

2010 Southwest Ohio YMCA Swim League

Swim League Championships

Team count we have 1127 athletes

Sessions are reasonable However we will not be able to take breaks
We must keep moving to be able to finish on time for the next sessions

Warm-up Assignments as follows

Friday 284 swimmers in 18 lanes 4:30 to 5:30 Open Warm-up

Saturday AM

East	1	2	3	4	5	6	7	8	9
6:30	CY	CY	CY	CY	CY	DCY	DCY	K/L/U/C	CLIP/CLIN
7:00	ABLY	ABLY	ABLY	ABLY	ABLY	ABLY	ABLY	MCY	MCY
7:30	BKHY	BKHY	BKHY	CFY	CFY	CFY	BVCY	BVCY	BVCY

K/L/U/C = KLEP/LAKY/UCY/CLER

West	1	2	3	4	5	6	7	8	9
6:30	PCY	PCY	PCY	PCY	GMVY	GMVY	GMVY	GMVY	MY
7:00	BASH	BASH	BASH	BASH	KEY	KEY	KEY	KEY	DFY/HHY
7:30	SPY	SPY	SPY	SPY	AMFY	AMFY	MCY	MCY	SID/GNY

Clear pools 8:00 Start meet 8:05

East	1	2	3	4	5	6	7	8	9
6:30	BASH	BASH	BASH	BASH	KEY	KEY	KEY	KEY	DFY/HHY
7:00	SPY	SPY	SPY	SPY	AMFY	AMFY	MCY	MCY	SID/GNY
7:30	PCY	PCY	PCY	PCY	GMVY	GMVY	GMVY	GMVY	MY

K/L/U/C = KLEP/LAKY/UCY/CLER

West	1	2	3	4	5	6	7	8	9
6:30	ABLY	ABLY	ABLY	ABLY	ABLY	ABLY	ABLY	MCY	MCY
7:00	BKHY	BKHY	BKHY	CFY	CFY	CFY	BVCY	BVCY	BVCY
7:30	CY	CY	CY	CY	CY	DCY	DCY	K/L/U/C	CLIP/CLIN

Clear pools 8:00 Start meet 8:05

Warm-ups for fnals begin at 5:00 PM Meet starts at 5:30 PM

Friday arrival time: no later than 4:15pm
 Saturday AM arrival time for individual events: no later than 6:15 am, relay only swimmers check with coach for arrival time
 Saturday PM arrival time for individual events: no later than 12:15 pm, relay only swimmers arrive no later than 2:15 pm
 Saturday night finals session: arrive no later than 4:30 pm
 Sunday AM arrival time for individual events: no later than 7:15 am, relay only swimmers check with coach for arrival time
 Sunday PM arrival time for individual events: no later than 12:15 pm, relay only swimmers arrive no later than 2:15 pm
 Sunday night finals session: arrive no later than 5:15 pm

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PM WARMUPS

Saturday

EAST	1	2	3	4	5	6	7	8	9
12:45	CY	CY	CY	CLIP	CLIP	CLIP	GMVY	GMVY	GMVY
1:05	SPY	SPY	SID	SID	BKHY	BKHY	BVCY	AMFY	MCY

Clear Pool 1:25 start meet 1:30 finish 4:00 PM

L/U/C == LAKY/UCY/CLER

WEST	1	2	3	4	5	6	7	8	9
12:45	ABLY	ABLY	ABLY	ABLY	BASH	BASH	MY	KEY	PCY
1:05	CFY	CFY	KLEP	HHY	DCY	DFY/GNY	L/U/C	OPEN	OPEN

Clear Pool 1:25 start meet 1:30 finish 4:00 PM

Sunday PM Warm-ups

EAST	1	2	3	4	5	6	7	8	9
12:45	ABLY	ABLY	ABLY	ABLY	BASH	BASH	MY	KEY	PCY
1:05	CFY	CFY	KLEP	HHY	DCY	DFY/GNY	L/U/C	OPEN	OPEN

Clear Pool 1:25 start meet 1:30 finish 4:00 PM

WEST	1	2	3	4	5	6	7	8	9
12:45	CY	CY	CY	CLIP	CLIP	CLIP	GMVY	GMVY	GMVY
1:05	SPY	SPY	SID	SID	BKHY	BKHY	BVCY	AMFY	MCY

Clear Pool 1:25 start meet 1:30 1:25 start meet 1:30

Friday arrival time: no later than 4:15pm
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