

**NJ YMCA Silver Championships 2012
Warm-Up Assignments**

**Fri PM Session 1 - Day 1
11/12 Boys, 13/14 Girls, 15/18 Boys - POOL 1 (Deep End)
Meet Starts @ 5:25PM**

Lane	4:00 - 4:25PM	4:25 - 4:50 PM	4:50 - 5:15 PM
A	SVY	SHY	LHY
1	SVY	SHY	LHY + PFY
2	SVY	SHY	RVYM
3	FSPY	FOBY	RANY
4	FSPY	FOBY + SCY!	WFY
5	FSPY	MYM	WFY + MEW
6	RY	MYM + MAY	RBY + VINY
7	RY + HCY	OCY	RBY
8	WY + HCY	SJAC	MEY + MCY
B	WY	SAY	HACY

**Fri PM Session 2 - Day 1
11/12 Girls, 13/14 Boys, 15/18 Girls - POOL 2 (Shallow End)
Meet Starts @ 5:25PM**

Lane	4:00 - 4:25PM	4:25 - 4:50 PM	4:50 - 5:15 PM
1	SVY	FOBY	FSPY
2	SVY	FOBY + MEY	FSPY + SHY + SCY!
3	SVY	LHY	SHY
4	SVY	LHY + MEW	RANY
5	SAY	RBY	RVYM
6	SAY	RBY + VINY	OCY
7	RY	WFY	MAY
8	RY	WFY + MCY	MYM
A	WY	MCY	SJAC
B	WY	HACY	WEY + HCY

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**Sat AM Session 3 - Day 2
9-10 Girls & 11-12 Boys POOL 1 (Deep End)
Meet Starts @ 8:25AM**

Lane	7:00 - 7:25 AM	7:25- 7:50 AM	7:50 - 8:15 AM
A	FSPY	RBY	SVY
1	OCY	RBY + VINY	SVY
2	MCY + MEW	SAY	SVY
3	RANY + MEW	SAY + GBCY	SVY
4	MYM	SJAC	LHY
5	WFY	SJAC + MDY	LHY
6	HCY + NWKY	WY	SHY
7	MAY + PFY	WY + RIPY	SHY
8	HACY + SCY!	RVYM	FOBY + WEY
B	RY	MEY	FOBY

**Sat AM Session 4 - Day 2
9-10 Boys & 11-12 Girls POOL 2 (Shallow End)
Meet Starts @ 8:25AM**

Lane	7:00 - 7:25 AM	7:25- 7:50 AM	7:50 - 8:15 AM
1	SVY	SHY	RBY
2	SVY	SHY + SABY + GBCY	OCY
3	SVY	FSPY	HACY
4	LHY	FSPY	RANY
5	LHY	RY	MCY + MDY
6	FOBY	RY + RIPY	MYM + MEW
7	FOBY	SAY	SJAC + NKWY
8	WFY	SAY + PFY	MAY + MEY
A	WFY	WY	RVYM + WEY
B	HCY	WY	VINY + SCY!

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Sat Mid Session 5 - Day 2

Girls 13/o 1000 Free POOL 1

Warm-Up @ 11:45 AM

Meet Starts @ 12:15 PM

Sat PM Session 7 - Day 2

13-14 Boys & 15-18 Girls POOL 1 (Deep End)

Meet Starts @ 3:25 PM

Lane	2:00 - 2:25 PM	2:25 - 2:50 PM	2:50 - 3:15 PM
A	open	open	open
1	FSPY	SHY	RANY
2	WY	RY	RBY + WEY
3	WY	HACY	RVYM
4	OCY + MEY	HCY + MAY + RIPY	SJAC + SCY!
5	OCY	SAY	LHY + MEW
6	SVY	SAY	MCY + MYM
7	SVY	FOBY	WFY
8	SVY	FOBY	WFY
B	VINY	open	open

