

# Middle Tyger YMCA

# YSSC

2024 SC YSSC Short Course Senior State Championship - 2/8/24 - 2/11/24

Sanction Number SC2465SCY/SC2466TT

## Warm-Up Assignments

### Thursday Distance

Warm-Up Starts at 4:30 PM

Session Starts at 5:30 PM

TEAM	LANE
YSSC	19-20
HOOS	16-18
TG	14-15
AAYM	12-13
CS	11
FAY	10
CAT	9
GAME	8
FAST	7
NC	6
RAYS	5
SCSC	4
H2A	3
SMRT	2
SYS	1

### Friday Prelims

Early Warm-Up Starts at 7:30 AM

Late Warm-Up Starts at 8:05 AM

Specific Warmups for All at 8:40 AM - 1-2 pace,  
3-12 one-way starts, 13-20 open swim

Clear the Pool at 8:55 AM

Session Starts at 9:00 AM

TEAM LANE

EARLY - 7:30 AM	
YSSC	15-20
TG	11-14
FAST	10
CA	9
TIDE	7-8
SCSC	5-6
CAC	3-4
YCSC	2
CAT	1
LATE - 8:05 AM	
RAYS	17-20
GAME	14-16
HOOS	11-13
H2A	10
SMRT	8-9
SVY	7
CS	6
FAY	5
NC	4
MBR	3
AAYM	2
NYST	1
FINS	1

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## Warm-Up Assignments

### Saturday Prelims

Early Warm-Up Starts at 7:30 AM  
 Late Warm-Up Starts at 8:05 AM  
 Specific Warmups for All at 8:40 AM - 1-2  
 pace, 3-12 one-way starts, 13-20 open swim  
 Clear the Pool at 8:55 AM  
 Session Starts at 9:00 AM

TEAM	LANE
<b>EARLY - 7:30 AM</b>	
YSSC	15-20
RAYS	12-14
GAME	9-11
HOOS	6-8
H2A	5
SVY	4
CS	3
FAY	2
NC	1
<b>LATE - 8:05 AM</b>	
TG	17-20
AAYM	16
CA	15
SMRT	13-14
SCSC	11-12
TIDE	9-10
MBR	8
CAC	6-7
CAT	5
YCSC	4
FINS	3
NYST	2

### Sunday Prelims

Early Warm-Up Starts at 7:30 AM  
 Late Warm-Up Starts at 8:05 AM  
 Specific Warmups for All at 8:40 AM - 1-2 pace,  
 3-12 one-way starts, 13-20 open swim  
 Clear the Pool at 8:55 AM  
 Session Starts at 9:00 AM

TEAM	LANE
<b>EARLY - 7:30 AM</b>	
YSSC	15-20
TG	11-14
FINS	10
CA	9
TIDE	7-8
SCSC	5-6
CAC	3-4
YCSC	2
CAT	1
<b>LATE - 8:05 AM</b>	
GAME	17-20
RAYS	14-16
HOOS	11-13
H2A	10
SMRT	8-9
SVY	7
CS	6
FAY	5
NC	4
MBR	3
AAYM	2