

**2008 NJ YMCA LC Cup - 6/13/2008 to 6/15/2008**

**Warm-up Sheet**

Warm-up Starts at 05:00 PM

Session: 1 Open Challenge Events

Day of Meet: 1 Starts at 06:10 PM

<b>Lane 1</b>	<b>Lane 2</b>	<b>Lane 3</b>	<b>Lane 4</b>	<b>Lane 5</b>	<b>Lane 6</b>	<b>Lane 7</b>	<b>Lane 8</b>	
SVY	SVY	SVY	SVY	SVY	SVY	BRY	OCY	5:00 - 5:20 pm
HACY	HACY	HACY	MYM	MYM	RBY	RBY	UMLY	5:20 - 5:40 pm
THY	THY	WMY	WMY/SAY	WY	WY/MEY	HCY	RY/WEY/ YWMC	5:40 - 6:00 pm

**2008 NJ YMCA LC Cup - 6/13/2008 to 6/15/2008**  
**Session: 2 10 & Under Boys & Girls and 11-12 Boys**  
 Day of Meet: 2 Starts at 08:10 AM

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	
WFY	WFY	WFY	RY	RY	RY/MEY/TCY	MYM	MYM/UMLY	7:00 -7:30
OCY	OCY/WEY	WMY/SAY	SVY	FSPY/HCY	WY/PFY	YWMC/BRY	RBY/HACY	7:30 -8:00

**Session: 3 11 & 12 Girls and 13-14 Girls**  
 Day of Meet: 2 Starts at 01:10 PM

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	
WFY	WFY	WFY/RY	RY	SVY	SVY/MEY	WY	MYM	12:00 - 12:30
RBY	FSPY/SAY	HACY/RVYM	HCY/WMY	OCY/BRY	YWMC/YY	PFY/THY	UMLY/TCY/ WEY	12:30 - 1:00

**Session: 4 13-14 Boys and 15 & Up Girls and Boys**  
 Day of Meet: 2 Starts at 06:10 PM

SVY	SVY	SVY	SVY/SAY	HACY	HACY	HACY/MEY	WY	4:45 -5:10
OCY	YWMC/TCY/ YY/PFY	THY	THY	FSPY	FSPY/RVYM	RY	RY/WEY	5:10 -5:35
RBY	RBY/WFY	WFY	HCY	HCY/MYM	UMLY	WMY	BRY	5:35 - 6:00

**2008 NJ YMCA LC Cup - 6/13/2008 to 6/15/2008**

Session: 5 10 & Under Boys & Girls and 11-12 Boys

Day of Meet: 3 Starts at 08:10 AM

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	
WFY	WFY	WFY/BRY	RY	RY	RY/RBY/HCY	MYM	MYM/PFY	7:00 -7:30
OCY	OCY/WMY	YWMC/HACY	FSPY/SAY	WEY/MEY	UMLY	WY	SVY	7:30 -8:00

**Session: 6 11 & 12 Girls and 13-14 Girls**

Day of Meet: 3 Starts at 01:10 PM

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	
RY	RY/OCY	THY/WMY/ SAY/TCY	BRY/MEY /PFY/SHY	YMLY/YWMC	WFY	WFY	WFY	12:00 - 12:30
HACY	FSPY	RBY	MYM	WY/WEY/HCY	WY	SVY	SVY/YY/RVYM	12:30 - 1:00

**Session: 7 13-14 Boys and 15 & Up Girls and Boys**

Day of Meet: 3 Starts at 06:10 PM

SVY	SVY	SVY	SVY/TCY	WY	OCY/YY	RBY	UMLY	4:45 -5:10
HACY	HACY	HACY/MEY	THY	THY	FSPY	FSPY/YWMC	BRY/PFY	5:10 -5:35
RY	RY/SAY/ RVYM/WEY	SHY	SHY	WFY	WFY/MYM	HCY	HCY/WMY	5:35 - 6:00