



SUMMER SIZZLE 2009 WARMUP ASSIGNMENTS

FLY OVER STARTS WILL BE USED FOR PRELIMS AND TIMED FINAL SESSIONS

<p>Fri. AM Session 1 13/Over 715-7:45</p> <p>All 400 IM Swimmers</p> <p><i>Provide timers</i></p>	<p>Friday AM Session 2 13/Over Prelims</p> <p>9:20 9:40 10:00</p> <p>EEX NJBL BB CJAC PAA HACY CRA SAC MYM ESC SKSC RY NJRC TAC WFY SHY TS XCEL TWST</p> <p style="text-align: right;"><i>...all others</i></p> <p>10:20 SPRINTS; ALL LANES</p>			<p>Friday Session 3 800's</p> <p>Patio Pool Warm-up</p> <p><i>Swimmers provide timers and lap counters</i></p>	<p>Friday PM Session 4 12/Unders</p> <p>2:00 2:30</p> <p>EEX ESC CRA HACY HAA MEY MYM PAA NJBL RY NJRC SHY SAC WFY TAC WY TS XCEL TWST</p> <p style="text-align: right;"><i>...all others</i></p>		<p>Fri. FINALS Session 5 Warmup at 5:55PM</p> <p>A L L</p> <p>S W I M M E R S</p>	<p>13/Overs Main AM warm-up Three twenty minute sessions</p> <p><i>All lanes sprints for ten minutes following the 3 / 20 minute sessions</i></p> <p>First 15 mins. ALL LANES SWIM Last 5 mins. LANES 1-4 PACE</p> <p>AGE GROUP</p> <p>First 20 min. ALL LANES SWIM Last 10 min. LANES 1-2 PACE LANES 7-8 SPRINT LANES 3-6 SWIM</p> <p>FINALS</p> <p>First 30 min. ALL LANES SWIM Last 30 min. LANES 1-2 PACE Last 20 min. LANES 7-8 SPRINT LANES 3-6 SWIM</p>
<p>Sat. AM Session 6 13/Over 715-7:45</p> <p>All 400 FR Swimmers</p> <p><i>Provide timers</i></p>	<p>Saturday AM Session 7 13/Overs</p> <p>9:20 9:40 10:00</p> <p>EEX CJAC ESC BB CRA NJBL CBGC HACY NJW PAA MYM SHY RY TWST SKSC SAC WFY TS TAC XCEL</p> <p style="text-align: right;"><i>...all others</i></p> <p>10:20 SPRINTS; ALL LANES</p>				<p>Saturday PM Session 8 12/Unders</p> <p>2:00 2:30</p> <p>EEX CRA ESC HAA HACY MYM MEY NJBL PAA NJRC RY SAC SHY TAC WFY TS WY TWST XCEL</p> <p style="text-align: right;"><i>...all others</i></p>		<p>Sat. FINALS Session 9 Warmup at 5:55PM</p> <p>A L L</p> <p>S W I M M E R S</p>	



SUMMER SIZZLE 2009 WARMUP ASSIGNMENTS Continued

Sunday AM Session 10 13/Overs			Sun AM Session 11	Sunday PM Session 12 12/Unders		Sun. FINALS Session 13 Warmup at 5:55PM	13/Overs Main AM warm-up Three twenty minute sessions		
7:15	7:35	7:55	1500'S		2:00	2:30	A	All lanes sprints for ten minutes following the 3 / 20 minute sessions	
EEX	CBGC	BB	Patio Pool		EEX	ESC	L	First 15 mins. ALL LANES SWIM	
MYM	CJAC	CRA	Warm-up		CRA	HACY	L	Last 5 mins. LANES 1-4 PACE	
NJBL	HACY	ESC			HAA	MEY			
RY	PAA	NJRC	<i>Swimmers provide timers and lap counters</i>		MYM	PAA	S	AGE GROUP	
SHY	TS	NJW			NJBL	RY	W	First 20 min. ALL LANES SWIM	
SKSC	WFY	SAC			NJRC	SHY	I	Last 10 min. LANES 1-2 PACE	
XCEL		TAC			SAC	WFY	M	LANES 7-8 SPRINT	
		<i>...all others</i>			TAC	WY	M	LANES 3-6 SWIM	
					TS	XCEL	E	FINALS	
					TWST	<i>...all others</i>	R	First 30 min. ALL LANES SWIM	
8:15 SPRINTS; ALL LANES							S	Last 30 min. LANES 1-2 PACE	
								Last 20 min. LANES 7-8 SPRINT	
								LANES 3-6 SWIM	

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