



TEAM WARMUP ASSIGNMENT 2011

12/UNDERS
FRIDAY PM
WARMUP @ 4:45PM

CHECK-IN BY 5:15PM
START @ 5:50PM

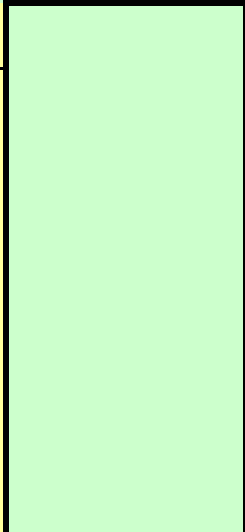
XCEL/WW	SVY
CBGC	FOBY
CJAC	NJW
FSPY	PENN
GYWD	RY
HACY	SAY
RBY	WMY
TAC	WY
WFY	all others

SATURDAY AM-ALL 12/UNDERS
7:00AM 7:25AM 7:50AM

CHECK-IN BY 7:40AM
START @ 8:20AM

XCEL/WW	GYWD	FSPY
BWTD	HACY	CBGC
CJAC	MCY	FOBY
JFAC	NJW	JG
PENN	RANY	MEY
SAY	RBY	NJBL
SCSA	RVYM	NJRC
SCY	SVY	RY
TAC	TWST	WY
WFY	WEY	all others

Five minutes of sprints built into each warmup.



SATURDAY PM--ALL 13/OVERS
2:30PM 2:55PM 3:20PM

CHECK-IN BY 3:10PM
START @ 3:45PM

XCEL/WW	CBGC	CJAC
FOBY	FSPY	JFAC
GYWD	HACY	MB
RANY	NJBL	NJRC
SVY	RY	PENN
TAC	SAY	PTAC
TWST	SCSA	SAC
all others	WY	WFY

Five minutes of sprints built into each warmup.

400 IM's

TEN

MINUTE

WARMUP

STARTS

IN

MAIN

POOL

OWN

TIMERS



SUNDAY AM--ALL 12/UNDERS			ALL 500'S	SUNDAY PM--13/OVERS		
7:00AM	7:25AM	7:50AM		3:00PM	3:25PM	3:50PM
CHECK-IN BY 7:40AM			WARMUP STARTS IN DIVE POOL OWN TIMERS AND COUNTERS	CHECK-IN BY 3:40PM		
START @ 8:20AM				START @ 4:15PM		
XCEL/WW	CBGC	BWTD		XCEL/WW	FSPY	FOBY
FSPY	FOBY	CJAC		CJAC	NJBL	GYWD
HACY	JFAC	GYWD		JFAC	NJRC	HACY
MCY	JG	NJBL		PENN	PTAC	JG
MEY	RBV	NJRC		RANY	RY	SAC
NJW	RVYM	RANY		TAC	SAY	SVY
RY	SAY	SCSA		TWST	SCSA	WY
SCY	WEY	SVY		WFY	WEY	all others
TAC	WY	WFY		<i>Five minutes of sprints built into each warmup.</i>		
TWST	all others					
<i>Five minutes of sprints built into each warmup.</i>						

For meet information and results

www.besmarttinc.com



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Pool Assignments for Swimming		
<i>"Fly-Over" Starts Throughout the Meet</i>		
	<u>Main</u>	<u>Diving</u>
Friday, PM	12/u Girls	12/u Boys
Start @ 5:50PM	Check-in by 5:15PM	
Saturday, AM	10/U Girls 11/12 Boys	10/U Boys & 11/12 Girls
Start @ 8:20AM	Check-in by 7:40AM	
Saturday PM	All 13/over Boys	All 13/over Girls
Start @ 3:45PM	Check-in by 3:10PM	
Saturday 400 IM's	All 13/over Boys	All 13/over Girls
Start @ 8:00PM	Check-in by 7:30PM	
(No earlier than)	<i>Provide own timers</i>	
Sunday, AM	10/U Boys & 11/12 Girls	10/U Girls & 11/12 Boys
Start @ 8:20AM	Check-in by 7:40AM	
500's	All Girls	All Boys
Start @ 12:30PM	Check-in by Noon	
(no earlier than)	<i>Provide own timers and lap counters</i>	
Sunday, PM	All 13/over Girls	All 13/over Boys
Start @ 4:15PM	Check-in by 3:40PM	

Exception: The 15/19 Girls 200 Butterfly will be in the Dive Pool.

