



9/10 North Silver/Bronze Championships 2009

at Bergen Community College

Saturday		Warm-up	Check-in	Start
Session 1	Girls 10/Boys 9	7:00	7:40	8:15
Session 2	500 FREE	11:00	11:00	11:30
Session 3	Girls 9/Boys 10	12:45	1:25	2:00
Sunday		Warm-up	Check-in	Start
Session 4	Girls 10/Boys 9	7:00	7:40	8:15
Session 5	200 IM's	11:00	11:00	11:30
Session 6	Girls 9/Boys 10	12:15	12:55	1:30

WARM-UP ASSIGNMENTS

Entry into the pool from the block end.

SESSION 1			SESSION 2	SESSION 3		
7:05	7:25	7:45	11:00	12:50	1:10	1:30
CAT	BAC	BB	500 FREE's	CAT	BB	BAC
GBCY	CBGC	BMS	ALL SWIMMERS	BMS	CCC	HCY
NJW	MCY	CCC		CBGC	GBCY	JG
RY	NJBL	JG		RY	MCY	NJBL
WEY	SAY	MYM		WFY	MYM	SAY
WY	WMY	WFY		WMY	NJW	STVN
		<i>all others</i>		WY	WEY	<i>all others</i>

SESSION 4			SESSION 5	SESSION 6		
7:05	7:25	7:45	11:00	12:20	12:40	1:00
CAT	BMS	BAC	200 IM's	CAT	BAC	GBCY
BB	MYM	GBCY	ALL SWIMMERS	BB	BMS	MYM
CCC	NJBL	MCY		CCC	CAT	NJW
HCY	SAY	NJW		MCY	CBGC	RY
JG	WEY	RY		NJBL	JG	STVN
WFY	WMY	WY		SAY	WEY	WY
		<i>all others</i>		WMY	WFY	<i>all others</i>

TIMING ASSIGNMENTS

SATURDAY AM /SESSION 1

GIRLS 10/BOYS 9

<u>LANE 1</u>	<u>LANE 2</u>	<u>LANE 3</u>	<u>LANE 4</u>	<u>LANE 5</u>	<u>LANE 6</u>
BAC	MYM	WFY	NJBL	NJW	RY

Alternates: CGBC, BMS, CCC

SATURDAY/ 500 FREE'S

ALL 9/10's

Swimmers need to provide their own timers and lap counters

SATURDAY PM/SESSION 3

GIRLS 9/BOYS 10

<u>LANE 1</u>	<u>LANE 2</u>	<u>LANE 3</u>	<u>LANE 4</u>	<u>LANE 5</u>	<u>LANE 6</u>
WMY	WFY	GBCY	JG	BB	MYM

Alternates: HCY, SAY, WEY

SUNDAY AM/SESSION 4

GIRLS 10/BOYS 9

<u>LANE 1</u>	<u>LANE 2</u>	<u>LANE 3</u>	<u>LANE 4</u>	<u>LANE 5</u>	<u>LANE 6</u>
GBCY	WY	WMY	BB	JG	SAY

Alternates: HCY, CCC, BMS

SUNDAY/200 IM'S

ALL 9/10'S

Swimmers need to provide their own timers

SUNDAY PM/SESSION 6

GIRLS 9/BOYS 10

<u>LANE 1</u>	<u>LANE 2</u>	<u>LANE 3</u>	<u>LANE 4</u>	<u>LANE 5</u>	<u>LANE 6</u>
WFY	STVN	BAC	NJW	RY	BB

Alternates: CCC, WMY, NJBL

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.