

9/10 North Silver/Bronze Championships 2011

at Bergen Community College

		Warm-up	Check-in	Start
Saturday				
Session 1	Girls 10/Boys 9	7:00AM	7:45AM	8:20AM
Session 2	500 FREE	11:25AM	11:30AM	12:00PM
Session 3	Girls 9/Boys 10	1:15PM	2:00PM	2:35PM
Sunday				
Session 4	Girls 10/Boys 9	7:00AM	7:45AM	8:20AM
Session 5	Girls 9/Boys 10	11:15AM	12:00PM	12:35PM

TIMING ASSIGNMENTS

SATURDAY AM /SESSION 1

GIRLS 10/BOYS 9

LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6
BAC	MYM	NJW	BB	WFY	RY

Alternates: SKYY, SCY

SATURDAY/ 500 FREE'S

ALL 9/10's

Swimmers need to provide their own timers and lap counters

WARM-UP ASSIGNMENTS

Entry into the pool from the block end.

SESSION 1			SESSION 2	SESSION 3		
7:00	7:20	7:40	11:25	1:15	1:35	1:55
CAT	BAC	CCC	500 FREE'S	CAT	BMS	BAC
BMS	BB	GBCY	ALL SWIMMERS	BB	GBCY	EAG
CBGC	JG	MCY		CBGC	JFAC	MCY
JFAC	SCY	MYM		CCC	MYM	RY
RHSC	WMY	NJW		JG	SCY	WMY
RY	WY	SKYY		NJW	SKYY	WY
WFY		<i>all others</i>		RHSC	WFY	<i>all others</i>

SATURDAY PM/SESSION 3

GIRLS 9/BOYS 10

LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6
CAT	WY	GBCY	BMS	CCC	WMY

Alternates: MCY, CBGC

SUNDAY AM/SESSION 4

GIRLS 10/BOYS 9

LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6
BB	CCC	GBCY	CBGC	JFAC	MCY

Alternates: EAG, BMS

SUNDAY PM/SESSION 6

GIRLS 9/BOYS 10

LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6
CAT	BAC	NJW	WFY	WMY	SCY

Alternates: JG, WY

Followed by ten minutes of sprints for all swimmers

SESSION 4			SESSION 5	SESSION 5		
7:00	7:20	7:40		11:15	11:35	11:55
CAT	BB	BAC		CAT	BAC	NJW
BMS	CBGC	CCC		CBGC	BB	WFY
EAG	RY	GBCY		MYM	RY	JFAC
MYM	SKYY	JFAC		MCY	WY	JG
NJW	WFY	MCY		SKYY	BMS	WEY
WMY	WY	WEY		NJBL		<i>all others</i>

Followed by ten minutes of sprints for all swimmers

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.

