

YNS Reid Sacco Invitational - Warm-Up Assignments

Friday, 12/5: Distance Session

Warm-Up Start: 5:00pm; Warm-Up End: 5:40pm; Meet Start: 5:45pm

Warm-Up Session 1: 8 Lane Competition Pool

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
5:00 – 5:30pm	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN

Warm-Up Session 2: 8 Lane Competition Pool (Specific)

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
5:30 – 5:40pm	One Way	One Way	One Way	One Way	One Way	One Way	Pace	Pace

Warm-Up Session 1 & 2: 6 Lane Warm-Up Pool

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
5:00 – 5:40pm	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN

****6 Lane Pool will be available all sessions for Warm-Up/Warm-Down**

YNS Reid Sacco Invitational - Warm-Up Assignments

Saturday, 12/6: 11/Over PRELIMS

Warm-Up Start: 7:00am; Warm-Up End: 7:55am; Meet Start: 8:00am

Warm-Up Session 1: 8 Lane Competition Pool

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
7:00 - 7:20am	YNS	YNS	YNS	YNS	YNS	SSYS	SSYS	SSYS

Warm-Up Session 1: 6 Lane Warm-Up Pool

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
7:00 – 7:20am	YNS	YNS	YNS	YNS	YNS	YNS

Warm-Up Session 2: 8 Lane Competition Pool

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
7:20 - 7:40am	STRM	STRM	STRM	STRM	STRM	BBSC	BBSC	TSC

Warm-Up Session 2: 6 Lane Warm-Up Pool

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
7:20 - 7:40am	STRM	STRM	YMNT	YMNT	YMNT	YMNT

Warm-Up Session 3: 8 Lane Competition Pool

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
7:40 - 7:55am	One Way	One Way	One Way	One Way	One Way	One Way	One Way	One Way

****6 Lane Pool is available during All Meet Sessions for Warm-Up & Warm-Down**

YNS Reid Sacco Invitational - Warm-Up Assignments

Saturday, 12/6: 10/Under Timed Finals

Warm-Up Start: 12:30pm; Warm-Up End: 1:25pm; Meet Start: 1:30pm

Warm-Up Session 1: 8 Lane Competition Pool

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
12:30 – 12:55pm	YMNT	YMNT	SSYS	SSYS	STRM	STRM	STRM	TSC BBSC

Warm-Up Session 1: 6 Lane Warm-Up Pool

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
12:30 – 12:55pm	YNS	YNS	YNS	YNS	YNS	YNS

Warm-Up Session 2: 8 Lane Competition Pool (Specific)

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
1:00 – 1:25pm	One Way	One Way	One Way	One Way	One Way	One Way	One Way	One Way

****6 Lane Pool is available during All Meet Sessions for Warm-Up & Warm-Down**

YNS Reid Sacco Invitational - Warm-Up Assignments

Saturday, 12/6: 11/Over FINALS

Warm-Up Start: 4:00pm; Warm-Up End: 4:40pm; Meet Start: 4:45pm

Warm-Up Session 1: 8 Lane Competition Pool

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
4:00 – 4:30pm	13/O	13/O	13/O	13/O	12/U	12/U	12/U	12/U

****Subject to change when Finalists are confirmed****

Warm-Up Session 2: 8 Lane Competition Pool (Specific)

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
4:30 – 4:40pm	One Way	One Way	One Way	One Way	One Way	One Way	Pace	Pace

Warm-Up Session 1 & 2: 6 Lane Warm-Up Pool

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
4:00 – 4:40pm	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN

****6 Lane Pool is available during All Meet Sessions for Warm-Up & Warm-Down**

YNS Reid Sacco Invitational - Warm-Up Assignments

Sunday, 12/7: 11/Over PRELIMS

Warm-Up Start: 7:00am; Warm-Up End: 7:55am; Meet Start: 8:00am

Warm-Up Session 1: 8 Lane Competition Pool

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
7:00 - 7:20am	YNS	YNS	YNS	YNS	YMNT	YMNT	YMNT	YMNT

Warm-Up Session 1: 6 Lane Warm-Up Pool

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
7:00 – 7:20am	YNS	YNS	YNS	YNS	YNS	YNS

Warm-Up Session 2: 8 Lane Competition Pool

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
7:20 - 7:40am	STRM	STRM	STRM	STRM	STRM	STRM	BBSC	BBSC

Warm-Up Session 2: 6 Lane Warm-Up Pool

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
7:20 - 7:40am	STRM	STRM	SSYS	SSYS	SSYS	SSYS

Warm-Up Session 3: 8 Lane Competition Pool

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
7:40 - 7:55am	One Way	One Way	One Way	One Way	One Way	One Way	One Way	One Way

****6 Lane Pool is available during All Meet Sessions for Warm-Up & Warm-Down**

YNS Reid Sacco Invitational - Warm-Up Assignments

Sunday, 12/7: 10/Under Timed Finals

Warm-Up Start: 12:30pm; Warm-Up End: 1:25pm; Meet Start: 1:30pm

Warm-Up Session 1: 8 Lane Competition Pool

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
12:30 – 12:55pm	YMNT	SSYS	SSYS	STRM	STRM	STRM	STRM	STRM BBSC (1)

Warm-Up Session 1: 6 Lane Warm-Up Pool

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
12:30 – 12:55pm	YNS	YNS	YNS	YNS	YNS	YNS

Warm-Up Session 2: 8 Lane Competition Pool (Specific)

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
1:00 – 1:25pm	One Way	One Way	One Way	One Way	One Way	One Way	One Way	One Way

****6 Lane Pool is available during All Meet Sessions for Warm-Up & Warm-Down**

YNS Reid Sacco Invitational - Warm-Up Assignments

Sunday, 12/7: 11/Over FINALS

Warm-Up Start: 4:00pm; Warm-Up End: 4:40pm; Meet Start: 4:45pm

Warm-Up Session 1: 8 Lane Competition Pool

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
4:00 – 4:30pm	13/O	13/O	13/O	13/O	12/U	12/U	12/U	12/U

****Subject to change when Finalists are confirmed****

Warm-Up Session 2: 8 Lane Competition Pool (Specific)

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
4:30 – 4:40pm	One Way	One Way	One Way	One Way	One Way	One Way	Pace	Pace

Warm-Up Session 1 & 2: 6 Lane Warm-Up Pool

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
4:00 – 4:40pm	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN

****6 Lane Pool is available during All Meet Sessions for Warm-Up & Warm-Down**