



SCHEDULE FOR JO's

DAY	SESSION	WARMUP	CHECKIN	START	FINISH (APPROX)	COMMENTS
THURSDAY	PRELIMS	7:15AM	7:45AM	8:20AM	11:30AM	
	AGE GROUP	11:30AM	NOON	12:35PM	5:30PM	
	FINALS	5:30PM	RELAYS	6:30PM	8:00PM	APPROX
FRIDAY	PRELIMS	7:15AM	7:45AM	8:20AM	11:30AM	
	AGE GROUP	11:30AM	NOON	12:35PM	5:30PM	
	FINALS	5:30PM	RELAYS	6:30PM	8:00PM	APPROX
SATURDAY	PRELIMS	7:15AM	7:45AM	8:20AM	12:20PM	
	AGE GROUP	11:30AM	NOON	12:35PM	5:30PM	
	FINALS	5:30PM	RELAYS	6:30PM	8:00PM	APPROX
SUNDAY	PRELIMS	7:15AM	7:45AM	8:20AM	11:00AM	
	1500'S					13/OLDERS NOT BEFORE 11:30 11/12 (1500'S) NOT BEFORE 3:00PM
	FINALS	5:00PM	RELAYS	6:05PM	8:00PM	APPROX

REVISED 7/28/2010 FOR 1500'S



2010 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	11:30 AM	12:00	7:15 AM	7:45AM	11:30 AM	12:00	7:15 AM	7:45AM	11:30 AM	12:00	7:15 AM	7:45AM	11:25AM
SAC	BAC	SAC	CJAC	SAC	BMS	SAC	BAC	SAC	BAC	SAC	CJAC	SAC	BMS	ALL S W I M M E R S WILL NOT START BEFORE 11:30AM
BMS	BB	BAC	ESC	BAC	EEX	CJAC	BB	BMS	BB	BAC	ESC	BAC	EEX	
EEX	CAT	BB	HACY	BB	ESC	ESC	CAT	EEX	CAT	BB	HACY	BB	ESC	
ESC	CJAC	CAT	LHY	CAT	MYM	HACY	CBGC	ESC	CJAC	CAT	LHY	CAT	MYM	
MYM	FSPY	CBGC	MEY	CJAC	NJBL	LHY	EEX	MYM	FSPY	CBGC	MEY	CJAC	NJBL	
NJBL	HACY	EEX	NJRC	FSPY	OCY	MEY	FSPY	NJBL	HACY	EEX	NJRC	FSPY	OCY	
OCY	LHY	FSPY	OCY	HACY	PAA	NJRC	MCSC	OCY	LHY	FSPY	OCY	HACY	PAA	
PAA	MCSC	MCSC	PAA	LHY	PTAC	OCY	MYM	PAA	MCSC	MCSC	PAA	LHY	PTAC	
PTAC	NJW	MYM	PPST	MCSC	RBY	PAA	NJBL	PTAC	NJW	MYM	PPST	MCSC	RBY	
RBY	PPST	NJBL	PTAC	NJW	STVN	PPST	NJW	RBY	PPST	NJBL	PTAC	NJW	STVN	
STVN	RY	NJW	RBY	PPST	WFY	PTAC	RY	STVN	RY	NJW	RBY	PPST	WFY	
WFY	SVY	RY	SDSC	RY	XCEL	RBY	SHY	WFY	SVY	RY	SDSC	RY	XCEL	
XCEL	TWST	SHY	SVY	SVY	YWMC	SDSC	STVN	XCEL	TWST	SHY	SVY	SVY	YWMC	
YWMC	WMY	STVN	TAC	TWST	<i>all</i>	SVY	TWST	YWMC	WMY	STVN	TAC	TWST	<i>all</i>	
	<i>all</i>	TWST	WFY	WMY	<i>others</i>	TAC	WAVE		<i>all</i>	TWST	WFY	WMY	<i>others</i>	
	<i>others</i>	WAVE	WMY			WFY	WY		<i>others</i>	WAVE	WMY			
		WY	XCEL			WMY	YWMC			WY	XCEL			
		YWMC	<i>all</i>			XCEL	<i>all</i>			YWMC	<i>all</i>			
			<i>others</i>				<i>others</i>				<i>others</i>			

2010 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	BAC	1	PAA	1	BAC
2	NJBL	2	SVY	2	CAT
3	MYM	3	EEX	3	XCEL
4	TAC	4	ESC	4	EEX
5	CAT	5	XCEL	5	PPST
6	NJW	6	PPST	6	BB
7	RY	7	BMS	7	PTAC
8	SHY	8	CJAC	8	SVY
ALTS:	CJAC, OCY MCSC	ALTS:	BB, WFY, RY	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	PPST	1	BAC	1	SVY
2	BMS	2	WFY	2	XCEL
3	CJAC	3	RY	3	NJBL
4	ESC	4	SHY	4	BAC
5	EEX	5	PAA	5	NJBL
6	SVY	6	XCEL	6	OCY
7	NJW	7	NJBL	7	RY
8	CAT	8	MEY	8	ESC
ALTS:	BAC, PAA, NJBL	ALTS:	NJW, MCSC CJAC		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	BAC	1	ESC	1	BAC
2	BMS	2	WFY	2	CAT
3	PPST	3	SHY	3	EEX
4	RY	4	PAA	4	PAA
5	NJW	5	XCEL	5	WFY
6	SVY	6	TAC	6	SVY
7	CAT	7	MYM	7	PPST
8	EEX	8	OCY	8	PAA
ALTS:	WYM, LHY YWMC	ALTS:	NJBL, BAC, MEY	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	SVY			1	CAT
2	BAC		ALL	2	BAC
3	CAT		1500 SWIMMERS	3	PTAC
4	WFY		11 & OLDER	4	WFY
5	XCEL			5	ESC
6	EEX		OWN TIMERS	6	EEX
7	ESC			7	PPST
8	CJAC		OWN LAP COUNTERS	8	XCEL
ALTS:	BB, MYM PPST				ALL OTHERS

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