



CAITLIN LEHMANN MEMORIAL MEET 2010
OVER THE TOP starts will be used

WARM-UP ASSIGNMENTS

SESSION 1 Four (4) warmups
 CHECK-IN BY 7:45AM: START AT 8:25AM

WARM-UP	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
Group 1						
6:55-7:15AM	CAT	CAT	CAT	CAT	CBGC	CBGC
Group 2						
7:15-7:35AM	PAA	PAA	PAA	PAA	NJRC	NJRC
Group 3						
7:35-7:55AM	SAC	SAC	STVN	STVN	SKYY	SKYY
Group 4						
7:55-8:15AM	BAC	BAC	YMid--NJW--NJBL--JG-- ALL OTHERS			

There will be ten minutes of sprints at the end of warmup

SESSION 2
 CHECK-IN BY 1:00PM: START AT 1:35PM

WARM-UP	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
Group 1						
12:30-1:00PM	CAT	CAT	CAT	NJBL	NJBL	NJRC
Group 2						
1:30-2:00PM	SKYY CBGC STVN YMid JG SAC & ALL OTHERS					

TIMING ASSIGNMENTS

*You are responsible for your lane for the entire session.
 Please provide your own stopwatches!*

SESSION 1		SESSION 2	
Lane 1	CAT/PAA	Lane 1	CAT/NJBL
Lane 2	CAT/SAC	Lane 2	CAT/SKYY
Lane 3	CAT/STVN	Lane 3	CAT/CBGC
Lane 4	CAT/BAC	Lane 4	CAT/STVN
Lane 5	CAT/SKYY	Lane 5	CAT/YMid
Lane 6	CAT/NJRC	Lane 6	CAT/NJRC
Alternates:	CBGC, YMid	Alternates:	JG, SAC

IMPORTANT FACILITY INFO REGARDING EMERGENCY CLOSINGS

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 Call the College's main number 201.447.7100
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