

New England YMCA Long Course Invitational Warm Up Information – Lane Assignments

Friday Evening, June 25, 2010 Session 1

Doors open – 3:45 PM

Warm Up One – 4:10 to 4:45 PM

Warm Up Two – 4:45 to 5:20 PM

Meet Start at 5:30 PM

Warm Up One – 4:10 to 4:45 PM

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
LEHY	LEHY	LEHY	BYB	HRY	BYB!-NBYB- KCY-HAY

Warm Up Two – 4:45 to 5:20 PM

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
HYV	HYV-PYPB	ANA	ANA	WYST	WYST

Saturday Morning, June 26, 2010 Session 2

Doors Open – 7:15 AM

Warm Up One – 7:40 to 8:15 AM

Warm Up Two – 8:15 to 8:50 AM

Meet Start at 9:00 AM

Warm Up One – 8:10 to 8:45 AM

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
HRY	SNAP	CRAN	LEHY-WYST	DEFY-KCY	BYB!-BYB

Warm Up Two – 8:45 to 9:20 AM

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
HAY	HAY	HYV	HYV	ANA	Sprint

Saturday Afternoon, June 20, 2009 Session 3

Warm Up One – 12:10 to 12:45 PM

Warm Up Two – 12:45 to 1:20 PM

Meet Start at 1:30 PM

Warm Up One – 12:10 to 12:45 PM

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
LEHY	LEHY	LEHY	ANA	ANA	BYB-HRY

Warm Up Two – 12:45 to 1:20 PM

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
HYV	HYV-PYPB	HAY	WYST	CDOG	KCY-DEFY- CRAN-NBYB- BYB!

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Sunday Morning, June 27, 2010 Session 4

Doors Open – 7:15 AM

Warm Up One – 7:40 to 8:15 AM

Warm Up Two – 8:15 to 8:50 AM

Meet Start at 9:00 AM

Warm Up One – 8:10 to 8:45 AM

LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6
HRY	WYST	LEHY	DEFY-BYB!	CRAN-BYB-KCY	SPRINT

Warm Up Two – 8:45 to 9:20 AM

LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6
HAY	HAY	HYV	HYV	ANA	SPRINT

Sunday Afternoon, June 27, 2010 Session 5

Warm Up One – 12:10 to 12:45 PM

Warm Up Two – 12:45 to 1:20 PM

Meet Start at 1:30 PM

Warm Up One – 12:10 to 12:45 PM

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
LEHY	LEHY	LEHY-CDOG	CDOG	CDOG	BYB

Warm Up Two – 12:45 to 1:20 PM

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
HYV-HRY	HYV-PYPB	HAY	WYST-SNAP	ANA	NBYB-BYB! CRAN-DEFY