

**North Shore Swim Club Hanscom Specialty Meet
Team Warm Up Assignments
January 5-6, 2008**

Saturday, January 5, 2008 7:15-7:45 AM

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
NSSC	NSSC	NSSC	BGSC	BGSC	HRY
					UNAT
					WBD

Saturday, January 5, 2008 7:45-8:15 AM

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
ABF	ABF	ABF	BAT	BAT	Solo
				LGSC	
				LRSC	

Sunday January 6, 2008 7:15-7:45 AM

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
ABF	ABF	ABF	BAT	BAT	Solo
				LGSC	
				LRSC	

Sunday January 6, 2008 7:45-8:15 AM

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
NSSC	NSSC	NSSC	BGSC	SSA	HRY
				DYD	UNAT
					WBD

Sunday January 6, 2008 Hanscom Distance Meet

Sunday January 6, 2008 1:00-1:40 PM, Meet @ 1:45 PM

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
General Warm Up 1:00-1:40 PM All Lanes					

Note: There will be continuous Warm up/ Warm down for the entire meet.