2016 SHY Annual Distance Invitational
Sunday, January 24, 2016

Participating Teams

LHY	Lakeland Hills YMCA
SHY	Somerset Hills YMCA

Session Schedule	Pool	Warm Up	Session Start
200/400 Session	New	8:15 AM	9:15 AM
11/12 Session	Old	8:15 AM	9:15 AM
10/under Session	Old	10:15 AM	11:15 AM
11/12 500 Free	New	12:00 PM	12:45 PM
1000 Free	Old	2:00 PM	2:30 PM
13/over 500 Free	New	2:00 PM	2:30 PM
1650 Free	New	3:30 PM	4:00 PM

Timing Assignments

200/400 - New Pool

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
Timer 1	SHY	SHY	SHY	SHY	SHY	SHY
Timer 2	LHY	LHY	LHY	LHY	LHY	SHY

Backup Timers: SHY, SHY

11/12 Session - Old Pool

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
Timer 1	SHY	SHY	SHY	SHY	SHY	SHY
Timer 2	SHY	LHY	LHY	LHY	LHY	LHY

Backup Timers: SHY, SHY

10/under - Old Pool

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
Timer 1	SHY	SHY	SHY	SHY	SHY	SHY
Timer 2	LHY	LHY	LHY	LHY	LHY	LHY

Backup Timers: SHY, SHY

11/12 500 Free - New Pool **Timers and lap counters are provided by each swimmer**

1000 Free - Old Pool **Timers and lap counters are provided by each swimmer**

13/over 500 Free - New Pool **Timers and lap counters are provided by each swimmer**

1650 Free - New Pool **Timers and lap counters are provided by each swimmer**

Notes to Lane Timing Assignments:
1. Each timing assignment is for the entire session.
2. Teams may substitute individuals in the timing position
3. Each lane will have 2 timers, one who is from SHY (not 500, 1000, 1650)
4. Swimmers must supply their own timers for the distance sessions (500, 1000, 1650 Free)

Warm Up Schedule

200/400 - New Pool

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
8:15 AM to 8:40 AM	SHY	SHY	SHY	SHY	LHY	LHY
8:40 AM to 9:05 AM	SHY	SHY	SHY	SHY	LHY	LHY

11/12 Session - Old Pool

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
8:15 AM to 8:40 AM	SHY	SHY	SHY	LHY	LHY	
8:40 AM to 9:05 AM	SHY	SHY	SHY	LHY	LHY	

10/under - Old Pool

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
10:15 AM to 10:40 AM	SHY	SHY	SHY	SHY	SHY	SHY
10:40 AM to 11:05 PM	LHY	LHY	LHY	LHY	LHY	LHY

11/12 500 Free - New Pool

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
12:00 PM to 12:35 PM	LHY	LHY	LHY	LHY	SHY	SHY

1000 Free - Old Pool

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
2:00 PM to 2:30 PM	open	open	open	open	open	open

13/over 500 Free - New Pool

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
2:00 PM to 2:30 PM	open	open	open	open	open	open

1650 Free - New Pool

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
3:30 PM to 4:00 PM	open	open	open	open	open	open