

N.E. Regionals February 10-12, 2012

Team Warm Up Assignments

Friday 3:30-4:00 PM				Start at 5:05 PM			
Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
General Warm Up all lanes							
Friday 4:00-4:30 PM							
ESC	BYB	BYB	BGSC	BGSC	BGSC	NSSC	NSSC
HHS		NSYV					FLA
Friday 4:30-5:00 PM							
PHX	PHX	PHX	MAC	MAC	NWSC	NWSC	ICMS
							MST
							LCST

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
Saturday Morning 7:00-7:30 AM / Sunday Morning 7:30-8:00 AM				Starts 8:35 AM			
BGSC	BGSC	BGSC	NSSC	NSSC	NSSC	ESC	ESC
							UN
Saturday Morning 7:30-8:00 AM / Sunday Morning 8:00-8:30 AM							
BYB	BYB	BYB	PHX	PHX	LCST	ICMS	FLA
					KST		
Saturday Morning 8:00-8:30 AM / Sunday Morning 7:00-7:30 AM							
NWSC	NWSC	MST	MAC	MAC	MAC	HHS	HHS
	MST					NSYV	

Saturday Afternoon 11:45-12:05 PM, Start 12:10 PM / Sunday 12:30-12:50 PM, Starts at 12:55 PM							
Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
Open Warm Up for both 8 & Under Sessions							

Saturday Afternoon 1:30-1:50 PM, Start 2:35 PM / Sunday 2:20-2:40 PM, Starts at 3:05 PM							
Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
NWSC	NWSC	NWSC	FLA	FLA	ESC	NSSC	NSSC
				ESC			
Saturday Afternoon 1:50-2:10 PM / Sunday 2:40-3:00 PM							
NSYV	PHX	PHX	MAC	MAC	MAC	MST	HHS
BDAT		UN					DYD
Saturday Afternoon 2:10-2:30 PM / Sunday 2:00-2:20 PM							
ICMS	LCST	BYB	BYB	BGSC	BGSC	BGSC	BGSC
KST							

Saturday Evening (1650 Free), Warm Up 5:30-5:50 PM, Meet				Start at 5:55 PM			
Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
Open Warm Up, immediately starting at the completion of the afternoon session. but no earlier than 5:15 PM							
All 1650 Freestyle swimmers must provide their own timer and counter.							