

Warm-up Assignments GSCY Long Course Silver Invitational 2023

SATURDAY Session 1: 15 & Over Girls and Boys										
Time	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10
8:00-8:25 AM	GSCY	GSCY	GSCY	GSCY	GSCY	GSCY	LHY	LHY	LHY	LHY
8:25-8:50 AM	GMNY	GMNY	GMNY	SAY	RY	FSPY	FSPY/HCY	MAY	MAY/WY	MEY/OCY/SCY
SATURDAY Session 2: 13/14 Girls and Boys										
12:00-12:25 PM	GSCY	GSCY	GSCY	GSCY	GSCY	FSPY	FSPY	MAY	MAY	SAY
12:25-12:50 PM	GMNY	GMNY	GMNY	GMNY	WY	LHY	LHY	LHY	RY	SCY/OCY/MEY
SATURDAY Session 3: 12 & Under Girls and Boys										
3:00-3:25 PM	GSCY	GSCY	GSCY	LHY	LHY	LHY	GMNY	GMNY	GMNY	GMNY
3:25- 3:50 PM	FSPY	WY	WY	SAY	SAY	HCY	OCY	RY	MAY	SCY/MEY
SUNDAY Session 4: 15 & Over Girls and Boys										
Time	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10
8:00-8:25 AM	GSCY	GSCY	GSCY	GSCY	GSCY	GSCY	RY	MAY	MAY/FSPY	FSPY
8:25-8:50 AM	GMNY	GMNY	GMNY	LHY	LHY	LHY	LHY	SAY	SAY/SCY	HCY/MEY/OCY/WY
SUNDAY Session 5: 13/14 Girls and Boys										
12:00-12:25 PM	GSCY	GSCY	GSCY	GSCY	GSCY	LHY	LHY	LHY	SAY	MAY
12:25-12:50 PM	FSPY	FSPY	RY	WY	WY	GMNY	GMNY	GMNY	GMNY	SCY/OCY/MEY
SUNDAY Session 6: 12 & U Girls and Boys										
3:00-3:25 PM	FSPY	SAY	SAY	WY	WY	MDY	RY	MAY	SCY/HCY	OCY/MEY
3:25- 3:50 PM	GSCY	GSCY	GSCY	GSCY	GMNY	GMNY	GMNY	LHY	LHY	LHY

*The 25 yard pool will be open for warm up/ warm down throughout the meet. The 50 M pool will open for 400 warm ups immediately following the conclusion of the 15 & Over events. The 13 & Over 400 Freestyle and 400 IM events will not begin before the posted time.