2--13/Over 400 Frees	Check-in in control room by 12:00PM; provide own timers and lap counters; will not start before 12:30PM; Fastest to slowest alternating women, then men.		
Session 3--12/Unders	2:10PM	2:45PM	3:15PM

#### Warm-up Assignments

		AM				PM	
		7:15 to 7:45	7:45 to 8:15			2:10-2:40	2:40-3:10
Lane 1		<b>SAC</b>	BB	Lane 1		<b>SAC</b>	RY
Lane 2		<b>SAC</b>	EEX	Lane 2		<b>SAC</b>	RY
Lane 3		<b>SAC</b>	HACY	Lane 3		<b>SAC</b>	MEY
Lane 4		CAT	CJAC	Lane 4		WFY	WEY
Lane 5		CAT	MEY	Lane 5		WFY	CAT
Lane 6		CAT	NJRC/SDSC	Lane 6		BB	EEX/CJAC
Lane 7		RY	PPAT/SAY	Lane 7		WAVE/HACY	NJRC/PPST
Lane 8		RY	<b>ALL OTHERS</b>	Lane 8		MCSC/SDSC	<b>ALL OTHERS</b>

#### 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>
<b>AM SESSION</b> <i>ALTS: PPST, SAY, SDSC</i>	CAT	RY	BB	EEX	CJAC	MEY	NJRC	HACY
<b>PM SESSION</b> <i>ALTS: CJAC, PPST, CBGC</i>	WFY	WEY	WAVE	MCSC	SDSC	TWST	RY	CAT

*Please be prepared to time for the entire session.  
Please come with a stopwatch.*

WARMUP FOR 400 FREESTYLE: ALL TEAMS

[www.besmarttinc.com](http://www.besmarttinc.com)