

*2009 Illinois / Missouri Area YMCA
Boys Swimming Championships
Sunday, March 8
Warm-Ups Lane Assignments*

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

*2009 Illinois / Missouri Area YMCA
 Boys Swimming Championships
 Sunday, March 8
 Warm-Ups Lane Assignments*

	8		DANV / PARY / WCY / SAMY		8		WCFY
--	---	--	-----------------------------------	--	---	--	------

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.