

## **Saturday Morning, 1/10: 15-18 Year Olds**

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

### **Warm-Up Session 1: Competition Pool**

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
7:00 – 7:25am	YNS	YNS	YNS	YNS STRM	GLYB ANA	HAY	HAY MGCB	CMS!

### **Warm-Up Session 2: Competition Pool**

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
7:25 – 7:50am	SSYS	SSYS	BYSD	BYSD	YMNT	YMNT	YMNT	YMNT

**\*\*6 Lane Pool is available during Warm-Up Sessions for extra space and during the Meet**

**\*\*No Diving in the 6-Lane Pool**

**\*\*One Way Sprints are included in your Warm-Up time**

# **YMCA Eastern MA District Championship**

**Saturday Afternoon, 1/10: 11-12 Year Olds**

**Warm-Up Start: 12:00pm; Warm-Up End: 12:50pm; Meet Start: 1:00pm**

## **Warm-Up Session 1: Competition Pool**

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
12:00 – 12:20pm	BYSD	BYSD	BYSD	YMNT	YMNT	WSY/DYD	MGCB	MGCB

## **Warm-Up Session 1: Warm-Up Pool**

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
12:00 – 12:20pm	YNS	YNS	YNS	YNS	YNS	MVY

## **Warm-Up Session 2: Competition Pool**

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
12:20 – 12:40pm	HAY	HAY	HAY	HAY	SSYS	SSYS	SSYS	CMS!

## **Warm-Up Session 2: Warm-Up Pool**

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
12:20 – 12:40pm	SOM	SOM	ANA	ANA	GLYB	GLYB

## **Warm-Up Session 3: Competition Pool**

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
12:40 – 12:55pm	One Way	One Way	One Way	One Way	One Way	One Way	One Way	One Way

**\*\*6-Lane Pool is available during the Meet for Warm-Up & Warm-Down (No Diving in the 6-Lane Pool)**

**\*\*All Teams have Lanes in the Competition Pool for One Way Sprints**

# **YMCA Eastern MA District Championship**

**Sunday Morning, 1/11: 10/Under's**

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

## **Warm-Up Session 1: Competition Pool**

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
7:00am – 7:20am	ANA	ANA	ANA	ANA	BYSD	BYSD	BYSD	MVY

## **Warm-Up Session 1: Warm-Up Pool**

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

## **Warm-Up Session 2: Competition Pool**

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
7:20am – 7:40am	SSYS	SSYS	SSYS	SSYS	SSYS	SOM	GLYB	CMS/WSY

## **Warm-Up Session 2: Warm-Up Pool**

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
7:20am – 7:40am	YMNT	YMNT	YMNT	MGCB	MGCB	DYD

## **Warm-Up Session 3: 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

**Sunday, 1/28: 13-14 Year Olds**

**\*\*6-Lane Pool is available during the Meet for Warm-Up & Warm-Down (No Diving in the 6-Lane Pool)**

**\*\*All Teams have Lanes in the Competition Pool for One Way Sprints**

# **YMCA Eastern MA District Championship**

**Sunday Afternoon, 1/11: 13-14's**

**Warm-Up Start: 12:00pm; Warm-Up End: 12:55pm; Meet Start: 1:00pm**

## **Warm-Up Session 1: Competition Pool**

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
12:00 – 12:25pm	MGCB	ANA	SSYS WSY	SSYS	YNS	YNS	YNS	YNS

## **Warm-Up Session 2: Competition Pool**

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
12:25 – 12:50pm	HAY	HAY	YMNT	YMNT	CMS!	GLYB	SOM	BYSD MVY

**\*\*6-Lane Pool is available during the Meet for Warm-Up & Warm-Down (No Diving in the 6-Lane Pool)**

**\*\*All Teams have Lanes in the Competition Pool for One Way Sprints**