

SHY Fall Challenge

Sunday October 25, 2009 at Raritan Bay YMCA

Warm-Up Lane Assignments

SESSION #1 - WARM-UP A - Sun 8:30 AM - 9:00 AM Meet Start @ 9:45 AM

For last 10 minutes, all lanes are sprint lanes

Lane 1	WAVE
Lane 2	WAVE
Lane 3	WAVE
Lane 4	SCY
Lane 5	SHY
Lane 6	SHY
Lane 7	SHY
Lane 8	SHY
Lane 9	SHY
Lane 10	SHY

*** Swimmers must enter pool from starting end

SESSION #1 - WARM-UP B - Sun 9:00 AM - 9:30 AM Meet Start @ 9:45 AM

For last 10 minutes, all lanes are sprint lanes

Lane 1	EEX
Lane 2	EEX
Lane 3	HCY
Lane 4	MCY
Lane 5	SHY
Lane 6	SHY
Lane 7	SHY
Lane 8	SHY
Lane 9	SHY
Lane 10	SHY

*** Swimmers must enter pool from starting end

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SESSION #1 - LANE TIMING

Meet Start @ 9:45 AM

Two timers per lane.

Lane 1	
Lane 2	WAVE SHY
Lane 3	WAVE SHY
Lane 4	WAVE SHY
Lane 5	EEX, SHY
Lane 6	EEX, SHY
Lane 7	SCY, SHY
Lane 8	HCY, SHY
Lane 9	MCY, SHY
Lane 10	

Backup timers SHY

Notes to Lane Timing Assignments:

1. Teams may substitute individuals in the timing position as long as the assignment is filled by the team through the entire meet.

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Warm-Up Lane Assignments

SESSION #2 - WARM-UP A - Sun 1:15 PM - 1:45 PM Meet Start @ 2:30 PM

For last 10 minutes, all lanes are sprint lanes

Lane 1	HCY
Lane 2	HCY
Lane 3	HCY
Lane 4	CCC
Lane 5	CCC
Lane 6	SCY
Lane 7	SHY
Lane 8	SHY
Lane 9	SHY
Lane 10	SHY

*** Swimmers must enter pool from starting end

SESSION #2 - WARM-UP B - Sun 1:45 PM - 2:15 PM Meet Start @ 2:30 PM

For last 10 minutes, all lanes are sprint lanes

Lane 1	STVN
Lane 2	STVN
Lane 3	EEX
Lane 4	EEX
Lane 5	MCY
Lane 6	NJBL
Lane 7	SHY
Lane 8	SHY
Lane 9	SHY
Lane 10	SHY

*** Swimmers must enter pool from starting end

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SESSION #2 - LANE TIMING

Meet Start @ 2:30 PM

Two timers per lane.

Lane 1	
Lane 2	HCY, SHY
Lane 3	HCY, SHY
Lane 4	HCY, SHY
Lane 5	CCC, SHY
Lane 6	CCC, SHY
Lane 7	STVN, SHY
Lane 8	STVN, SHY
Lane 9	EEX, SHY
Lane 10	

Backup timers SCY, MCY

Notes to Lane Timing Assignments:

1. Teams may substitute individuals in the timing position as long as the assignment is filled by the team through the entire meet.