

**North Shore Swim Club
MIT Prelims & Finals
Team Warm Up Assignments
December 14-17, 2006**

Thursday Session: General warm up both competition pools
4:30-5:25 PM, Session start at 5:30 PM.

Spectator Pool

Friday Prelims: 7:30-8:00 AM,

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10
NSSC	NSSC	NSSC	NSSC	NSSC	NSSC	NCY	NCY	NCY	NCY

Friday Prelims: 8:00-8:30 AM,

GMSC	GMSC	CAC	CAC	PSC	PSC	ABF	ABF	ABF	ABF
	BYB								

Friday Prelims: 8:30-8:55 AM

GMA	GMA	RAMS	RAMS	BGSC	BGSC	BOSS	BOSS	BOSS	BOSS
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Saturday Prelims: 7:30-8:00 AM,

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10
NSSC	NSSC	NSSC	NSSC	NSSC	NSSC	BOSS	BOSS	BOSS	BOSS

Saturday Prelims: 8:00-8:30 AM,

GMA	GMA	RAMS	RAMS	BGSC	BGSC	NCY	NCY	NCY	NCY
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Saturday Prelims: 8:30-8:55 AM

GMSC	GMSC	CAC	CAC	PSC	PSC	ABF	ABF	ABF	ABF
	BYB								

Sunday Prelims: 7:30-8:00 AM,

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10
NSSC	NSSC	NSSC	NSSC	NSSC	NSSC	ABF	ABF	ABF	ABF

Sunday Prelims: 8:00-8:30 AM,

GMSC	GMSC	CAC	CAC	PSC	PSC	BOSS	BOSS	BOSS	BOSS
	BYB								

Sunday Prelims: 8:30-8:55 AM

GMA	GMA	RAMS	RAMS	BGSC	BGSC	NCY	NCY	NCY	NCY
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Finals Sessions:

5:00-5:40 PM - General warm up all lanes in 10 lane & 9 lane Pools.

5:40-5:55 PM –

10 Lane Pool

Lanes 1-2-3 – Sprint

Lanes 4-5-6-7 – General

Lanes 8-9-10 – Pace

9 Lane Pool

Lanes 1-2-3 - Sprint

Lanes 4-5-6 - General

Lanes 7-8-9 - Pace

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Scoreboard Pool

Friday Prelims: 7:30-8:00 AM, Saturday Prelims: 8:00-8:30 AM, Sunday Prelims: 8:30-8:55 AM

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9
RAC	RAC	SOLO	SOLO	DELM	SAC	SAC	SAC	SAC
				CLIN				

Friday Prelims: 8:00-8:30 AM, Saturday Prelims: 8:30-8:55 AM, Sunday Prelims: 7:30-8:00 AM

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9
LEHY	LEHY	BGSC	BGSC	BGSC	BGSC	NCAC	KING	UNAT
						BAT		EHS

Friday Prelims: 8:30-8:55 AM, Saturday Prelims: 7:30-8:00 AM, Sunday Prelims: 8:00-8:30 AM

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9
CDOG	CDOG	CST	CST	COND	COND	SCHE	SCHE	SCHE

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9 Lane Pool

Lanes 1-2-3 - Sprint

Lanes 4-5-6 - General

Lanes 7-8-9 - Pace