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**Eastern Express Proudly Presents:**



**Rutgers University  
Werblin Recreation Center  
June 25<sup>th</sup>-27<sup>th</sup>, 2010**

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## *Welcome to Summer Sizzle 2010...*

<b>Session Schedule:</b>		<b>Warm-up</b>	<b>Start</b>
400 IM's (FRI); 400 FR's (SAT)	13/Overs, Check-in by 7:30AM; Limited to 1.5 hours	7:15AM	7:50AM
AM Session (Fri. & Sat)	13/Overs, Check-in by 10:00AM	9:20AM	10:30AM
800 FREE	Open, Check-in by 11:00AM in Control Room	PATIO POOL (if necessary)	No early than noon
AM Session - SUNDAY	13/Overs, Check-in by 7:55AM	7:15AM	8:30AM
800/1500 Free	Open, Check-in by 11:00AM in Control Room	PATIO POOL (if necessary)	No earlier than 11:30AM
Afternoon	12/Unders, Check-in by 2:30PM	2:00PM	3: 05PM
Finals/Sat. & Sun.	Finals for 13/14's and Open & Relays	5:55PM	7:00PM

*FLY OVER STARTS WILL BE USED FOR PRELIMS AND TIMED FINAL SESSIONS*

*THE USA SWIMMING SCRATCH RULE WILL BE IN EFFECT AT FINAL SESSIONS*







## SUMMER SIZZLE 2010 WARMUP ASSIGNMENTS Continued

Sunday AM Session 10 13/Overs			Sun AM Session 11		Sunday PM Session 12 12/Unders		Sun. FINALS Session 13 Warmup at 5:55PM	13/Overs Main AM warm-up Three twenty minute sessions
7:15	7:35	7:55	1500'S		2:00	2:30	A	<b>All lanes sprints for ten minutes following the 3 / 20 minute sessions</b>
<b>EEX</b>	AGS	BMS	Patio Pool		<b>EEX</b>	HACY	L	First 15 mins. ALL LANES SWIM
CAT	PAA	ESC	Warm-up		CJAC	MCSC	L	Last 5 mins. LANES 1-4 PACE
MCSC	PTAC	HACY	<i>Swimmers provide timers and lap counters</i>		ESC	RY	<b>S</b>	<b>AGE GROUP</b>
NJW	TS	MEY			PAA	SVY	<b>W</b>	First 20 min. ALL LANES SWIM
RY	XCEL	SAC			PTAC	TS	<b>I</b>	Last 10 min. LANES 1-2 PACE
SHY		<b>...all others</b>			SAC	WAVE	<b>M</b>	LANES 7-8 SPRINT
WFY					SHY	XCEL	<b>E</b>	LANES 3-6 SWIM
					TWST	<b>...all others</b>	<b>R</b>	<b>FINALS</b>
<b>8:15 SPRINTS; ALL LANES</b>						<b>S</b>	First 30 min. ALL LANES SWIM	
							Last 30 min. LANES 1-2 PACE	
							Last 20 min. LANES 7-8 SPRINT	
							LANES 3-6 SWIM	

**FLY OVER STARTS WILL BE USED FOR PRELIMS AND TIMED FINAL SESSIONS**

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# TIMING ASSIGNMENTS FOR SUMMER SIZZLE 2010



