

## Warm-up Schedule for January 31, 2010

### Boys A/AA Championship Meet

#### AM Session - Warm-Up Information

##### Warm-up Session 1 ( 7:15 AM - 7:30 ) Sprints ( 7:30 - 7:35 )

<b>RAYS</b>	25 swimmers	Lanes: 1, 2 & 3
<b>UMLY</b>	18 swimmers	Lanes: 4 & 5
<b>LYM</b>	18 swimmers	Lanes: 6 & A

##### Warm-up Session 2 ( 7:35 AM - 7:50 ) Sprints ( 7:50 - 7:55 )

<b>BYNS</b>	20 swimmers	Lanes: 1, & 2
<b>PAY</b>	30 swimmers	Lanes: 3, 4, & 5
<b>PTFY</b>	20 swimmers	Lanes: 6 & A

##### Warm-up Session 3 ( 7:55 AM - 8:10 ) Sprints ( 8:10 - 8:15 )

<b>RY</b>	23 swimmers	Lanes: 1, 2 & 3
<b>EASTY</b>	16 swimmers	Lanes: 4 & 5
<b>OPEN</b>		Lanes: 6 & A

#### PM Session - Warm-Up Information

##### Warm-up Session 1 ( 12:30 PM - 12:45 ) Sprints ( 12:45 - 12:50 )

<b>RAYS</b>	46 swimmers	Lanes: 1, 2, 3, 4 & 5
<b>LYM</b>	20 swimmers	Lanes: 6 & A

##### Warm-up Session 2 ( 12:50 PM - 1:05 ) Sprints ( 1:05 - 1:10 )

<b>UMLY</b>	33 swimmers	Lanes: 1, 2, 3 & 4
<b>PAY</b>	22 swimmers	Lanes: 5, 6 & A

##### Warm-up Session 3 ( 1:10 PM - 1:25 ) Sprints ( 1:25 - 1:30 )

<b>EASTY</b>	10 swimmers	Lane: 1
<b>PTFY</b>	47 swimmers	Lanes: 2, 3, 4, 5 & 6

##### Warm-up Session 4 ( 1:30 PM - 1:45 ) Sprints ( 1:45 - 1:50 )

<b>BYNS</b>	35 swimmers	Lanes: 1, 2, 3 & 4
<b>RY</b>	30 swimmers	Lanes: 5, 6 & A