

**2009 MSI Long Course Championships - 7/23/2009 to 7/26/2009**  
**Warm-up Sheet**

Warm-up Starts at 03:10 PM

**Session: 1 Thursday - PM - Finals**

Day of Meet: 1 Starts at 04:00 PM

Total Athletes: 132 - Women: 70 - Men: 62

Team	Women	Men	Total	Lane
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**First Warm Up – 2:00 to 2:50pm**

MPAC-MS	Mississippi Piranhas Aquatics	8	9	17	1-3
SWAT-MS	Shockwave Aquatics	11	9	20	4-6
DAC-MS	Delta Aquatic Club	4	0	4	8
SUNS-MS	Sunkist Swim Team	1	1	2	8

**Second Warm Up – 2:50 to 3:40pm**

MMST-MS	Mississippi Makos Swim Team	20	20	40	1-3
SCSO-MS	SWIM COLUMBUS	4	4	8	4
VSAI-MS	Vicksburg Swimming Association	0	1	1	4
BEST-MS	BILOXI ELITE SWIM TEAM	9	4	13	5
MSAS-MS	Meridian Swim Association	0	1	1	6
UNATT-MS	Unattached	0	1	1	6
LSAM-MS	Laurel Swim Association	1	6	7	6
HSAS-MS	YMCA Hub Fins	12	6	18	7-8

**2009 MSI Long Course Championships - 7/23/2009 to 7/26/2009**  
**Warm-up Sheet**

Warm-up Starts at 06:30 AM

**Session: 2 Friday - AM - Prelims**

Day of Meet: 2 Starts at 08:30 AM

Total Athletes: 317 - Women: 165 - Men: 152

Team	Women	Men	Total	Lane
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<b>First Warm Up – 6:30 to 7:20am</b>
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MMST-MS	Mississippi Makos Swim Team	38	30	68	1-4
VSAI-MS	Vicksburg Swimming Association	4	5	9	4
UNATT-MS	Unattached	0	1	1	5
SUNS-MS	Sunkist Swim Team	21	17	38	5-6
DAC-MS	Delta Aquatic Club	15	11	26	7-8
TUNA-MS	Tunica Aquatic Club	1	2	3	8
LSAM-MS	Laurel Swim Association	4	10	14	8

<b>Second Warm Up – 7:20 to 8:10am</b>
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SWAT-MS	Shockwave Aquatics	36	35	71	1-4
SCSO-MS	SWIM COLUMBUS	5	5	10	4
HSAS-MS	YMCA Hub Fins	16	15	31	5-6
MSAS-MS	Meridian Swim Association	2	4	6	6
BEST-MS	BILOXI ELITE SWIM TEAM	10	5	15	7-8
MPAC-MS	Mississippi Piranhas Aquatics	13	12	25	7-8

**2009 MSI Long Course Championships - 7/23/2009 to 7/26/2009**  
**Warm-up Sheet**

Warm-up Starts at 06:30 AM

**Session: 4 Saturday - AM - Prelims**

Day of Meet: 3 Starts at 08:30 AM

Total Athletes: 310 - Women: 168 - Men: 142

Team	Women	Men	Total	Lane
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<b>First Warm Up – 6:30 to 7:20am</b>
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SWAT-MS	Shockwave Aquatics	37	32	69	1-4
SCSO-MS	SWIM COLUMBUS	5	5	10	4
HSAS-MS	YMCA Hub Fins	16	14	30	5-6
MSAS-MS	Meridian Swim Association	2	4	6	6
BEST-MS	BILOXI ELITE SWIM TEAM	10	5	15	7-8
MPAC-MS	Mississippi Piranhas Aquatics	15	13	28	7-8

<b>Second Warm Up – 7:20 to 8:10am</b>
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MMST-MS	Mississippi Makos Swim Team	38	29	67	1-4
VSAI-MS	Vicksburg Swimming Association	5	3	8	4
SUNS-MS	Sunkist Swim Team	20	15	35	5-6
TUNA-MS	Tunica Aquatic Club	1	2	3	6
LSAM-MS	Laurel Swim Association	4	10	14	7
UNATT-MS	Unattached	0	1	1	7
DAC-MS	Delta Aquatic Club	15	9	24	8

**2009 MSI Long Course Championships - 7/23/2009 to 7/26/2009**  
**Warm-up Sheet**

Warm-up Starts at 06:30 AM

**Session: 6 Sunday - AM - Prelims**

Day of Meet: 4 Starts at 08:30 AM

Total Athletes: 323 - Women: 166 - Men: 157

Team	Women	Men	Total	Lane
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<b>First Warm Up – 6:30 to 7:20am</b>				
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MMST-MS	Mississippi Makos Swim Team	31	31	62	1-3
LSAM-MS	Laurel Swim Association	3	9	12	4
VSAI-MS	Vicksburg Swimming Association	6	4	10	4
SUNS-MS	Sunkist Swim Team	22	18	40	5-6
DAC-MS	Delta Aquatic Club	13	14	27	7-8
TUNA-MS	Tunica Aquatic Club	2	3	5	8
UNAT-MS	Unattached	1	0	1	8
UNATT-MS	Unattached	0	1	1	8

<b>Second Warm Up – 7:20 to 8:10am</b>				
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SWAT-MS	Shockwave Aquatics	37	35	72	1-4
MSAS-MS	Meridian Swim Association	2	5	7	4
BEST-MS	BILOXI ELITE SWIM TEAM	13	5	18	5-6
MPAC-MS	Mississippi Piranhas Aquatics	15	13	28	5-6
HSAS-MS	YMCA Hub Fins	16	14	30	7-8
SCSO-MS	SWIM COLUMBUS	5	5	10	8