FLY OVER STARTS WILL BE USED FOR PRELIMS AND TIMED FINAL SESSIONS

ONE EEX TIMER,  
PLUS ONE TIMER FROM TEAM NAMED

FOR FINALS, TWO TIMERS FROM  
THE SAME TEAM PER LANE FOR FINALS

SESSION 1	SESSION 2	SESSION 3	SESSION 4	SESSION 5
<p><b>400 IM's</b> for 13/overs</p> <p><b>Warmup at 7:15</b> <b>Check-in at 7:20</b> <b>Start at 7:50</b></p> <p><i>Swimmers provide own timers with watches</i></p>	<p>Friday, AM/13/OVER PRELIMS</p> <p><b>Lane -- Team</b></p> <ol style="list-style-type: none"> <li>WFY</li> <li>TS</li> <li>SAC</li> <li>PAA</li> <li>SHY</li> <li>ESC</li> <li>RY</li> <li>XCEL</li> </ol> <p>Backup: CAT, MEY</p>	<p><b>800 Freestyle</b></p> <p><i>Swimmers provide own timers with watches and a lap counter</i></p> <p><b>Will not start before NOON</b></p>	<p>Friday, PM/12/UNDERS</p> <p><b>Lane -- Team</b></p> <ol style="list-style-type: none"> <li>SVY</li> <li>PTAC</li> <li>CJAC</li> <li>MCSC</li> <li>SHY</li> <li>PAA</li> <li>ESC</li> <li>RY</li> </ol> <p>Backup: HACY, TWST, TS</p>	<p>Friday--FINALS</p> <p><b>Lane -- Team</b></p> <ol style="list-style-type: none"> <li>EEX</li> <li>CAT</li> <li>EEX</li> <li>SAC</li> <li>AGS</li> <li>EEX</li> <li>BMS</li> <li>EEX</li> </ol> <p>Backup: PAA, ESC, TS</p>
	<p><b>SESSION 6</b></p> <p><b>400 Freestyle</b> for 13/overs</p> <p><b>Warmup at 7:15</b> <b>Check-in at 7:20</b> <b>Start at 7:50</b></p> <p><i>Swimmers provide own timers with watches</i></p>	<p>Sat., AM/13/OVERS</p> <p><b>Lane -- Team</b></p> <ol style="list-style-type: none"> <li>CAT</li> <li>MEY</li> <li>AGS</li> <li>XCEL</li> <li>RY</li> <li>ESC</li> <li>SHY</li> <li>NJW</li> </ol> <p>Backup: MCSC, PTAC, HACY</p>	<p><b>SESSION 7</b></p> <p>Sat., PM/12/UNDERS</p> <p><b>Lane -- Team</b></p> <ol style="list-style-type: none"> <li>SVY</li> <li>ESC</li> <li>SAC</li> <li>XCEL</li> <li>SHY</li> <li>WFY</li> <li>TS</li> <li>RY</li> </ol> <p>Backup: PAA, TWST, PTAC</p>	<p><b>SESSION 8</b></p> <p>Saturday--FINALS</p> <p><b>Lane -- Team</b></p> <ol style="list-style-type: none"> <li>SAC</li> <li>EEX</li> <li>WFY</li> <li>EEX</li> <li>TS</li> <li>EEX</li> <li>XCEL</li> <li>EEX</li> </ol> <p>Backup: AGA, MEY, PAA</p>
	<p><b>SESSION 10</b></p> <p>Sun., AM/13/OVER PRELIMS</p> <p><b>Lane -- Team</b></p> <ol style="list-style-type: none"> <li>HACY</li> <li>MEY</li> <li>CAT</li> <li>XCEL</li> <li>AGS</li> <li>ESC</li> <li>RY</li> <li>PAA</li> </ol> <p>Backup: SHY, TS, WFY</p>	<p><b>SESSION 11</b></p> <p><b>1500 Freestyle</b></p> <p><i>Swimmers provide own timers with watches and a lap counter</i></p> <p><b>Will not start before 11:30AM</b></p>	<p><b>SESSION 12</b></p> <p>Sun., PM/12/UNDERS</p> <p><b>Lane -- Team</b></p> <ol style="list-style-type: none"> <li>MEY</li> <li>TS</li> <li>MCSC</li> <li>SHY</li> <li>XCEL</li> <li>SAC</li> <li>WFY</li> <li>PAA</li> </ol> <p>Backup: ESC, SVY, CJAC</p>	<p><b>SESSION 13</b></p> <p>Sunday--FINALS</p> <p><b>Lane -- Team</b></p> <ol style="list-style-type: none"> <li>EEX</li> <li>XCEL</li> <li>EEX</li> <li>EEX</li> <li>RY</li> <li>EEX</li> <li>SAC</li> <li>CAT</li> </ol> <p>Backup: WFY, MEY, TS</p>

Timers are assigned for the entire session.  
Timers need to provide their own watch.



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