

YMCA OF THE NORTH SHORE SHARKS

Reid Sacco YMCA Invitational

November 13-15, 2009

Sanction #: CAQ-09-20108094



Warm-up Schedule

Please note: teams should conduct sprints during their scheduled warm-up times.

Warm-up pool available during regular warm-ups

FRIDAY EVENING (5:45 PM Start)

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
4:15 – 4:45	YNS	YNS	YNS	YNS	YNS	YNS	YNS	YNS
4:45 – 5:10	SSYS	SSYS	SSYS	SSYS	ANA	ANA	ANA	DYD
5:10 – 5:35	BYB	BYB	AYT	AYT	AYT	HAY	HAY	MYT

SATURDAY MORNING (8:00 AM Start)

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
6:35 – 7:00	YNS	YNS	YNS	YNS	YNS	YNS	YNS	DYD
7:00 - 7:25	MYT	MYT	SSYS	SSYS	SSYS CHARL	BYB	BYB MELY	MELY
7:25 - 7:50	HAY	HAY	HAY OAK	ANA	ANA	AYT	AYT	WRYG

SATURDAY AFTERNOON (2:30 PM Start)

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
1:05 – 1:30	YNS	YNS	YNS	YNS	YNS	YNS	YNS	MYT
1:30 - 1:55	HAY	HAY	HAY	ANA	ANA	ANA	AYT	AYT
1:55 - 2:20	DYD OAK	SSYS	SSYS	SSYS	MELY	BYB MELY	BYB	WYRG

SUNDAY MORNING (8:00 AM Start)

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
6:35 – 7:00	YNS	YNS	YNS	YNS	YNS	YNS	YNS	WRYG
7:00 - 7:25	HAY	HAY	HAY	AYT	AYT	MYT	MYT MELY	MELY
7:25 - 7:50	BYB	BYB	ANA	ANA	CHARL DYD	SSYS	SSYS	SSYS

SUNDAY AFTERNOON (2:30 PM Start)

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
1:05 – 1:30	YNS	YNS	YNS	YNS	YNS	YNS	YNS	WRYG
1:30 - 1:55	SSYS	SSYS	SSYS	MELY	MELY	BYB	BYB	MYT
1:55 - 2:20	HAY	HAY	HAY	ANA	ANA	DYD	AYT	AYT