



Pool Assignments for Swimming		
<i>"Fly Over" starts will be used at prelims and timed final sessions.</i>		
	<u>Scoreboard</u>	<u>Diving</u>
Friday, AM & 1000'S	All Women	All Men
Friday, PM	12/U Boys	12/U Girls
Friday Finals	13/OVERS	XXX
1000'S WILL NOT START BEFORE 11:00AM		
Saturday, AM	13/14 Women & Open Men	13/14 Men & & Open Women
Saturday, PM	12/U Boys	12/U Girls
Saturday Finals	13/OVERS	XXX
Sunday, AM & 1650's	ALL MEN	ALL WOMEN
Sunday, PM	12/U Boys	12/U Girls
Sunday Finals	13/OVERS	XXX
1650'S WILL NOT START BEFORE 11:00 AM		

REVISED TEAM WARM-UP ASSIGNMENTS FOR PRELIMS AND TIMED FINALS



Requested by New Jersey Swimming (12/09/09)

FRIDAY AM

SATURDAY AM

SUNDAY AM

Check-in 7:45; Start 8:25

**500 FREES WARMUP AT 7:10;
CHECK-IN 7:30; START 7:45**

Check-in 7:45; Start 8:25

7:10-7:35 7:35-8:00 8:00-8:25

9:15-9:40 9:40-10:05 10:05-10:30

7:10-7:35 7:35-8:00 8:00-8:25

EEX	GBCY	AGUA
BB	GRYM	BGNW
CJAC	LHY	CAT
HACY	NYSA	ESC
MYM	OCY	FSPY
NJW	SAC	HCY
PAA	SAY	LMOR
RVYM	SDSC	MEY
RVYM	SVY	NJBL
SHY	TS	NJRC
TWST	XCEL	RBY
WFY	YWMC	WMY

EEX	AGUA	BB
GBCY	BGNW	CJAC
GRYM	CAT	HACY
LHY	ESC	MYM
NYSA	FSPY	NJW
OCY	HCY	PAA
SAC	LMOR	RVYM
SAY	MEY	RVYM
SDSC	NJBL	SHY
SVY	NJRC	TWST
TS	RBY	WFY
XCEL	WMY	YWMC

EEX	BB	GBCY
AGUA	CJAC	GRYM
BGNW	HACY	LHY
CAT	MYM	NYSA
ESC	NJW	OCY
FSPY	PAA	SAC
HCY	RVYM	SAY
LMOR	RVYM	SDSC
MEY	SHY	SVY
NJBL	TWST	TS
NJRC	WFY	WMY
RBY	YWMC	XCEL

...and
all others

...and
all others

...and
all others

Five minutes of sprints for all teams at the conclusion of the AM warmup session.

**THE COMPETITION POOLS WILL
BE OPEN FOR WARM-UP FOR THE
1000's and 1650's AFTER PRELIMS**

**THE COMPETITION POOLS WILL
BE OPEN FOR WARMUP FOR PM FINALS
AT 5:30PM FRIDAY AND SATURDAY
AT 5:00PM ON SUNDAY**

FRIDAY 12/UNDERS

SAT. 12/UNDERS

SUN. 12/UNDERS

CHECK-IN BY 2:30

CHECK-IN BY 2:30

CHECK-IN BY 1:55

START AT 3:05

START AT 3:05

START BY 2:30

2:00-2:30 2:30-3:00

2:00-2:30 2:30-3:00

1:25-1:55 1:55-2:25

EEX	BGNW
CJAC	CAT
GBCY	ESC
JG	GRYM
MEY	HACY
MYM	LHY
NJBL	NYSA
NJRC	OCY
NJW	PAA
RBY	PDR
SHY	SAC
SVY	SAY
TS	SDSC
WMY	TAC
WY	WFY
XCEL	

EEX	CJAC
BGNW	GBCY
CAT	JG
ESC	MEY
GRYM	MYM
HACY	NJBL
LHY	NJRC
NYSA	NJW
OCY	RBY
PAA	SHY
PDR	SVY
SAC	TS
SAY	WMY
SDSC	WY
TAC	XCEL
WFY	

EEX	BGNW
CJAC	CAT
GBCY	ESC
JG	GRYM
MEY	HACY
MYM	LHY
NJBL	NYSA
NJRC	OCY
NJW	PAA
RBY	PDR
SHY	SAC
SVY	SAY
TS	SDSC
WMY	TAC
WY	WFY

