

2010 Illinois Missouri Area YMCA Girls Swimming Championships
Sunday, March 21
Warm-up Lane Assignments

Session	Lane	Rec Pool	Competition Pool
6:40 - 7:00 AM	1	DCST	Open
	2	LEAN	Open
	3	RAYS	Open
	4	BVDY	Open
	5	OTTY	Open
	6	ILVY / KEWE	Open
	7		Open
	8		Open

Session	Lane	Rec Pool	Competition Pool
7:00 - 7:20 AM	1	EDWY	DCST
	2	BRRY	DCST
	3	TCAY	LEAN
	4	JETS	LEAN
	5	KNCY	RAYS
	6	SCCY	BVDY
	7		OTTY
	8		ILVY / KEWE

Session	Lane	Rec Pool	Competition Pool
7:20 - 7:40 AM	1	SPY	EDWY
	2	NAPY	EDWY
	3	TOPS	BRRY
	4	DOCS	BRRY/TCAY
	5	JCAY	TCAY
	6	LAKE	JETS
	7		KNCY
	8		SCCY

Session	Lane	Rec Pool	Competition Pool
7:40 - 8:00 AM	1	MYST	SPY
	2	PALA	SPY /NAPY
	3	YOSI	NAPY
	4	HEAT	TOPS
	5	MCY	TOPS/DOCS
	6	LATT/HLYS	DOCS
	7		JCAY
	8		LAKE

Session	Lane	Rec Pool	Competition Pool
8:00 - 8:20 AM	1	CLY/CRCY	MYST
	2	HHST/MCDN	MYST/PALA
	3	RLAY/JAXY	PALA
	4	WCFY/HTCY/SAMY	YOSI
	5	ELY/CANY/BNY	HEAT
	6	DIXN/DECY/KWBY/FRAY HIGH/MEXY/STRY TST/WCY/WOFM	MCY
	7		LATT
	8		HLYS

Session	Lane	Rec Pool	Competition Pool
8:20 - 8:40 AM	1	Open	CLY
	2	Open	CRCY
	3	Open	HHST/MCDN
	4	Open	RLAY/JAXY
	5	Open	WCFY/HTCY
	6	Open	ELY/CANY
	7		SAMY/BNY
	8		DIXN/DECY/KWBY/FRAY HIGH/MEXY/STRY TST/WCY/WOFM

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.