

YMCA Eastern MA District Championship

Saturday, 1/4: 15-18 Year Olds

Warm-Up Start: 9:00am; Warm-Up End: 9:50am; Meet Start: 10:00am

Warm-Up Session 1: Competition Pool

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
9:00am – 9:25am	WSY BYSD MGCB	YMNT	YMNT	ANA	CMS	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
9:25am – 9:50am	HAY	GLYB	SSYS	SSYS	SSYS	STRM	STRM	STRM

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

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

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

YMCA Eastern MA District Championship

Saturday, 1/4: 11-12 Year Olds

Warm-Up Start: 1:00pm; Warm-Up End: 1:55pm; Meet Start: 2:00pm

Warm-Up Session 1: Competition Pool

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
1:00pm – 1:20pm	DYD	SOM	BYSD	BYSD	BYSD	STRM	STRM	STRM

Warm-Up Session 1: Warm-Up Pool

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
1:00pm – 1:20pm	YNS	YNS	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
1:20pm – 1:40pm	ANA	ANA	MGCB	CMS	GLYB	WSY	SSYS	SSYS

Warm-Up Session 2: Warm-Up Pool

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
1:20pm – 1:40pm	YMNT	YMNT	YMNT	HAY	HAY	HAY

Warm-Up Session 3: Competition Pool – One Way Sprints

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
1:40pm – 1:55pm	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 6 Lane Pool – Please use Warm-Up Session 3 for One Way Sprints**

YMCA Eastern MA District Championship

Sunday, 1/5: 8/Under's & 9-10's

Warm-Up Start: 8:00am; Warm-Up End: 8:55am; Meet Start: 9:00am

Warm-Up Session 1: Competition Pool

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
8:00am – 8:20am	ANA	ANA	ANA	YMNT	HAY	HAY	HAY	YNS

Warm-Up Session 1: Warm-Up Pool

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
8:00am – 8:20am	YNS	YNS	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
8:20am – 8:40am	MGCB	SOM	SSYS	SSYS	SSYS	SSYS	STRM	STRM

Warm-Up Session 2: Warm-Up Pool

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
8:20am – 8:40am	GLYB	GLYB	BYSD	BYSD	WSY	DYD / CMS

Warm-Up Session 3: Competition Pool

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
8:40m – 8:55am	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 – Please use Warm-Up Session 3 for One Way Sprints**

YMCA Eastern MA District Championship

Sunday, 1/5: 13-14 Year Olds

Warm-Up Start: 1:00pm; Warm-Up End: 1:55pm; Meet Start: 2:00pm

Warm-Up Session 1: Competition Pool

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
1:00pm – 1:25pm	YMNT	YMNT	ANA	BYSD	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
1:25pm – 1:50pm	SSYS CMS	SSYS	GLYB	MGCB	HAY	HAY	STRM	STRM WSY

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

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

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