

SOUTHERN OHIO SWIM LEAGUE
2006 CHAMPIONSHIPS
JULY 19TH

AM - WARM-UP SHEET

JULY 19TH (WEDNESDAY)

<u>TIME</u>	<u>LANES</u>	<u>TEAM</u>	<u># COUNT</u>
<u>SESSION # 1</u>			
6:45 – 7:15 AM	1 – 2 – 3 – 4 5 – 6	MARIEMONT MILFORD	(74) (19)
<u>SESSION # 2</u>			
7:15 – 7:45 AM	1 – 2 – 3 4 – 5 – 6	CONEY ISLAND CLINTON HILLS	(48) (46)
<u>SESSION # 3</u>			
7:45 – 8:15 AM	1 – 2 – 3 4 – 5 – 6	DEARBORN YMCA CIN SPORTS CLUB	(35) (59)
<u>SESSION # 4</u>			
8:15 – 8:45 AM	1 – 2 3 4 5 – 6 6	PHILIPPS FAIRFAX WESTERN TENNIS WOODHAVEN DELSHIRE	(29) (16) (16) (19) (3)
<u>SESSION # 5</u>			
8:45 – 8:55 AM	1-2-3-4-5-6	ALL TEAMS – ONE WAY SPRINTS	
<u>MEET STARTS</u>			
9:00 AM			

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2006 CHAMPIONSHIPS
JULY 19TH

PM - WARM-UP SHEET

JULY 19TH (WEDNESDAY)

<u>TIME</u>	<u>LANES</u>	<u>TEAM</u>	<u># COUNT</u>
<u>SESSION # 1</u>			
1:00 – 1:20 PM	1 – 2 – 3 4 – 5 – 6	CONEY ISLAND CLINTON HILLS	(50) (47)
<u>SESSION # 2</u>			
1:20 – 1:40 PM	1 – 2 – 3 4 – 5 – 6	MAST PHILIPPS	(46) (37)
<u>SESSION # 3</u>			
1:40 – 2:00 PM	1 – 2 – 3 4 – 5 – 6	MARIEMONT DEARBORN YMCA	(36) (37)
<u>SESSION # 4</u>			
2:00 – 2:20 PM	1-2 3-4 5 6 6	WOODHAVEN CIN SPORTS CLUB DELSHIRE FAIRFAX WESTERN TENNIS	(22) (21) (17) (5) (3)
<u>SESSION # 5</u>			
2:20 – 2:40 PM	1-2-3-4-5-6	ALL TEAMS – ONE WAY SPRINTS	
<u>MEET STARTS</u>			
2:45 PM			