

**SOUTHERN OHIO SWIM LEAGUE  
2008 PRELIM CHAMPIONSHIPS  
JULY 16<sup>TH</sup>**

**AM - WARM-UP SHEET - 8-U / 9-10**

**JULY 16<sup>TH</sup> (WEDNESDAY)**

<b><u>TIME</u></b>	<b><u>LANES</u></b>	<b><u>TEAM</u></b>	<b><u># COUNT</u></b>
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**SESSION # 1**

6:45 – 7:15 AM	1 – 2 – 3 – 4 5 – 6	MARIEMONT MAST	(71) (29)
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**SESSION # 2**

7:15 – 7:45 AM	1 – 2 – 3 4 – 5 – 6	CONEY ISLAND CLINTON HILLS	(41) (49)
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**SESSION # 3**

7:45 – 8:15 AM	1 2 – 3 – 4 – 5 6 6	BARRACUDA'S CIN SPORTS CLUB WESTERN TENNIS DELSHIRE	(15) (54) (8) (5)
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**SESSION # 4**

8:15 – 8:45 AM	1 – 2 – 3 4 – 5 6	PHILIPPS FAIRFAX WOODHAVEN	(36) (24) (16)
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**SESSION # 5**

8:45 – 8:55 AM	1-2-3-4-5-6	ALL TEAMS – ONE WAY SPRINTS	
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**MEET STARTS**

**9:00 AM**

**SOUTHERN OHIO SWIM LEAGUE  
2008 PRELIM CHAMPIONSHIPS  
JULY 16<sup>TH</sup>**

**PM - WARM-UP SHEET - 11-12 / 13-14 / 15-18**

**JULY 16<sup>TH</sup> (WEDNESDAY)**

<b><u>TIME</u></b>	<b><u>LANES</u></b>	<b><u>TEAM</u></b>	<b><u># COUNT</u></b>
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**SESSION # 1**

1:00 – 1:20 PM	1 – 2 – 3 – 4	CONEY ISLAND	(57)
	5 – 6	WOODHAVEN	(28)

**SESSION # 2**

1:20 – 1:40 PM	1 – 2 – 3	MAST	(40)
	4 – 5 – 6	PHILIPPS	(38)

**SESSION # 3**

1:40 – 2:00 PM	1 – 2 – 3	MARIEMONT	(36)
	4 – 5 – 6	CLINTON HILLS	(39)

**SESSION # 4**

2:00 – 2:20 PM	1-2	BARRACUDA'S	(18)
	3-4	CIN SPORTS CLUB	(14)
	5	DELSHIRE	(11)
	6	FAIRFAX	(9)

**SESSION # 5**

2:20 – 2:40 PM	1-2-3-4-5-6	ALL TEAMS – ONE WAY SPRINTS	
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**MEET STARTS**

**2:45 PM**