

2011 SAC LC JUNIOR OLYMPICS

There will be one timer from the assigned team and one timer from **SAC** on each lane.



For **distance** events (800/1500) swimmers will provide **their own timers and lap counters**.

There will be a positive check-in for distance events

If the competition pool is not available, warmup will begin in the patio pool until the main pool is available.

TIMING ASSIGNMENTS

Day 1--THURSDAY

LANE	SESSION 1	LANE	SESSION 2	LANE	SESSION 3
	<u>13/O PRELIMS</u>		<u>12/UNDERS</u>		<u>13/O FINALS</u>
1	NJW	1	SVY	1	EEX
2	WY	2	BAC	2	BAC
3	PTAC	3	RY	3	CAT
4	ESC	4	SHY	4	XCEL
5	EEX	5	CAT	5	EEX
6	LHY	6	WFY	6	PTAC
7	XCEL	7	OCY	7	SVY
8	PAA	8	MCSC	8	WY
ALTS:	CJAC, BMS, MYM	ALTS:	JFAC, RBY, SAC	ALTS:	ALL OTHERS

Day 3--SATURDAY

LANE	SESSION 7	LANE	SESSION 8	LANE	SESSION
	<u>13/O PRELIMS</u>		<u>12/UNDERS</u>		<u>13/O FINALS</u>
1	XCEL	1	BAC	1	WFY
2	CAT	2	RY	2	CAT
3	LHY	3	SHY	3	BAC
4	PTAC	4	NJW	4	EEX
5	BMS	5	OCY	5	SVY
6	SVY	6	MYM	6	ESC
7	CAT	7	YWMC	7	WFY
8	ESC	8	HACY	8	MYM
ALTS:	NJW, CJAC, JFAC	ALTS:	JFAC, MEY, WAVE		ALL OTHERS

Day 2---FRIDAY

LANE	SESSION 4	LANE	SESSION 5	LANE	SESSION 6
	<u>13/O PRELIMS</u>		<u>12/UNDERS</u>		<u>13/O FINALS</u>
1	PAA	1	WFY	1	SVY
2	LHY	2	OCY	2	CAT
3	XCEL	3	MEY	3	ESC
4	EEX	4	JFAC	4	NJW
5	NJW	5	HACY	5	BAC
6	PTAC	6	RBV	6	MYM
7	WY	7	YWMC	7	MCSC
8	SHY	8	BAC	8	RY
ALTS:	CJAC, BMS, JFAC	ALTS:	BMS, CJAC	ALTS:	ALL OTHERS

Day 4--SUNDAY

LANE	SESSION 10	LANE	SESSION 11	LANE	SESSION
	<u>13/O PRELIMS</u>		<u>1500 FREES</u>		<u>13/O FINALS</u>
1	LHY			1	RY
2	XCEL		ALL	2	SVY
3	PAA		1500 SWIMMERS	3	CAT
4	PTAC		11 & OLDER	4	ESC
5	CJAC			5	BAC
6	EEX		OWN TIMERS	6	WY
7	SHY			7	MCSC
8	NJW		OWN LAP COUNTERS	8	MYM
ALTS:	SAY, RY, NJRC				ALL OTHERS

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for meet results

for real time results

REVISED



2011 SAC LC Junior Olympics Warm-up Assignments

Fly over starts may be used throughout the meet!

In the event that the competition pool is not available, warmup will begin in the patio pool.

Check-in sheets are due 30 minutes before the beginning of each session. Positive check-in for 800/1500 freestyles and all relays.

THURSDAY				FRIDAY				SATURDAY				SUNDAY		
Session 1		Session 2		Session 4		Session 5		Session 7		Session 8		Session 10		Session 11
13/O PRELIMS		12/UNDERS		13/O PRELIMS		12/UNDERS		13/O PRELIMS		12/UNDERS		13/O PRELIMS		1500'S
I	II	I	II	I	II	I	II	I	II	I	II	I	II	
7:15AM	7:45AM	11:55AM	12:25PM	7:15 AM	7:45AM	11:55AM	12:25AM	7:15 AM	7:45AM	11:55AM	12:25AM	7:15 AM	7:45AM	11:00AM
SAC	BAC	SAC	ESC	SAC	BB	SAC	BAC	SAC	BAC	SAC	ESC	SAC	BB	(APPROX)
BB	BMS	BAC	LHY	BAC	CAT	ESC	BMS	BB	BMS	BAC	LHY	BAC	CAT	ALL
CAT	LHY	BMS	MCSC	BMS	CJAC	LHY	CAT	CAT	LHY	BMS	MCSC	BMS	CJAC	S
CJAC	MEY	CAT	MEY	LHY	EEX	MCSC	CBGC	CJAC	MEY	CAT	MEY	LHY	EEX	W
EEX	MYM	CBGC	NJW	MEY	ESC	MEY	CJAC	EEX	MYM	CBGC	NJW	MEY	ESC	I
ESC	OCY	CJAC	PPST	MYM	JFAC	NJW	EEX	ESC	OCY	CJAC	PPST	MYM	JFAC	M
JFAC	PTAC	EEX	PTAC	OCY	MB	PPST	FSPY	JFAC	PTAC	EEX	PTAC	OCY	MB	M
MB	RBY	FSPY	RBY	PTAC	MCSC	PTAC	HACY	MB	RBY	FSPY	RBY	PTAC	MCSC	E
MCSC	RY	HACY	RY	RBY	NJRC	RBY	JFAC	MCSC	RY	HACY	RY	RBY	NJRC	R
NJRC	SHY	JFAC	SKYY	RY	NJW	RY	MYM	NJRC	SHY	JFAC	SKYY	RY	NJW	S
NJW	SVY	MYM	SVY	SHY	PAA	SKYY	OCY	NJW	SVY	MYM	SVY	SHY	PAA	
PAA	WY	OCY	TWST	SVY	SAY	SVY	PAA	PAA	WY	OCY	TWST	SVY	SAY	
SAY	XCEL	PAA	WEY	WY	TWST	TWST	SHY	SAY	XCEL	PAA	WEY	WY	TWST	WILL
TWST	YWMC	SHY	WFY	XCEL	WFY	WEY	TAC	TWST	YWMC	SHY	WFY	XCEL	WFY	NOT
WFY	<i>all others</i>	TAC	WY	YWMC	<i>all others</i>	WFY	WAVE	WFY	<i>all others</i>	TAC	WY	YWMC	<i>all others</i>	START
		WAVE	XCEL			WY	YWMC			WAVE	XCEL			BEFORE
		YWMC	<i>all others</i>			XCEL	<i>all others</i>			YWMC	<i>all others</i>			11:30AM

REVISED