

Somerset Valley
New Year's Splash
Warm Up Schedule

January 22 23, 2011

Session 1 Saturday 1/22 AM		Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6 *
Warm Up 1	8:00 - 8:25	SVY	SVY	SVY	SVY	SVY	SVY
Warm Up 2	8:25 - 8:50	SVY	SVY	SAY	SAY	BWTD	PENN
Session Start	8:55						
Session 2 Saturday 1/22 PM		Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6 *
Warm Up 1	3:30 - 3:55	BWTD	PENN	SAY	SVY	SVY	SVY
Warm Up 2	3:55 - 4:20	SVY	SVY	SVY	SVY	SVY	SVY
Session Start	4:25						
Session 3 Sunday 1/23 AM		Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6 *
Warm Up 1	6:50 - 7:15	SVY	SVY	SVY	SVY	SVY	SVY
Warm Up 2	7:15 - 7:40	SVY	SVY	SVY	SAY	SAY	SAY
Warm Up 3	7:40 - 8:05	PENN	WFY	WFY	WFY	WFY	WFY
Session Start	8:10						
Session 4 Sunday 1/23 MID		Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6 *
Warm Up 1	12:45 - 1:10	RHSC/WFY	WFY	SAY	SAY	SVY	SVY
Warm Up 2	1:10 - 1:35	SVY	SVY	SVY	SVY	SVY	SVY
Session Start	1:40						
Session 5 Sunday 1/23 PM		Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6 *
Warm Up 1	5:30 - 5:55	SVY	SVY	SVY	SVY	PENN	BWTD
Warm Up 2	5:55 - 6:20	RHSC	SAY	SAY	WFY	WFY	
Session Start	6:25						

**Coaches may use THEIR lane for Sprints as they choose, however
All swimmers MUST exit far end of the pool**

SVY = Somerset Valley YMCA
WFY = Wyckoff YMCA
SAY = Summit Area YMCA
BWTD = Bridgewater Tide
RHSC = Red Hawk Swim Club
PENN = Pennington Aquatics

