

SUMMER SIZZLE 2008 WARMUP ASSIGNMENTS

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

| Fri. AM Session 1 13/Over 715-7:45 | Friday AM Session 2 13/Over Prelims | | | Friday Session 3 800's | Friday PM Session 4 12/Unders | | Fri. FINALS Session 5 Warmup at 5:55PM | 13/Overs Main AM warm-up Three twenty minute sessions |
|---|--|---|--|--|--|---|---|---|
| All 400 IM Swimmers <i>Provide timers</i> | 9:20 EEX BB ESC HAA PAA RY SHY WY | 9:40 HACY NJW SAY SVY TS WFY WMY | 10:00 CAT FSPY MB MYM SAC SKSC XCEL <i>...all others</i> | Patio Pool Warm-up <i>Swimmers provide timers and lap counters</i> | 1:55 EEX CJAC ESC FSPY NJW PAA RVYM RY SAC SDSC TWST WMY | 2:25 HAA HACY MYM SAY SHY SVY TS WFY WY XCEL <i>...all others</i> | A L L S W I M M E R S | <p><i>All lanes sprints for ten minutes following the 3 / 20 minute sessions</i></p> <p>First 15 mins. ALL LANES SWIM Last 5 mins. LANES 1-4 PACE</p> <p>AGE GROUP</p> <p>First 20 min. ALL LANES SWIM Last 10 min. LANES 1-2 PACE LANES 7-8 SPRINT LANES 3-6 SWIM</p> <p>FINALS</p> <p>First 30 min. ALL LANES SWIM Last 30 min. LANES 1-2 PACE Last 20 min. LANES 7-8 SPRINT LANES 3-6 SWIM</p> |
| 10:20 SPRINTS; ALL LANES | | | | | | | | |
| Sat. AM Session 6 13/Over 715-7:45 | Saturday AM Session 7 13/Overs | | | | Saturday PM Session 8 12/Unders | | Sat. FINALS Session 9 Warmup at 5:55PM | |
| All 400 FR Swimmers <i>Provide timers</i> | 9:20 EEX HACY NJW SAY SVY TS WFY WMY | 9:40 CAT FSPY MB MYM SAC SKSC XCEL | 10:00 BB ESC HAA PAA RY SHY WY <i>...all others</i> | | 1:55 EEX HAA HACY MYM SAY SHY SVY TS WFY WY XCEL | 2:25 CJAC ESC FSPY NJW PAA RVYM RY SAC SDSC TWST WMY <i>...all others</i> | A L L S W I M M E R S | |
| 10:20 SPRINTS; ALL LANES | | | | | | | | |

SUMMER SIZZLE 2008 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 | | 1:55 | 2:25 | A | <i>All lanes sprints for ten minutes following the 3 / 20 minute sessions</i> | |
| EEX | BB | HACY | Patio Pool | | EEX | HAA | L | First 15 mins. ALL LANES SWIM | |
| CAT | ESC | NJW | Warm-up | | CJAC | HACY | L | Last 5 mins. LANES 1-4 PACE | |
| FSPY | HAA | SAY | | | ESC | MYM | | | |
| MB | PAA | SVY | <i>Swimmers</i> | | FSPY | SAY | S | AGE GROUP | |
| MYM | RY | TS | <i>provide</i> | | NJW | SHY | W | First 20 min. ALL LANES SWIM | |
| SAC | SHY | WFY | <i>timers</i> | | PAA | SVY | I | Last 10 min. LANES 1-2 PACE | |
| SKSC | WY | WMY | <i>and</i> | | RVYM | TS | M | LANES 7-8 SPRINT | |
| XCEL | | <i>...all others</i> | <i>lap</i> | | RY | WFY | M | LANES 3-6 SWIM | |
| | | | <i>counters</i> | | SAC | WY | E | | |
| | | | | | SDSC | XCEL | R | FINALS | |
| | | | | | TWST | <i>...all others</i> | S | First 30 min. ALL LANES SWIM | |
| | | | | | WMY | | | Last 30 min. LANES 1-2 PACE | |
| 8:15 SPRINTS; ALL LANES | | | | | | | | 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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