

2009 SAC LC JUNIOR OLYMPICS

There will be one timer from the assigned team and one timer from **SAC** on each lane.



For **distance** events (800/1500) swimmers will provide **their own timers and lap counters**.

There will be a positive check-in for distance events

If the competition pool is not available, warmup will begin in the patio pool until the main pool is available.

TIMING ASSIGNMENTS

Day 1--THURSDAY

| LANE | SESSION 1 | LANE | SESSION 2 | LANE | SESSION 3 |
|----------------------|-----------|------|-----------------------|------|-------------------------|
| <u>13/O PRELIMS</u> | | | <u>12/UNDERS</u> | | <u>13/O FINALS</u> |
| 1 | BAC | 1 | RY | 1 | BAC |
| 2 | CAT | 2 | SHY | 2 | ESC |
| 3 | EEX | 3 | NJBL | 3 | CAT |
| 4 | ESC | 4 | WFY | 4 | EEX |
| 5 | XCEL | 5 | SVY | 5 | BB |
| 6 | PAA | 6 | MYM | 6 | NJW |
| 7 | NJW | 7 | OCY | 7 | PAA |
| 8 | BB | 8 | RBV | 8 | PPST |
| ALTS: BMS, PPST, SVY | | | ALTS: MEY, SDSC, HACY | | ALTS: ALL OTHERS |

Day 3--SATURDAY

| LANE | SESSION 7 | LANE | SESSION 8 | LANE | SESSION |
|---------------------|-----------|------|---------------------|------|-------------------------|
| <u>13/O PRELIMS</u> | | | <u>12/UNDERS</u> | | <u>13/O FINALS</u> |
| 1 | PPST | 1 | RY | 1 | BAC |
| 2 | WFY | 2 | NJBL | 2 | ESC |
| 3 | SVY | 3 | SDSC | 3 | NJW |
| 4 | NJW | 4 | SHY | 4 | BMS |
| 5 | BAC | 5 | MYM | 5 | CAT |
| 6 | CAT | 6 | XCEL | 6 | SVY |
| 7 | EEX | 7 | PAA | 7 | EEX |
| 8 | ESC | 8 | RBV | 8 | WFY |
| ALTS: SVY, BMS, BB | | | ALTS: MEY, OCY, CAT | | ALTS: ALL OTHERS |

Day 2--FRIDAY

| LANE | SESSION 4 | LANE | SESSION 5 | LANE | SESSION 6 |
|---------------------|-----------|------|--------------------|------|-------------------------|
| <u>13/O PRELIMS</u> | | | <u>12/UNDERS</u> | | <u>13/O FINALS</u> |
| 1 | BB | 1 | RY | 1 | RY |
| 2 | BMS | 2 | PAA | 2 | ESC |
| 3 | CJAC | 3 | NJW | 3 | WFY |
| 4 | SVY | 4 | ESC | 4 | SVY |
| 5 | XCEL | 5 | WFY | 5 | EEX |
| 6 | CAT | 6 | NJBL | 6 | CAT |
| 7 | BAC | 7 | SHY | 7 | PAA |
| 8 | EEX | 8 | MYM | 8 | BAC |
| ALTS: PAA, NJW, LHY | | | ALTS: RBV, LHY, WY | | ALTS: ALL OTHERS |

Day 4--SUNDAY

| LANE | SESSION 10 | LANE | SESSION 11 | LANE | SESSION |
|---------------------|------------|--|-------------------|------|-------------------------|
| <u>13/O PRELIMS</u> | | | <u>1500 FREES</u> | | <u>13/O FINALS</u> |
| 1 | CCC | ALL 1500 SWIMMERS 11 & OLDER OWN TIMERS OWN LAP COUNTERS | | 1 | BAC |
| 2 | SAY | | | 2 | ESC |
| 3 | WY | | | 3 | SVY |
| 4 | BMS | | | 4 | WFY |
| 5 | BB | | | 5 | CAT |
| 6 | CJAC | | | 6 | NJW |
| 7 | XCEL | | | 7 | BB |
| 8 | WY | | | 8 | PAA |
| ALTS: SHY, LHY, MYM | | | | | ALTS: ALL OTHERS |

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2009 SAC LC Junior Olympics Warm-up Assignments

Fly over starts may be used throughout the meet!

