

**2017 YMCA East Field Championships**  
**Friday, December 8, 2017**

**Participating Teams**

FOBY Freehold-Old Bridge YMCA  
 GMY Greater Morristown YMCA  
 HACY Hamilton Y Aquatic Club  
 MAY Madison Area YMCA  
 MEY Metuchen-Edison YMCA  
 RANY Randolph YMCA  
 RVYM Raritan Valley YMCA Riptide  
 SAY Summit Area YMCA  
 SHY Somerset Hills YMCA  
 WFY Wyckoff YMCA Sharks

<b>Session Schedule</b>	<b>Warm Up</b>	<b>Session Start</b>
Friday 13/over Distance	5:30 PM	6:30 PM
Saturday 13/over Preliminaries	8:05 AM	9:30 AM
Saturday 13/over Distance – 500 Free	1:00 PM	1:25 PM
Saturday 9-12 Finals	2:30 PM	3:30 PM
Saturday 13/over Finals	5:45 PM	6:30 PM
Sunday 13/over Preliminaries	8:05 AM	9:30 AM
Sunday 9-12 Finals	1:45 PM	2:45 PM
Sunday 13/over Finals	5:15 PM	6:00 PM

**Timing Assignments**

**Session 1**

Friday 13/over Distance

**Timers are provided by each swimmer**

**Warm Up Schedule**

**Session 1**

Friday 13/over Distance

**5:30 PM to 6:20 PM** Open warm up assignments for this session

**2017 YMCA East Field Championships**  
**Saturday, December 9, 2017**

**Participating Teams**

FOBY	Freehold-Old Bridge YMCA
GMY	Greater Morristown YMCA
HACY	Hamilton Y Aquatic Club
MAY	Madison Area YMCA
MEY	Metuchen-Edison YMCA
RANY	Randolph YMCA
RVYM	Raritan Valley YMCA Riptide
SAY	Summit Area YMCA
SHY	Somerset Hills YMCA
WFY	Wyckoff YMCA Sharks

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Friday 13/over Distance	5:30 PM	6:30 PM
Saturday 13/over Preliminaries	8:05 AM	9:30 AM
Saturday 13/over Distance – 500 Free	1:00 PM	1:25 PM
Saturday 9-12 Finals	2:30 PM	3:30 PM
Saturday 13/over Finals	5:45 PM	6:30 PM
Sunday 13/over Preliminaries	8:05 AM	9:30 AM
Sunday 9-12 Finals	1:45 PM	2:45 PM
Sunday 13/over Finals	5:15 PM	6:00 PM

**Timing Assignments**

**Session 2**

Saturday 13/over Preliminaries

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
Timer 1	SHY	SHY	SHY	SHY	SHY	SHY	SHY	SHY
Timer 2	GMY	SAY	SAY	SAY	WFY	MEY	RVYM	RANY

Backup Timers: FOBY, RANY

**Session 3**

Saturday 13/over Distance – 500 Free

Timers are provided by each swimmer

**Session 4**

Saturday 9-12 Session

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
Timer 1	SHY	SHY	SHY	SHY	SHY	SHY	SHY	SHY
Timer 2	MAY	RVYM	MEY	SAY	SAY	SAY	WFY	RANY

Backup Timers: WFY, RANY

**Session 5**

Saturday 11/over Finals

Timing assignments will be determined after preliminaries that day.

Notes to Lane Timing Assignments:

1. Each timing assignment is for the entire session.
2. Teams may substitute individuals in the timing position
4. Swimmers must supply their own timers for the distance sessions (400 IM, 500 Free, 1000 Free)

**Warm Up Schedule**

**Session 2**

Saturday 13/over Preliminaries

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
8:05 to 8:25 AM	HACY	HACY	HACY	SHY	SHY	SHY	SHY	SHY
8:25 to 8:45 AM	SAY	SAY	SAY	SAY	SAY	SAY	SAY	SHY
8:45 to 9:05 AM	RANY	RANY	RANY	RANY/MAY	MAY	GMY	GMY/MEY	MEY
9:05 to 9:25 AM	WFY	WFY	WFY/RVYM	RVYM	RVYM	FOBY	FOBY	FOBY

