

## Warm-Up Lane Assignments – Lanes are BOTH sides of Bulk Head

Friday, February 26, 2010

| Lane | 5:00 – 5:20 pm | 5:20 – 5:45 pm       | 5:45 – 5:55 pm |
|------|----------------|----------------------|----------------|
| 1    | GYWD/NFAF 12/U | 13/O General Warm-Up | Pace           |
| 2    | RAC 12/U       | ▼ ▼ ▼ ▼              | Starts         |
| 3    | NCY 12/U       | ▼ ▼ ▼ ▼              | Circle         |
| 4    | NCY 12/U       | ▼ ▼ ▼ ▼              | Starts         |
| 5    | ICSC/GRYM 12/U | ▼ ▼ ▼ ▼              | Starts         |
| 6    | PSDY 12/U      | ▼ ▼ ▼ ▼              | Pace           |

### Saturday, February 27, 2010 & Sunday, February 28, 2010 **AM Sessions**

| Lane | 7:30 – 7:50 am | 7:50 – 8:10 am | 8:10 – 8:30 am     | 8:30 – 8:40 am  |
|------|----------------|----------------|--------------------|-----------------|
| 1    | PSDY 12/U      | GYWD 12/U      | GYWD 13/O          | Pace            |
| 2    | PSDY 12/U      | GYWD 12/U      | RAC 13/O           | One Way Sprints |
| 3    | PSDY/RAC 12/U  | ICSC 12/U      | RAC 13/O           | One Way Sprints |
| 4    | RAC 12/U       | FFLY/WILD 12/U | FFLY/ICSC 13/O     | One Way Sprints |
| 5    | RAC 12/U       | NFAF 12/U      | PSDY/GRYM 13/O     | One Way Sprints |
| 6    | GRYM 12/U      | NFAF/BSY 12/U  | NFAF/BSY/WILD 13/O | Pace            |

### Saturday, February 27, 2010 & Sunday, February 28, 2010 **PM Sessions**

| Lane | 1:00 – 1:20 pm | 1:20 – 1:40 pm | 1:40 – 2:00 pm | 2:00 – 2:20pm | 2:20 – 2:30pm   |
|------|----------------|----------------|----------------|---------------|-----------------|
| 1    | NCY 12/U       | GYWD 12/U      | ICSC 12/U      | NCY 13/O      | Pace            |
| 2    | NCY 12/U       | GYWD/WILD 12/U | FFLY 12/U      | NCY 13/O      | One Way Sprints |
| 3    | NCY/PSDY 12/U  | NFAF 12/U      | FFLY/BSY 13/O  | RAC 13/O      | One Way Sprints |
| 4    | PSDY 12/U      | NFAF/BSY 12/U  | ICSC/PSDY 13/O | RAC 13/O      | One Way Sprints |
| 5    | RAC 12/U       | GRYM 12/U      | PSDY 13/O      | GYWD 13/O     | One Way Sprints |
| 6    | RAC 12/U       | GRYM 12/U      | PSDY 13/O      | GYWD 13/O     | Pace            |