

MILFORD AREA SWIM TEAM – 2009 FEBRUARY INVITATIONAL

MEET WARM-UP SCHEDULE

SESSION # 1 – FRIDAY - PM (2/6)

<u>TEAM / #</u>	<u>LANE</u>	<u>WARM-UP TIME</u>
<u>SESSION # 1</u>		
MAST (53)	1 – 5	5:00 – 5:30 PM
MAC (8)	6	5:00 – 5:30 PM
<u>SESSION # 2</u>		
CAC (7)	1	5:30 – 6:00 PM
KAC (8)	2	5:30 – 6:00 PM
SFF (11)	3	5:30 – 6:00 PM
MHSW (8)	4	5:30 – 6:00 PM
OHST (7)	5	5:30 – 6:00 PM
EST (4)	6	5:30 – 6:00 PM
ABLY (1)	6	5:30 – 6:00 PM

MEET STARTS @ 6:05 PM

MILFORD AREA SWIM TEAM – 2009 FEBRUARY INVITATIONAL

MEET WARM-UP SCHEDULE

SESSION # 2 – SATURDAY AM – (2/7)

<u>TEAM / #</u>	<u>LANE</u>	<u>WARM-UP TIME</u>
<u>SESSION # 1</u>		
MAST (35)	1 – 4	7:00 – 7:30 AM
SFF (14)	5 – 6	7:00 – 7:30 AM
<u>SESSION # 2</u>		
MAC (29)	1 – 3	7:30 – 7:55 AM
CAC (12)	4	7:30 – 7:55 AM
OHST (10)	5	7:30 – 7:55 AM
KCST (8)	6	7:30 – 7:55 AM
EST (4)	6	7:30 – 7:55 AM
<u>SESSION # 3</u>		
MHSW (33)	1 – 3	7:55 – 8:20 AM
KAC (27)	4 – 6	7:55 – 8:20 AM
ABLY (6)	6	7:55 – 8:20 AM
<u>SESSION # 4</u>		
SPRINTS	1 – 6 ONE WAY ONLY	8:20 – 8:30 AM

MEET STARTS @ 8:35 AM

MILFORD AREA SWIM TEAM – 2009 FEBRUARY INVITATIONAL

MEET WARM-UP SCHEDULE

SESSION # 3 – SATURDAY PM (2/7)

<u>TEAM / #</u>	<u>LANE</u>	<u>WARM-UP TIME</u>
<u>SESSION # 1</u>		
MAST (41)	1 – 5	12:30 – 12:50 PM
CAC (10)	6	12:30 – 12:50 PM
<u>SESSION # 2</u>		
ABLY (39)	1 - 5	12:50 – 1:10 PM
OHST (9)	6	12:50 – 1:10 PM
EST (2)	6	12:50 – 1:10 PM
<u>SESSION # 3</u>		
MAC (31)	1 – 3	1:10 – 1:30 PM
MHSW (26)	4 – 6	1:10 – 1:30 PM
<u>SESSION # 4</u>		
SFF (24)	1 – 3	1:30 – 1:50 PM
KAC (19)	4 – 5	1:30 – 1:50 PM
KCST (8)	6	1:30 – 1:50 PM
<u>SESSION # 5</u>		
SPRINTS	1 – 6 ONE WAY ONLY	1:50 – 2:00 PM

MEET STARTS @ 2:05 PM

MILFORD AREA SWIM TEAM – 2009 FEBRUARY INVITATIONAL

MEET WARM-UP SCHEDULE

SESSION # 4 – SUNDAY AM (2/8)

<u>TEAM</u>	<u>LANE</u>	<u>WARM-UP TIME</u>
<u>SESSION # 1</u>		
MAST (32)	1 – 4	8:00 – 8:30 AM
CAC (13)	5 – 6	8:00 – 8:30 AM
<u>SESSION # 2</u>		
MHSW (26)	1 – 3	8:30 – 8:55 AM
KAC (23)	4 - 5	8:30 – 8:55 AM
OHST (11)	6	8:30 – 8:55 AM
<u>SESSION # 3</u>		
MAC (28)	1 – 4	8:55 – 9:20 AM
SFF (15)	5	8:55 – 9:20 AM
EST (5)	6	8:55 – 9:20 AM
ABLY (4)	6	8:55 – 9:20 AM
KCST (3)	6	8:55 – 9:20 AM
<u>SESSION # 4</u>		
SPRINTS	1 – 6 ONE WAY ONLY	9:20 – 9:30 AM

MEET STARTS @ 9:35 AM

MILFORD AREA SWIM TEAM – 2009 FEBRUARY INVITATIONAL

MEET WARM-UP SCHEDULE

SESSION # 5 – SUNDAY PM (2/8)

<u>TEAM</u>	<u>LANE</u>	<u>WARM-UP TIME</u>
<u>SESSION # 1</u>		
MAST (39)	1 – 5	1:00 – 1:20 PM
OHST (6)	6	1:00 – 1:20 PM
KCST (5)	6	1:00 – 1:20 PM
<u>SESSION # 2</u>		
ABLY (36)	1 – 5	1:20 – 1:40 PM
CAC (6)	6	1:20 – 1:40 PM
<u>SESSION # 3</u>		
MAC (23)	1 – 3	1:40 – 2:00 PM
SFF (29)	4 – 6	1:40 – 2:00 PM
<u>SESSION # 4</u>		
KAC (19)	1 – 3	2:00 – 2:20 PM
MHSW (26)	4 – 6	2:00 – 2:20 PM
<u>SESSION # 5</u>		
SPRINTS	1 – 6 ONE WAY ONLY	2:20 – 2:30 PM

MEET STARTS @ 2:35 PM