

SHY Long Course Invitational Meet

Sunday June 19, 2011 at Pleasant Valley Pool

Warm-Up Lane Assignments

SESSION #1 - WARM-UP - Sun 6:00 AM - 6:20 AM

Meet Start @ 6:20 AM

Lane 1	keep open
Lane 2	SHY
Lane 3	WMY
Lane 4	RBY
Lane 5	SVY
Lane 6	keep open

SESSION #2 - WARM-UP A - Sun 7:30 AM - 7:45 AM
(subject to finish time of session 1)

Meet Start @ 8:05 AM

Lane 1	SHY
Lane 2	SHY
Lane 3	SHY
Lane 4	SHY
Lane 5	RY
Lane 6	RY

SESSION #2 - WARM-UP B - Sun 7:45 AM - 8:00 AM
(subject to finish time of session 1)

Meet Start @ 8:05 AM

Lane 1	RBY
Lane 2	SAY
Lane 3	WEY
Lane 4	SVY/FSPY
Lane 5	WMY
Lane 6	WMY

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SESSION #1 - LANE TIMING

Meet Start @ 6:20 AM

Each swimmer must provide their own timer and lap counter.

SESSION #2 - LANE TIMING

Meet Start @ 8:05 AM

Two timers per lane.

Lane 1	SHY, SHY
Lane 2	SHY, RY
Lane 3	RY, RY
Lane 4	WMY, WMY
Lane 5	SAY, WEY
Lane 6	RBV, RBV

Backup Timers SHY, SHY

Notes to Lane Timing Assignments:

1. Teams may substitute individuals in the timing position as long as the assignment is filled by the team through the entire meet.