**Session 3**

Saturday 13/over Distance – 500 Free

1:00 to 1:25 PM Open warm up assignments for this session

**Session 4**

Saturday 9-12 Finals

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
2:30 to 2:50 PM	MAY	MAY	MAY/GMY	HACY	HACY	RVYM	RVYM/MEY	MEY
2:50 to 3:10 PM	WFY	WFY	WFY	WFY	SAY	SAY	SAY	SAY
3:10 to 3:30 PM	SHY	SHY	SHY	SHY	SHY	RANY	RANY	RANY

**Session 5**

Saturday 13/over Finals

5:45 to 6:05 PM Girls 13/over - open lanes. Lanes 7,8 as sprint lanes in last 10 minutes.  
 6:05 to 6:25 PM Boys 13/over - open lanes. Lanes 7,8 as sprint lanes in last 10 minutes.

**2017 YMCA East Field Championships**  
**Sunday, December 10, 2017**

**Participating Teams**

FOBY	Freehold-Old Bridge YMCA
GMY	Greater Morristown YMCA
HACY	Hamilton Y Aquatic Club
MAY	Madison Area YMCA
MEY	Metuchen-Edison YMCA
RANY	Randolph YMCA
RVYM	Raritan Valley YMCA Riptide
SAY	Summit Area YMCA
SHY	Somerset Hills YMCA
WFY	Wyckoff YMCA Sharks

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Saturday 13/over Distance – 500 Free	1:00 PM	1:25 PM
Saturday 9-12 Finals	2:30 PM	3:30 PM
Saturday 13/over Finals	5:45 PM	6:30 PM
Sunday 13/over Preliminaries	8:05 AM	9:30 AM
Sunday 9-12 Finals	1:45 PM	2:45 PM
Sunday 13/over Finals	5:15 PM	6:00 PM

**Timing Assignments**

**Session 6**

Sunday 13/over Preliminaries

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
Timer 1	SHY	SHY	SHY	SHY	SHY	SHY	SHY	SHY
Timer 2	RVYM	FOBY	FOBY	SAY	SAY	SAY	RANY	RANY

Backup Timers: WFY, MEY

**Session 7**

Sunday 9-12 Finals

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
Timer 1	SHY	SHY	SHY	SHY	SHY	SHY	SHY	SHY
Timer 2	WFY	WFY	SAY	SAY	SAY	MAY	RANY	RANY

Backup Timers: MEY RVYM

**Session 8**

Sunday 13/over Finals

Timing assignments will be determined after preliminaries that day.

Notes to Lane Timing Assignments:

1. Each timing assignment is for the entire session.
2. Teams may substitute individuals in the timing position

**Warm Up Schedule**

**Session 6**

Sunday 13/over Preliminaries

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
8:05 to 8:25 AM	RANY	RANY	RANY	RANY	RVYM	RVYM	MEY	MEY
8:25 to 8:45 AM	FOBY	FOBY	FOBY	SHY	SHY	SHY	SHY	SHY
8:45 to 9:05 AM	SAY	SAY	SAY	SAY	SAY	SAY	SAY	SHY
9:05 to 9:25 AM	GMY	GMY/HACY	HACY	HACY	WFY	WFY	WFY/MAY	MAY

**Session 7**

Sunday 9-12 Finals

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
1:45 to 2:05 PM	SAY	SAY	SAY	SAY	SAY	WFY	WFY	WFY
2:05 to 2:25 PM	SHY	SHY	SHY	SHY	SHY	RANY	RANY	RANY
2:25 to 2:45 PM	MEY	MEY	HACY	HACY/GMY	RVYM	RVYM	MAY	MAY

**Session 8**

Sunday 13/over Finals

5:15 to 5:35 PM Girls 13/over - open lanes. Lanes 7,8 as sprint lanes in last 10 minutes.  
 5:35 to 5:55 PM Boys 13/over - open lanes. Lanes 7,8 as sprint lanes in last 10 minutes.