Sat Mid Session 6 - Day 2

Boys 13/o 1000 Free POOL 2

Warm-Up @ 11:45 AM

Meet Starts @ 12:15 PM

Sat PM Session 8 - Day 2

13-14 Girls & 15-18 Boys POOL 2 (Shallow End)

Meet Starts @ 3:25 PM

Lane	2:00 - 2:25 PM	2:25 - 2:50 PM	2:50 - 3:15 PM
1	SHY	LHY	OCY
2	SHY	LHY	RBY
3	FSPY	RANY	SJAC
4	FSPY	RANY	VINY
5	FOBY	WY	MAY
6	FOBY	WY	MYM
7	SVY	RY	MEY
8	SVY	HCY	RVYM
A	SAY	WFY	SCY! + MEW
B	SAY	HACY	MCY + PFY + RIPY

**NJ YMCA Silver Championships 2012
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**Sun AM Session 9 - Day 3
9-10 Boys & 11-12 Girls POOL 1 (Deep End)
Meet Starts @ 8:25AM**

Lane	7:00 - 7:25 AM	7:25- 7:50 AM	7:50 - 8:15 AM
A	SVY	WY	RVYM
1	SVY	WY + MEW	MCY
2	SVY	FSPY	MYM
3	FOBY	OCY	SJAC
4	FOBY	RBY	MAY + NWKY
5	LHY	SHY	VINY + RIPY
6	LHY	WFY	HACY + SABY
7	RY	RANY	HCY + MEY
8	RY + WEY	SAY	SCY! + GBCY + SCY
B	open	open	open

**Sun AM Session 10 - Day 3
9-10 Girls & 11-12 Boys POOL 2 (Shallow End)
Meet Starts @ 8:25AM**

Lane	7:00 - 7:25 AM	7:25- 7:50 AM	7:50 - 8:15 AM
1	WY	LHY	FOBY
2	WY + RY	LHY + MDY	FOBY + SCY!
3	FSPY	SHY	SAY
4	MCY	SHY + WEY	SAY + PFY
5	WFY	SJAC	RBY
6	HCY	SJAC + NWKY	RBY + RIPY
7	OCY	SVY	RVYM
8	RANY	SVY	RVYM + MYM
A	HACY + VINY	SVY	MEY
B	MEW + GBCY	SVY	MAY

**NJ YMCA Silver Championships 2012
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**Sun Mid Session 11 - Day 3
Girls 1650 Free POOL 1 (Deep End)
Warm-Up @ 11:30 AM
Meet Starts @ 12:00 PM**

**Sun PM Session 13 - Day 3
13-14 Girls & 15-18 Boys POOL 1 (Deep End)
Meet Starts @ 2:40 PM**

Lane	1:15 - 1:40 PM	1:40 - 2:05 PM	2:05 - 2:30 PM
A	OCY	WY	FSPY
1	OCY + MCY	WY	FSPY
2	RY	RANY	SHY
3	RY + MEW	RANY	SHY
4	HACY	SAY	SVY
5	WFY	SAY + RIPY	SVY
6	RBV	SJAC	FOBY
7	VINY	SJAC + MYM	FOBY
8	SCY! + PFY	HCV + MAY	LHY
B	MEY + RVYM	HCV	LHY

**Sun Mid Session 12 - Day 3
Boys 1650 Free POOL 2 (Shallow End)
Warm-Up @ 11:30 AM
Meet Starts @ 12:00 PM**

**Sun PM Session 14 - Day 3
13-14 Boys & 15-18 Girls POOL 2 (Shallow End)
Meet Starts @ 2:40 PM**

Lane	1:15 - 1:40 PM	1:40 - 2:05 PM	2:05 - 2:30 PM
1	SVY	SAY	RY
2	SVY	SAY	RANY
3	SVY + MAY	WY	SHY
4	FOBY	WY	FSPY
5	FOBY	WFY + RVYM	HACY + RIPY
6	FOBY + WEY	WFY	HCV + SCY!
7	OCY	RBV	SJAC + MEW
8	OCY	RBV	MCY + MYM
A	VINY	LHY	MEY
B	open	open	open