North Shore Swim Club
Team Warm-Up Assignments
May 8-9, 2010

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

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
AAC	**AAC**	**NSSC**	**NSSC**	**MWYS**	**MWYS**
			SOLO		**BAT**

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

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
BGSC	**BGSC**	**SAC**	**SAC**	**SAC**	**SAC**
STRM					**HHS**

Sunday May 9, 2010 **8:00-8:20 AM**

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

Sunday May 9, 2010 **8:20-8:40 AM**

BGSC	**BGSC**	**BGSC**	**AAC**	**AAC**	**AAC**

Sunday May 9, 2010 **8:40-9:00 AM**

SOLO	**BAT**	**BAT**	**MWYS**	**MWYS**	**STRM**
UNAT					**HHS**

Sunday May 9, 2010 **2:30-3:00 PM**

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
SAC	**SAC**	**SAC**	**NSSC**	**NSSC**	**MWYS**
					SOLO

Sunday May 9, 2010 **3:00-3:30 PM**

AAC	**AAC**	**STRM**	**BGSC**	**BGSC**	**BGSC**
		BAT			
		HHS			

Sunday May 9, 2010 (800 Freestyle) Session

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
General Warm Up not before 5:00 PM, All Lanes Meet starts 20 minutes later.					

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