

## 9/10 North Silver/Bronze Championships 2008

at Bergen Community College

		Warm-up	Check-in	Start
<b>Session 1</b>	Girls 10/Boys 9	8:55AM	9:30AM	10:00AM
<b>Session 2</b>	200 IM's	12:55PM	1:15PM	1:30
<b>Session 3</b>	Girls 9/Boys 10	2:00PM	2:30PM	3:05PM
		Warm-up	Check-in	Start
<b>Session 4</b>	Girls 10/Boys 9	7:25AM	8:00AM	8:30AM
<b>Session 5</b>	500 Free	NOON	12:15PM	12:35PM
<b>Session 6</b>	Girls 9/Boys 10	2:15PM	2:50PM	3:20PM

### WARM-UP ASSIGNMENTS

*Entry into the pool from the block end.*

SESSION 1			SESSION 2	SESSION 3		
8:55AM	9:15AM	9:35AM	12:55-1:25PM	2:00PM	2:20PM	2:40PM
CAT	RY	BAC	200 IM's	CAT	WFY	GBCY
JG	BB	HCY		BAC	NJBL	RY
NJBL	CBGC	MCY	ALL	WMY	MCY	NJW
SAY	CCC	STVN	SWIMMERS	BB	SAY	WY
WEY	GBCY	WFY		HCY	WEY	CCC
WY	NJW	WMY		RHSC	STVN	JG
		<i>all others</i>		CBGC		<i>all others</i>

SESSION 4			SESSION 5	SESSION 6		
7:25AM	7:45AM	8:05AM	12:00-12:30	2:15PM	2:35	2:55
CAT	BAC	BB	500 FREE's	CAT	WFY	BAC
CBGC	GBCY	CCC		WMY	RY	GBCY
MCY	HCY	NJBL		MCY	NJBL	NJW
RY	JG	NJW	ALL	HCY	CCC	NJW
STVN	WFY	SAY	SWIMMERS	WEY	WY	BB
WMY	WY	WEY		SAY	STVN	CBGC
		<i>all others</i>		JG	RHSC	<i>all others</i>

### TIMING ASSIGNMENTS

#### SATURDAY AM /SESSION 1

GIRLS 10/BOYS 9

LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6
WMY	STVN	GBCY	SAY	NJBL	NJW

Alternates: RY, BAC, WFY

#### SATURDAY/ 200IM's

ALL 9/10's

*Swimmers need to provide their own timers*

#### SATURDAY PM/SESSION 3

GIRLS 9/BOYS 10

LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6
WY	NJW	MCY	WMY	RY	BAC

Alternates: WEY, SAY, CCC

#### SUNDAY AM/SESSION 4

GIRLS 10/BOYS 9

LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6
GBCY	NJBL	NJW	SAY	WFY	STVN

Alternates: RY, BAC, CCC

#### SUNDAY/500's

ALL 9/10'S

*Swimmers need to provide their own timers and lap counters*

#### SUNDAY PM/SESSION 6

GIRLS 9/BOYS 10

LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6
BAC	RY	WMY	MCY	NJBL	CCC

Alternates: HCY, WEY, WY

A timer from the host team will be on each lane as well.

Timers need to have their own stopwatches.

Timers are required to be on their lane for the entire session.

All teams without timing assignments need to be ready to be alternate timers.