

# Warm-Up Assignments - NJ YMCA SILVER CHAMPIONSHIPS

## SESSION 1 & 2: FRIDAY PM 11 & OVERS GIRLS/BOYS 4:00-5:15 PM START: 5:20 PM

	POOL	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8
4:00 -	Shallow	GSCY	GSCY	GSCY	GSCY	GSCY	GSCY	GSCY	GSCY/MYM
4:25	Deep	RANY	RANY	RANY	RANY	RANY	LHY	LHY	LHY
4:25 -	Shallow	SAY	SAY	SAY	SAY	FSPY	FSPY	FSPY/WEY	HACY
4:50	Deep	OCY	OCY	WFY	WFY	HCY	HCY/NIBL	SCY	SCY
4:50 -	Shallow	RY	RY	WY	WY	WY/MDY/MEY	MAY	MAY	MAY/PY/VINY
5:15	Deep	GMNY	GMNY	GMNY	GMNY	GMNY	GMNY	MLY	RVYM/GMY

## SESSION 3 & 4: SATURDAY AM 9-10 GIRLS & BOYS / 11-12 GIRLS/BOYS 7:30-8:45 AM START: 8:55 AM

	POOL	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8
7:30-	Shallow	RANY	RANY	SAY	SAY	SAY	SAY	FSPY	FSPY
7:55	Deep	GMNY	GMNY	GMNY	GMNY	GMNY	GMNY	GMNY	MYM
7:55-	Shallow	WY	WY	WY	OCY	OCY	HCY	SCY	SCY
8:20	Deep	GSCY	GSCY	GSCY	GSCY	GSCY	GSCY	RY	RY
8:20- 8:45	Shallow	GMY	GMY/MDY	RVYM/MEY	RVYM	HACY	WEY	NIBL	VINY
	Deep	LHY	LHY	LHY	WFY	WFY	MAY	MAY	TGFY/PY/MLY

## SESSION 5 & 6: SATURDAY DISTANCE 13 & OVER GIRLS & BOYS 1000 FREE 11:30-12:00 PM START: 12:10 PM

DEEP	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6-8
11:30 - 12:00	RANY	RANY/GSCY	GSCY	LHY	SAY/GMNY/WFY	OPEN

## SESSION 7 & 8: SATURDAY PM 13 & OVER GIRLS & BOYS 1:15 - 2:30 PM START: 2:40 PM

	POOL	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8
1:15 - 1:40	Shallow	GSCY	GSCY	GSCY	GSCY	GSCY	GSCY	GSCY	RVYM
	Deep	LHY	LHY	LHY	FSPY	FSPY	FSPY	SCY	SCY
1:40-2:05	Shallow	RY	RY	OCY	OCY	OCY	SAY	SAY	SAY
	Deep	RANY	RANY	RANY	RANY	RANY	WFY	WFY	MYM/GMY
2:05-2:30	Shallow	WY	WY	WY/VINY	MAY	MAY	MAY	MLY	MLY
	Deep	GMNY	GMNY	GMNY	GMNY	GMNY	HCY/MEY	HACY	NIBL

# Warm-Up Assignments - NJ YMCA SILVER CHAMPIONSHIPS

## SESSION 9 & 10: SUNDAY AM 9-10 GIRLS & BOYS / 11-12 GIRLS 7:30-8:20 AM START: 8:30 AM

	POOL	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8
7:30-7:55	Shallow	GSCY	GSCY	GSCY	GSCY/TGFY	GMNY	GMNY	GMNY	GMNY
	Deep	RANY	RANY/PY	WY	WY/VINY	SAY	SAY/MEY	OCY	OCY
7:55-8:20	Shallow	WFY	WFY	MYM/MDY	SCY	SCY/HACY	RVYM	RVYM/MLY	HCY
	Deep	FSPY	FSPY	LHY	LHY	MAY	GMY	NIBL/WEY	RY

## SESSION 11 & 12: SUNDAY DISTANCE 13 & OVER GIRLS & BOYS 1650 FREE 10:30-11:00 AM START: 11:10 AM

	DEEP	LANE 1-8
	10:30-11:00 AM	OPEN

## SESSION 13 & 14: SUNDAY PM 13 & OVER GIRLS & BOYS 12:10 -1:25 PM START: 1:35 PM

	POOL	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8
12:10-12:35	Shallow	GSCY	GSCY	GSCY	GSCY	GSCY	GSCY	RY	RY
	Deep	RANY	RANY	RANY	RANY	RANY/MYM	SAY	SAY	SAY
12:35 - 1:00	Shallow	FSPY	FSPY	FSPY	WY	WY	WY/MEY	WFY	WFY
	Deep	GMNY	GMNY	GMNY	GMNY	GMNY	HACY	HACY/NIBL	RVYM
1:00- 1:25	Shallow	OCY	OCY	OCY	MAY	MAY	MAY/GMY	SCY	SCY
	Deep	LHY	LHY	LHY	LHY	MLY	MLY	HCY	VINY/WEY