Timing Assignments for Fall Festival of X-cellence 2011

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



LANES	FRIDAY PM		SATURDAY AM		SATURDAY PM	
	SESSION 1 GIRLS	SESSION 1A BOYS	SESSION 2 10/U GIRLS & 11/12 BOYS	SESSION 2A 10/U BOYS & 11/12 GIRLS	SESSION 3 13/OVERS BOYS	SESSION 3A 13/OVERS GIRLS
	MAIN POOL	DIVE	MAIN POOL	Dive Pool	MAIN POOL	DIVE POOL
1	SVY	WFY	FSPY	SVY	MB	PTAC
2	FSPY	SAY	RBY	WFY	JFAC	HACY
3	NJW	RBY	FOBY	GYWD	WY	TAC
4	WY	GYWD	SAY	RY	RY	NJRC
5	FOBY	TWST	WY	CJAC	RANY	FSPY
6	CJAC	WFY	JFAC	NJW	WFY	SVY
7	SVY	SAY	RVYM	TAC	SAY	CJAC
8	FSPY	RY	TWST	RANY	JG	FOBY
ALT:	HACY, RANY	BWTD, MEY	WEY, BWTD	RVYM, JG	SAC, NJBL	GYWD, TWST

LANES	SATURDAY PM		SUNDAY AM	
	SESSION 4 13/OVERS BOYS--400 IM	SESSION 4A 13/OVERS GIRLS--400 IM	Session 5 10/U GIRLS & 11/12 BOYS	Session 5A 10/U BOYS & 11/12 GIRLS
	MAIN POOL	DIVE POOL	DIVE POOL	MAIN POOL
1			SVY	JFAC
2			FOBY	RVYM
3	<u>SWIMMERS</u>	<u>SWIMMERS</u>	SAY	RANY
4	<u>WILL PROVIDE</u>	<u>WILL PROVIDE</u>	FSPY	RBY
5	<u>THEIR OWN</u>	<u>THEIR OWN</u>	WFY	WY
6	<u>TIMERS FOR THIS</u>	<u>TIMERS FOR THIS</u>	RY	NJW
7	<u>SESSION</u>	<u>SESSION</u>	GYWD	TAC
8			CJAC	CBGC
ALT:			MEY, TWST	JG, MCY

**ALL
SESSIONS
(Except 400 IM's
and 500 FREES)
THERE WILL BE ONE
TIMER FROM THE HOST
IN ADDITION TO THE
TIMER ASSIGNED
FROM EACH TEAM!**

LANES	SUNDAY MID		SUNDAY PM	
	Session 9 ALL GIRLS--500'S	Session10 ALL BOYS--500'S	Session11 ALL 13/OVER GIRLS	Session 12 ALL 13/OVER BOYS
	MAIN POOL	DIVE POOL	MAIN POOL	DIVE POOL
1			NJBL	RY
2	<u>SWIMMERS</u>	<u>SWIMMERS</u>	HACY	WY
3	<u>WILL PROVIDE</u>	<u>WILL PROVIDE</u>	PTAC	SAY
4	<u>THEIR OWN</u>	<u>THEIR OWN</u>	JFAC	WFY
5	<u>TIMERS, WATCHES</u>	<u>TIMERS, WATCHES</u>	TAC	FSPY
6	<u>AND LAP COUNTERS</u>	<u>AND LAP COUNTERS</u>	RANY	FOBY
7	<u>FOR THIS SESSION</u>	<u>FOR THIS SESSION</u>	NJRC	GYWD
8			CJAC	SVY
ALT:			SAC, JG	SCSA, TWST