

**North Shore Swim Club
MIT Prelims & Finals
Team Warm Up Assignments
December 13-16, 2007**

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, 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	Lane 10
BGSC	BGSC	BGSC	DELM	NSSC	NSSC	NSSC	NSSC	NSSC	NSSC
			AMST						
Friday Prelims: 8:00-8:30 AM, Saturday Prelims 8:30-8:55 AM, Sunday Prelims 7:30-8:00 AM									
NCY	NCY	NCY	NCY	NCY	ABF	ABF	ABF	ABF	ABF
Friday Prelims: 8:30-8:55 AM, Saturday Prelims 7:30-8:00 AM, Sunday Prelims 8:00-8:30 AM									
SAC	SAC	SAC	MELY	SOLO	GLFY	AYT	GMA	WHAT	RAMS
						CLIN	MSC	BAT	UN

Finals Sessions:

5:00-5:40 PM (Sunday 4:00-4:40 PM)

- **General warm up all lanes in 10 lane & 9 lane Pools.**

5:40-5:55 PM (Sunday 4:40-4:55 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
BAD	BAD	BAD	BAD	BAD	BAD	BAD	BAD	BAD

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
SCHE	SCHE	SCHE	RAC	RAC	ANA	ANA	ANA	GMSC

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	CDOG	COND	COND	COND	KING	BYB	LEHY

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