

2009 Illinois / Missouri Area YMCA
Girls Swimming Championships
Saturday, March 7
Warm-Ups Lane Assignments

Session	LANE #	Recreational	Competition	Session	LANE #	Recreational	Competition
6:40 - 7:00 AM	1	PORP	OPEN	7:00 - 7:20 AM	1	LEAN	PORP
	2	PORP / HHST	OPEN		2	LEAN / HEAT / WCY	PORP
	3	EDWY	OPEN		3	SPY	EDWY
	4	EDWY / CLY	OPEN		4	SPY / BNY / FAST	EDWY
	5	DCST	OPEN		5	DOCS	DCST
	6	DCST / JCAY	OPEN		6	DOCS / MYST	DCST / CLY
	7		OPEN		7		CLY / HHST
	8		OPEN		8		JCAY
7:20 - 7:40 AM	1	KNCY	LEAN	7:40 - 8:00 AM	1	TOPS	KNCY
	2	KNCY / SCCY	LEAN / DOCS		2	TOPS / JETS / SAMY	KNCY / DIXN / PALA
	3	YOSI	DOCS		3	RAYS	PALA
	4	YOSI / OTTY / DIXN	HEAT		4	RLAY / ELY	TCAY
	5	TCAY	BNY		5	CRCY / HLYS / BLFN	TCAY / YOSI
	6	TCAY / PALA	SPY		6	LAKE / CANY	YOSI
	7		SPY / WCY / FAST / MYST		7		SCCY
	8		MYST		8		SCCY OTTY
8:00 - 8:20 AM	1	BRRY	TOPS	8:20 - 8:40 AM	1	OPEN	BRRY
	2	BRRY / BVDY	TOPS / CANY		2	OPEN	BRRY
	3	LATT / STRY / PARY	RAYS		3	OPEN	BVDY / JAXY
	4	MCY / ILVT	RAYS / SAMY / HLYS		4	OPEN	LATT / HTCY
	5	WCFY / IRVP / JAXY	JETS		5	OPEN	MCY / KEWE
	6	HTCY / KEWE / KKEE / MEXY / CCY	ELY / LAKE		6	OPEN	ILVY / IRVP
	7		RLAY		7		STRY / WCFY
	8		CRCY / BLFN		8		PARY / KKEE / MEXY / CCY

For warm-ups, each team has 20 minutes in the Recreational Pool followed by 20 minutes in the Competition Pool. Teams are free to use their lanes in any manner they choose. If you are doing dives in your lane, then the entire lane must be doing one-way sprints. During the meet, there will be four lanes available to the swimmers for warm-up and warm-down in the Recreational Pool.

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Boys Swimming Championships
Sunday, March 8
Warm-Ups Lane Assignments

Session	LANE #	Recreational	Competition	Session	LANE #	Recreational	Competition
6:40 - 7:00 AM	1	EDWY	OPEN	7:00 - 7:20 AM	1	PORP	EDWY
	2	EDWY / JETS	OPEN		2	PORP / CRCY / DECY	EDWY
	3	PALA	OPEN		3	SPY	HLYS
	4	PALA / HLYS	OPEN		4	SPY / FAST / MEXY	DOCS
	5	DCST	OPEN		5	LEAN	PALA
	6	DCST / DOCS / FV FY	OPEN		6	LEAN / HEAT	PALA / DCST
	7		OPEN		7		DCST
	8		OPEN		8		JETS / FV FY
7:20 - 7:40 AM	1	BRRY	PORP	7:40 - 8:00 AM	1	YOSI / DANV	BRRY
	2	BRRY / BVDY	PORP / DECY / MEXY		2	IRVP / PARY	BRRY / BOOY / MYST
	3	MYST	SPY		3	CLY / WCY	MYST
	4	TOPS	SPY / LEAN		4	KNCY / JCAY / DIXN / GLAY	TOPS
	5	RAYS	LEAN		5	OTTY / SAMY	TOPS / RAYS
	6	TCAY / BOOY	CRCY		6	HHST / ELY	RAYS
	7		HEAT		7		BVDY
	8		FAST		8		TCAY
8:00 - 8:20 AM	1	ILVY / RLAY	YOSI	8:20 - 8:40 AM	1	OPEN	ILVY / KKEE
	2	LATT / MCDN / KWBY	YOSI / ELY / JCAY		2	OPEN	RLAY / CANY
	3	HTCY / JAXY / LAKE	IRVP		3	OPEN	LATT / KEWE
	4	WCFY / MCY /	IRVP / OTTY		4	OPEN	MCDN / STRY
	5	SCCY / BNY	CLY		5	OPEN	KWBY / HTCY / LAKE
	6	CANY / STRY / KKEE / KEWE	CLY / HHST / DIXN / GLAY		6	OPEN	JAXY / BNY
	7		KNCY		7		SCCY / MCY
	8		DANV / PARY / WCY / SAMY		8		WCFY

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