

Somerset Valley
New Year's Splash
Warm Up Schedule

January 9 10, 2010

Session 1 Saturday AM		Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6 *
Warm Up 1	6:30 - 6:55	Bayonne	MCD	MCD	NJW	NJW	NJW
Warm Up 2	6:55 - 7:20	SVY	SVY	SVY	SVY	SVY	SVY
Warm Up 3	7:20 - 7:45	SAY	SAY	SVY	SVY	SVY	SVY
Session Start	7:50						
Session 2 Saturday Mid		Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6 *
Warm Up 1	12:30 - 12:50	Bayonne	SVY	SVY	SVY	SVY	SVY
Warm Up 2	12:50 - 1:10	SVY	SVY	SVY	NJW	NJW	NJW
Warm Up 3	1:10 - 1:30	SAY	CCC	MCD	SHY	SHY	SVY
Session Start	1:30						
Session 3 Saturday PM		Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6 *
Warm Up 1	5:00 - 5:25	Bayonne	Bayonne	SAY	SHY	SHY	SHY
Warm Up 2	5:25 - 5:50	CCC	CCC	NJW	NJW	NJW	NJW
Warm Up 3	5:50 - 6:15	MCD	SVY	SVY	SVY	SVY	SVY
Session Start	6:20						
Session 4 Sunday AM		Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6 *
Warm Up 1	6:30 - 6:55	Bayonne	MCD	MCD	NJW	NJW	NJW
Warm Up 2	6:55 - 7:20	SAY	SAY	SVY	SVY	SVY	SVY
Warm Up 3	7:20 - 7:45	SVY	SVY	SVY	SVY	SVY	SVY
Session Start	7:50						
MINI MEET Sunday Mid		Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6 *
Warm Up 1	12:30 - 12:55	WEX	MEW	LHY	LHY	LHY	LHY
Warm Up 2	12:55 - 1:20	WMY	WMY	SVY	SVY	SVY	SVY
Session Start	1:25						
Session 5 Sunday PM		Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6 *
Warm Up 1	3:30 - 3:55	MCD	SAY	NJW	NJW	NJW	NJW
Warm Up 2	3:55 - 4:20	Bayonne	Bayonne	CCC	CCC	SHY	SHY
Warm Up 3	4:20 - 4:45	SHY	SVY	SVY	SVY	SVY	SVY
Session Start	4:50						

LANE 6 * = The last 15 minutes of Each Warm Up in ALL Sessions will be used for Starts/Sprints

Bayonne = Bayonne Mermaids
CCC = Caldwell Center Cyclones
LHY = Lakeland Hills YMCA
MCD = Morris Center Dolphins
MEW = Metuchen/Edison/Woodbridge

NJW = New Jersey Wave
SAY = Summit Area YMCA
SHY = Somerset Hills YMCA
SVY = Somerset Valley YMCA
WEX = West Essex YMCA
WMY = West Morris YMCA