

N.E. Regionals February 6-8, 2009 Team Warm Up Assignments

Friday 4:00-4:25 PM

Start at 5:20 PM

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
BOSS	BOSS	BOSS	BOSS	KING	KING	NSSC	NSSC

Friday 4:25-4:50 PM

STRM	MST	MST	ESC	FINS	WW	WW	WW
		STS					

Friday 4:50-5:15 PM

CCSC	CCSC	CCSC	BLUE	CONY	ANA	ANA	ANA
			ATST	ESSC			

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
Saturday Morning 7:30-8:00 AM / Sunday Morning 8:00-8:30 AM						Starts 9:00 AM	
STRM	STRM	STRM	ANA	ANA	ANA	NSSC	NSSC
Saturday Morning 8:00-8:30 AM / Sunday Morning 8:30-8:55 AM							
BOSS	BOSS	CCSC	CCSC	MST	KING	KING	KING
Saturday Morning 8:30-8:55 AM / Sunday Morning 7:30-8:00 AM							
ESC	ESC	FINS	BLUE	CONY	STS	WW	WW
					ESSC		
					ATST		

Saturday Afternoon 1:30-1:55 PM, starts 2:45 PM / Sunday 2:40-3:05 PM, starts at 3:35 PM

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
WW	WW	WW	WW	NSSC	NSSC	NSSC	NSSC

Saturday Afternoon 1:55-2:20 PM / Sunday 3:05-3:30 PM

BOSS	BOSS	BOSS	ESC	ESC	STRM	STRM	ANA

Saturday Afternoon 2:20-2:45 PM / Sunday 2:15-2:40 PM

FINS	FINS	KING	KING	MST	CCSC	BLUE	ATST
						STS	CONY
							ESSC

Saturday Evening (1650 Free), Warm Up 5:00-5:20 PM, Meet start at 5:25 PM

Note: Warm-up for the 1650 session will not begin prior to 5:00 PM

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
Open Warm Up, All 1650 swimmers must provide their own timer and counter.							

Open Time Trials: Warm up will begin for 20 minutes immediately following 1650 session. Approximate start time of time trials will not be before 6:00 PM.