

2019 MYM MAY WARM-UP

SATURDAY, MAY 11, 2019

Fly Over Starts for all sessions

Session 1--12/UNDERS
 Session 2--400'S
 Session 3--13/OVERS

Warm-up
 12:15PM
 3:45PM
 5:25PM

Check-in
 12:30PM
 3:55PM
 5:30PM

Start
 12:50PM
 4:15PM
 6:00PM

ONE WARMUP
 ONE WARMUP
 APPROXIMATELY

WARMUP ASSIGNMENTS

12/UNDERS	
12:15PM	
LANE 1	MYM
LANE 2	MYM
LANE 3	MYM/NJB
LANE 4	CAT
LANE 5	STAC
LANE 6	SHY
LANE 7	MEY, MAY
LANE 8	MAY, NJB

ALL 400'S	
3:45PM	TENTATIVE
MYM	ONE WARM-UP
MYM	
MYM	
MYM	
EEX	
MAY, NJB	
SHY, NJBL	
ALL OTHERS	

13/OVERS	
5:25PM	TENTATIVE
MYM	ONE WARM-UP
MYM	
MYM/SHY	
SHY	
STAC	
EEX,STAC	
MAY, NJB,	
NJBL, MEY	

slow-to-fast; alternating

TIMING ASSIGNMENTS

	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8
SESSION 1--12/UNDERS	CAT	STAC	SHY	MEY	MAY	NJBL	CAT	STAC
SESSION 2--400'S	ALTS: NJB, SHY SWIMMERS WILL PROVIDE THEIR OWN TIMERS							
SESSION 3--13/OVERS	STAC	SHY	EEX	MAY	NJBL	MEY	NJB	STAC
	ALTS: EEX, MAY							

FOR HEAT SHEETS, MEET RESULTS AND MORE...

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