



2010 LC CT 12/U Regional Championships

Hosted by Cheshire Y/Sea Dog Swim Club

Saturday, July 17, 2010

1st Warm Up 7:00-7:20am

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
WRAT	WRAT	WRAT	NCY	SMST	PAC	CDOG	CDOG
				FFLY	HHAC		
					BSY		

2nd Warm Up 7:20-7:40am

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
RAC	RAC	ZEUS	ZEUS (7)	SHKS	GRYM	PSDY	GYWD
			WAC		FVYM	ICSC	BRS

3rd Warm Up 7:40-7:55am

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
Circle	Sprint	Sprint	Sprint	Sprint	Sprint	Sprint	Circle

Sunday, July 18, 2010

1st Warm Up 7:00-7:20am

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
RAC	RAC	ZEUS	ZEUS (8)	WAC	SHKS	PSDY	GYWD
			PAC	BSY		HHAC	BRS
						FFLY	

2nd Warm Up 7:20-7:40am

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
WRAT	WRAT	WRAT	NCY	SMST	GRYM	CDOG	CDOG
				ICSC	FVYM		

3rd Warm Up 7:40-7:55am

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
Circle	Sprint	Sprint	Sprint	Sprint	Sprint	Sprint	Circle

