



## FAST TIMES AT LYNDHURST HIGH

**SUNDAY NOVEMBER 28, 2010**

### MEET SCHEDULE

DAY	SESSION	AGE GROUP	WARM-UP	CHECK-IN	START
<b>SUNDAY</b>	<b>1</b>	12/UNDERS	7:55AM	8:25AM	9:00AM
<b>SUNDAY</b>	<b>2</b>	10/UNDERS	12:30PM	1:10PM	1:45PM

3 WARMUPS

### WARM-UP SCHEDULE

SESSION 1		SESSION 2		
12/UNDER		10/UNDER-3 WARMUPS		
7:55AM	8:25AM	12:30PM	12:50PM	1:10PM
<b>SKY</b>	BAC	<b>SKY</b>	BAC	CAT
CAT	CBGC	JG	TWST	CBGC
JFAC	TWST	OCY	JFAC	UN-NJ
JG	UN-NJ	<b>all others</b>		
<b>all others</b>		<i>Ten minutes of sprints at the end of warmup</i>		

### TIMING ASSIGNMENTS

	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	ALTERNATES:
12/UNDERS	BAC	CAT	TWST	CBGC	JFAC	JG	UN-NJ, BAC
10/UNDERS	BAC	CAT	CBGC	TWST	JG	OCY	JFAC, UN-NJ

