

**NJ YMCA Silver Championships 2010
Warm-Up Assignments**

**Fri PM Session 1 - Day 1
11-12 Girls & Boys, 15-18 Girls - POOL 1 (Deep End)
Meet Starts @ 5:30PM**

Lane	4:00 - 4:25PM	4:25 - 4:50 PM	4:50 - 5:15 PM
A	SVY	SHY	OCY
1	SVY	SHY	OCY & WEY
2	SVY	WY	RY
3	SAY	WY	MYM & RIPY
4	SAY	MCY	BCY/SJAC & MEW
5	RBY	WFY	YWMC & CANE
6	RBY	FSPY	MEY & SUSSEX
7	WMY	RVYM	HACY & MAY
8	WMY	LHY	OBY & VINY
B	LHY	HCY	GBCY

**Fri PM Session 2 - Day 1
13-14 Girls & Boys, 15-18 Boys - POOL 2 (Shallow End)
Meet Starts @ 5:30PM**

Lane	4:00 - 4:25PM	4:25 - 4:50 PM	4:50 - 5:15 PM
1	SVY	GBCY	MCY
2	SVY	GBCY & WEY	YWMC
3	RY	WFY	HCY
4	RY	WFY & HACY	FSPY
5	WMY	RBY & SALEM	MEY
6	WMY	RBY	OCY
7	WY	SHY & MAY	CANE
8	WY	SHY	SUSSEX
A	LHY	SAY & MEW	RVYM & BCY/SJAC
B	LHY	SAY	VINY

**NJ YMCA Silver Championships 2010
Warm-Up Assignments**

**Sat AM Session 3 - Day 2
9-10 Girls & 11-12 Boys POOL 1 (Deep End)
Meet Starts @ 8:30AM**

Lane	7:00 - 7:25 AM	7:25- 7:50 AM	7:50 - 8:15 AM
A	SVY	WMY	CANE
1	SVY	WMY	GBCY
2	SVY	FSPY	HCY
3	LHY	FSPY	RVYM
4	LHY	RBV	MAY & GARY
5	WY	RBV	WFY & SUSSEX
6	WY	SHY	MYM & MEW
7	SAY	SHY	RY & OBY
8	SAY	MCY	MEY & WEY & MDY
B	BCY/SJAC	OCY	VINY & RIPPY & SALEM

**Sat AM Session 4 - Day 2
9-10 Boys & 11-12 Girls POOL 2 (Shallow End)
Meet Starts @ 8:30AM**

Lane	7:00 - 7:25 AM	7:25- 7:50 AM	7:50 - 8:15 AM
1	SAY & GARY & SALEM	LHY	OCY
2	SAY & OBY	LHY	RY
3	WFY & MDY	FSPY	WMY
4	WFY	FSPY	MAY & YWMC
5	SHY & WEY	RBV	MCY & YWMC
6	SHY	RBV	MEW & HACV
7	MYM	CANE	RVYM & MEY
8	SVY	CANE	BCY/SJAC & RIPPY
A	SVY	WY	VINY & SUSSEX
B	SVY	HACV & GBCY	HCY & PFY

**NJ YMCA Silver Championships 2010
Warm-Up Assignments**

**Sat Mid Session 5 - Day 2
Girls 1000 Free POOL 1 (Deep End)
Warm-Up @ 11:45 AM
Meet Starts @ 12:15 PM**

**Sat PM Session 7 - Day 2
13-14 Boys & 15-18 Girls POOL 1 (Deep End)
Meet Starts @ 3:25 PM**

Lane	2:00 - 2:25 PM	2:25 - 2:50 PM	2:50 - 3:15 PM
A	WMY	SHY	MCY
1	WMY	SHY	RBY
2	OCY	YWMC	RY
3	OCY	YWMC	HCY
4	SVY	FSPY	HACY & BCY/SJAC
5	SVY	FSPY	RVYM & SALEM
6	WY	GBCY	WFY & RIPY
7	WY	GBCY	MEY & OBY & GARY
8	SAY	LHY & VINY	MEW & MAY & PFY &
B	SAY	LHY	SUSSEX & CANE

