

## 2010 NJ YMCA Silver Championships

<b>Day</b>	<b>Session</b>	<b>Pool</b>	<b>Doors Open</b>	<b>Warm-up</b>	<b>Session Start</b>
Fri PM	1: 11-12 Girls & Boys, 15-18 Girls	Pool 1	3:30 PM	4:00 PM	5:30 PM
Fri PM	2: 13-14 Girls & Boys, 15-18 Boys	Pool 2	3:30 PM	4:00 PM	5:30 PM
Sat AM	3: 9-10 Girls & 11-12 Boys	Pool 1	6:30 AM	7:00 AM	8:30 AM
Sat AM	4: 9-10 Boys & 11-12 Girls	Pool 2	6:30 AM	7:00 AM	8:30 AM
Sat Mid	5: Girls 13-14 & 15-18 1000 Free	Pool 1	11:30 AM	11:45 AM	12:15 PM
Sat Mid	6: Boys 13-14 & 15-18 1000 Free	Pool 2	11:30 AM	12:00 PM	12:30 PM
Sat PM	7: 13-14 Boys & 15-18 Girls	Pool 1	1:30 PM	2:00 PM	3:25 PM
Sat PM	8: 13-14 Girls & 15-18 Boys	Pool 2	1:30 PM	2:00 PM	3:25 PM
Sun AM	9: 9-10 Boys & 11-12 Girls	Pool 1	6:30 AM	7:00 AM	8:30 AM
Sun AM	10: 9-10 Girls & 11-12 Boys	Pool 2	6:30 AM	7:00 AM	8:30 AM
Sun Mid	11: Girls 13-14 & 15-18 1650 Free	Pool 1	11:30 AM	11:45 AM	12:15 PM
Sun Mid	12: Boys 13-14 & 15-18 1650 Free	Pool 2	11:30 AM	11:45 AM	12:15 PM
Sun PM	13: 13-14 Girls & 15-18 Boys	Pool 1	12:45 PM	1:15 PM	2:40 PM
Sun PM	14: 13-14 Boys & 15-18 Girls	Pool 2	12:45 PM	1:15 PM	2:40 PM

*Pool 1 = Deep End    Pool 2 = Shallow End*