

2018 YMCA East Field Championships
Friday, December 7, 2018

Participating Teams

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
 RY Ridgewood YMCA
 SAY Summit Area YMCA
 SHY Somerset Hills YMCA
 WEY West Essex YMCA
 WFY Wyckoff YMCA Sharks

Session Schedule	Warm Up	Session Start
Friday Distance	5:30 PM	6:30 PM
Saturday 13/over	8:05 AM	9:30 AM
Saturday 13/over Distance – 500 Free	1:30 PM	2:00 PM
Saturday 9-12	3:00 PM	4:00 PM
Sunday 13/over	8:05 AM	9:30 AM
Sunday 9-12	1:30 PM	3:00 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

2018 YMCA East Field Championships
Saturday, December 8, 2018

Participating Teams

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
RY	Ridgewood YMCA
SAY	Summit Area YMCA
SHY	Somerset Hills YMCA
WEY	West Essex YMCA
WFY	Wyckoff YMCA Sharks

Session Schedule	Warm Up	Session Start
Friday Distance	5:30 PM	6:30 PM
Saturday 13/over	8:05 AM	9:30 AM
Saturday 13/over Distance – 500 Free	1:30 PM	2:00 PM
Saturday 9-12	3:00 PM	4:00 PM
Sunday 13/over	8:05 AM	9:30 AM
Sunday 9-12	1:30 PM	3:00 PM

Timing Assignments

Session 2

Saturday 13/over

	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	RANY	RY	WFY	RVYM	MAY

Backup Timers: SAY, 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	RANY	RANY	SAY	SAY	RY	RY	WFY	WFY

Backup Timers: MEY, MAY

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

	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	RVYM	RVYM	SAY	SAY	SAY	SAY	SAY	SAY
8:45 to 9:05 AM	MAY	MAY	GMY	GMY	WEY	RANY	RANY	RANY
9:05 to 9:25 AM	RY	RY	RY	MEY	MEY	WFY	WFY	WFY

Session 3

Saturday 13/over Distance – 500 Free

1:30 to 1:55 PM Open warm up assignments for this session

Session 4

Saturday 9-12 Session

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
3:00 to 3:20 PM	SHY	SHY	SHY	SHY	SAY	SAY	SAT	SAY
3:20 to 3:40 PM	WFY	WFY	WFY	MEY	MEY	RANY	RANY	GMY/WEY
3:40 to 4:00 PM	MAY	MAY	RVYM	HACY	RY	RY	RY	RY

2018 YMCA East Field Championships
Sunday, December 9, 2018

Participating Teams

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
RY	Ridgewood YMCA
SAY	Summit Area YMCA
SHY	Somerset Hills YMCA
WEY	West Essex YMCA
WFY	Wyckoff YMCA Sharks

Session Schedule	Warm Up	Session Start
Friday Distance	5:30 PM	6:30 PM
Saturday 13/over	8:05 AM	9:30 AM
Saturday 13/over Distance – 500 Free	1:30 PM	2:00 PM
Saturday 9-12	3:00 PM	4:00 PM
Sunday 13/over	8:05 AM	9:30 AM
Sunday 9-12	1:30 PM	3:00 PM

Timing Assignments

Session 5

Sunday 13/over

	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	MAY	RY	SAY	SAY	SAY	RANY	RANY

Backup Timers: WFY, RVYM

Session 6

Sunday 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	WFY	WFY	SAY	SAY	RY	RY	RVYM	MEY

Backup Timers: MAY, RANY

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 5

Sunday 13/over

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

Session 6

Sunday 9-12 Session

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