

2012 YMCA East Field Championships
Saturday, December 15, 2012

Participating Teams

HACY	Hamilton Y Aquatic Club
MAY	Madison Area YMCA
MCY	Greater Morristown YMCA
WFY	Wyckoff YMCA Sharks
SHY	Somerset Hills YMCA
SAY	Summit Area YMCA
RVYM	Raritan Valley YMCA Riptide
RBY	Red Bank YMCA

Session Schedule	Warm Up	Session Start
Saturday 13/over Preliminaries	8:15 AM	9:30 AM
Saturday 13/over Distance – 400 IM	11:40 AM	12:00 PM
Saturday 9-12 Finals	1:15 PM	2:30 PM
Saturday 13/over Finals	4:00 PM	5:00 PM
Sunday 13/over Preliminaries	8:15 AM	9:30 AM
Sunday 13/over Distance – 500 Free	12:10 PM	12:30 PM
Sunday 9-12 Finals	1:15 PM	2:30 PM
Sunday 13/over Finals	4:00 PM	5:00 PM

Timing Assignments

Session 1

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	WFY	WFY	WFY	RBY	RBY	MAY	MAY	SAY

Backup Timers: SHY, SHY

Session 2

Saturday 13/over Distance – 400 IM

Timers are provided by each swimmer

Session 3

Saturday 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	RBY	RBY	RBY	WFY	WFY	MAY	MAY	SAY

Backup Timers: SHY, SHY

Session 4

Saturday 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
3. Each lane will have 2 timers, one of which is from SHY
4. Swimmers must supply their own timers for the distance sessions (400 IM and 500 Free)

Warm Up Schedule

Session 1

Saturday 13/over Preliminaries

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
8:15 to 8:45 AM	HACY	HACY	HACY	HACY	RBY	RBY	MAY	MAY
8:45 to 9:15 AM	SHY/MCY	SHY	SHY	WFY	WFY	WFY	SAY	SAY/RVYM

Session 2

Saturday 13/over Distance – 400 IM

11:40 AM to 12:00 PM Open warm up assignments for this session

Session 3

Saturday 9-12 Finals

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
1:15 to 1:45 PM	HACY	HACY	WFY	WFY	SHY	SHY	SHY	SHY
1:45 to 2:15 PM	RVYM/MC	SAY	MAY/SAY	MAY	RBY	RBY	RBY	RBY

Session 4

Saturday 13/over Finals

4:00 to 5:00 PM Open warm up assignments for this session
 2 sprint lanes available for final 20 minutes

2012 YMCA East Field Championships
Sunday, December 16, 2012

Participating Teams

HACY	Hamilton Y Aquatic Club
MAY	Madison Area YMCA
MCY	Greater Morristown YMCA
WFY	Wyckoff YMCA Sharks
SHY	Somerset Hills YMCA
SAY	Summit Area YMCA
RVYM	Raritan Valley YMCA Riptide
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Saturday 13/over Finals	4:00 PM	5:00 PM
Sunday 13/over Preliminaries	8:15 AM	9:30 AM
Sunday 13/over Distance – 500 Free	12:10 PM	12:30 PM
Sunday 9-12 Finals	1:15 PM	2:30 PM
Sunday 13/over Finals	4:00 PM	5:00 PM

Timing Assignments

Session 5

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	WFY	WFY	WFY	RBY	RBY	MAY	MAY	SAY

Backup Timers: SHY, SHY

Session 6

Sunday 13/over Distance – 500 Free

Timers are provided by each swimmer

Session 7

Saturday 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	RBY	RBY	RBY	WFY	WFY	MAY	MAY	SAY

Backup Timers: SHY, SHY

Session 8

Saturday 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
3. Each lane will have 2 timers, one of which is from SHY
4. Swimmers must supply their own timers for the distance sessions (400 IM and 500 Free)

Warm Up Schedule

Session 5

Saturday 13/over Preliminaries

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
8:15 to 8:45 AM	HACY	HACY	HACY	HACY	RBY	RBY	MAY	MAY
8:45 to 9:15 AM	SHY/MCY	SHY	SHY	WFY	WFY	WFY	SAY	SAY/RVYM

Session 6

Sunday 13/over Distance – 500 Free

12:10 to 12:30 PM Open warm up assignments for this session

Session 7

Saturday 9-12 Finals

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
1:15 to 1:45 PM	HACY	HACY	WFY	WFY	SHY	SHY	SHY	SHY
1:45 to 2:15 PM	RVYM/MC	SAY	MAY/SAY	MAY	RBY	RBY	RBY	RBY

Session 8

Saturday 13/over Finals

4:00 to 5:00 PM Open warm up assignments for this session
 2 sprint lanes available for final 20 minutes