2018 SHY Annual Distance Invitational
Saturday, January 20, 2018

Participating Teams

LHY	Lakeland Hills YMCA
SHY	Somerset Hills YMCA

Session Schedule	Pool	Warm Up	Session Start
Saturday 10/under Session	New	3:00 PM	4:00 PM
Saturday 11/12 500 Free	Old	3:00 PM	3:45 PM
Saturday 13/over 500 Free	Old	5:30 PM	6:00 PM
Sunday 200/400 Session	New	7:15 AM	8:15 AM
Sunday 11/12 Session	Old	7:15 AM	8:15 AM
Sunday 1000 Free	Old	9:45 AM	10:15 AM
Sunday 1650 Free	New	11:00 AM	11:30 AM

Timing Assignments

Session 1 - New Pool
Saturday 10/under

	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, LHY

Session 2 - Old Pool
Saturday 11/12 500 Free

Timers and lap counters are provided by each swimmer

Session 3 - Old Pool
Saturday 13/over 500 Free

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

Session 1 - New Pool
Saturday 10/under

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
3:00 PM to 3:25 PM	SHY	SHY	SHY	SHY	SHY	SHY
3:25 PM to 3:50 PM	LHY	LHY	LHY	LHY	LHY	LHY

Session 2 - Old Pool
Saturday 11/12 500 Free

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

Session 3 - Old Pool
Saturday 13/over 500 Free

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

2018 SHY Annual Distance Invitational
Sunday, January 21, 2018

Participating Teams

LHY	Lakeland Hills YMCA
SHY	Somerset Hills YMCA

Session Schedule	Pool	Warm Up	Session Start
Saturday 10/under Session	New	3:00 PM	4:00 PM
Saturday 11/12 500 Free	Old	3:00 PM	3:45 PM
Saturday 13/over 500 Free	Old	5:30 PM	6:00 PM
Sunday 200/400 Session	New	7:15 AM	8:15 AM
Sunday 11/12 Session	Old	7:15 AM	8:15 AM
Sunday 1000 Free	Old	9:45 AM	10:15 AM
Sunday 1650 Free	New	11:00 AM	11:30 AM

Timing Assignments

Session 4 - New Pool
Sunday 200/400

	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, LHY

Session 5 - Old Pool
Sunday 11/12 Session

	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, LHY

Session 6 - Old Pool
Sunday 1000 Free

Timers and lap counters are provided by each swimmer

Session 7 - New Pool
Sunday 1650 Free

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

Session 4 - New Pool
Sunday 200/400

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
7:15 AM to 7:40 AM	SHY	SHY	SHY	LHY	LHY	LHY
7:40 AM to 8:05 AM	SHY	SHY	SHY	LHY	LHY	LHY

Session 5 - Old Pool
Sunday 11/12 Session

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
7:15 AM to 7:40 AM	SHY	SHY	SHY	LHY	LHY	
7:40 AM to 8:05 AM	SHY	SHY	SHY	LHY	LHY	

Session 6 - Old Pool
Sunday 1000 Free

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
9:45 AM to 10:15 AM	open	open	open	open	open	open

Session 7 - New Pool
Sunday 1650 Free

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
11:00 AM to 11:30 AM	open	open	open	open	open	open