



2009 Long Course Junior Olympics



Warm Up Assignments - Prelims (Includes Relay Only Athletes)

Thursday (See Timeline) & Finals: Open Warmups at 3:30 PM on Fri & Sat, 2:00 PM on Sun)

Friday AM Session (603 Athletes - Average/Lane = 25) Session Starts 9:00 AM

Warmup	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
7:00 AM	CAC (43)	KAC (7) CAC	CLPR (63)	CLPR	NAAC (12) CLPR	MAKO (5) MHSW (20)	CM (48)	DST (2) CM
7:30 AM	RAYS (51)	RAYS	LTPY (5) WAC (20)	SFF (38)	BASH (1) FAST (11) SFF	LCFY (6) BKHY (5) SPY (5) WTRC (7)	MAC (1) SYL (19)	EST (5) BGSC (7) ABLY (17)
8:00 AM	DR (56)	DR	DCST (8) WOR (15)	GCST (30)	GTAC (47)	GTAC	UASC (43)	KCST (7) UASC
8:30 AM	Pace	Sprints	Sprints	Sprints	Sprints	Sprints	Sprints	Pace

Clear Pool at 8:45 AM

Saturday AM Session (607 Athletes-Average/Lane = 25) Session Starts at 9:00 AM

Warmup	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
7:00 AM	DR (54)	DR	DCST (11) WOR (15)	GCST (31)	GTAC (46)	OHST (1) GTAC	UASC (43)	KCST (9) UASC
7:30 AM	RAYS (49)	BASH (1) RAYS	WAC (25)	SFF (34)	FAST (18) SFF	LCFY (6) BKHY (6) SPY (5) WTRC (8)	LTPY (5) MAC (2) SYL (23)	EST (4) BGSC (2) ABLY (17)
8:00 AM	CAC (41)	KAC (6) CAC	CLPR (62)	CLPR	NAAC (10) CLPR	MAKO (5) MHSW (17)	CM (49)	DST (2) CM
8:30 AM	Pace	Sprints	Sprints	Sprints	Sprints	Sprints	Sprints	Pace

Clear Pool at 8:45 AM

Sunday AM Session (365 Athletes - Average/Lane = 23) Session Starts 8:30 AM

Warmup	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
7:00 AM	BASH (1) SPY (2) CAC (19)	CLPR (39)	BKHY (2) WTRC (5) CLPR	MAC (2) MHSW (9) NAAC (12)	CM (37)	LCFY (4) DCST (5) CM	SFF (18) KAC (4) MAKO (2)	DST (2) LTPY (1) GTAC (20)
7:30 AM	RAYS (36)	WOR (10) RAYS	DR (38)	FAST (8) DR	ABLY (7) GCST (18)	BGSC (3) EST (3) WAC (15)	UASC (30)	SYL (9) KCST (4) UASC
8:00 AM	Pace	Sprints	Sprints	Sprints	Sprints	Sprints	Sprints	Pace

Clear Pool at 8:15 AM