

**NSSC Specialty Meet
Warm Up Assignments
November 6-7, 2010**

Saturday Morning Distance Session (7:30–7:50 AM, Start 8:15 AM)

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
PHX	PHX	PHX	PHX	PHX	NSSC	BAT	KASC
						BYB	HRY

Saturday Morning Distance Session (7:50–8:10 AM, Start 8:15 AM)

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
BGSC	BGSC	BGSC	BGSC	PSC	PSC	HYV	UN
							MST

Saturday 8 & Under Session

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
Open Warm Up for all teams 12:45 – 12:55 PM, Start 1:00 PM							

Saturday Specialty Session (1:45 – 2:05 PM/ Start 2:45 PM)

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
BGSC	BGSC	BGSC	BGSC	NSSC	NSSC	NSSC	BYB

Saturday Specialty Session (2:05 – 2:20 PM/ Start 2:45 PM)

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
MST	MST	MST	PHX	PHX	PHX	HYV	KASC
							HRY

Saturday Specialty Session (2:20 – 2:40 PM/ Start 2:45 PM)

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
PSC	PSC	PSC	NSYV	NSYV	BAT	BAT	BAT

Sunday Morning

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
Open Warm Up “A” Flight 1650 Freestyle Swimmers 7:00 – 7:30 AM, Start 7:30 AM							

Sunday Morning

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
Open Warm Up “B” Flight Swimmers – 20 minute Warm Up not before 9:15 AM							