2019 SHY Annual Distance Invitational
Saturday, January 19, 2019

Participating Teams

LHY	Lakeland Hills YMCA
RY	Ridgewood YMCA Breakers
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 11/over	New	7:15 AM	8:15 AM
Sunday 1000 Free	Old	7:45 AM	8:15 AM
Sunday 1650 Free	Old	9:40 AM	10:10 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	RY

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	SHY	RY	RY	LHY	LHY	LHY

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

2019 SHY Annual Distance Invitational
Sunday, January 20, 2019

Participating Teams

LHY	Lakeland Hills YMCA
RY	Ridgewood YMCA Breakers
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 11/over	New	7:15 AM	8:15 AM
Sunday 1000 Free	Old	7:45 AM	8:15 AM
Sunday 1650 Free	Old	9:40 AM	10:10 AM

Timing Assignments

Session 4 - New Pool
Sunday 11/over

	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

Session 5 - Old Pool
Sunday 1000 Free

Timers and lap counters are provided by each swimmer

Session 6 - Old 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 11/over

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
7:15 AM to 7:35 AM	SHY	SHY	SHY	SHY	SHY	SHY
7:35 AM to 7:55 AM	SHY	SHY	SHY	SHY	LHY	RY
7:55 AM to 8:15 AM	LHY	LHY	LHY	LHY	LHY	LHY

Session 5 - Old Pool
Sunday 1000 Free

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
7:45 AM to 8:15 AM	open	open	open	open	open	open

Session 6 - Old Pool
Sunday 1650 Free

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
9:40 AM to 10:10 AM	open	open	open	open	open	open