**Sat Mid Session 6 - Day 2
Boys 1000 Free POOL 2 (Shallow End)
Warm-Up @ 12:00 PM
Meet Starts @ 12:30 PM**

**Sat PM Session 8 - Day 2
13-14 Girls & 15-18 Boys POOL 2 (Shallow End)
Meet Starts @ 3:25 PM**

Lane	2:00 - 2:25 PM	2:25 - 2:50 PM	2:50 - 3:15 PM
1	SHY	YWMC	SVY
2	MEY	YWMC	SVY
3	RBY	WFY	SAY
4	RVYM	WFY	SAY
5	RY	LHY	WY
6	HACY & SALEM	MCY	WY
7	BCY/SJAC & OBY & PFY	GBCY	HCY
8	VINY & MEW	OCY	HCY
A	RIPY & SUSSEX & MAY	WMY	CANE
B		FSPY	CANE

**NJ YMCA Silver Championships 2010
Warm-Up Assignments**

**Sun AM Session 9 - Day 3
9-10 Boys & 11-12 Girls POOL 1 (Deep End)
Meet Starts @ 8:30AM**

Lane	7:00 - 7:25 AM	7:25- 7:50 AM	7:50 - 8:15 AM
A	RY	MEW & MEY	MAY
1	SVY	SVY	SVY
2	SHY	LHY & BCY/SJAC	MYM
3	SHY	LHY	OCY
4	WFY	MCY	OBY & PFY
5	WFY	RBY	WMY
6	SAY	WY	YWMC
7	SAY	CANE	RVYM
8	FSPY	HCY & GBCY	SUSSEX
B	FSPY	HACY & RIPY	VINY & WEY

**Sun AM Session 10 - Day 3
9-10 Girls & 11-12 Boys POOL 2 (Shallow End)
Meet Starts @ 8:30AM**

Lane	7:00 - 7:25 AM	7:25- 7:50 AM	7:50 - 8:15 AM
1	SVY	SVY	SVY
2	MAY & WEY	MCY & RIPY	LHY
3	OCY & SALEM	RVYM	LHY
4	HCY & MDY	CANE	WY
5	RY & SUSSEX	OBY & MEY	WY
6	WFY & GARY	YWMC & BCY/SJAC	SAY
7	GBCY & MEW	PFY & HACY	SAY
8	MYM & VINY	RBY	FSPY
A	WMY	RBY	FSPY
B	WMY	SHY	SHY

**NJ YMCA Silver Championships 2010
Warm-Up Assignments**

**Sun Mid Session 11 - Day 3
Girls 1650 Free POOL 1 (Deep End)
Warm-Up @ 11:45 AM
Meet Starts @ 12:15 PM**

**Sun PM Session 13 - Day 3
13-14 Girls & 15-18 Boys POOL 1 (Deep End)
Meet Starts @ 2:40 PM**

Lane	1:15 - 1:40 PM	1:40 - 2:05 PM	2:05 - 2:30 PM
A	GBCY	SVY	HCY
1	LHY	SVY	HCY
2	SHY	WY	WFY
3	WMY	WY	WFY
4	FSPY	SAY	RVYM & WEY
5	OCY	SAY	RY & SALEM
6	RBY	YWMC	SUSSEX & MEW
7	MCY	YWMC	VINY & RIPY
8	HACY	CANE	BCY/SJAC & PFY
B	MEY	CANE	MAY & OBY

**Sun Mid Session 12 - Day 3
Boys 1650 Free POOL 2 (Shallow End)
Warm-Up @ 11:45 AM
Meet Starts @ 12:15PM**

**Sun PM Session 14 - Day 3
13-14 Boys & 15-18 Girls POOL 2 (Shallow End)
Meet Starts @ 2:40 PM**

Lane	1:15 - 1:40 PM	1:40 - 2:05 PM	2:05 - 2:30 PM
1	WMY	SHY	RBY
2	WMY	SHY & RIPY	RBY & MEW
3	WMY	OCY	RY
4	SAY	OCY & VINY	RY & SUSSEX
5	SAY	YWMC	LHY
6	SVY	YWMC & BCY/SJAC	LHY & MAY & CANE
7	SVY	FSPY	MCY & PFY
8	WY & WEY	FSPY & SALEM	HACY & GARY
A	WY	GBCY & WFY	RVYM
B	HCY	GBCY	MEY