

**North Shore Swim Club
MIT Prelims & Finals
Team Warm Up Assignments
December 11-14, 2008**

Thursday Session: **General warm up both competition pools
4:30-5:20 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
COND	COND	COND	COND	SOLO	SOLO	NSSC	NSSC	NSSC	NSSC

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

RAC	RAC	YNS	YNS	YNS	YMA	YMA	YMA	WTSC	DELM
									HNHS

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

CDOG	CDOG	CDOG	CDOG	EAST	EAST	EAST	EAST	EAST	EAST

Finals Sessions:

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

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

5:40-5:50 PM (Sunday 4:40-4:50 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 - Pace

Lanes 4-5-6 - General

Lanes 7-8-9 - Sprint

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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
SCHE	SCHE	SCHE	SAC	SAC	SAC	SAC	SAC	SAC

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
BGSC	BGSC	BGSC	BGSC	BYB	NCY	NCY	NCY	NCY

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
OPEN	UNAT	FINS	HYV	WHAT	LEHY	LEHY	ANA	ANA
		MSC	KING					

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Lanes 1-2-3 - Pace

Lanes 4-5-6 - General

Lanes 7-8-9 - Sprint