

2007 YMCA State Championships Revised Meet Schedule

			Warm-up	Warm-up Length
Friday, March 9				
	Session 1 & 2	12 & Over Distance	4:00 pm	40 minutes
		* Break after 500's	Not before 5:45 pm	40 minutes
Saturday, March 10				
	Session 3 & 4	13 & Over Prelims	6:45 AM	90 minutes
	Session 5 & 6	12 & Under	Not before 11:45 am	90 minutes
	Session 7	13 & Over Finals	Not before 5:00 pm	60 minutes
Sunday, March 11				
	Session 8 & 9	13 & Over Prelims	6:45 AM	90 minutes
	Session 10 & 11	1650 Free	Not before 12:00 pm	40 minutes
	Session 12 & 13	12 & Under	Not before 02:00 pm	90 minutes
	Session 14	13 & Over Finals	Not before 6:00 pm	60 minutes

* In an attempt to give the swimmers a proper warm up before their events in the later events we have added a short 40-minute break for an addition warm up. The break will occur immediately after the 500's.