...and
all others

...and
all others

...and
all others



Timing Assignments for Holiday Classic XXIII
"Fly Over" starts will be used at prelims and during timed final sessions

		FRIDAY						
		Session I 13/over Women	Session II 13/over Men	Session III <u>Women's 1000</u>	Session IV <u>Men's 1000</u>	Session V 12/under Girls	Session VI 12/under Boys	Session VII Finals
LANE				Competition pools will be open at the completion of prelims. <i>Swimmers will provide own timers and lap counters.</i> Will not start before 11:00				
1	EEX/CAT	EEX/TS	EEX/NJBL			EEX/RBY	EEX/AGUA	
2	EEX/LHY	EEX/MYM	EEX/WY			EEX/LHY	EEX/CAT	
3	EEX/PAA	EEX/WFY	EEX/XCEL			EEX/ESC	EEX/SAC	
4	EEX/SHY	EEX/ESC	EEX/GRYM			EEX/GRYM	EEX/BGNW	
5	EEX/SVY	EEX/NYSA	EEX/SDSC			EEX/PAA	EEX/LHY	
6	EEX/AGUA	EEX/SAC	EEX/BGNW			EEX/TS	EEX/PAA	
7	EEX/BGNW	EEX/YWMC	EEX/NJW			EEX/WFY	EEX/WFY	
8	EEX/WMY	EEX/RBY	EEX/SVY			EEX/NJBL	EEX/RBY	
ALT:	SAY, CJAC, NJRC	BMS, FSPY		NYSA, SHY	SAC, SVY	FSPY, SVY, GRYM		
SATURDAY								
	Session VIII 13/14 WOMEN & OPEN MEN	Session IX 13/14 MEN OPEN WOMEN	Session X 12/under Girls	Session XI 12/under Boys	Session XII Finals			
1	EEX/TS	EEX/WFY	EEX/BGNW	EEX/RBY	EEX/LHY EEX/NYSA EEX/BGNW EEX/TS EEX/SVY EEX/MYM EEX/SAC EEX/NJW PAA, XCEL, FSPY			
2	EEX/RBY	EEX/LHY	EEX/ESC	EEX/WY				
3	EEX/CAT	EEX/BGNW	EEX/SVY	EEX/TS				
4	EEX/NYSA	EEX/PAA	EEX/SHY	EEX/WFY				
5	EEX/MYM	EEX/SVY	EEX/CAT	EEX/LHY				
6	EEX/SHY	EEX/AGUA	EEX/NJBL	EEX/PAA				
7	EEX/XCEL	EEX/SAY	EEX/SAY	EEX/SAC				
8	EEX/ESC	EEX/WMY	EEX/LHY	EEX/SDSC				
ALT.	BMS, FSPY	NJW, RVYM	GRYM, NYSA	SDSC, MEY				
SUNDAY								
	Session XIII 13/over Women	Session XIV 13/over Men	Session XV <u>Women's 1650</u>	Session XVI <u>Men's 1650</u>	Session XVII 12/under Girls	Session XVIII 12/under Boys	Session XIX Finals	
1	EEX/PAA	EEX/TS	Competition pools will be open at the completion of prelims. <i>Swimmers will provide own timers and lap counters.</i> Will not start before 11:00		EEX/ESC	EEX/WY	EEX/LHY EEX/AGUA EEX/NYSA EEX/PAA EEX/SAC EEX/BGNW EEX/SAY EEX/RBY SVY, CAT, XCEL	
2	EEX/LHY	EEX/BGNW			EEX/GRYM	EEX/RBY		
3	EEX/CAT	BGNW			EEX/XCEL	EEX/SDSC		
4	EEX/SHY	EEX/MYM			EEX/OCY	EEX/LHY		
5	EEX/SVY	EEX/WFY			EEX/SAC	EEX/NJBL		
6	EEX/AGUA	EEX/ESC			EEX/SAY	EEX/WMY		
7	EEX/SAC	EEX/NYSA			EEX/NYSA	EEX/SHY		
8	EEX/WMY	EEX/YWMC			EEX/NJW	EEX/TAC		
ALT	NJRC, CJAC	BMS, SAY				TS, TAC		

TEAMS NEED TO BE PREPARED TO TIME THE ENTIRE SESSION
TIMERS NEED TO PROVIDE THEIR OWN STOPWATCHES

DISTANCE SWIMMERS (500's (Sat. AM), 1000'S, & 1650'S) NEED THEIR OWN TIMERS AND LAP COUNTERS