

## **DEVILFISH 2008 *NEW REVISED SESSION TIMES***

**SUNDAY, OCTOBER 19, 2008**

<u>SESSION</u>	<u>AGE GROUP</u>	<u>WARM-UP</u>	<u>CHECK-IN</u>	<u>START</u>
<i>SUNDAY AM</i>	9/10 BOYS 11/12 GIRLS 11/12 BOYS	6:30AM	7:15AM	7:45AM
<i>SUNDAY MID</i>	8/UNDER GIRLS 8/UNDER BOYS 9/10 GIRLS	10:30AM	11:15AM	11:45AM
<i>SUNDAY PM</i>	ALL 13/OVERS	2:30PM	3:00PM	3:45PM

***DEVILFISH TIMING ASSIGNMENTS***

	<b>LANE 1</b>	<b>LANE 2</b>	<b>LANE 3</b>	<b>LANE 4</b>	<b>LANE 5</b>	<b>LANE 6</b>
<b>SESSION 1</b>	WY WY	GBCY WY	HCY WY	MEY WY	MCY WY	WY WY
<b>SESSION 2</b>	WY WY	GBCY WY	FSPY WY	HCY WY	MCY WY	MEY WY
<b>SESSION 3</b>	WY WY	GBCY WY	GBCY WY	HCY WY	MCY WY	WY WY

## Warm-up rules

- All swimmers must enter the pool with feet first entries from the starting end of the pool.
- Diving is only permitted during the Sprint period of each warm-up session
- Coaches will monitor warm-ups for their teams.
- Teams will be assigned warm-up sessions and lanes

## Warm-up Schedules.

### Warm-up Procedures:

- Session #1

- Warm-up 1 – Pace: 6:30 – 6:45 AM – Sprint: 6:45 – 6:50 AM--WESTFIELD
- Warm-up 2 – Pace: 6:50 – 7:05 AM – Sprint: 7:05 – 7:10 AM—GBCY/MCY
- Warm-up 3 – Pace: 7:10 – 7:25 AM – Sprint: 7:25 – 7:30 AM—HCY/MEY

- Session #2.

- Warm-up 1 – Pace: 10:30 – 10:45 AM – Sprint: 10:45 – 10:50AM--WESTFIELD
- Warm-up 2 – Pace: 10:50 – 11:05 AM – Sprint: 11:05 – 11:10 AM—GBCY/HCY
- Warm-up 3 – Pace: 11:10 – 11:25 AM – Sprint: 11:25 – 11:30 AM—  
FSPY/MCY/MEY

- Session #3.

- Warm-up 1 – Pace: 2:30 – 2:45 PM – Sprint: 2:45 – 2:50 PM--WESTFIELD
- Warm-up 2 – Pace: 2:50 – 3:05 PM – Sprint: 3:05 – 3:10 PM—MCY/HCY
- Warm-up 3 – Pace: 3:10 – 3:25 PM – Sprint: 3:25 – 3:30 PM--GBCY

*All teams will be asked to provide timers at all sessions!*