North Shore Swim Club
Team Warm-Up Assignments
May 22-23, 2010

Saturday, May 8, 2010 **7:00-7:30 AM**

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
BGSC	**NSSC**	**NSSC**	**SAC**	**SAC**	**SAC**
UN	**LRSC**				

Saturday, May 8, 2010 **7:30-8:00 AM**

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
AAC	**SOLO**	**KING**	**KING**	**PSC**	**PSC**
	NAS	**HHS**			

Sunday May 9, 2010 **8:00-8:30 AM**

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
NSSC	**WW**	**WW**	**SAC**	**SAC**	**SAC**

Sunday May 9, 2010 **8:30-8:55 AM**

LRSC	**KING**	**PSC**	**BGSC**	**AAC**	**SOLO**
HHS					

Sunday May 9, 2010 **10:45-11:15 PM**

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
NSSC	**AAC**	**AAC**	**SAC**	**SAC**	**PSC**
	LRSC				

Sunday May 9, 2010 **11:15-11:40 PM**

HHS	**KING**	**WW**	**BGSC**	**BGSC**	**SOLO**
NAS					**UN**

Sunday May 9, 2010 **3:45-4:05 PM**

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
UN	**KING**	**BGSC**	**BGSC**	**BGSC**	**NSSC**
					WW

Sunday May 9, 2010 **4:05-4:25 PM**

HHS	**PSC**	**SOLO**	**SAC**	**SAC**	**AAC**
NAS					
LRSC					

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