

MILFORD AREA SWIM TEAM - 2007 FEBRUARY INVITATIONAL

MEET WARM-UP SCHEDULE

**SESSION # 1 – FRIDAY - PM (2/9)**

<b><u>TEAM / #</u></b>	<b><u>LANE</u></b>	<b><u>WARM-UP TIME</u></b>
<b><u>SESSION # 1</u></b>		
ABLY (38)	1 – 4	5:00 – 5:30 PM
MAST (22)	5 – 6	5:00 – 5:30 PM
<b><u>SESSION # 2</u></b>		
SFF (30)	1 – 3	5:30 – 6:00 PM
CAC (16)	4	5:30 – 6:00 PM
MHSW (9) / BASH (1)	5	5:30 – 6:00 PM
MAC (6) / OHST (6)	6	5:30 – 6:00 PM

**MEET STARTS @ 6:05 PM**

MILFORD AREA SWIM TEAM – 2007 FEBRUARY INVITATIONAL

MEET WARM-UP SCHEDULE

**SESSION # 2 – SATURDAY AM – (2/10)**

<b><u>TEAM / #</u></b>	<b><u>LANE</u></b>	<b><u>WARM-UP TIME</u></b>
<b><u>SESSION # 1</u></b>		
MAST (37)	1 – 6	7:00 – 7:25 AM
<b><u>SESSION # 2</u></b>		
ABLY (36)	1 – 3	7:25 – 7:50 AM
SFF (30)	4 – 6	7:25 – 7:50 AM
<b><u>SESSION # 3</u></b>		
CAC (17)	1 – 2	7:50 – 8:15 AM
OHST (17)	3 – 4	7:50 – 8:15 AM
MAC (15)	5	7:50 – 8:15 AM
MHSW (10)	6	7:50 – 8:15 AM
<b><u>SESSION # 4</u></b>		
SPRINTS	1 – 6 ONE WAY ONLY	8:15 – 8:30 AM

**MEET STARTS @ 8:35 AM**

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**SESSION # 3 – SATURDAY PM (2/10)**

**TEAM / #**                      **LANE**                                      **WARM-UP TIME**

**SESSION # 1**

ABLY (61)	1 – 5	12:00 – 12:30 PM
KAC (15)	6	12:00 – 12:30 PM

**SESSION # 2**

MAST (20)	1	12:30 – 1:00 PM
MHSW (8)	1	12:30 – 1:00 PM
MAST	2	12:30 – 1:00 PM
CAC (6)	2	12:30 – 1:00 PM
SFF (41)	3 – 4	12:30 – 1:00 PM
MAC (18)	5	12:30 – 1:00 PM
OHST (13)	6	12:30 – 1:00 PM
BASH (1)	6	12:30 – 1:00 PM

**MEET STARTS @ 1:05 PM**

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MEET WARM-UP SCHEDULE

**SESSION # 4 – SUNDAY AM (2/11)**

<b><u>TEAM</u></b>	<b><u>LANE</u></b>	<b><u>WARM-UP TIME</u></b>
<b><u>SESSION # 1</u></b>		
MAST (23)	1 – 6	7:00 – 7:25 AM
<b><u>SESSION # 2</u></b>		
ABLY (46)	1 – 5	7:25 – 7:50 AM
MHSW (10)	6	7:25 – 7:50 AM
BASH (5)	6	7:25 – 7:50 AM
<b><u>SESSION # 3</u></b>		
CAC (20)	1 – 2	7:50 – 8:15 AM
OHST (12)	3	7:50 – 8:15 AM
MAC (10) / KAC (1)	4	7:50 – 8:15 AM
SFF (30)	5 – 6	7:50 – 8:15 AM
<b><u>SESSION # 4</u></b>		
SPRINTS	1 – 6 ONE WAY ONLY	8:15 – 8:30 AM

**MEET STARTS @ 8:35 AM**

MILFORD AREA SWIM TEAM – 2007 FEBRUARY INVITATIONAL

MEET WARM-UP SCHEDULE

SESSION # 5 – SUNDAY PM (2/11)

<u>TEAM</u>	<u>LANE</u>	<u>WARM-UP TIME</u>
<b><u>SESSION # 1</u></b>		
ABLY (63)	1 – 5	12:00 – 12:30 PM
MAST (13)	6	12:00 – 12:30 PM
BASH (4)	6	12:00 – 12:30 PM
<b><u>SESSION # 2</u></b>		
SFF (39)	1 – 2	12:30 – 1:00 PM
KAC (15)	3	12:30 – 1:00 PM
MHSW (15)	4	12:30 – 1:00 PM
OHST (10)	5	12:30 – 1:00 PM
MAC (9)	6	12:30 – 1:00 PM
CAC (6)	6	12:30 – 1:00 PM

**MEET STARTS @ 1:05 PM**