In the event that the competition pool is not available, warmup will begin in the patio pool.

Check-in sheets are due 30 minutes before the beginning of each session. Positive check-in for 800/1500 freestyles and all relays.

| THURSDAY | | | | FRIDAY | | | | SATURDAY | | | | SUNDAY | | |
|---------------------------|-------------------|------------------------|-------------------|---------------------------|-------------------|------------------------|-------------------|---------------------------|-------------------|------------------------|-------------------|----------------------------|-------------------|--|
| Session 1 13/O PRELIMS | | Session 2 12/UNDERS | | Session 4 13/O PRELIMS | | Session 5 12/UNDERS | | Session 7 13/O PRELIMS | | Session 8 12/UNDERS | | Session 10 13/O PRELIMS | | Session 11 1500'S |
| I | II | I | II | I | II | I | II | I | II | I | II | I | II | |
| 7:15AM | 7:45AM | 11:55AM | 12:25PM | 7:15 AM | 7:45AM | 11:55AM | 12:25PM | 7:15 AM | 7:45AM | 11:55AM | 12:25PM | 7:15 AM | 7:45AM | 11:25AM |
| SAC | BAC | SAC | CBGC | SAC | BB | SAC | BAC | SAC | BAC | SAC | CBGC | SAC | BB | ALL S W I M M E R S <i>WILL</i> <i>NOT</i> <i>START</i> <i>BEFORE</i> <i>12:30PM</i> |
| BB | CAT | BAC | ESC | BAC | BMS | CBGC | CAT | BB | CAT | BAC | ESC | BAC | BMS | |
| BMS | CJAC | CAT | MCSC | CAT | CCC | ESC | CJAC | BMS | CJAC | CAT | MCSC | CAT | CCC | |
| CCC | HACY | CJAC | NJRC | CJAC | EEX | MCSC | EEX | CCC | HACY | CJAC | NJRC | CJAC | EEX | |
| EEX | HCY | EEX | NJW | HACY | ESC | NJRC | HACY | EEX | HCY | EEX | NJW | HACY | ESC | |
| ESC | LHY | HACY | OCY | HCY | MYM | NJW | LHY | ESC | LHY | HACY | OCY | HCY | MYM | |
| MYM | MCSC | LHY | PTAC | LHY | NJBL | OCY | MEY | MYM | MCSC | LHY | PTAC | LHY | NJBL | |
| NJBL | MEY | MEY | RBY | MCSC | PPST | PTAC | MYM | NJBL | MEY | MEY | RBY | MCSC | PPST | |
| PPST | NJRC | MYM | RY | MEY | SAY | RBY | NJBL | PPST | NJRC | MYM | RY | MEY | SAY | |
| SAY | NJW | NJBL | SDSC | NJRC | SDSC | RY | PAA | SAY | NJW | NJBL | SDSC | NJRC | SDSC | |
| SDSC | PAA | PAA | SHY | NJW | SHY | SDSC | PPST | SDSC | PAA | PAA | SHY | NJW | SHY | |
| SHY | RY | PPST | SVY | PAA | STVN | SHY | SAY | SHY | RY | PPST | SVY | PAA | STVN | |
| STVN | SVY | SAY | WMY | RY | TWST | SVY | TWST | STVN | SVY | SAY | WMY | RY | TWST | |
| TWST | TAC | TWST | XCEL | SVY | WFY | WMY | WAVE | TWST | TAC | TWST | XCEL | SVY | WFY | |
| WFY | XCEL | WAVE | YWMC | TAC | WMY | XCEL | WFY | WFY | XCEL | WAVE | YWMC | TAC | WMY | |
| WMY | <i>all others</i> | WFY | <i>all others</i> | XCEL | <i>all others</i> | YWMC | <i>all others</i> | WMY | <i>all others</i> | WFY | <i>all others</i> | XCEL | <i>all others</i> | |
| | | WY | <i>others</i> | | | | | | | WY | <i>others</i> | | | |