

2010 Illinois Missouri Area YMCA Boys Swimming Championships
Saturday, March 20
Warm-up Lane Assignments

Session	Lane	Rec Pool	Competition Pool
6:40 - 7:00 AM	1	DCST	Open
	2	RAYS	Open
	3	PALA	Open
	4	OTTY	Open
	5	ILVY	Open
	6	MCY	Open
	7		Open
	8		Open

Session	Lane	Rec Pool	Competition Pool
7:00 - 7:20 AM	1	SPY	DCST
	2	KNCY	DCST
	3	BVDY / STRY	RAYS
	4	ELY / KEWE	RAYS / PALA
	5	TOPS	PALA
	6	BRRY / MCDN	OTTY
	7		ILVY
	8		MCY

Session	Lane	Rec Pool	Competition Pool
7:20 - 7:40 AM	1	EDWY	SPY
	2	YOSI	SPY / KNCY
	3	JETS	KNCY
	4	TCAY	BVDY / STRY
	5	LATT	ELY / KEWE
	6	HEAT	TOPS
	7		BRRY
	8		MCDN

Session	Lane	Rec Pool	Competition Pool
7:40 - 8:00 AM	1	LEAN	EDWY
	2	FAST	EDWY
	3	SCCY	EDWY / YOSI
	4	DOCS / MYST	YOSI
	5	BNY / DECY	JETS
	6	HHST / STRY	TCAY
	7		LATT
	8		HEAT

Session	Lane	Rec Pool	Competition Pool
8:00 - 8:20 AM	1	CRCY	LEAN
	2	NAPY	LEAN
	3	HLYS / CLY	FAST
	4	WCFY / SAMY / RLAY	SCCY
	5	HTCY / JAXY / FVAF	DOCS
	6	PAVY/CANY/DANV/DIXN JCAY/KKEE/BOOY/GLAY/ IRVP/KWBY/LAKE/MEXY	MYST
	7		BNY / DECY
	8		HHST / STRY

Session	Lane	Rec Pool	Competition Pool
8:20 - 8:40 AM	1	Open	CRCY
	2	Open	NAPY
	3	Open	HLYS
	4	Open	CLY
	5	Open	RLAY / FVAF
	6	Open	WCFY / SAMY
	7		HTCY / JAXY
	8		PAVY/CANY/DANV/DIXN JCAY/KKEE/BOOY/GLAY/ IRVP/KWBY/LAKE/MEXY

For Warm-ups each team has 20 minutes in the Recreation Pool followed by 20 minutes in the Competition Pool. Teams are free to use their lanes in any manner they choose. If you are doing dives in your lane, then the entire lane must be doing one-way sprints. During the meet, there will be 4 lanes available to the swimmers for warm-ups and warm-down in the Recreational Pool.