

Powel Crosley YMCA
Long Course Sprint Meet 2010

The meet is large -- we plan to start at 8:30 AM and we should finish by 11:00 AM

	1	2	3	4	5	6	7	8	9	10
7:00	GMVY	GMVY	GMVY	GMVY	CLIP	CLIP	GNV	GNV	OPEN	MY
7:20	BASH	BASH	BASH	BASH	BASH	BASH	BASH	ABLY	ABLY	ABLY
7:40	KEY	KEY	KEY	KEY	KEY	KEY	CFY	CFY	AMFY	BVCY/CLIN
8:00	DFY	DFY	DFY	DFY	SPY	SPY	SPY	MCY	MCY	MCY

All GMVY Swimmers entered in meet are asked to arrive NO LATER THAN 6:45 AM at PCY.

We have the first warm up session, of which this is the only session. If you miss the assigned warm up time, you will miss warm ups.

Thank you!