

The JEFFREY S. MACE MEMORIAL

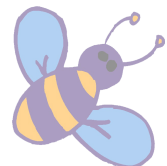
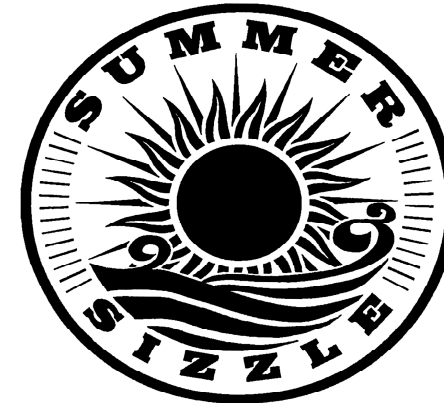
SUMMER SIZZLE 2017

Fly over starts will be used during prelims and timed finals

	FRIDAY AM Session 1 13/Over Prelims			FRI MID SESSION 2 400 IM's	Friday PM Session 3 12/Unders		Fri. FINALS Session 4 Warmup at
WARMUP	7:15AM	7:40AM	8:05AM	11:15AM	130PM	1:55PM	6:00PM
LANE 1	CAT	SCAR-E	TS	ALL SWIMMERS	CAT	TS	(45 minutes)
LANE 2	CAT	SCAR-R	TS		CAT	JFAC	A
LANE 3	CAT	SCAR-W	SYS		RBY	EEX	L
LANE 4	RBY	MYM	EEX		PAA	MYM/NJBL	L
LANE 5	RBY	RY	EEX/UN'S		SCAR-W	XCEL/EAG	
LANE 6	RBY	CJAC	RAC/FREE		SCAR-E	PTAC/RANY	S
LANE 7	FSPY	WEST/PPST	XCEL/JFAC		SCAR-R	RAC/RY	W
LANE 8	PAA	HACY	<i>all others</i>		WEST	<i>all others</i>	I
						M	
						M	
						E	
						R	
						S	

FRIDAY					
		Warmup	Checkin	Start	Comment
Session 1	13/O PRELIMS	7:15AM	8:00AM	8:35AM	3 WARM-UPS
Session 2	400 IM's	TBA	11:00AM	11:45AM	F to S; ALT
Session 3	12/Unders	1:30PM	1:55PM	2:25PM	Approx
Session 4	Finals	6:10PM	RELAYS	7:00PM	Patio pool for start of warmup
			by 6:30PM		
SATURDAY: HAWAIIAN SHIRTS ALL DAY FOR JEFFREY					
Session 5	13/O PRELIMS	7:15AM	8:00AM	8:35AM	3 WARM-UPS
Session 6	400 FREES	TBA	11:25AM	NOON	F-to-S; ALT
Session 7	12/Unders	1:55PM	2:20PM	2:50PM	Approx
Session 8	Finals	6:00PM	RELAYS	6:45PM	Patio pool for start of warmup
			by 6:15PM		
SUNDAY					
Session 9	Prelims	7:15AM	8:00AM	8:35AM	3 WARM-UPS
Session 10	800/1500	TBA	11:30am	NOON	Not before
Session 11	12/Unders	2:05PM	2:30PM	3:00PM	Approx
Session 12	Finals	6:10PM	RELAYS	7:00PM	Patio pool for start of warmup
			by 6:30PM		

SATURDAY: HAWAIIAN SHIRTS ALL DAY/ NIGHT FOR JEFFREY							
	Saturday AM Session 5 13/OVER PRELIMS			Sat Session 6 400 FREES	Saturday PM Session 7 12/Unders		Sat. FINALS Session 8 Warmup at
WARMUP	7:15AM	7:40AM	8:05AM	11:00AM	1:55PM	2:20PM	6:00PM
LANE 1	FSPY	CAT	EEX	ALL SWIMMERS	RBY	TS	A
LANE 2	SCAR-E	CAT	EEX/UN'S		RBY/RY	EEX/TS	L
LANE 3	SCAR-R	CAT	PPST/MEY		CAT	WEST/TWST	L
LANE 4	SCAR-W	RBY	XCEL/WW		PAA	XCEL/RANY	
LANE 5	MYM	RBY	SYS/RAC		SCAR-R	PTAC/RAC	S
LANE 6	CJAC	PAA	FREE/SVY/BB		SCAR-W	MYM/NJBL	W
LANE 7	RY	PAA/WEST	RANY/NJB/TWST		SCAR-E	CJAC/EAG	I
LANE 8	JFAC/HACY	TS	<i>all others</i>		JFAC	<i>all others</i>	M
						M	
						E	
						R	
						S	



Revised Tuesday June 27th, 2017

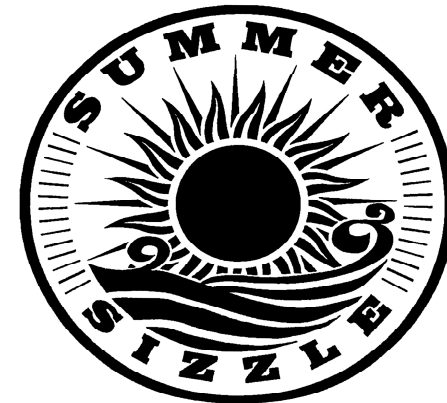
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SUMMER SIZZLE 2017

Fly over starts will be used during prelims and timed finals

	Sunday Session 9 13/O Prelims			Saturday Session 10 800/1500	Sunday PM Session 11 12/Unders		Sun. FINALS Session 12 Warmup at
WARMUP	7:15AM	7:40AM	8:05AM	11:30AM	2:05PM	2:30PM	6:10PM
LANE 1	CAT	SCAR-R	TS	Patio Pool Warm-up (if needed)	CAT	WEST/RAC	A
LANE 2	CAT	SCAR-E	EEX		CAT/EAG	EEX/HACY	L
LANE 3	CAT	SCAR-W	EEX/UN'S	Swimmers provide timers and lap counter	RBY	JFAC/NJBL	L
LANE 4	RBY	CJAC	JFAC/MEY		TS	MYM/MEY	
LANE 5	RBY	XCEL/WW	PPST/TWST	PAA	XCEL	S	
LANE 6	RBY	HACY/BB	RAC/SVY	SCAR-W	PTAC	W	
LANE 7	MYM	SYS	<i>all</i>	SCAR-R	RY/RANY	I	
LANE 8	RY	WEST	<i>others</i>	SCAR-E	<i>all others</i>	M	
							E
							R
							S

SUNDAY					
Session 9	Prelims	7:15AM	8:00AM	8:35AM	
Session 10	800/1500	TBA	11:30AM	NOON	<i>Not before</i>
Session 11	12/Unders	2:05PM	2:30PM	3:00PM	
Session 12	Finals	6:10PM	Relays by 6:30PM	7:00PM	Patio pool for start of warmup



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