

2010 Connecticut Regional Championship - 2/26/2010 to 2/28/2010**Warm-up Sheet**

Tier I **5:00-5:20**
 Tier II **5:20-5:40**

Session: 1 Friday Evening
 Day of Meet: 1 Starts at 06:00 PM
 Total Athletes: 140 - Women: 95 - Men: 45

Team	Total	Lane	Work
WYW-CT Wilton Y Wahoos Swim Club	47	I/1-4	6
SNCO-CT SoNoCo Swim Club	18	I/5-6	20,2T
BRS-CT Branford Stingrays	16	I/7-8	3
SHKS-CT Sharks Swim Team, Inc	15	II/1-2	3
HNHS-CT Hamden-No.Haven YMCA Swimming	11	II/3-4	1
WAC-CT Woodbridge Aquatic Club	11	II/4-5	1
WBCB-CT Waterbury YMCA Barracudas	5	II/6	1
WDOL-CT Wallingford YMCA Dolphins	5	II/6	1
WYWU-CT UN Wilton Y Wahoos Swim Club	5	II/7	
SHKU-CT UN Sharks Swim Team, Inc	3	II/7	
ARAC-CT Amity Regional Aquatic Club	2	II/7	
OMNI-CT Omni Swim Club	2	II/7	

Tier I **7:30-7:50**
 Tier III **7:50-8:10**
 Tier III **8:10-8:50**
 Tier I+III **Flip on Sun**

Session: 2 SaturdayAM
 Day of Meet: 2 Starts at 08:45 AM

Team	Total	Lane	Work
WYW-CT Wilton Y Wahoos Swim Club	95	I/1-7	6
BRS-CT Branford Stingrays	62	II/1-5	4
SHKS-CT Sharks Swim Team, Inc	29	II/6-7	2
WAC-CT Woodbridge Aquatic Club	24	III/1-2	2
HNHS-CT Hamden-No.Haven YMCA Swimming	22	III/3-4	2
SNCO-CT SoNoCo Swim Club	20	III/5-6	40
ARAC-CT Amity Regional Aquatic Club	13	I/8	1
VSYM-CT Valley Shore YMCA Marlins	13	II/8	1 sun
WDOL-CT Wallingford YMCA Dolphins	8	III/7	1 sat
OMNI-CT Omni Swim Club	6	III/7	
WBCB-CT Waterbury YMCA Barracudas	6	III/8	

Tier I **12:30-12:50**

Session: 3 Saturday PM
Day of Meet: 2 Starts at 01:45 PM

Tier II 12:50-1:10
Tier III 1:10-1:30
Tier I+III Flip on Sun

Team	Total	Lane	Work
Wilton Y Wahoos Swim Club	74	I/1-6	6
WYW-CT Branford Stingrays	41	II/1-4	4
BRS-CT Sharks Swim Team, Inc	33	II/5-7	3
SHKS-CT SoNoCo Swim Club	29	III/1-3	40
SNCO-CT Hamden-No.Haven YMCA Swimming	24	III/4-5	2
HNHS-CT Amity Regional Aquatic Club	21	I/7-8	2
ARAC-CT Woodbridge Aquatic Club	17	III/6-7	1 sat
WAC-CT Valley Shore YMCA Marlins	16	III/7-8	1 sun
VSYM-CT Omni Swim Club	5	II/8	
OMNI-CT Wallingford YMCA Dolphins	5	III/8	
WDOL-CT Waterbury YMCA Barracudas	2	III/8	
WBCB-CT			

