

MAST 2006 GOLD STAR INVITATIONAL **TEAM WARM-UP SCHEDULE**

NOVEMBER 17, 2006 (FRIDAY) – MEET STARTS AT 6:00 PM

<u>LANE</u>	<u>TEAM</u>	<u>WARM-UP TIME</u>
<u>SESSION # 1</u>		
1-4	MILFORD (33)	5:00 – 5:25 PM
5	SYCAMORE (9)	5:00 – 5:25 PM
6	MERCY (5)	5:00 – 5:25 PM
6	OAK HILLS (3)	5:00 – 5:25 PM
<u>SESSION # 2</u>		
1-6	MASON (42)	5:25 – 5:50 PM
<u>SESSION # 3</u>		
1-6	ONE WAY SPRINTS ALL TEAMS	5:50 – 6:00 PM

NOVEMBER 18, 2006 (SATURDAY – AM) – MEET STARTS AT 8:30 AM

<u>SESSION # 1</u>		
1-6	MILFORD (51)	7:00 – 7:30 AM
<u>SESSION # 2</u>		
1-6	MASON (59)	7:30 – 7:55 AM
<u>SESSION # 3</u>		
1-3	SYCAMORE (17)	7:55 – 8:20 AM
4	MAC (13)	7:55 – 8:20 AM
5	MERCY (12)	7:55 – 8:20 AM
6	OAK HILLS (8)	7:55 – 8:20 AM
<u>SESSION # 4</u>		
1-6	ONE WAY SPRINTS ALL TEAMS	8:20 – 8:30 AM

NOVEMBER 18, 2006 (SATURDAY – PM) – MEET STARTS AT 3:00 PM

<u>SESSION # 1</u>		
1-5	MILFORD (33)	2:00 – 2:25 PM
6	OAK HILLS (4)	2:00 – 2:25 PM
<u>SESSION # 2</u>		
1-5	MAC (20)	2:25 – 2:50 PM
6	MERCY (7)	2:25 – 2:50 PM
<u>SESSION # 3</u>		
1-6	ONE WAY SPRINTS	2:50 – 3:00 PM

NOVEMBER 19, 2006 (SUNDAY – AM) – MEET STARTS AT 8:30 AM

<u>SESSION # 1</u>		
1-6	MILFORD (43)	7:00 – 7:30 AM
<u>SESSION # 2</u>		
1-6	MASON (54)	7:30 – 7:55 AM
<u>SESSION # 3</u>		
1-3	SYCAMORE (26)	7:55 – 8:20 AM
4	MERCY (14)	7:55 – 8:20 AM
5	MAC (13)	7:55 – 8:20 AM
6	OAK HILLS (10)	7:55 – 8:20 AM
<u>SESSION # 4</u>		
1-6	ONE WAY SPRINTS ALL TEAMS	8:20 – 8:30 AM

NOVEMBER 19, 2006 (SUNDAY – PM) – MEET STARTS AT 3:00 PM

<u>SESSION # 1</u>		
1-5	MILFORD (22)	2:00 – 2:25 PM
6	OAK HILLS (3)	2:00 – 2:25 PM
<u>SESSION # 2</u>		
1-5	MAC (17)	2:25 – 2:50 PM
6	MERCY (7)	2:25 – 2:50 PM
6		1:25 – 1:50 PM
<u>SESSION # 3</u>		
1-6	ONE WAY SPRINTS ALL TEAMS	2:50 – 3:00 PM