

*2009 Illinois / Missouri Area YMCA
Girls Swimming Championships
Saturday, March 7
Warm-Ups Lane Assignments*

Session	LANE #	Recreational	Competition	Session	LANE #	Recreational	Competition
6:40 - 7:00 AM	1	PORP	OPEN	7:00 - 7:20 AM	1	LEAN	PORP
	2	PORP / HHST	OPEN		2	LEAN / HEAT / WCY	PORP
	3	EDWY	OPEN		3	SPY	EDWY
	4	EDWY / CLY	OPEN		4	SPY / BNY / FAST	EDWY
	5	DCST	OPEN		5	DOCS	DCST
	6	DCST / JCAY	OPEN		6	DOCS / MYST	DCST / CLY
	7		OPEN		7		CLY / HHST
	8		OPEN		8		JCAY
7:20 - 7:40 AM	1	KNCY	LEAN	7:40 - 8:00 AM	1	TOPS	KNCY
	2	KNCY / SCCY	LEAN / DOCS		2	TOPS / JETS / SAMY	KNCY / DIXN / PALA
	3	YOSI	DOCS		3	RAYS	PALA
	4	YOSI / OTTY / DIXN	HEAT		4	RLAY / ELY	TCAY
	5	TCAY	BNY		5	CRCY / HLYS / BLFN	TCAY / YOSI
	6	TCAY / PALA	SPY		6	LAKE / CANY	YOSI
	7		SPY / WCY / FAST / MYST		7		SCCY
	8		MYST		8		SCCY OTTY
8:00 - 8:20 AM	1	BRRY	TOPS	8:20 - 8:40 AM	1	OPEN	BRRY
	2	BRRY / BVDY	TOPS / CANY		2	OPEN	BRRY
	3	LATT / STRY / PARY	RAYS		3	OPEN	BVDY/ JAXY
	4	MCY / ILVT	RAYS / SAMY / HLYS		4	OPEN	LATT / HTCY
	5	WCFY / IRVP / JAXY	JETS		5	OPEN	MCY / KEWE
	6	HTCY / KEWE / KKEE / MEXY / CCY	ELY / LAKE		6	OPEN	ILVY / IRVP
	7		RLAY		7		STRY / WCFY
	8		CRCY / BLFN		8		PARY / KKEE / MEXY / CCY

For warm-ups, each team has 20 minutes in the Recreational Pool followed by 20 minutes in the Competition Pool. Teams are free to use their lanes in any manner they choose. If you are doing dives in your lane, then the entire lane must be doing one-way sprints. During the meet, there will be four lanes available to the swimmers for warm-up and warm-down in the Recreational Pool.