



2010 CPAL ALL STAR CHAMPIONSHIP SWIM MEET

Sunday, February 28, 2010

Warm-Up Lane Assignments

AM Session: 8&U – 10&U Age Groups

<u>Group I</u>	7:30 – 8:00 am	7:50-8 am Lanes 1,2,7, & 8 are one way sprints			
ACWS	CA	CVAC	CYAA	EPAC	LPAC
HAC	MSC	NYAC	SLST	SMSC	WSY
<u>Group II</u>	8:05 – 8:35 am	8:25-8:35 am Lanes 1,2,7, & 8 are one way sprints			
BSAC	EAC	FSC	GETY	HAY	LAT
LEBY	LFYB	LFYL	LVO	MARA	MASC
NDCY	PAC	SAC	WAY	YY	

Sprint Session: 8:35 – 8:45 am All 8 Lanes will be available for One Way Sprints

There will be 5 lanes of continuous warm-up available throughout the meet at the west end of the pool with coaches monitoring.



PM Session: 12&U, 14&U – 15&O Age Groups

<u>Group I</u>	11:55 – 12:25 pm		12:20 – 12:25 pm Lanes 1,2,7, & 8 are one way sprints			
CA	CVAC	CYAA	GETY	MSC	NDCY	
<u>Group II</u>	12:30 – 1:00 pm		12:55 – 1:00 pm Lanes 1,2,7, & 8 are one way sprints			
ACWS	HAC	LAT	NYAC	SMSC	WSY	
<u>Group III</u>	1:05 – 1:35 pm		1:30 – 1:35 pm Lanes 1,2,7, & 8 are one way sprints			
BSAC	EPAC	HAY	LEBY	LFYB	LFYL	WAY
<u>Group IV</u>	1:40 – 2:10 pm		2:05 – 2:10 pm Lanes 1,2,7, & 8 are one way sprints			
EAC	FSC	LPAC	LVO	MARA	MASC	PAC
SAC	SLST	YY				

There will be 5 lanes of continuous warm-up available throughout the meet at the west end of the pool with coaches monitoring.