



## JERSEY FLYERS HOLIDAY SPLASH

**SUNDAY DECEMBER 19, 2010**

### MEET SCHEDULE

<u>DAY</u>	<u>AGE GROUP</u>	<u>WARM-UP</u>	<u>CHECK-IN</u>	<u>START</u>
<b>SUNDAY</b>	ALL AGES	9:00AM	9:40AM	10:15AM

3 WARMUPS

### WARM-UP SCHEDULE

	<u>LANE 1</u>	<u>LANE 2</u>	<u>LANE 3</u>	<u>LANE 4</u>	<u>LANE 5</u>	<u>LANE 6</u>
9:00-9:20AM	JFAC	JFAC	JFAC	UNMA	UNNJ	ALL OTHERS
9:20-9:40AM	EAG	EAG	EAG	SKYY	SKYY	SKYY
9:40-10:00AM	CBGC	CBGC	BWTD	BWTD	DESC	DESC

*Ten minutes of sprints at the end of warmup*

### TIMING ASSIGNMENTS

	<u>LANE 1</u>	<u>LANE 2</u>	<u>LANE 3</u>	<u>LANE 4</u>	<u>LANE 5</u>	<u>LANE 6</u>	<u>ALTERNATES:</u>
ALL SWIMMERS	EAG	SKYY	CBGC	DESC	BWTD	UNMA	UN-NJ