

2008 SAC LC JUNIOR OLYMPICS
SESSION TIMES:

Fly over starts will be used throughout the meet!

Check-in sheets are due 30 minutes prior to each session.

Positive check-in all 400/longer freestyles and all relays.

Session 1 (Thursday PM)/13/over 800 Freestyles

Warmup @ 5:00PM, Check-in by 5:30PM; Start at 6:05PM

Swimmers provide own timers & lap counters for 800's

Sessions 2, 4, 6--AM/ 13/over swimmers

Warmup @ 7:15AM; Check-in by 7:45AM; Start at 8:20AM

Sessions 3, 5 & 7--PM/ 12/under swimmers

Warmup @ 2:00PM; Check-in by 2:30PM, Start at 3:05PM (***Fri. & Sun.***)

Warmup @ 2:25PM; Check-in by 2:55PM, Start at 3:30PM (***Saturday***)

POSITIVE CHECK-IN FOR ALL DISTANCE EVENTS & RELAYS

2008 SAC LC Junior Olympics Warm-up Assignments

Fly over starts will be used throughout the meet!

*In the event that the competition pool is not available, warmup will begin in the patio pool
until the main pool is available.*

Check-in sheets are due 30 minutes before the beginning of each session. Positive check-in all 400/longer freestyles and all relays.

THURSDAY		FRIDAY				SATURDAY				SUNDAY			
Session 1-Day 1		Session 2-Day 2		Session 3-Day 2		Session 4-Day 3		Session 5-Day 3		Session 6-Day 4		Session 7-Day 4	
I	II	I	II	I	II	I	II	I	II	I	II	I	II
5:00PM	5:30PM	7:15 AM	7:45AM	2:00PM	2:30PM	7:15 AM	7:45AM	2:25PM	2:55PM	7:15 AM	7:45AM	2:00PM	2:30PM
SAC	BAC	SAC	CAT	SAC	BB	SAC	BAC	SAC	BAC	SAC	CAT	SAC	BB
BB	BMS	BAC	EEX	BAC	CBGC	CAT	BB	BB	BMS	BAC	EEX	BAC	CBGC
CAT	LHY	BB	ESC	BMS	CJAC	EEX	BMX	CBGC	CAT	BB	ESC	BMS	CJAC
EEX	MCSC	BMX	FSPY	CAT	FSPY	ESC	CBGC	CJAC	EEX	BMX	FSPY	CAT	FSPY
ESC	MYM	CBGC	HACY	EEX	LHY	FSPY	CJAC	FSPY	ESC	CBGC	HACY	EEX	LHY
HACY	PAA	CJAC	HCY	ESC	MEY	HACY	LHY	LHY	HACY	CJAC	HCY	ESC	MEY
NJBL	PPST	LHY	MCSC	HACY	MYM	HCY	MB	MEY	MCSC	LHY	MCSC	HACY	MYM
NJRC	RY	MB	NJBL	MCSC	NJW	MCSC	MEY	MYM	MCY	MB	NJBL	MCSC	NJW
NJW	WFY	MEY	NJRC	MCY	OCY	NJBL	MYM	NJW	NJBL	MEY	NJRC	MCY	OCY
SHY	WY	MYM	NJW	NJBL	PAA	NJRC	OCY	OCY	NJRC	MYM	NJW	NJBL	PAA
SVY	XCEL	OCY	PAA	NJRC	PPST	NJW	RBY	PAA	RBY	OCY	PAA	NJRC	PPST
YWMC	all others	RBY	PPST	RBY	RY	PAA	SAY	PPST	SAY	RBY	PPST	RBY	RY
		SAY	RY	SAY	SDSC	PPST	SDSC	RY	STVN	SAY	RY	SAY	SDSC
		SDSC	SHY	STVN	SHY	RY	SVY	SDSC	SVY	SDSC	SHY	STVN	SHY
		SVY	WY	SVY	TWST	SHY	WFY	SHY	WMY	SVY	WY	SVY	TWST
		WFY	XCEL	WMY	WAVE	WY	WMY	TWST	WY	WFY	XCEL	WMY	WAVE
		WMY	all others	WY	WEY	XCEL	all others	WAVE	XCEL	WMY	all others	WY	WEY
				XCEL	WFY			WEY	YWMC			XCEL	WFY
				YWMC	all others			WFY	all others			YWMC	all others

2008 SAC LC JUNIOR OLYMPICS

There will be one timer from the assigned team and one timer from **SAC** on each lane.

For **distance** events (800/1500) swimmers will provide **their own timers and lap counters**.

There will be a positive check-in for distance events

In the event that the competition pool is not available, warmup will begin in the patio pool until the main pool is available.

TIMING ASSIGNMENTS

Day 1--FRIDAY

<u>LANE</u>	<u>SESSION 2</u>	<u>LANE</u>	<u>SESSION 3</u>
1	EEX	1	RY
2	LHY	2	OCY
3	SVY	3	NJBL
4	WFY	4	WMY
5	ESC	5	MYM
6	NJW	6	CAT
7	BMS	7	PAA
8	XCEL	8	BAC

ALTS: CJAC, PPST, WY ALTS: SHY, MCSC, HACY

Day 2---SATURDAY

<u>LANE</u>	<u>SESSION 4</u>	<u>LANE</u>	<u>SESSION 5</u>
1	BAC	1	WFY
2	PPST	2	XCEL
3	SVY	3	NJW
4	SAY	4	MYM
5	NJBL	5	WMY
6	WY	6	HACY
7	CJAC	7	BMS
8	CAT	8	MCSC

ALTS: ESC, SHY, BB ALTS: SVY, LHY, EEX

Day 3---SUNDAY

<u>LANE</u>	<u>SESSION 6</u>	<u>LANE</u>	<u>SESSION 7</u>
1	CAT	1	RY
2	PAA	2	BAC
3	SVY	3	ESC
4	WFY	4	XCEL
5	ESC	5	MYM
6	NJW	6	WMY
7	CJAC	7	HACY
8	PPST	8	SDSC

ALTS: WY, SHY, BB ALTS: NJBL, WY, PPST

