



Pool Assignments for Swimming 2009

"Fly-Over" Starts Throughout the Meet

	<u>Main</u>	<u>Diving</u>
Saturday, AM	10/U Girls 11/12 Boys	10/U Boys & 11/12 Girls
Start @ 8:15AM	Check-in by 7:40AM	
400 IM's	All Girls	All Boys
Start @ NOON <i>(no earlier than)</i>	Check-in by 11:30AM	
Saturday, PM	13/14Girls & 15/19 Boys	13/14 Boys & 15/19 Girls
Start @ 3:00PM	Check-in by 2:25PM	
Sunday, AM	10/U Boys & 11/12 Girls	10/U Girls 11/12 Boys
Start @ 8:15AM	Check-in by 7:40AM	
500's	12/under Girls & 13/19 Boys	12/under Boys & 13/19 Girls
Start @ NOON <i>(no earlier than)</i>	Check-in by 11:30AM	
Sunday, PM	13/14 Boys & 15/19 Girls	13/14Girls & 15/19 Boys
Start @ 3:30PM	Check-in by 2:55PM	



TEAM WARM-UP ASSIGNMENTS 2009

12/UNDERS

SATURDAY AM

7:00-7:20 7:20-7:40 7:40-8:00

CHECK-IN BY 7:40AM
START @ 8:15AM

WW	CJAC	ESC
XCEL	HCY	EEX
CAT	RBY	FSPY
MEY	RVYM	JG
PAA	RY	MCY
PTAC	SAY	TWST
SAC	SHY	WFY
WMY	TAC	WY
all others	WEY	YWMC

Ten minutes of sprints at the end warmup.

SUNDAY AM

7:00-7:20 7:20-7:40 7:40-8:00

CHECK-IN BY 7:40AM
START @ 8:15AM

WW	ESC	CAT
X-CEL	EEX	MEY
CJAC	FSPY	PAA
HCY	JG	PTAC
RBY	MCY	SAC
RVYM	TWST	TAC
RY	WFY	WEY
SAY	WY	WMY
SHY	YWMC	all others

Ten minutes of sprints at the end warmup.

13/OVERS

SATURDAY PM

1:30-1:50 1:50-2:10 2:10-2:30 2:30-2:50

CHECK-IN BY 2:25PM
START @ 3:00PM

WW	RBY	CAT	EEX
XCEL	SAC	CJAC	FSPY
BB	SAY	JG	RVYM
ESC	SVY	MEY	SHY
HACY	WY	RY	TAC
PAA	YWMC	WFY	WMY

all others

Ten minutes of sprints at end of warmup.

SUNDAY PM

2:00-2:20 2:20-2:40 2:40-3:00 3:00-3:20

CHECK-IN BY 2:55PM
START @ 3:30PM

WW	CAT	RBY	BB
XCEL	CJAC	SAC	ESC
EEX	JG	SAY	HACY
FSPY	MEY	SVY	PAA
RVYM	RY	WY	TAC
SHY	WFY	YWMC	all others
WMY			

Ten minutes of sprints at the end warmup.

Timing Assignments for Fall Festival of X-cellence 2009

Each lane will have one timer from the host teams and a timer from the visiting teams



SATURDAY AM		SATURDAY MID	
Session 1 10/u Boys & 11/12 Girls		Session 2 10/u Girls & 11/12 Boys	
<i>DIVE POOL</i>		<i>MAIN POOL</i>	
1	SHY	RBY	<i>MAIN POOL</i>
2	ESC	FSPY	<i>Dive Pool</i>
3	PAA	WFY	<u>SWIMMERS</u>
4	RY	YWMC	<u>WILL PROVIDE</u>
5	WY	TAC	<u>THEIR OWN</u>
6	HCY	CJAC	<u>TIMERS AND WATCHES</u>
7	SAY	MEY	<u>FOR THIS SESSION</u>
8	CAT	HACY	<u>FOR THIS SESSION</u>
ALT:	JG, RVYM	MCY, WMY	

SATURDAY PM			SUNDAY AM				
Session 5 13/14 Girls & 15/19 Boys		Session 6 13/14 Boys & 15/19 Girls		Session 7 10/u Boys & 11/12 Girls	Session 8 10/u Girls & 11/12 Boys		
<i>MAIN POOL</i>		<i>DIVE POOL</i>		<i>MAIN POOL</i>	<i>DIVE POOL</i>		
1	CAT	RBY	TIMERS NEED TO HAVE THEIR OWN STOPWATCHES! THERE WILL BE ONE TIMER FROM THE HOST IN ADDITION TO THE TIMER ASSIGNED FROM EACH TEAM!			ESC	TAC
2	BB	SVY				PAA	SHY
3	SAC	JG				RBY	WFY
4	RVYM	WMY				SAY	RY
5	TAC	HACY				CAT	YWMC
6	EEX	CJAC				EEX	HCY
7	SAY	TAC				CJAC	FSPY
8	MEY	YWMC				PTAC	WY
ALT:	PAA, RY	CAT, WY	JG, TWST	MCY, MEY			

SUNDAY MID		SUNDAY PM			
Session 9 12/U girls & 13/19 Boys		Session 10 12/U Boys & 13/19 Girls	Session 11 13/14 Boys & 15/19 Girls		Session 12 13/14 Girls & 15/19 Boys
<i>MAIN POOL</i>		<i>DIVE POOL</i>	<i>MAIN POOL</i>		<i>DIVE POOL</i>
1			MEY	WFY	
2	<u>SWIMMERS</u>	<u>SWIMMERS</u>	SVY	FSPY	
3	<u>WILL PROVIDE</u>	<u>WILL PROVIDE</u>	RBY	WY	
4	<u>THEIR OWN</u>	<u>THEIR OWN</u>	CAT	PAA	
5	<u>TIMERS, WATCHES</u>	<u>TIMERS, WATCHES</u>	YWMC	CJAC	
6	<u>AND LAP COUNTERS</u>	<u>AND LAP COUNTERS</u>	SAY	RY	
7	<u>FOR THIS SESSION</u>	<u>FOR THIS SESSION</u>	SAC	HACY	
8			WMY	ESC	
ALT:			EEX, TAC	BB, JG	