

**Champaign County YMCA HEAT
Mid-Winter Classic – January 23-25, 2009
Sanction # ILS09-0116
Warm-Up Schedule**

**Session 1: Friday PM
1st Warm-up: 4:30-5:00 PM
2nd Warm-up: 5:00-5:30 PM
Start Time: 6:00 PM**

Lane	1 st Warm-up	2 nd Warm-up
1	HEAT	LWSA
2	HEAT	LWSA
3	HEAT	LWSA/JAXY
4	RED	CLSC/JAC
5	RED	BNSC
6	RED/LYNX	BNSC/DOCS
7	MARL	DOCS/Unattached
8	MARL/DDST	SPY/PHNX/KAST

**Session 2: Saturday AM
1st Warm-up: 7:00-7:30 AM
2nd Warm-up: 7:30-8:00 AM
Start Time: 8:15 PM**

Lane	1 st Warm-up	2 nd Warm-up
1	BNSC	LWSA
2	BNSC	LWSA
3	BNSC	LWSA/CLSC
4	RED	SPY
5	RED/LYNX	SPY/DOCS/Unattached
6	PHNX/JAC	MARL
7	HEAT	MARL
8	HEAT	KAST/DDST

**Session 3: Saturday PM
1st Warm-Up: 12:15-12:45 PM
2nd Warm-UP: 12:45-1:15 PM
Start Time: 1:30 PM**

Lane	1 st Warm-Up	2 nd Warm-Up
1	HEAT	MARL
2	HEAT	MARL/LYNX
3	HEAT	PHNX/DOCS
4	HEAT/CLSC	DOCS
5	RED	BNSC
6	RED	BNSC/JAC/LWSA
7	SPY/JAXY	LWSA
8	DDST/KAST	LWSA

Session 4: Saturday PM – 1650 Yard Freestyle – Warm-ups will begin immediately after the completion of Session 3.

Session 5: Sunday AM
1st Warm-up: 7:00-7:30 AM
2nd Warm-up: 7:30-8:00 AM
Start Time: 8:15 AM

Lane	1 st Warm-Up	2 nd Warm-UP
1	HEAT	LWSA
2	HEAT	LWSA
3	PHNX/MARL	LWSA/JAC
4	MARL	DDST/LYNX
5	SPY	DOCS
6	BNSC	RED
7	BNSC	RED
8	BNSC/CLSC	RED

Session 6: Sunday PM
1st Warm-up: 12:15-12:45 PM
2nd Warm-UP: 12:45-1:15 PM
Start Time: 1:30 PM

Lane	1 st Warm-Up	2 nd Warm-Up
1	HEAT	RED
2	HEAT	RED
3	HEAT	RED/JAC/JAXY
4	HEAT/SPY	DOCS
5	LWSA	MARL/DOCS
6	LWSA	MARL
7	LWSA/DDST	BNSC
8	CLSC/LYNX	PHNX/BNSC