

9/10 North Silver/Bronze Championships 2008

at Bergen Community College

	Saturday	Warm-up	Check-in	Start
Session 1	Girls 10/Boys 9	7:25AM	8:00AM	8:30AM
Session 2	200 IM's	11:25AM	11:40AM	NOON
Session 3	Girls 9/Boys 10	12:40PM	1:15PM	1:45PM
	Sunday	Warm-up	Check-in	Start
Session 4	Girls 10/Boys 9	7:25AM	8:00AM	8:30AM
Session 5	200 IM's	NOON	12:15PM	12:35PM
Session 6	Girls 9/Boys 10	2:15PM	2:50PM	3:20PM

WARM-UP ASSIGNMENTS

Entry into the pool from the block end.

SESSION 1			SESSION 2		SESSION 3	
7:25AM	7:45AM	8:05AM	11:25-11:55	12:40PM	1:15PM	1:45PM
CAT	RY	BAC	200 IM's	CAT	WFY	GBCY
JG	BB	HCY	ALL SWIMMERS	BAC	NJBL	RY
NJBL	CBGC	MCY		WMY	MCY	NJW
SAY	CCC	STVN		BB	SAY	WY
WEY	GBCY	WFY		HCY	WEY	CCC
WY	NJW	WMY		RHSC	STVN	JG
		<i>all others</i>		CBGC		<i>all others</i>

SESSION 4			SESSION 5		SESSION 6	
7:25AM	7:45AM	8:05AM	12:00-12:30	2:15PM	2:35	2:55
CAT	BAC	BB	500 FREE's	CAT	WFY	BAC
CBGC	GBCY	CCC	ALL SWIMMERS	WMY	RY	GBCY
MCY	HCY	NJBL		MCY	NJBL	NJW
RY	JG	NJW		HCY	CCC	NJW
STVN	WFY	SAY		WEY	WY	BB
WMY	WY	WEY		SAY	STVN	CBGC
		<i>all others</i>		JG	RHSC	<i>all others</i>

TIMING ASSIGNMENTS

SATURDAY AM /SESSION 1

GIRLS 10/BOYS 9

<u>LANE 1</u>	<u>LANE 2</u>	<u>LANE 3</u>	<u>LANE 4</u>	<u>LANE 5</u>	<u>LANE 6</u>
WMY	STVN	GBCY	SAY	NJBL	NJW

Alternates: RY, BAC, WFY

SATURDAY/ 200IM's

ALL 9/10's

Swimmers need to provide their own timers

SATURDAY PM/SESSION 3

GIRLS 9/BOYS 10

<u>LANE 1</u>	<u>LANE 2</u>	<u>LANE 3</u>	<u>LANE 4</u>	<u>LANE 5</u>	<u>LANE 6</u>
WY	NJW	MCY	WMY	RY	BAC

Alternates: WEY, SAY, CCC

SUNDAY AM/SESSION 4

GIRLS 10/BOYS 9

<u>LANE 1</u>	<u>LANE 2</u>	<u>LANE 3</u>	<u>LANE 4</u>	<u>LANE 5</u>	<u>LANE 6</u>
GBCY	NJBL	NJW	SAY	WFY	STVN

Alternates: RY, BAC, CCC

SUNDAY/500's

ALL 9/10'S

Swimmers need to provide their own timers and lap counters

SUNDAY PM/SESSION 6

GIRLS 9/BOYS 10

<u>LANE 1</u>	<u>LANE 2</u>	<u>LANE 3</u>	<u>LANE 4</u>	<u>LANE 5</u>	<u>LANE 6</u>
BAC	RY	WMY	MCY	NJBL	CCC

Alternates: HCY, WEY, WY

A timer from the host team will be on each lane as well.

Timers need to have their own stopwatches.

Timers are required to be on their lane for the entire session.

All teams without timing assignments need to be ready to be alternate timers.