

**North Shore Swim Club
MIT Prelims & Finals
Team Warm Up Assignments
December 10-13, 2009**

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
EAST	EAST	EAST	EAST	EAST	EAST	EAST	NCY	NCY	NCY

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	Lane 10
NSSC	NSSC	NSSC	NSSC	NSSC	RAC	RAC	PSC	PSC	WSSC

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	Lane 10
MSC	SOLO	SOLO	WHAT	WHAT	WTSC	WTSC	BYB	YNS	KING
UN								KING	

Finals Sessions:

**Friday & Saturday 5:00-5:40 PM, Sunday 4:00 – 4:40 PM
General warm up all lanes in 10 & 9 lane Pools.**

Friday & Saturday 5:40-5:55 PM, Sunday 4:40 – 4:55 PM

10 Lane Pool

Lanes 1-2-3 – Sprint (One Way)

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 (One Way)

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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
LEHY	LEHY	SCHE	SCHE	SCHE	YMA	YMA	YMA	ACA
	SS							BAT

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	DELM	ZEUS	CDOG	CDOG	CDOG
				HNHS				

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
SAC	SAC	SAC	SAC	SHKS	COND	COND	COND	COND

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